

The Saratoga County Long Term Care Services Directory, Sixth Edition, copyright 2014, the Saratoga County Office for the Aging. All rights reserved, including the right of reproduction in whole or in part in any form without the express written permission of the Saratoga County Office for the Aging.

The Saratoga County Long Term Care Services Directory is written, compiled and edited by the Saratoga County Office for the Aging.

All information herein is accurate as of October 2014. However, as changes in the agencies and services occur frequently, the reader is encouraged to directly contact the agencies or Saratoga County Office for the Aging @ 884-4100 for the most current information.

As every attempt was made to comprehensively cover services for disabled individuals and older adults in the Saratoga County area, *The Saratoga County Long Term Care Services Directory* apologizes for any oversights or omissions. If you know of a service or program that you feel would be appropriate for this guide, please provide as much information as possible on the enclosed evaluation form and mail or fax to us at 884-4104 or let us know by e-mail at aging@saratogacountyny.gov.



Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
884-4100

Sandra M. Cross
DIRECTOR

October 2014

To the users of this directory:

On behalf of the Saratoga County Office for the Aging, I am pleased to present the sixth edition of the Saratoga County Long Term Care Services Directory. The intent of this directory is to provide caregivers and consumers alike with a comprehensive listing of long term care services available to them within our county. An index has been included to make your search for services easier.

After reviewing the directory, please take a few minutes to complete the evaluation located on the back page. For us to continue to provide a comprehensive list of services in the most user-friendly format, we need to hear from you, the users of the directory. If you have any questions or concerns regarding the directory, please feel free to call us at 518-884-4100.

Sincerely,

Sandra M. Cross
Director

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SECTION 1: DIRECTORY OF SERVICES

ABUSE AND NEGLECT

Adult Abuse

Saratoga County Department of Social Services

**152 West High Street
Ballston Spa, NY 12020
884-4159**

Hours: 9:00 a.m. – 5:00 p.m. weekdays.
Adult Protective Unit offers services to mentally and/or physically impaired adults who are 18 years or older and in danger. Includes investigations, counseling, arranging for support systems, alternative living, medical care, legal services, receipt of entitlements, and coordination of services.

Long Term Care Ombudsman Saratoga County Office for the Aging

**152 West High Street
Ballston Spa, NY 12020
884-4100**

Hours: 9:00 a.m.- 5:00 p.m. weekdays
This program trains and certifies volunteers to act as advocates for the residents of long term care facilities (including nursing homes and adult homes) in resolving complaints and securing their right to quality care. Call for more information including the opportunity to volunteer.

ADULT HOMES

An adult home (Level II) is an adult care facility established and operated to provide 24-hour long term residential care, room, board, housekeeping,

personal care, and supervision to five or more adults unrelated to the operator (the facilities listed herein vary greatly in size). Adult homes (Level I) offer no skilled nursing care. For a list of area homes with four or fewer beds, contact Saratoga County Dept. of Social Services, 884-4159.

Beacon Pointe Memory Care Community

**1 Emma Lane
Clifton Park, NY 12065
371-2200**

Cook Adult Home

**1 Prospect Street
Mechanicville, NY 12118
664-8014**

Home of the Good Shepherd

**390 Church Street
Saratoga Springs, NY 12866
584-3317**

www.homeofthegoodshepherd.com

Home of the Good Shepherd

**60 Waller Rd
Wilton NY 12831
580-0702**

www.homeofthegoodshepherd.com

Home of the Good Shepherd at Highpointe

**26 Rock Rose Way
Malta, NY 12020
581-2800**

ADVOCACY

Gay, Lesbian and Straight Education Network

GLSEN National Headquarters
90 Broad St., 2nd Floor
New York, New York 10004
(212) 727-0135
www.glsen.org (youth)

In Our Own Voices

245 Lark Street
Albany, NY 12210
432-4188
Fax: 432-4123
www.inourownvoices.org

Lambda Legal

National Headquarters
120 Wall St., 19th Floor
New York, New York 10005
(212) 809-8585
www.labdalegal.org

LGBT Aging Center

National Headquarters
National Resource Center on LGBT Aging c/o SAGE
305 7th Ave., 6th Floor
New York, New York 10001
(212) 741-2247
Fax: (212) 366-1947
Email: info@lgbtagingcenter.org
www.lgbtagingcenter.org

Service and Advocacy for GLBT Elders

www.sageusa.org (older adults)
Same info as LGBT Aging Center

NAMI

National Alliance for the Mentally Ill
3803 N. Fairfax Dr. Suite 100
Arlington, VA 22203

1-800-950-NAMI (6264)

(703) 524-7600

Fax: (703) 524-9094

NIMH

National Institute of Mental Health
Science Writing, Press and
Dissemination Branch
6001 Executive Blvd. Rm. 6200, MSC
9669
Bethesda, MD 20892-9663
866-615-NIMH (6464)
Fax: 301-443-4279

National Center for Transgender Equality

1325 Massachusetts Ave. NW, Ste. 700
Washington D.C. 20005
(202) 903-0112
Fax: (202) 393-2241
www.transequality.org

Pride Center of the Capital Region

332 Hudson Avenue
Albany, NY 12210
(518) 462-6138
Fax: (518) 462-2101
www.capitalpridecenter.org

STATE WIDE

New York State Wide Senior Action Council, Inc.
275 State Street
Albany, NY 12210
436-1006
Fax: 436-7642
www.nysenior.org

BENEFITS

American Association for Retired Persons (AARP), Albany Chapter
1 Commerce Plaza, Suite 706
Albany, NY 12206
434-4194 (Legislative Office)
Email: nyaarp@aarp.org

Home Energy Assistance Program
152 West High Street
Ballston Spa, NY 12020
884-4146 or 884-4111

Hours: 9:00 a.m. - 5:00 p.m. weekdays.
HEAP will provide energy assistance to families with low incomes by issuing regular and emergency grants to fuel dealers for heating and utility related costs.

National Grid
300 Erie Blvd. West
Syracuse, NY 13202
Customer Service:
1-800-642-4272
Monday-Friday
7:00 a.m. -7:00 p.m.
Payment Arrangements:
1-800-443-1837
Monday-Friday
7:00 a.m-9:00 p.m.
Saturday: 7:00 a.m.-5:00 p.m.
www.nationalgridus.com

National Grid provides opportunities such as: Budget Plan, Direct Pay Plan, Online Bill Pay, Extended Due Date, Third Party Notification, Large Print/Braille/Voice Bill, TDD-TYY Access, Language Line, Deferred agreement payment, Low Income Customer Assistance/Affordability.

Saratoga County Department of Social Services
SNAP(Formally Food Stamps)
152 West High Street
Ballston Spa, NY 12020
884-4155 or 587-3030

Hours: 9:00 a.m. - 5:00 p.m. weekdays
Issue a benefit card with a monthly allotment for food purchase to those who meet income eligibility guidelines.

Managed Care
152 West High Street
Ballston Spa, NY 12020
884-4153

Hours: 9:00 a.m. - 5:00 p.m. weekdays.

Medicaid
152 West High Street
Ballston Spa, NY 12020
884-4148

Hours: 9:00 a.m. - 5:00 p.m. weekdays
Medicaid provides medical coverage for all ages who have insufficient income and/or resources to meet the cost of necessary medical care as determined by state standards.

Temporary Assistance & Disability Assistance
152 West High Street
Ballston Spa, NY 12020
884-4144

Hours: 9:00 a.m. - 5:00 p.m. weekdays
Temporary assistance provides financial support and emergency assistance to individuals and families who meet income and resource eligibility criteria.

**Social Security Administration
Schenectady County
1 Broadway Center 8th Floor
Schenectady, NY 12305
1-866-964-1296, 1-866-964-0018
Fax: 518-382-7847**

Hours: 9:00 a.m.-3:00 p.m. weekdays.
9:00 a.m.-12:00 p.m. Wednesday

**Glens Falls Office
17 Cronin Road, Suite 1
Queensbury, NY 12804
1-877-405-4875
Fax: 518-793-6681
www.socialsecurity.gov**
Hours: 9:00 a.m.-3:00 p.m. weekdays.
9:00 a.m.-12:00 p.m. Wednesday

**Southern Adirondack Independent
Living Center
Country Club Plaza
418 Geysers Rd
Ballston Spa, NY 12020
584-8202 or (Queensbury)
792-3537
Fax: 584-1195
www.SAIL-Center.org**
Hours: 9:00 a.m.-5:00 p.m. weekdays.
The center provides assistance to individuals with disabilities, family members, and other interested parties concerning accessing and continuing SSI, SSDI, Survivor's Benefits, DAC Benefits, NYS Disability, Worker's Compensation, VA Benefits, and Public Assistance. Benefits advisement includes counseling and training concerning work incentive programs and legislation (Medicaid Buy-In Program, 1619B Provision, IRWE's etc.) that allows individuals with disabilities to work. Voicemail available.

**Veterans Affairs Division, New York
State**

**Saratoga County Office
Building
152 West High Street
Ballston Spa, NY 12020
884-4115**

Hours: 9:00 a.m.- 5:00 p.m. weekdays.
Provides counseling to veterans, dependents, and surviving spouses on service benefits, application processes, problem solving, and representation with Veterans Administration. Assists in applying for federal and state benefits such as pensions, compensations, blind annuities educational services, and burial benefits. Eligibility: Veterans and dependents.

CANCER SERVICES

American Cancer Society
Services include Road to Recovery, Reach to Recovery, Interactive Online Classes, Help with Lodging, Information and Resources, Look Good Feel Better, Cancer Survivors and Caregivers Cancer Survivors Network.
**1-800-227-2345
www.cancer.org**

**Cancer Services Program of Saratoga
County**
Your partner for cancer screening, support and information. Offers Breast Cancer Screening, Cervical Cancer Screening and Colorectal Cancer Screening. For Men/Women ages 40-64.
**(518) 580-2132
1-866-442-CANCER (2262)**

To Life!

