

The Saratoga County Long Term Care Services Directory, Ninth Edition, copyright 2018, 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 February 2018. 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

February 2018

To the users of this directory:

On behalf of the Saratoga County Office for the Aging, I am pleased to present the ninth 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 a.m. – 5 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 Catholic Charities Senior Caregiver and Support Services

**1462 Erie Blvd. 2nd Floor
Schenectady, NY 12305
372- 5667**

Hours: 9:00 a.m. - 4:00 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. Additional programs available; Caregiver Program, Meals on Wheels, Mental Health Counseling, Nutrition Counseling, and Transportation. 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.

Peregrine Senior living at Clifton Park

**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

**www.homeofthegoodshepherd.com
400 Church Street
Saratoga Springs, NY 12866
450-7360 / Fax 450-7525**

**198 Bluebird Road
South Glens Falls, NY 12803
792-1000**

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

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

**Memory Care
390 Church St
Saratoga Springs, NY 12866
584-3317**

ADVOCACY

Gay, Lesbian and Straight Education Network

GLSEN National Headquarters
110 William Street 30th Fl
New York, New York 10038
(212) 727-0135
www.glsen.org (youth)

In Our Own Voices

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

Lambda Legal National Headquarters

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

LGBT Aging Center - National Headquarters/ National Resource Center on LGBT Aging c/o SAGE

305 7th Ave., 15th Floor
New York, New York 10001
(212) 741-2247
www.lgbtagingcenter.org

Service / 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
800-950-NAMI (6264)
(703) 524-7600

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)

National Center for Transgender Equality

1133 19th St. NW
Washington D.C. 20036
(202) 642-4542
www.transequality.org

Pride Center of the Capital Region

332 Hudson Avenue
Albany, NY 12210
462-6138
www.capitalpridecenter.org

STATE WIDE

New York State Wide Senior Action Council, Inc.

275 State Street
Albany, NY 12210
436-1006/800-333-4374
www.nysenior.org

BENEFITS

American Association for Retired Persons (AARP), Albany Chapter

1 Commerce Plaza, Suite 706
Albany, NY 12260
434-4194 (Legislative Office)

National Grid

300 Erie Blvd. West
Syracuse, NY 13202
Customer Service:
800-642-4272 (hours till 7 p.m.)
Payment Arrangements:
800-443-1837
www.nationalgridus.com

Hours: 7 a.m.-9 p.m. weekdays, Sat. 7 a.m.-5 p.m.

National Grid provides 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 payment, Low Income Customer Assistance/ Affordability.

Saratoga County Department of Social Services

**152 West High Street
Ballston Spa, NY 12020**

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

**Managed Care
884-4153**

**Medicaid
884-4148**

Medicaid provides medical coverage for all ages that have insufficient income and/or resources to meet the cost of necessary medical care as determined by state standards.

**SNAP (Formally Food Stamps)
884-4155 or 587-3030**

Issue a benefit card with a monthly allotment for food purchase to those who meet income eligibility guidelines.

**Temporary Assistance & Disability Assistance
884-4144**

Temporary assistance provides financial support and emergency assistance to individuals and families who meet income and resource eligibility criteria.

**Home Energy Assistance Program
884-4146 or 884-4111**

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.

Social Security Administration

Hours: 9 a.m. - 4 p.m. weekdays

9 a.m.-12 p.m. Wed.

www.socialsecurity.gov

Schenectady County

1 Broadway Center

8th Floor, Ste. 801

Schenectady, NY 12305

866-964-1296 or 866-964-0018

TTY 382-9489

Glens Falls Office

17 Cronin Road, Suite 1

Queensbury, NY 12804

877-405-4875

TTY 745-5719

Southern Adirondack Independent Living Center

Country Club Plaza

418 Geysers Rd

Ballston Spa, NY 12020

584-8202

71 Glenwood Ave

Queensbury, NY 12804

792-3537

www.sailhelps.org

Hours: 8 a.m.-4 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

**2144 Doubleday Ave
Ballston Spa, NY 12020
884-4115**

Hours: 9 a.m. - 5 p.m. weekdays.
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
800-227-2345
www.cancer.org**

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.

Cancer Services Program of Saratoga County

Offers screening, support and information. Offers Breast Cancer Screening, Cervical Cancer Screening and Colorectal Cancer Screening. For uninsured Men/Women ages 40-64.

**211 Church Street
Saratoga Springs, NY 12866
580-2132 or 580-2078**

**866-442-CANCER (2262)
www.cancer.org**

**To Life!
www.tolife.org**

**410 Kenwood Avenue
Delmar, NY 12054
439-5975**

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.

**Personalized Boutique Services
110 Spring Street
Saratoga Springs, NY 12866
587-3820**

**CASE
MANAGEMENT/COUNSELING**

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

Hours: 9 a.m. – 5 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
525-6803
www.sphp.com/continuingcare**

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

transition, crisis intervention, consultations and standby support.

**Elder Care Program of the
Mechanicville Community Center
6 South Main Street
Mechanicville, NY 12118
664-8322 Ext 614**

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

**Ellen Egger-Aimone, LMSW,
Geriatric Care Manager
573-6122**

**www.egger-aimone.com
ellen@egger-aimone.com**

Assessment, advocacy, caregiver support and education, crisis intervention, care coordination, and assistance with Medicaid/Medicare. Caregiver seminars are available. Hours are by appointment.

**Saratoga County Alcohol and
Substance Abuse Services
135 South Broadway
Saratoga Springs, NY 12866
584-9030**

Hours: Mon – Wed - Fri 8:30 am – 5:00pm
Information and referral, evaluation, individual and group counseling and intervention. 24 hour on call is available. Walk-in services are available M/W/F; doors open at 8:30am for drug and alcohol abuse.

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

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

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

**Senior Hope Counseling, Inc.
301 S. Allen St., Suite 6
Albany, NY 12208
489-7777**

www.seniorhope.org

Hours: 9 a.m. – 5 p.m. weekdays.
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 Geyser Rd.
Ballston Spa, NY 12020
584-8202 or
Queensbury 792-3537
www.sailhelps.org**

Hours: 8 a.m. – 4 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 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
19 Wayne Court
Queensbury, NY 12804
798-4742 or 796-0603

www.trinityeldercare.com
Provides comprehensive assessment, coordination and management of services, determining affordability of services and accessing resources. Assists with Medicaid insurance information and applications. Provide options and alternatives for home based care. Assistance with nursing home applications. Senior Driving Solutions-provides self-assessment tools for older drivers.

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 a.m. – noon on Mon, Wed, Thurs, and Fri. Emergency food supplies available on Wed. from 5 p.m. – 7 p.m.

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

Share the warmth fund emergency/emergency fuel. Call the church for information. Community Churches Food Pantry is at Theater Guild on 4th St, Corinth Tues. 2-5 p.m. Fri. 2-5 p.m.

The Corinth YMCA
119 Gabriel Road, Corinth NY
583-9697, ext. 191

An Alzheimer's Caregivers Support Group meets on the 2nd and 4th Wednesdays @ 2:00-3:00 p.m. located at

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

The church operates a food pantry 1st and 3rd Tues. 9-11am, Thurs., 4:30 p.m. – 6:30 p.m.

Shenendehowa United Methodist Church

971 Route 146
Clifton Park, NY 12065
371-7964

The church offers a free community dinner once a month; usually the last Tuesday of the month, however, please note schedule may change due to the holiday season. Please review our schedule on our website shenumc.org.

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.

**Code Blue Homeless Shelter
581-1097**

**14 Walworth St
Saratoga Springs, NY 12866**
Program runs from November 15th to March 15th.

South Glens Falls United Methodist Church

**15 Maplewood Parkway
South Glens Falls, NY 12803
793-1152**

Services offered include prayer, counseling and support.
Mon. – Fri.: 8:30 a.m. – 12:30 p.m.
Wed. – grief share and Sunday morning services start at 9:45 am.

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
PO Box 251 105 Ballard Rd
Gansevoort, NY 12831
587-3180 Deacon Boyd**

The society offers a substitute caregiver program for emergency situations. Also,

there is a food pantry twice a month Thursdays 9-12pm.

CREDIT COUNSELING

Southern Adirondack Independent Living Center

**Country Club Plaza
418 Geysers Rd.
Ballston Spa, NY 12020
584-8202 or 792-3537
www.sailhelps.org**

Hours: 8 a.m. – 4 p.m. weekdays.
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, Suite 4
Clifton Park, NY 12065
371-2191
www.colonieseniors.org**

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

Hours: 7 a.m. -6 p.m. weekdays
A non-threatening home environment offering companionship, stimulating activities, and nutritious lunches/ snacks. Experienced staff gives personal

attention and care for family members at an affordable rate.

Schuyler Ridge Residential Health & Adult Day Care

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

Hours: 7:30 a.m.-8 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 Senior Solutions

**396 Loudon Rd
Saratoga Springs, NY 12866
584-1200**

Offering private pay home care

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
80 Vandenberg Ave, Room 127
Troy, NY 12180-6096
629-7400**

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. Free cleanings for seniors are available and low-

cost x-rays. The program operates September-April by appointment only.

Saratoga Community Health Center

**24 Hamilton Street
Saratoga Springs, NY 12866
886-5600
Mon.-Thurs. 7:30am-7:00pm
Fri. 8:00am-4:30pm**

DISABLED ADVOCACY AND SERVICES

The following agencies provide support programs and services to individuals with disabilities including intervention, rehabilitation, day programs, and various support groups. Contact the agencies for information and hours of operation.