The Capital Region's Personal Source for Breast Cancer Education & Support. Offers Education Forums, Women's Health, Breast Health Workshops, Wellness from Within, Support Groups, Cancer Mentoring, Resource Library, Volunteer Opportunities and Personalized Boutique Services.

**410 Kenwood Avenue
Delmar, NY 12054
439-5975
Fax: 475-9141**

**110 Spring Street
Saratoga Springs, NY 12866
587-3820
Fax: 587-3943
www.tolife.org**

CASE MANAGEMENT/COUNSELING

**Catholic Charities of Saratoga,
Warren and Washington Counties
142 Regent Street
Saratoga Springs, NY 12866
587-5000**

Hours: 9:00 a.m. – 5:00 p.m. weekdays
Catholic Charities provides counseling and advocacy services to individuals and families including assessments, benefit reviews, application assistance and general case management activities.

**CHOICES-St. Peter's Hospital
St. Peter's Health Partners
315 South Manning Boulevard
Albany NY 12208
525-1550
www.sphcs.org**

Provide comprehensive assessment for older adults, development of a care plan, and care management by Elder Care Consultants.

**Elder Care Program of the
Mechanicville Community Center
6 South Main Street
Mechanicville, NY 12118
664-8322 X377**

Hours: 9:00 a.m. – 5:00 p.m. weekdays
Provides advocacy for the elderly.

**Ellen Egger-Aimone, LMSW,
Geriatric Care Manager
(518) 573-6122
www.egger-aimone.com
ellen@egger-aimone.com**

Services include: assessment, advocacy crisis, intervention, coordination of care, caregiver support and education, and assistance with Medicaid/Medicare. Caregiver seminars are also available. Hours are by appointment.

**Saratoga County Alcohol and
Substance Abuse Services
254 Church Street
Saratoga Springs, NY 12866
587-8800**

Hours: M and F: 9:00 a.m.- 5:00 p.m.
T, W, and TH: 9:00 a.m.-7:30 p.m.
Services provided include information and referral, evaluation, individual and group counseling and intervention.
24 hour on call.

**Saratoga County Mental Health
Center
135 South Broadway
Saratoga Springs, NY 12866
584-9030 24 hr emergency line
Fax: 581-1709**

**Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
884-4100
Hours: 9:00 a.m.-5:00 p.m. weekdays.**

Senior Hope Counseling, Inc.
301 S. Allen St., Suite 6
Albany, NY 12208
489-7777
Fax: 489-7771
www.seniorhope.org

Hours: 9:00 a.m. – 5:00 p.m. weekdays.
Senior Hope offers evaluation and assessment services, individual case management, relapse prevention groups, individual and family chemical dependence counseling, depression, anxiety, and stress management counsel.

Seton Addiction Services
1300 Massachusetts Avenue
Troy, NY 12180
268-5542

Seton offers inpatient treatment for substance abuse, detoxification and rehabilitation.

Southern Adirondack Independent Living Center
Country Club Plaza
418 Geysers Rd.
Ballston Spa, NY 12020
584-8202 or
(Queensbury) 792-3537
Fax: 584-1195
www.sail-center.org

Hours: 9:00 a.m. – 5:00 p.m. weekdays

Case Management/Service Coordination

The center provides short-term case management and service coordination services, as well as linkage and referral to other service systems (DOH, OMRDD, OMH, SOFA, etc). Center staff will assist with eligibility determinations and gathering the necessary documentation to access funded case management and service coordination services. If requested, center staff will continue to work with

individuals with disabilities as advocates once they are enrolled in funded services.

Counseling

The center provides counseling and teaching and facilitates information giving and sharing for individuals with disabilities, family members and other interested parties on both an individual and a group basis.

Trinity Eldercare

14 Dix Avenue
Glens Falls, NY 12804
798-4742 or 796-0603
www.trinityeldercare.com

Services include comprehensive assessment, coordination and ongoing management of services, assisting in determining affordability of services and accessing resources. Assists with Medicaid insurance information and applications. Provide options for home based care and alternates to home based care. Assistance with nursing home applications.

CHURCH - RELATED ASSISTANCE

Christ Episcopal Church

15 West High Street
Ballston Spa, NY 12020
885-1031

www.4ChristChurch.org

The church offers a food pantry that is open 10:00 a.m. - Noon, Monday, Wednesday, Thursday and Friday. Emergency food supplies are available on Wednesday from 5:00p.m. – 7:00p.m.

Corinth First Presbyterian Church
203 Palmer Avenue
Corinth, NY 12822
654-9432

Services include Alzheimer's Caregivers Support Group that meets on the 2nd and 4th Tuesdays @ 1:15 p.m., Extra Helpings Regional Food Bank (food delivery on last Thursday of month), Community Churches Fuel Fund and Health in Need Fund. Community Churches Food Pantry is at the Town Hall, 600 Palmer Ave., Mon., Tues., Wed., Fri. 2:30p.m.-3:00p.m. Thursday 9:30a.m.-10:30a.m.

First Baptist Church
202 Milton Avenue
Ballston Spa, NY 12020
885-8361

The church operates a food pantry Tuesday and Friday, 10:00 a.m. – 12 noon.

Shenendehowa United Methodist Church
971 Route 146
Clifton Park, NY 12065
371-7964

The church offers a free community dinner once a month.

Soul Saving Station Church
PO Box 104, 62 Henry Street
Saratoga Springs, NY 12866
584-3122

The church provides spiritual counseling, religious services, family contacts & referrals.

South Glens Falls United Methodist Church
15 Maplewood Parkway
South Glens Falls, NY 12803
793-1152

Services offered include prayer, counseling and support.

St. Edward the Confessor Catholic Church
569 Clifton Park Center Road
Clifton Park, NY 12065
371-7372

The church programs include a parish nurse program, friendly visitors, and bereavement committee.

St. Peters Catholic Church
241 Broadway
Saratoga Springs, NY 12866
584-2375 Church number
306-5243 Outreach number

The church offers a variety of information programs. Outreach program Mon-Wed-Fri.- 9-noon.

St. Therese Rosary Altar Society
105 Ballard Rd.
Gansevoort, NY 12831
587-9076

The society offers a substitute caregiver program for emergency situations. Also, there is a food pantry twice a month.

CREDIT COUNSELING

Clearpoint Credit Counseling Solutions
2 Computer Drive West
Albany, NY 12205
438-3710

www.clearpointcreditcounselingsolutions.org
Hours: Mon.-Thurs: 7:30 a.m.- 9:30p.m.,
Fri. 7:30 a.m.- 7:30 p.m. and
Sat. 8:00 a.m.-3:00 p.m.
Services include free and confidential counseling, community education programs, housing counseling, and debt repayment programs. Also, for a fee

offers bankruptcy counseling and credit review reports.

**Cornell Cooperative Extension
Housing Counseling**

**50 West High Street
Ballston Spa, NY 12020
885-8995 Ext 229
www.ccesaratoga.org**

Hours: 8:00 a.m. – 5:00 p.m. weekdays
Services include providing information to older homeowners seeking a reverse mortgage.

**Southern Adirondack Independent
Living Center**

**Country Club Plaza
418 Geyser Rd.
Ballston Spa, NY 12020
584-8202 or 792-3537
Fax 584-1195
www.sail-center.org**

Hours: 9:00 a.m. – 5:00 p.m. weekdays.
The center provides direct training and instruction to individuals with disabilities, family members and other interested parties to develop independent living skills in the areas of budgeting, financial management, and household management.

DAY CARE, ADULT

Bright Horizons

**1673 Route 9
Clifton Park, NY 12065
371-2191
www.colonieseniors.org**

Hours: 9:00 a.m.-3:00 p.m. weekdays
Bright Horizons offers a safe and supportive environment along with a nutritious breakfast, hot lunch and snack and various activities.

**Lena's Adult Day Care Services
230 Bluebird Rd.
South Glens Falls, NY 12803
792-7797 or 681-7797
www.lenasads.com**

Social Day Care offering companionship, stimulating activities, nutritious lunches and snacks, and fresh air in a non-threatening home environment. Experienced and compassionate staff give personal attention and care for family members at an affordable rate.
Monday – Friday: 8:00 a.m. -5:00 p.m.

**Schuyler Ridge Residential Health &
Adult Day Care**

**1 Abele Boulevard
Clifton Park, NY 12065
371-1400
www.schuylerridge.org**

e-mail: Sr-daycare@setonhealth.org
Hours are 7:30 a.m.-8:00 p.m. weekdays.
Schuyler Ridge is a 120 bed skilled nursing facility offering occupational, physical, and speech therapy, spiritual care, social services and nutritional services as well as a Day Care Program.

**Wesley Evergreen Adult Day Services
357 Milton Avenue
Ballston Spa, NY 12020
587-3600 Ext 1443
www.wesleyhealth.com**

Hours: 8:00 a.m. – 4:30 p.m. weekdays
Evergreen offers supervised, structured programs and activities. A hot nutritious meal is served daily at noontime. Transportation is available for an additional fee.

DENTAL SERVICES

Ellis Dental
600 McClellan Street
Schenectady, NY 12304
382-2270

Hometown Health Centers
1044 State Street
Schenectady, NY 12307
370-1441

**Hudson Valley Community College
Dental Hygiene Clinic**
Fitzgibbons Health Tech Center,
Room 127
80 Vandenburgh Avenue
Troy, NY 12180-6096
629-7400

Offers low fee dental cleanings and x-ray. Hudson Valley Community College is committed to providing the best patient-centered treatment possible, while providing the students with an excellent learning experience. Operates September-April by appointment only.

Saratoga Community Health Center
24 Hamilton Street
Saratoga Springs, NY 12866
886-5600

DISABLED ADVOCACY AND SERVICES

The agencies listed below provide several support programs and services to individuals with disabilities. They offer intervention, day programs, rehabilitation, and many various support groups. Contact the agencies directly for more information and hours of operation.

AIM Services Inc.
4227 Route 50
Saratoga Springs, NY 12866
587-3208
Fax: 587-7236
www.aim-services.blogspot.com

Catholic Charities Disabilities Service Office
1 Park Place, Suite 200
Albany, NY 12205
783-1111
Fax: 785-4894
www.ccdservices.org

Center for Disability Services
314 South Manning Boulevard
Albany, NY 12208
437-5700
www.cfdsny.org

**Prospect Child & Family Care
Tri-Counties**
133 Aviation Road
Queensbury, NY 12804
798-0170
Fax: 798-0533
www.prospectcenter.com

Saratoga Bridges
16 Saratoga Bridges Boulevard
Ballston Spa, NY 12020
587-0723
Fax: 871-9497
Email: info@saratogabridges.org
www.saratogabridges.org

Saratoga Bridges (formerly Saratoga ARC) provides a wide variety of service to persons with intellectual disabilities. Saratoga Bridges services include residential services, service coordination, day services, clinical services, community habilitation, respite, transportation, family support, guardianship supports and employment contacts.

Southern Adirondack Independent Living

**Country Club Plaza
418 Geyser Road
Ballston Spa, NY 12020
584-8202 or
(Queensbury) 792-3537
Fax: 584-1195**

www.sail-center.org

Hours: 9:00 a.m. – 5:00 p.m.

The center provides a core set of services designed to promote personal independence, self-help, equal access, peer role modeling, personal growth and empowerment for individuals of any age regardless of ethnicity, gender, religion, living situation or financial status.

Services include Information and Referral, Peer Counseling, Individual and Systems Advocacy, Independent Living Skills Training, Architectural Barrier Consultation, Benefit and Entitlement Counseling, Disability Awareness Training, School Advocacy and Transition Support, Errand Support and Voter Registration. The Center also provides equipment assessment and loan through the TRAIID Project, Computer Skills Assessment and Training through the Center for Adaptive Computer Technology (CACT), Traumatic Brain Injury Services through the TBI Regional Resource Center and Nursing Home Transition and Diversion Services.

**New York State Justice Center
For Protections of People with
Special Needs**

**161 Delaware Ave
Delmar, NY 12054
549-0513
Toll Free: 1-800-624-4143
www.justicecenter.ny.gov**

Hours: 8:30a.m. - 4:30p.m. weekdays.

ACCES-VR

**NYS Ed Dept.
80 Wolf Road
2nd Floor, Suite 200
Albany, NY 12205
473-8097
www.accesnysed.gov/vr**

Vocational Rehabilitation Services

Hours: Monday –Friday 8:30a.m.-

5:00p.m.

ACCESS-VR promotes educational equity and excellence for students with disabilities while ensuring that they receive the rights and protection to which they are entitled; assures appropriate continuity between the child and adult services systems; and provides the highest quality vocational rehabilitation and independent living services to all eligible persons as quickly as those services are required to enable them to work and live independent, self-directed lives.

Wildwood Programs

**1190 Troy Schenectady Rd.
Latham, NY 12110
640-3300**

www.wildwoodprograms.org

Working collaboratively with families and community, Wildwood Programs empowers and enables children and adults with neurologically- based learning disabilities, autism, and other developmental disorders to lead independent, productive and fulfilling lives.

**DURABLE MEDICAL
EQUIPMENT**

*The following suppliers are
enrolled in Medicare.*

Lincare

**4 Airport Park Blvd.
Latham, NY 12110
782-7770
Fax: 782-0047
www.lincare.com**

Hours: Mon. –Fri. 8:00a.m.-5:00p.m.
Services include oxygen and respiratory
care equipment/services, hospital beds,
and wheelchairs.

Hannaford

www.hannaford.com

**95 Weibel Avenue
Saratoga Springs, NY 12866
587-0681**

**262 Saratoga Rd., Suite 1
Glenville, NY 12302
384-0246**

**11 Trieble Ave.
Ballston Spa, NY 12020
885-4672**

**19 Clifton Country Rd.
Clifton Park, NY 12065
373-7915**

**27-41 Gansevoort Rd
South Glens Falls NY 12803
798-2847**

ProcAir, Inc.

**4A Northway Lane
Latham, NY 12110
664-6654**

Fax: 664-1964

www.medicalserviceco.com

Services include: Medical Equipment,
respiratory equipment, oxygen, hospital
beds, wheelchairs and specialty beds.

Prime Care Medical Equipment

**16 Walker Way
Albany, NY 12205
456-6192 or 888-840-8068
www.primecaremed.com**

Services include ramps, stair lifts,
ceiling lifts, lift chairs, electric door
openers, handicapped accessible
showers, bathroom modifications,
wheelchairs and scooters.

Upstate Home Respiratory Equipment

**106 Maple Street
Corinth NY 12822
654-2485**

*The following suppliers are not
enrolled in Medicare.*

Coram Specialty Infusion Services

**12 Jupiter Lane
Albany, NY 12205
869-6613
www.coramhc.com**

Eazylift Elevators

**836 Troy-Schenectady Road
Latham, NY 12110
393-2274 or (888) 558-LIFT
www.eazyliftalbany.com**

Services include stair lifts, residential
elevators, and custom lifts.

The following agencies loan or donate durable medical equipment.

NYS Justice Center for Protection of People with Special Needs

**161 Delaware Ave
Delmar, NY 12054
549-0513
1-800-624-4143**

www.justicecenter.ny.gov

Hours: 8:30a.m.-4:30p.m. weekdays.
Administers the TRAIID-IN program where used devices are matched with individuals needing them. They are either sold or donated with all negotiations taking place between the matched parties. This service is statewide and free.

Shenendehowa Senior Center

**6 Clifton Common Court
Clifton Park NY 12065
383-1343**

www.shenacc.org

Hours: 9:00a.m.-4:00p.m weekdays.
Free equipment is loaned out as needed. Items include walkers, canes, wheelchairs, shower seats, and commodes, if available. Donations accepted.

Southern Adirondack Independent Living Center,

**Country Club Plaza
418 Geyser Rd
Ballston Spa, NY 12020
584-8202 or
(Queensbury) 792-3537
Fax: 584-1195**

www.sail-center.org

Hours: 9:00a.m.-5:00p.m. weekdays.
The center provides free loan of durable medical equipment and assistive devices (including hospital beds, wheelchairs, walkers, commodes, shower benches/chairs, walkers, standing

frames, crutches, canes, etc.) based upon individual need for 30 days or more. The center also provides assistance with obtaining needed devices and equipment from other sources. In addition, the center provides assessment for adaptive computer hardware and software and training to use specialized programs as needed.

EMERGENCY RESPONSE SYSTEMS

The following are 24 hour response services.

Direct Link

584-5885

Eddy Lifeline

274-2635

Ellis Lifeline

382-2224

Glens Falls Hospital Medical Alert Service

**16 Pearl Street, Suite 206
Glens Falls, NY 12801
409-8100**

LifeFone

**16 Yellowstone Avenue
White Plains, NY 10607-1324
1-800-882-2280**

Link to Life

**297 North Street
Pittsfield, MA 01201
1-800-848-9399
www.link-to-life.com**

Saratoga Hospital Lifeline

**211 Church Street
Saratoga Springs, NY 12866
583-8413 / 1-866-674-9900 ext.4399**

Seton Lifeline
268-6263

St. Peter's Lifeline
525-1004

For EMERGENCY Dial 9-1-1

EMERGENCY SHELTER

The Salvation Army
PO Box 652
27 Woodlawn Ave.
Saratoga Springs, NY 12866
584-1640

Hours: 9:00a.m. – 4:00p.m. weekdays.
Emergency assistance with food. Serve cold breakfast weekdays 8:45a.m.-10:00a.m. Group programs are also offered.

Saratoga County Rural Preservation Company- The Vet House (Male Veterans)

36 Church Avenue
Ballston Spa, NY 12020
885-0673
Fax: 490-2246
www.vethelpny.org

Hours: 8:30 a.m.-4:30 p.m. weekdays.
This agency is a transitional facility for homeless male veterans. Services include help with permanent housing for veterans and their families, rental assistance programs and mortgage assistance for affordable home ownership.

Saratoga County Rural Preservation Company- Guardian House (Female Veterans)

1214 Saratoga Road
Ballston Spa, NY 12020
885-0091

Fax: 885-0998
www.vethelpny.org

This agency is a transitional facility for homeless female veterans. Services include help with permanent housing for veterans and their families, rental assistance programs and mortgage assistance for affordable home ownership.

Shelters of Saratoga, Inc.
14 Walworth Street
Saratoga Springs, NY 12866
581-1097
Fax: 581-8735

Email: info@sheltersofsaratoga.org
www.sheltersofsaratoga.com

Hours are 24 hours per day, 365 days per year. Services include emergency housing, case management, referrals, advocacy, and placement services.

FOOD SERVICES/NUTRITION

Cornell Cooperative Extension of Saratoga County
50 West High Street
Ballston Spa, NY 12020
885-8995

Hours are 8:30 a.m.-4:30 p.m. weekdays.
Eat Smart New York Education Program is sponsored by Cooperative Extension. The Food Stamp Nutrition Education Program helps limited-income individuals and families of all ages to acquire the knowledge, skills, and attitudes necessary to improve their diets and make best use of available food dollars. There is free instruction by a trained Nutrition Teaching Assistant.

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
363-4020

Hours are 9:00a.m.-5:00p.m. weekdays.
Home Delivered Meals offer a hot, nutritious noon meal that is delivered to home-bound seniors throughout Saratoga County. There is a suggested contribution of \$2.00 per meal. Saratoga OFA also has a list and numbers for congregate meal sites and food pantries.

SNAP(Formally Food Stamps)
152 West High Street
Ballston Spa, NY 12020
884-4155 or 587-3030

Hours: 9:00 a.m. - 5:00 p.m. weekdays
Issue a benefit card with a monthly allotment for food purchase to those who meet income eligibility guidelines.