AIM Services Inc.

**www.aimservicesinc.org
4227 Route 50
Saratoga Springs, NY 12866
587-3208**

Catholic Charities Disabilities Service

**1 Park Place, Suite 200
Albany, NY 12205
783-1111
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
www.prospectcenter.com**

Saratoga Bridges

**16 Saratoga Bridges Boulevard
Ballston Spa, NY 12020
587-0723
www.saratogabridges.org**

Saratoga Bridges (formerly Saratoga ARC) provides a wide variety of service to persons with intellectual disabilities. 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 792-3537
www.sailhelps.org**

Hours: Mon. - Fri. 8 a.m. – 4 p.m.
Provides services 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 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 or 800-624-4143
www.justicecenter.ny.gov**

Hours: 9 a.m. – 5 p.m. weekdays.

ACCES-VR

**NYS Ed Dept.
80 Wolf Road, 2nd Fl, Suite 200
Albany, NY 12205
473-8097**

www.accessnysed.gov/vr

Hours: 8:30 a.m.-5 p.m. weekdays.
ACCES-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 with families and community to empower and enable children and adults with autism neurological learning disabilities, 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
www.lincare.com**

Hours: 8 a.m. – 5 p.m. weekdays.
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**

www.medicalserviceco.com

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

Prime Care Medical Equipment

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

Ramps, stair lifts, ceiling lifts, lift chairs,
electric door openers, handicapped
accessible showers, bathroom
modifications, wheelchairs, scooters,
durable medical equipment and oxygen.

*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.thealbanyliftcompany.com**
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
549-0200 or 800-624-4143
www.justicecenter.ny.gov**

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

Clifton Park Senior Center
6 Clifton Common Court
Clifton Park NY 12065
383-1343
www.shenacc.org

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

Southern Adirondack Independent Living Center,
Country Club Plaza
418 Geyser Rd
Ballston Spa, NY 12020
584-8202 or
Queensbury 792-3537
www.sailhelps.org

Hours: 8 a.m. - 4 p.m. weekdays.
Free loan of durable medical equipment and assistive devices (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 provides assistance with obtaining devices and equipment from other sources. The center provides assessment for adaptive computer hardware and software and training to use specialized programs as needed.

24 HOUR EMERGENCY RESPONSE SYSTEMS

Direct Link
584-5885

Eddy Lifeline
274-6200

Ellis Medical Alert Service
382-2224

Glens Falls Hospital Medical Alert Service
25 Willowbrook Rd., Suite 1
Queensbury, NY 12804
409-8100

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

Link to Life
137 North Street, Suite 209A
Pittsfield, MA 01201
888-557-4462
www.cstltl.com

Saratoga Hospital Phillips Lifeline
211 Church Street
Saratoga Springs, NY 12866
866-674-9900 ext.4399

Seton Lifeline – Eddy Health Alert
833-1040

St. Peter's Lifeline
525-1004

For EMERGENCY Dial 9-1-1

EMERGENCY SHELTERS

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

Hours: 8 a.m. – 4 p.m. weekdays.
Emergency assistance with food. Serve hot breakfast weekdays 8:15 a.m.-9:45 a.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
www.vchcny.org

Hours: 8 a.m. – 4 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
885-0093
www.vchcny.org

Hours: 8 a.m. – 4 p.m. 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

www.sheltersofsaratoga.org
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
saratoga@cornell.edu

Hours: 8 a.m. – 5 p.m. weekdays.
Provides nutrition & food programs help Saratoga County residents to achieve and maintain a healthy weight, promote health, and prevent disease through workshops on healthy eating and cooking. Programs such as Strong Women Healthy Hearts and Dining with Diabetes strive to reduce the incidence of heart disease and diabetes.

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

Hours: 9 a.m. – 5 p.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 a.m. – 5 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 option 3
www.cancer.org**

Capital Region Diabetes and Endocrine Care

**63 Shaker Road, Ste.201
Albany, NY 12204
471-3636**

Hours: Mon. – Thurs. 8:00 a.m. - 4:30 p.m.
and Fri. 8:00 a.m. – 3:30 p.m.
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.

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

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

Elderly Pharmaceutical Insurance Coverage (EPIC)

**PO Box 15018
Albany, NY 12212
800-332-3742
www.health.ny.gov**

Hours: 8 a.m. – 5 p.m. weekdays.
The Elderly Pharmaceutical Insurance Coverage (EPIC) is a NYS. 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 or 800-894-3223
www.epilepsy.com**

This service offers information and referral, education, as well as service coordination.

**Glens Falls Association for the Blind and Visually Impaired
144 Ridge Street
Glens Falls, NY 12801
792-3421**

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

**Healthy Capital District Initiative
175 Central Ave
Albany, NY 12206
462-7040
www.hcdiny.org**

Helps low income residents with public health insurance needs. Free services and appointments can be scheduled at several available site locations. Home visits are available.