HEALTH CARE INFORMATION & ASSISTANCE

American Cancer Society
Capital NY Region
1 Penny Lane
Latham, NY 12210
220-6901
www.cancer.org

Community Hospice of Saratoga
179 Lawrence Street
Saratoga Springs, NY 12866
581-0800
Fax: 581-9460
www.communityhospice.org

Hospice provides care to seriously ill people and their families in the home setting, hospital, adult homes, and nursing facilities.

The Elderly Pharmaceutical Insurance Coverage (EPIC)

PO Box 15018
Albany, NY 12212
1-800-332-3742

Hours: 8:00a.m.-5:00p.m. weekdays.
The Elderly Pharmaceutical Insurance Coverage (**EPIC**) is a N.Y.S. Dept. of Health Program designed to help NYS residents who are 65 and older cope with the high cost of prescription drugs.

Epilepsy Foundation of NENY
3 Washington Square
Albany, NY 12205
456-7501, 800-894-3223
Fax: 452-1282
www.epilepsy.com

This service offers information and referral, education, and many programs.

Glens Falls Association for the Blind and Visually Impaired
144 Ridge Street
Glens Falls, NY 12801
792-3421
Fax: 792-3430
Email: gfab@mybluelight.com

Hours: 8:30a.m. - 4:30p.m. weekdays.
GFABVI provides information and referral, rehabilitation, exams and aides, screenings, teaching and casework.

Northeast Health Diabetes Center
Albany Memorial Hospital
600 Northern Boulevard
Albany, NY 12204
447-3500
Fax: 447-3586

Hours: 8:30a.m.- 4:30p.m. weekdays.
Comprehensive education sessions including Introduction and Monitoring, Nutrition, Living Healthy with Diabetes and Exercising your Mind and Body. The sessions are based on ADA standards and taught by certified diabetes educators, including nurse educators, and registered dietitians. Sessions can be taken individually or in groups.

Northeastern Association of the Blind
301 Washington Avenue
Albany, NY 12206
463-1211

www.naba-vision.org

Hours: 8:00a.m.- 4:00 p.m. weekdays.
NABA provides vision rehabilitation services to help older adults remain active, independent and “age successfully” as they experience vision loss. Programs and services include low vision exams, vision aids, vision rehabilitation therapy, vocational assistance, technology training, orientation & mobility and counseling. Services are free to the legally blind. Low vision education programs are available to groups, schools, professionals, senior centers and health care organizations.

Saratoga Community Health Center
24 Hamilton St
Saratoga Springs, NY 12866
886-5600

Hours: Mon.-Thurs. 7:30a.m.-7:00p.m.
Friday 7:30a.m.-4:00p.m

Saratoga Community Health Center provides high-quality, affordable routine medical care, including primary care, dental care, and mental health service to members of our community, regardless of their ability to pay. The Center has plenty of on-site parking and is easily accessible via public transportation.

Seton Health Incontinence and Wound Services

147 Hoosick Street
Suite E
Troy, NY 12180
268-5380

Services offered are assessment and treatment of bladder control difficulties, healing of wounds and podiatry. Accepts Medicaid.

Simplifying Lives for a Cause, Inc.
384-3878

simplifyinglives.org

Simplifying Lives for a cause, Inc. is a local non-profit organization dedicated

to providing six free cleanings for cancer patients, or the parents of cancer patients undergoing treatment for cancer.

The Wound Healing Center
Glens Falls Hospital
100 Park Street
Glens Falls, NY 12801
926-1500

Offers a progressive approach to traditional wound healing. An individualized treatment plan is developed for each person.

YMCA of Saratoga County
290 West Avenue
Saratoga Springs, NY 12866
583-9622

Fax: 581-7598

www.saratogaregionalymca.org

Hours: Monday-Friday 5:00a.m.-11:00p.m., Saturday 6:00a.m.-6:00p.m., Sunday 6:00a.m.-9:00p.m.

A wide variety of services to promote development of mind, body and spirit. Including health and wellness, aquatics, child care, art, camps, and many community programs.

**HEALTH INSURANCE CLAIMS
AND ASSISTANCE**

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
884-4100

The Health Insurance Information, Counseling and Assistance Program (HIICAP) has trained staff and volunteers to answer questions and provide confidential information and counseling about Medicare A & B, and the new Medicare Part D prescription drug benefit, Medicare Supplemental

Insurance, Managed Care, Medicaid, QMB, EPIC, and Long Term Care Insurance throughout Saratoga County. Call for more details including volunteer opportunities.

Saratoga Hospital Child and Family Health Plus

**59D Myrtle Street Park
Saratoga Springs NY 12866
580-2021**

Fax: 885-9490

Hours: 9:00a.m.-5:00p.m. weekdays. Offsite appointments on evening and weekends. Assistance with applications for Child Health Plus, Family Health Plus and Medicaid for people under the age of 65.

Southern Adirondack Independent Living

**Country Club Plaza
418 Geysers Rd
Ballston Spa NY 12020
584-8202 or 792-3537**

Fax: 584-1195

www.sail-center.org

Hours: 9:00 a.m.–5:00 p.m. weekdays. The center provides information and assistance to persons with disabilities, family members and other interested parties concerning Medicare, Medicaid, and Long-Term Care Insurance. The center also provides insurance counseling and advisement for choosing the most appropriate coverage, as well as information concerning co-insurance and gap policies. Center staff are trained Health Insurance Information Counseling and Assistance Program (HIICAP) specialists.

Trinity Eldercare

**14 Dix Avenue
Glens Falls NY 12804
798-4742**

Long term Care insurance information, education and underwriting.

HOME CARE

Accent Health Care Services

**820 5th Avenue
Troy, NY 12182
237-2700**

Fax: 237-2708

www.accenthealthcareservices.com

Adept Health Care Services

**406 Fulton Street, Suite 503
Troy, NY 12180
271-1055**

www.adepthealthcare.com

All Metro Health Care

**50 Broadway
Lynbrook, NY 11563
1-800-225-1200, 426-0283**

Any Time Home Care, Inc.

**1272 Central Avenue
Albany, NY 12205
454-9433**

Fax: 454-9436

www.anytimehomecare.com

Attentive Care

**5 Computer Drive West
Albany, NY 12205-1617
438-6271**

www.attentiveservices.com

Attentive Home Companions
5 Computer Drive West
Albany NY 12205
694-0400

Attentive Home Companions provide non-medical assistance with meal preparation, light housekeeping, medication reminders, transportation to appointments, and supervision for safety. Companions can work in the home, assisted living facility, nursing home or other residence. From three to twenty four hours per day. We provide respite for families and the assistance that allows people to remain independent at home as long as possible.

Companions for the Elderly
PO Box 4327
Clifton Park NY 12065
383-3119

Services include non-medical companionship and homemaking services including meal preparation, laundry, light housekeeping, shopping, errands and incidental transportation. Can be for as little as one hour or up to 24 hours. Sliding fee scale.

Concepts of Health Care
PO Box 205
Ballston Spa, NY 12020
885-2020
Fax: 885-2922

www.conceptsofhealthcare.com
Hours: 8:00a.m.- 4:00p.m. weekdays.
Provides 24 hours, 7 days a week live-in non-medical aide services.

**Eddy Visiting Nurse Association –
Certified Home Health Agency**
433 River Street Suite 3000
Troy, NY 12180
274-6200
Fax: 274-2908
[www. Sphp.com](http://www.Sphp.com)

Eddy Home Care-(EVNA)
433 River Street
Troy, NY 12180
274-6200

Fort Hudson Homecare
319 Broadway
Fort Edward, NY 12828
747-9019, 747-2811
www.forthudson.com

Services available through Fort Hudson Homecare include companion care and licensed home health care.

Gentiva Health Services
Malta Commons Business Park
100 Saratoga Vlg Blvd, Suite 5
Malta, NY 12020
899-1158
Fax: 899-7008
www.gentiva.com

Greater Adirondack Home Aides
25 Willowbrook Road, Ste 4
Queensbury, NY 12804
926-7070
Fax: 636-0460

www.greateradironackhomeaides.org
This home health aide service assists with personal care, meal prep, light housekeeping and shopping.

Home Health Care Partners
1830 Riverfront Center
Amsterdam, NY 12010
842-6718 or 800-342-1426
Fax: 842-8357

www.newyorkhomehealthcare.org
This New York State Licensed Home Care Agency offers companion services, home health aide services and nursing services.

Home Helpers & Direct Link
120 West Ave., Suite 302
Saratoga Springs NY 12866
584-5885
www.homehelpersny.com

Licensed home care agency serving Saratoga, Warren, Washington and Rennselaer counties. Services include transportation, errands, light housekeeping, meal preparation or safety and supervision. Our licensed services include assistance with bathing, grooming, toileting, mobility and medication management. Our care is provided under physician orders and supervised by an RN. We also offer assistive technology which includes: Personal Emergency Response Systems with fall detector, GPS locator as well as automated medication managers.

Home Instead Senior Care
12 Mountain Ledge Dr. Suite 3
Gansevoort, NY 12831
580-1042
Fax: 580-1043
www.homeinstead.com/341

Home Instead provides non-medical companion and home-helper service including light housekeeping, laundry, meal preparation, shopping, errands and incidental transportation. Long term and short term respite services available.

Home of the Good Shepherd
26 Rock Rose Way
Suite 231
Malta, NY 12020
581-2800

Hometown Healthcare
601 19th Street
Watervliet, NY 12189
328-0075

Interim HealthCare
1735 Central Avenue
Albany, NY 12205
452-3655

99 Ridge Street
Glens Falls, NY 12801
798-6811

Northway 10 Executive Park
315 Ushers Rd
Ballston Lake, NY 12019
877-3811
www.interimhealthcare.com

Interim HealthCare provides RN, LPN and aide services in the home or facilities from 2 to 24 hours a day up to seven days a week. All care is provided under physician's orders and RN supervision. Interim's goal is to meet the client's needs and to maintain clients in their homes as long as they wish. All aides are insured and bonded.

Living Made Easy, LLC
Saratoga Springs, NY 12866
580-9585
Fax: 584-0626
www.LivingMadeEasy.net

Living Made Easy Senior Care provides non-medical in home services, housekeeping, companionship, errands, transportation, medication reminder and supervision for personal care. Services available for 24 hours, 7 days a week, with a minimum of 3 hours.

Living Resources Home Care Agency
300 Washington Ave. Ext.
Albany, NY 12203
867-8767
Fax: 867-8797
www.livingresources.org

A licensed home care services agency, provides services and support to meet your home care needs with care

coordination, companion services, home health aides, medication reminders, nursing care, personal care aides and nursing assessments. This agency provides assistance with ambulation and transferring, bathing and showering, companionship and socialization, escort to appointments, exercise programs, light housekeeping, respite, shopping and meal preparation.

NurseCore

**1218 Central Avenue
Albany, NY 12205
438-3900**

A professional home healthcare and medical staffing company that provides nursing, allied and medical office professionals 24 hours a day, seven days a week.

**Samuel S. Stratton Veterans
Administration Medical Center**

**113 Holland Avenue
Albany, NY 12208
626-5000 or
800-223-4810
www.albany.va.gov**

The Medical Center provides comprehensive in-patient and out patient, geriatric and long term care services for honorably discharged military veterans. Services include respite care, nursing home care, home care, adult day health care, primary care, post acute care, and assisted housing.

**Saratoga County Dept. of Social
Services**

**152 West High Street
Ballston Spa, NY 12020
884-4159**

Hours are 9:00a.m.-5:00p.m. weekdays. The home care program of social services assists eligible individuals to safely remain at home through the provision of services such as personal care tasks, nursing, meals on wheels, lifeline, home therapies, social day care,

case management, nutritional services, and medical social worker services.

Saratoga County Public Health

**31 Woodlawn Avenue
Saratoga Springs, NY 12866
584-7460
Fax: 583-1202**

Hours are 8:00a.m.-5:00p.m. weekdays. SCPH is a Certified Home Health Agency that offers skilled nursing, physical, speech and occupational therapy and 24 hour nurse availability. They also provide a medical social worker, clinics, early intervention, and other informative programs.

Senior Solutions

**77 Van Dam Street, Suite 4
Saratoga Springs, NY 12866
584-1200**

Senior Solutions provides non-medical in home services, companionship, housekeeping, meal preparation, laundry, shopping, transportation, assistance and supervision along with respite care. State certified NPCA and health care aids.

Seton Home Care/St Mary's Hospital

**1300 Massachusetts Avenue
Troy, NY 12180
268-5000**

**77 Van Dam, Suite 13
Saratoga Springs, NY 12866
583-7076**

www.setonhealth.org

Seton provides many licensed services; skilled nursing, physical, speech, and occupational therapy, home health aides, registered dietician, assessments, counseling and referrals.

Visiting Nurses Association of Albany, Inc.

**Saratoga Office
634 Plank Road, #203
Clifton Park, NY 12065
371-0890**

Non-profit licensed certified home health agency providing skilled nursing, physical, occupational and speech therapies, and home health aide services in Albany, Saratoga and Rensselaer counties. www.vnaalbany.org

**Visiting Nurses Home Care/Medstaff
71 Glenwood Avenue
Queensbury, NY 12804
798-1450**

Offers a full range of private duty home care and facilities staffing services in 15 counties.

**VNA- Schenectady (SVNA)
180 Erie Blvd.
Schenectady, NY 12305
382-8050**

IDENTIFICATION

Motor Vehicles Department, Saratoga County

**Ballston Spa Office
40 Mc Master Street
Ballston Spa, NY 12020
885-2227
Fax: 884-8391**

Hours: Mon, Tues, Thurs, Fri: 8:00a.m. - 4:45 p.m.
Wed: 8:00 a.m. – 6:00 p.m.

**Clifton Park Office
Clifton Park Center Road
Clifton Park, NY 12065
383-2480
Fax: 371-8669**

Hours: Mon, Tues, Wed, Fri: 8:00 a.m. - 4:15 p.m.
Thurs: 8:00 a.m. – 6:00 p.m.

**Saratoga Office
Wilton Mall
3065 Route 50
Saratoga Springs, NY 12866
584-7403
Fax: 584-7403**

Hours: Mon, Wed, Thurs, Fri: 8:00a.m.-4:45 p.m.
Tues: 8:00 a.m. – 6:00 p.m.

**Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
884-4100**

Hours: 2:00 p.m.-4:00 p.m., Tuesdays.
CDTA Half- Fare cards issued to those 65 and over or disabled. Please bring proof of age, county residency and proof of disability when applying. A small fee applies.

INFORMATION & REFERRAL

**NYS Kinship Navigator
87 North Clinton Ave
Rochester, NY 14604
1-877-454-6463**

www.nysnavigator.org

The New York State Kinship Navigator is an information, referral and advocacy program for kinship caregivers in New York State. The Navigator seeks to assist these caregivers by providing information on financial assistance, legal information and referrals, and other types of issues that caregivers face when raising children in order to provide stability and permanency in the home.

**Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
884-4100**

Hours are 9:00 a.m.-5:00 p.m. weekdays. OFA provides information, referral and linkage to community services for the elderly. Also, provides information and assistance to family caregivers regarding programs and services available at OFA and other agencies/resources.

Seniors Choice

**P.O. Box 50
Saratoga Springs, NY 12866
424-2527
www.aseniorschoiceonline.com**

Working with families to make informed decisions in eldercare lifestyles.

Senior Independent Living Options

**Albany, NY
462-9433
www.SiloSpeakers.com**

SILO Speakers is a professional Speakers Bureau for Capital Region seniors and their families. Our community service offered free of charge provides information & options for the years ahead as well as expertise in a variety of areas of interest to seniors.

Southern Adirondack Independent Living

**Country Club Plaza
418 Geyser Rd
Ballston Spa NY 12020
584-8202 or 792-3537
Fax: 584-1195
www.sail-center.org**

Hours: 9:00 a.m. -5:00 p.m. weekdays. The Center provides information and referral services for individuals with disabilities, family members and other interested parties. The center staff is

exceptionally knowledgeable concerning community-based services and supports, including supports available through local, state and federal agencies. Linkage and referral is provided on a person-to-person basis as requested.

IN HOME VOLUNTEERS

Care Links of Southern Saratoga County

**543 Saratoga Road
Glenville, NY 12302
399-3262
Fax: 399-8663
www.chsny.org**

Open weekdays 9:00 a.m.-3:00 p.m. Trained volunteers provide supportive services, at no cost, to persons 60+. Friendly visiting, transportation, respite care, light housekeeping, yard work, short-term meal preparation, shopping and errands, telephone assurance, information and referral handy helping. Available in the Towns of Ballston, Charlton, Clifton Park, Halfmoon, Mechanicville, and Malta.

Caritas, Inc.

**142 Bay Street
Glens Falls, NY 12801
798-6648
Fax: 798-6682
www.glensfallscaritascare.org**

LEGAL SERVICES

Legal Aid Society of Northeastern NY

**40 New Street
Saratoga Springs, NY 12866
587-5188
Fax: 587-0959
www.lasnny.org**

Hours: 9:00 a.m. - 5:00 p.m. weekdays.

Mediation Matters

**480 Broadway, Suite LL-32
Saratoga Springs, NY 12866
584-6361**

**Email: amy@mediationmatters.org
www.mediationmatters.org**

Hours: 9:00 a.m.- 4:00 p.m. weekdays,
evenings by appointment.

**Office of Immigrant Services
Catholic Charities of the Diocese of
Albany**

**40 North Main Avenue
Albany, NY 12203
453-6650
Fax: 453-6792**

The services provided include
consultation and assistance with legal
immigration procedures and citizenship
applications.

**Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
884-4100**

Hours: 9:00 a.m. - 5:00 p.m. weekdays.
Legal advice and representation is
available to all seniors throughout the
County through a contract with a private
attorney. Call for requirements or to
schedule an appointment.

**Southern Adirondack Independent
Living Center**

**Country Club Plaza
418 Geyser Rd
Ballston Spa NY 12020
584-8202 or 792-3537
Fax: 584-1195
www.sail-center.org**

Hours: 9:00a.m. – 5:00 p.m. weekdays.
The center offers individuals with
disabilities, family members and other
interested parties assistance and
advocacy related to benefit and

entitlement programs, community
services and other local, state, or federal
programs. Where necessary, assistance
and advocacy is provided for informal
appeals, Fair Hearings and
Administrative Law Reviews. In
addition, advocacy and assistance is
provided for children of school age
concerning the CSE process and
meetings, as well as for issues involving
IDEA, FAPE, Transition Planning,
Work-Study and other school-related
services. Assistance and advocacy are
also provided for individuals who
choose to access services through
VESID, CBVH, OMRDD, OMH,
SOFA, DOT, Hospice and other state
and local agencies.

**NURSING HOMES/
REHABILITATION CENTERS**

The following list of facilities provides
physical and occupational therapy along
with skilled nursing.

**Diamond Hill Nursing and
Rehabilitation Center**

**100 New Turnpike Road
Troy, NY 12182
235-1410**

www.diamondhill-rehab.com

A skilled nursing center offering short-
term rehabilitation through physical,
occupational, and speech therapy as well
as long term care residential care. This
center also offers specialized equipment
and accommodations for bariatric
rehabilitation residents and
transportation to area dialysis centers. A
full range of recreational and religious
activities is provided.

Maplewood Manor
149 Ballston Avenue
Ballston Spa, NY 12020
885-2288

Pathways Nursing and Rehabilitation Center

1805 Providence Avenue
Niskayuna, NY 12309
374-2212
Fax: 374-4330
www.pathways-rehab.com

A short term recovery skilled nursing center offering physical, occupational, speech and cognitive therapy for children, adults and the elderly. Services also include, but are not limited to, traumatic brain injury comprehensive rehabilitation, stroke recovery, and ventilator/respiratory care. The center also provides an effective alternative to extended hospitalization within a homelike environment.

Rosewood Nursing and Rehabilitation Center

284 Troy Road
Rensselaer, NY 12144
286-1621

www.rosewoodrehabilitation.com
A skilled nursing center offering short-term rehabilitation through physical, occupational and speech therapy as well as long-term residential care. A full range of recreational and religious activities is provided.

Saratoga Care Nursing Home

211 Church Street
Saratoga Springs, NY 12866
583-8496

The nursing home provides long-term care and short-term rehabilitation to get back to the community.

Seton Health at Schuyler Ridge Residential Health

1 Abele Boulevard
Clifton Park, NY 12065
371-1400

www.schuylerridge.org

Provides residential health care for those requiring skilled nursing.

The Glens Falls Hospital Inpatient Rehabilitation Center

100 Park Street
Glens Falls, NY 12801
926-6186 or 538-1470

www.glensfallshospital.org

The center is for individuals in need of intensive physical, occupational, and/or speech therapy following an accident or illness. Patients in need of acute inpatient rehabilitation must benefit from 24-hour physician availability, 24-hour rehabilitation nursing, 3 hours day/5 days a week of therapy and an interdisciplinary team approach.

Wesley Health Care Center

131 Lawrence Street
Saratoga Springs, NY 12866
587-3600

www.wesleyhealth.com

Wesley is a skilled nursing facility including physical therapy and occupational therapy.

RESPIRE - ADULT

Attentive Home Companions

5 Computer Drive West
Albany, NY 12205
694-0400

**Beacon Pointe Memory Care
Community**
1 Emma Lane
Clifton Park, NY 12065
371-2200

**Caregivers Support Services of
Catholic Charities**
100 Slingerland Street
Albany, NY 12202
449-2001

Services include support groups, training, seminars, planned and emergency respite services, information and assistance, and social work services.

**Care Links of Southern Saratoga
County**
543 Saratoga Road
Glenville, NY 12302
399-3262
www.chsnny.org

Open weekdays. Trained volunteers provide supportive services, at no cost, to persons 50+. Friendly visiting, transportation, respite care, light housekeeping, yard work, short-term meal preparation, shopping and errands, telephone assurance, information and referral handy helping around the house (inside and outside). Available in the Towns of Clifton Park, Halfmoon, Mechanicville, and Malta.

Caritas, Inc.
142 Bay Street
Glens Falls, NY 12801
798-6648
www.glensfallscaritascare.org

Caritas is a local, unique, organization of trained caregivers and community professionals providing non-medical, non-hands-on support, free of charge to seriously and terminally ill individuals and their families.

Home Connection Companions
11 Computer Drive West
Albany, NY 12205
459-6612
Fax: 459-6614
1-866-811-4300

Home Health Care Partners
1830 Riverfront Center
Amsterdam, NY 12010
842-6718 or
1-800-342-1426

This New York State Licensed Home Care Agency offers companion services, home health aide services and nursing services.

Home Instead Senior Care
12 Mountain Ledge Dr. Suite 3
Gansevoort, NY 12831
580-1042
www.homeinstead.com/341

Home Instead provides non-medical companion and home-helper service including light housekeeping, laundry, meal preparation, shopping, errands and incidental transportation. Long term and short term respite services available.

Living Made Easy
Saratoga Springs, NY 12866
580-9585
www.LivingMadeEasy.net

Living Made Easy Senior Care provides non-medical in home services, housekeeping, companionship, errands, transportation, medication reminder and supervision for personal care. Services available for 24 hours 7 days a week with a minimum of 3 hours.

Northeast Health
Marjorie Doyle Rockwell Center
421 W. Columbia Street
Cohoes, NY 12047
279-5502

**Saratoga County Office for the Aging
Caregiver Program**

**152 West High Street
Ballston Spa, NY 12020
884-4100**

Hours are 9:00 a.m.- 5:00 p.m. weekdays
Caregiver Program assists caregivers by giving them relief from the burdens of care giving. Services offered by the program are information and assistance, counseling, respite, and supportive services which include provision of Safe Return bracelets for Alzheimer's patients and assistance in securing emergency response systems. Care receivers must be over 60, a resident of Saratoga County and have deficiencies in at least two activities of daily living.

Senior Solutions

**77 Van Dam Street, Suite 4
Saratoga Springs, NY 12866
584-1200**

Services include companionship and Respite Care.

Stratton VA Medical Center

**113 Holland Ave., #112
Albany, NY 12208
626-6101**

Must be eligible veteran to receive respite.

RESPITE - CHILDREN

**Pathways Nursing and Rehabilitation
Center**

**1805 Providence Avenue
Niskayuna NY 12309
374-2212**

www.northwoodshealth.net

Respite services for children from birth to age 21 designed to provide a break for caregivers. This is an in-patient,

overnight program with 24 hour nursing care, physical, occupational and speech therapy, as needed, and therapeutic recreational activities within a community atmosphere.

Accommodations are provided for children with developmental delays, special feeding requirements, seizure disorders, neuromuscular disease, congenital illnesses and ventilator dependency. This service is funded through Medicaid up to 42 days per year at no charge to the caregiver.

**SENIOR CLUBS AND
CENTERS**

**Ballston Area Seniors
310 North Line Road
Ballston Spa, NY 12020
885-6740**

**Corinth Senior Citizens Center
22 Hamilton Avenue
Corinth, NY 12822
654-2040**

**Galway Senior Citizens Club
Galway Town Hall
Route 147, PO Box 143
Galway, NY 12074
Mary Ann Denison
882-6100**

**Greenfield Senior Club
Greenfield Community Center
7 Wilton Road PO Box 10
Greenfield Center, NY 12833
Sandra Kanar, President
893-7745**

**Hadley Community Center
23 Maple Avenue
Hadley, NY 12835
696-4486**

Halfmoon Senior Center
285 Lower New Town Road
PO Box 4203
Halfmoon, NY 12065
371-3892

Malta Senior Citizens, Inc.
Malta Community Center
1 Bayberry Drive
Malta, NY 12020
Kathy Eitzmann
376-3648

Mechanicville Area Senior Center
178 North Main Street
Mechanicville, NY 12118
664-7877

Moreau Community Center
Seniors
144 Main Street
PO Box 1456
South Glens Falls, NY 12803
792-6007

Old Saratoga Senior Club
PO Box 60
Schuylerville, NY 12871
Nancy King 583-4117
Joan LaPitsky 695-5546

Quaker Springs Sunshiners
Quaker Springs Firehouse
107 Blodgett Road
Schuylerville, NY 12871
Marion DeHeer 695-6121

Sacandaga Senior Citizens
Edinburg Community Center
47 Military Road
Edinburg, NY 12134
863-6221 or 863-8872

Senior Citizens Center of
Saratoga Springs
5 Williams Street
Saratoga Springs, NY 12866
584-1621

Shenendehowa Adult
Community Center
6 Clifton Common Court
Clifton Park, NY 12065
383-1343

Waterford Senior Club
Civic Center
35 Third Street, PO Box 554
Waterford, NY 12188
235-8500

Wilton Senior Citizens Center
18 Traver Road
Gansevoort, NY 12831
587-6363

SENIOR HOUSING

Adam Lawrence Apartments
364 West Maple Street
Corinth, NY 12822
654-9162

Ballston Pines
155 Rowland Street
Ballston Spa, NY 12020
884-9401

Bishop Hubbard Senior
Apartments
54 Katherine Drive
Halfmoon, NY 12065
383-2705

Coburg Village
One Coburg Village Way
Rexford, NY 12148-1467
371-5000

Council Meadows
126 Council Lane
Burnt Hills, NY 12027
399-9232

Doubleday Woods
91 Church Avenue
Ballston Spa, NY 12020
885-1900

Embury Apartments
133 Lawrence Street
Saratoga Springs, NY 12866
587-3300

Highpointe at Malta Senior Apts
Route 9 and Cramer Road
Malta, NY 12020
583-7977

Kirby Village
9 Kirby Road
Saratoga Springs, NY 12866
583-4608

Malta Meadows
5 Applewood Drive
Ballston Lake, NY 12019
899-1552

Marina Woods Senior Housing
2000 Marina Drive
Halfmoon, NY 12065
348-0213

Mechanicville Elderly Housing
180 North Main Street
Mechanicville, NY 12118
664-4436

Midtown Apartments
18-20 Riverview Street
South Glens Falls, NY 12803
792-3029

Milton Village
300 Northline Road
Ballston Spa, NY 12020
884-9767

**Northern Pines Senior
Apartments**
120 Northern Pines Road
Wilton, NY 12866
581-8959

Prestwick Chase
100 Saratoga Boulevard
Saratoga Springs, NY 12866
584-7766

Raymond Watkin Apartments
57 Ballston Avenue
Saratoga Springs, NY 12866
587-2641

Saratoga West
11 Kirby Road
Saratoga Springs, NY 12866
581-9738

Schuylerville Manor
2 Morgans Run
Schuylerville, NY 12871
695-4865

Shenendehowa Village
300 Solomon Avenue
Clifton Park, NY 12065
373-1900

Stonequist Apartments
1 South Federal Street
Saratoga Springs, NY 12866
584-6600

Trible Village
322 Northline Road
Ballston Spa, NY 12020
885-6997

Van Schoonhoven Square
1 Van Schoonhoven Square
Waterford, NY 12188
235-0514

Westview Apartments
125 West Avenue
Saratoga Springs, NY 12866
583-8800

Wilton Commons
100 Wilton Commons Drive
Gansevoort, NY 12831
581-7696

Woodlawn Commons
156 Lawrence Street
Saratoga Springs, NY 12866
691-1560

SUPPORT GROUPS

**AIDS Council of Northeastern
New York**
1-800-201-AIDS

Alcoholics Anonymous
587-0407

Alzheimers Association
1-800-272-3900
438-2217
www.alzneny.org

American Cancer Society
438-7841

The Caregiver Space, Inc.
31 West 21st Street, 4th Floor
New York, NY 10010
1-855-522-5524
www.thecaregiverspace.org

Caregiver Support Group
Adult Children Caring for
Aging Parents
587-3600

Charcot-Marie-Tooth
Association
783-7313
www.cmtausa.org

Crohns/Colitis
439-0252

Elder Locator
1-800-677-1116

Hearing/Rehab Center (Glens
Falls Hospital)
926-2000

Literacy Volunteers
583-1232

National Kidney Foundation
458-9697

Oncology Support for Patient
& Families (Glens Falls
Hospital)
926-6629 or 926-6639

Shelters of Saratoga, Inc.
581-1097

TRANSPORTATION

Transportation is available in the following areas. Please call 24 hours in advance to make reservations.

Ballston, Malta, Milton, Wilton
Greenfield & Northumberland
A + H Services **884-4100**

Charlton, Providence, Galway, Edinburg
A + H Services **884-4100**

Clifton Park
Town of Clifton Park and 371-4444
Shenendehowa Seniors –Clifton Park
residents only

Corinth
Corinth Senior Center 654-2040

Hadley/Day **696-3789 Ext-3**

Halfmoon
Town of Halfmoon 664-2186

Mechanicville
City of Mechanicville
Public Safety 664-5651

Schuylerville/Town of Saratoga
A + H Services 884-4100

Saratoga Springs
A + H Services 884-4100

Stillwater
Community Committee 664-6856
On Eldercare (CCE) Ext.18

Waterford
Town of Waterford 235-8500
Medical 527-4589

Scheduled bus routes
CDTA 482-8822

CDTA Star Program 482-2022

Care Links of Southern Saratoga
County

543 Saratoga Road
Glennville, NY 12302
399-3262
Fax: 399-8663
www.chsny.org

Open weekdays. Trained volunteers
provide supportive services, at no cost,

to persons 60+. Friendly visiting,
transportation, respite care, light
housekeeping, yard work, short-term
meal preparation, shopping and errands,
telephone assurance, information and
referral handy helping around the house
(inside and outside). Available in the
Towns of Clifton Park, Halfmoon,
Mechanicville, and Malta.

Community Human Services
543 Saratoga Road
Glennville, NY 12302
399-4624

Wellness Express Monday-Friday.
Transportation is provided to residents in
the Town of Ballston, the village of
Ballston Spa, Town of Charlton, Town
of Malta, Town of Galway, Town of
Providence and the town of Milton to
and from medical appointments in the
capital region. Advance notice is
required to make a reservation.

Saratoga County Department of
Social Services
152 West High Street
Ballston Spa, NY 12020
884-4169
1-855-852-3292

Hours: 9:00 a.m.- 5:00 p.m. weekdays
Medicaid Transportation availability is
determined by a caseworker and
evaluated annually. Medical
appointments only. Wheelchair
accessibility. Minimum 3 day notice.

Moreau Community Center
PO Box 1456
144 Main Street
So. Glens Falls, NY 12803
792-6007

Transportation is available to residents
in the South Glens Falls School District.

**RSVP Senior Transport
Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020**

Provides transportation to medical appointments only. No wheelchair accessibility. Minimum one week notice. Suggested donation for round trip is \$2 within the county and \$5 outside of the county.

Southern Adirondack Independent Living

**Country Club Plaza
418 Geysers Rd
Ballston Spa NY 12020
584-8202 or 792-3537
Fax: 584-1195**

Hours: 8:30 a.m.- 4:30 p.m. weekdays. The center provides information and training concerning transportation services to individuals with disabilities, family members and other interested parties. In addition, the center assists with arranging transportation and/or providing direct training for individuals with disabilities to arrange or use transportation services.

**Veterans Affairs Division
Saratoga County Office Building
152 West High Street
Ballston Spa, NY 12020
884-4115**

Transportation is available to the VA Medical Center in Albany on Tuesday, Thursday and Friday by appointment. Give name, last 4 numbers of SS number, clinic destination and time of appointment. This is a free service.

VOLUNTEER OPPORTUNITIES

Care Links of Southern Saratoga County

**543 Saratoga Road
Glenville, NY 12302
399-3262
Fax: 399-8663
www.chsny.org**

Open weekdays. Trained volunteers provide supportive services, at no cost, to persons 60+. (Available in the Towns of Clifton Park, Halfmoon, Mechanicville, and Malta.)

Foster Grandparent Commission on Economic Opportunity

**2331 Fifth Avenue
Troy, NY 12180
272-6012 ext. 311, 315 or 288
www.ceo-cap.org/seniors**

Serve 15-40 hours a week in schools, hospitals, correctional institutions, Head Start and day care centers. Volunteers must meet income eligibility requirements.

**Home Delivered Meal Volunteer
Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020
363-4020**

A volunteer program that recruits all ages to deliver nutritious noon-time meals to homebound seniors 60+ throughout Saratoga County.

The Retired and Senior Volunteer Program Saratoga Office for the Aging

**152 West High Street
Ballston Spa, NY 12020
884-4100**

(RSVP) is part of the Corporation for National & Community Service, a national volunteer agency. Anyone 55 years or older is eligible to become a volunteer. RSVP offers diverse opportunities to serve in many locations. Volunteer assignments are a match between the specific interests of the volunteer and the particular needs of an organization.

Senior Companion

**3 Care Lane, Suite 200
Saratoga Springs, NY 12866
581-3074**

Offers part-time opportunities for seniors to develop one-to-one relationships with developmentally disabled adults. Participants, who are income eligible, receive a tax-free stipend, possible transportation, daily meal, orientation and training.

VOTER REGISTRATION

Board of Elections, Saratoga County

**50 West High Street
Ballston Spa, NY 12020
885-2249**

Hours: 9:00 a.m.– 5:00 p.m. weekdays. Registers eligible persons to vote and maintains central file of registered county voters. Provides upon request, absentee ballots for permanently ill, military, and out-of-town voters. Coordinates and oversees elections, maintains information on voting locations, election results, and legislative district boundaries. Tests prospective

election inspectors, receives party-designating petitions for filing and keeps records of financial filing.

Southern Adirondack Independent Living

**Country Club Plaza
418 Geysers Rd
Ballston Spa NY 12020
584-8202 or 792-3537
Fax: 584-1195**

Hours: 8:30 a.m.- 4:30 p.m.

The center provides information concerning voting and the right to vote to individuals with disabilities. The center also provides assistance with the voter registration process as requested.

**WEATHERIZATION/
HOUSING SERVICES**

Care Links of Southern Saratoga County

**543 Saratoga Road
Glenville, NY 12302
399-3262
Fax: 399-8663
www.chsny.org**

Open weekdays. Trained volunteers provide supportive services, at no cost, to persons 60+. Friendly visiting, transportation, respite care, light housekeeping, yard work, short-term meal preparation, shopping and errands, telephone assurance, information and referral handy helping around the house (inside and outside). Available in the Towns of Clifton Park, Halfmoon, Mechanicville, and Malta.

Housing Program of EOC
39 Bath Street
Ballston Spa, NY 12020
288-3206
Fax: 288-3236

Hours: 8:30 a.m.- 4:30 p.m. weekdays.
EOC helps income eligible county residents better manage fuel and energy costs with the weatherization assistance program.

Rebuilding Together Saratoga County
267 Ballard Rd
Gansevoort, NY 12831
587-3315
Fax: 587-3315

www.rebuildingtogethersaratoga.org
Non-profit organization that rehabilitates the homes of low-income homeowners, particularly those who are elderly or have disabilities, so that they may continue to live in warmth, safety and independence.

Roarke Custom Builders
461 Elliot Road
East Greenbush, NY 12061
689-0066

Roarke Custom Builders has been providing professional building and remodeling services throughout the Capital Region since 1986. Certified through NAHB as aging in place specialists.

Saratoga County Rural Preservation Company
36 Church Avenue
Ballston Spa, NY 12020
885-0091

Administers Sec 8 Rental Assistance program, Veterans Apartments, Budget Counseling and Veterans Employment Services.

Saratoga Home and Energy
587-3158
Hours: 7:30 a.m.- 3:30 p.m. weekdays.
Services provided include no cost dwelling repair options for households and small businesses in Saratoga and Schenectady counties. Open to HEAP eligible clients.

Saratoga Springs Office of Community Development
Room 10 City Hall
Saratoga Springs, NY 12866
587-3550
Hours: 9:00 a.m.- 5:00 p.m. Mondays
9:00 a.m.- 4:30 p.m. Tuesday – Friday.

Community Development provides housing rehabilitation grant and loan programs, information and referral services.

Schrader and Company Inc.
850 Saratoga Rd., PO Box 70
Burnt Hills, NY 12027
399-1881
Fax: 399-2338
www.schraderandco.com

Certified through AARP and Home Builders Association as aging in place specialists.

Shelters of Saratoga Neighborhood Preservation Company
14 Walworth Street
P.O. Box 3089
Saratoga Springs, NY 12866
581-5955

Saratoga Residential Rehab Program provides moderate rehabilitation to income eligible homeowners within the City of Saratoga Springs inner district.

Southern Adirondack Independent Living Center

**Country Club Plaza
418 Geyser Rd
Ballston Spa, NY 12020
584-8202 or 792-3537
Fax: 584-1195**

Hours: 8:30 a.m.- 4:30 p.m.

The center offers individuals with disabilities, family members and other interested parties information, advice and assistance with overcoming architectural barriers occurring in any privately or publicly owned residence, business, constructed facility or proposed building or facility. The center also provides detailed plans and written advice as well as information and assistance for accessing funding sources.

Spare Hands LLC

**P.O. Box 610
Saratoga Springs, NY 12866
337-0752**

Spare Hands is a company committed to serving the needs of the older population by using the most streamlined approach possible to deliver needed services.

Umbrella of Capital District Inc.

**509A Union Street
Schenectady, NY 12308
346-5249**

www.theumbrella.org

Non profit agency dedicated to helping senior citizens and person with disabilities live comfortably, safety and independently in their own homes. Services provided include low cost handyman service, house cleaning, lawn and garden work, plumbing, electrical repairs, grocery shopping, transportation and information and referral.

United States Department of Agriculture(USDA)- Rural Development

**2530 NYS Route 40
Greenwich, NY 12834
Phone: 692-9940
Fax: (855) 889-1631
www.rurdev.usda.gov**

Hours: 8:00 a.m.- 4:30 p.m. weekdays.
Services include financial assistance for income eligible homeowners. Loan or grants are for ages 62+ and for home repairs and construction. Loans for home ownership are available

SECTION 2: HOME HEALTH CARE GLOSSARY

Introduction

This section provides generic descriptions of various Home Health Care terms.

Glossary

acute care--- Care required by a client/patient for a short period, usually until an underlying condition is resolved. Acute care is delivered in a variety of settings including home, hospitals, and nursing facilities.

case management--- Coordination of a client/patient's health care services to ensure appropriate, quality care as their health care and social needs change.

companion aide--- Provides companionship for a client/patient and assists with tasks such as homemaking, meal planning, shopping, transportation, and possibly personal care.

home health aide--- Paraprofessional caregivers through New York-approved programs provide hands-on personal care and light homemaking tasks. Aides may provide expanded health related tasks when trained and supervised by a Registered Nurse.

homemaker/housekeeper--- Provides assistance with domestic tasks such as light housekeeping, laundry, shopping, and meal preparation.

information and referral--- Service to answer questions and guide the client/patient to appropriate services.

infusion therapy--- Intravenous medication administration for therapeutic purposes. Infusion therapy may include administration of antibiotics, hyperalimentation, chemotherapy, pain control medicines, hydration fluids, and selected blood products.

licensed practical nurse (LPN) ---

Provides a broad range of nursing services, including administration of prescription medicines, insulin injections, and monitoring of vital signs.

long-term care (LTC) --- Care required by some children and adults with disabilities. Care ranges from household tasks to skilled nursing services. LTC is delivered in a variety of care settings, including home, adult home, and nursing facilities.

master of social work (MSW) --- This licensed professional assesses the social and emotional factors impeding the client/patient's ability to cope with problems of daily living. Counsels and assists clients/patients and their families to understand and follow a medical treatment plan. Provides services to restore optimum health and social adjustment.

nutritional education--- Provides nutritional services to the client/patient as prescribed by their physician, including nutrition assessment, and counseling to meet normal and therapeutic needs.

occupational therapy (OT) --- Performs diagnostic tests, measurements, and evaluations, such as mobility of joints, strength and endurance of muscles. Initiates and applies appropriate prevention, therapeutic and rehabilitative occupational therapy procedures and techniques.

personal care aide (PCA)--- Trained paraprofessionals assist sick or disabled individuals with personal care and homemaking tasks.

physical therapist (PT)--- Performs diagnostic tests and evaluations, such as joint mobility, stability and appearance of walking, strength and muscle endurance.

rehabilitation services--- Programs carried out in the home and individually designed for clients/patients with traumatic brain injury, strokes, multiple congenital anomalies, multiple sclerosis, muscular dystrophy, Lou Gehrig's disease, encephalitis, and severe arthritis, among others. Treatment addresses physical, mental, social, economic and behavioral needs to prevent acute illness, restore maximum function and move to client/patient toward the least restrictive environment.

registered nurse (RN) ---Performs all nursing functions including the most highly technical procedures, such as caring for clients/patients on ventilators or providing home infusion therapy. Performs client/patient assessments, initiates nursing services, and makes appropriate referrals. Takes the role of a case manager in a certified agency.

respiratory therapist (RT)--- Employs specific testing techniques to assist in diagnosis, monitoring, and treatment of those with respiratory problems. Provides respiratory rehabilitation, appropriate instruction, and supportive counseling for the client/patient and family until the optimum recovery level is achieved.

respite --- Short term services provided in the home or in a facility designed to give the caregiver a break from care responsibilities. This allows caregivers time to take a vacation, attend to business, clean house, sleep, or perform other activities. May include nursing, personal care, meals, personal emergency response system, and community services.

shopper service---Agency workers visit a client/patient's home to help prepare a grocery list. Shopper visits the grocery store and returns all purchases to the clients/patient's residence. Some assistance is available to put supplies away. Arrangements can be made regarding handling of client/patient money, food

stamps or checks, payment of utility bills, prescriptions and other banking needs.

sleepover--- Services provided overnight in an eight hour or longer shift while the client/patient or family sleeps.

speech therapy--- Assesses and evaluates client/patient's need for speech, language and/or audiology services. Initiates and applies appropriate preventive, therapeutic and rehabilitative procedures and techniques.

twenty-four-hour care---Services that are provided "around-the-clock."

twenty-four-hour on-call---Availability of staff 24 hours a day, seven days a week to screen calls, coordinate or provide services as necessary.

SECTION 3: LONG-TERM CARE GLOSSARY

Introduction

This section provides generic descriptions of various long-term care options.

Long-Term Care Options

Many long-term care alternatives and services are available for elders. Before choosing what is right for you or a family member, it is important to understand the various levels of care associated in providing such services. Though families often go to great lengths in caring for aged loved ones, they may not be able to provide the best physical and emotional care without experiencing undue emotion, physical, or financial stress. When a person must decide the best alternative arrangement for meeting personal and health care needs, the following options are available:

Glossary

adult care facility (ACF)--- 24 hour supervised living provides assistance with personal care (bathing, dressing, grooming); monitors residents' medications and physical/social needs. Three meals a day are included.

adult day care--- Provides supervised daily programs outside the home, including group and individual activities, nutritional meals, and companionship. Different programs may provide services such as nursing.

assisted living--- Provides an environment that is less restrictive at a more affordable price by combining the services of an adult care facility and licensed home care agency. Services, which may include acute and long-term home care, are based on each individual's health care needs.

enriched living---Offered to residents who need basic support services such as housekeeping, laundry, meals, etc.

family-type home for adults (FTHA)--- New York certified home providing long-term residential care, including room, board, personal care, and supervision, for one to four adults unrelated to the operator.

home health care---Services ranging from personal care assistance to nursing services to physical therapy are provided in the home by qualified home health care agencies.

independent living---Provides apartment living for well elderly. Handicap accessible. Safety devices grab bars, emergency call bells frequently provided. Residents care for self and apartment.

residential care facilities---Provides room and board. In addition may offer social, recreational and spiritual programs, housekeeping, and emergency response systems.

respite care--- Provides temporary supportive care in a nursing facility or adult care facility for those who normally live in the community, but whose caregivers need relief (also known as short-term schedule care).

skilled nursing facility (SNF)--- Provides intensive medical care, rehabilitative programs, and other specialized services under the supervision of an interdisciplinary care team for chronically ill and disabled elders.

SECTION 4: LEGAL GLOSSARY

Introduction

It is becoming increasingly clear that elderly people have very specific needs. It is also clear that there are some special legal concerns for those who provide care (caregivers) for the elderly. The following is a brief list of some of the terms that elderly people and their caregivers might find useful in working through their special legal needs.

alternative decision-making--- Elderly people are often in need of someone to assist them in making decisions. There are several ways to make another the “legal decision-maker” for oneself, including: a) guardianship, b) representative payeeship, c) durable power of attorney, and d) trust agreements.

durable power of attorney--- A document signed by an individual in which he or she appoints another to serve as his or her agent. This lasts beyond disability or incapacity. A person does not forgo any of his or her legal rights by signing a **DPOA**. The document can be modified or revoked at any time prior to disability or incapacity. It is a very useful document because it allows the “incapacitated” to make his or her own decisions to the extent possible. It also gives the “incapacitated” person a choice in who will serve as the alternate decision maker. A Durable Power of Attorney can be signed only when one is “competent” to do so. It is very important to consider naming an alternate agent in the event that the first agent predeceases the protected person. The document must be notarized. Two witnesses are recommended as well.

guardianship--- This is the most restrictive form of alternative decision making, requiring a court order. The guardian must report annually to the court. The “ward” (person subject to the guardianship) loses all of his or her rights, and is not considered competent to make decisions. The person

requesting the guardianship must prove by clear and convincing evidence that the proposed ward is not competent.

living will--- A document signed by an individual in which he or she expresses what his or her desires are in the event of a terminal illness or irreversible coma. It should be notarized and witnessed, and can be included in a Durable Power of Attorney.

medical durable power of attorney--- Same as a Durable Power of Attorney except specifically designed for medical decision making.

representative payeeship--- A representative payee is a person appointed by the Social Security Administration to handle all of the protected person’s Social Security affairs. In order to be appointed, a person must file an application with the Social Security office and have medical verification that the protected person is not capable of handling his or her own Social Security matters.

springing durable power of attorney--- Same as the durable power of attorney except that it becomes effective upon disability or incapacity. A definition of disability or capacity must be included in the document.

trust--- A legal entity in itself, capable of owning property. A trust is managed by a trustee for the benefit of another (beneficiary). It is possible to be your own trustee. A trust is most often used for estate planning purposes or to protect the assets of another. It is sometimes used by people who want to ensure that they will be cared for in later years. Can be a good estate planning tool; however, can be more costly than a will or probate, depending upon the size of the estate involved.

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EVALUATION FORM

The Saratoga County Long Term Care Services Directory, Sixth Edition

We hope that you find the Services Directory informative and easy to use. We would like to hear your comments, concerns, and suggestions regarding this and future editions of the Directory. Please take a few minutes to complete this evaluation form. Then, simply remove it from the directory and either fax it to us at 884-4104, or mail it back to us. Thank you for your time and interest in the Services Directory.

I found this directory:

- very helpful
- somewhat helpful
- not helpful

I found this directory:

- very easy to use
- somewhat easy to use
- difficult to use

In future editions, I would like to see more: _____

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My overall comments/suggestions are: _____

THANK YOU.