Northeastern Association of the Blind
301 Washington Avenue
Albany, NY 12206
463-1211
www.naba-vision.org

Hours: 8 a.m. – 4 p.m. weekdays.
NABA provides vision rehabilitation services to help older adults remain active, independent 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. 7:30 a.m. - 7 p.m.
Friday 7:30 a.m. - 4 p.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

Assessment and treatment of bladder control difficulties, healing of wounds and podiatry. Accepts Medicaid.

Simplifying Lives for a Cause, Inc.
384-3878
www.lifemaidsimple.org

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

Hours: 8:00 a.m. – 4:30 p.m. 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

www.srymca.org
Hours: 5 a.m.- 11 p.m. weekdays,
Sat. 6 a.m.-6 p.m., Sun. 6 a.m.- 9 p.m.
Services to promote development of mind, body and spirit. Including health and wellness, aquatics, child care, art, camps, and community programs.

HEALTH INSURANCE CLAIMS AND ASSISTANCE

NY Medicaid (Maximus)
888-401-6582 Customer Services
855-222-8350 Evaluations
Mon. – Fri. 8:30 a.m. – 8:00 p.m., Sat.
10 a.m. – 6 p.m. The Conflict – Free
Evaluation and Enrollment Center
(CFEEC) is a program that determines if
you need Medicaid community-based
long term care for at least 120 days.
Individuals may qualify for managed
long term care, home care and other long
term care services. Services provided
from a Medicaid-approved managed care
plan.

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
Part D prescription drug, Medicare
Supplemental Insurance, Managed Care,
Medicaid, QMB, EPIC, and Long Term
Care Insurance throughout Saratoga
County. Call for details including
volunteer opportunities.

**Saratoga Hospital Health Insurance
Navigation Program**
59D Myrtle Street Park
Saratoga Springs NY 12866
580-2021

Hours: 9 a.m. – 5 p.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 Geyser Rd
Ballston Spa NY 12020
584-8202 or 792-3537
www.sailhelps.org

Hours: 8 a.m. – 4 p.m. weekdays.
Information and assistance to persons
with disabilities, family members and
interested parties concerning Medicare,
Medicaid, and Long-Term Care
Insurance. SAIL is a representative for
the Independent Consumer Advocacy
Network (ICAN). Insurance counseling
and advisement for choosing coverage,
co-insurance and gap policies. Center
staff is trained Health Insurance
Information Counseling and Assistance
Program (HIICAP) specialists.

Trinity Eldercare
19 Wayne Court
Queensbury, NY 12804
796-0603

Long term Care insurance information,
education and underwriting.

HOME CARE

Accent Health Care Services
www.accenthealthcareservices.com
820 5th Avenue
Troy, NY 12182
237-2700

Adept Health Care Services
www.adepthealthcare.com
406 Fulton Street, Suite 503
Troy, NY 12180
271-1055

All Metro Health Care
1450 Western Avenue
Albany, NY 12203
426-0283

Any Time Home Care, Inc.
www.anytimehomecare.com
1272 Central Avenue
Albany, NY 12205
454-9433

Attentive Care
www.attentiveservices.com
5 Computer Drive West
Albany, NY 12205-1617
438-6271

Mon. – Fri. 8:30am – 4:30pm
Assistance with meal preparation, light housekeeping, medication reminders, transportation to appointments, respite 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.

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

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
www.conceptsofhealthcare.com
PO Box 205
Ballston Spa, NY 12020
885-2020

Hours: 8 a.m. – 4 p.m. weekdays.
Provides 24 hours, 7 days a week live-in non-medical aide services. Shift work available.

Eddy Home Care/ Eddy Visiting Nurse Association (EVNA) - Certified Home Health Agency
www.Sphp.com
433 River Street Suite 3000
Troy, NY 12180
274-6200

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

Companion care and licensed home health care.

Kindred at Home
Malta Commons Business Park
100 Saratoga Vlg Blvd, Suite 5
Malta, NY 12020
899-1158

Greater Adirondack Home Aides
www.greateradironackhomeaides.org
25 Willowbrook Road, Ste 4
Queensbury, NY 12804
926-7070

Personal care, meal preparation, light housekeeping and shopping.

Home Health Care Partners
www.newyorkhomehealthcare.org
1830 Riverfront Center
Amsterdam, NY 12010
842-6718 or 800-342-1426

Companion services, home health aide services and nursing services.

Home Helpers & Direct Link
www.homehelpershomecare.com
538 Maple Ave. Suite 3
Saratoga Springs NY 12866
584-5885

Serving Saratoga, Warren, Washington and Rennselaer counties. Services

include transportation, errands, light housekeeping, meal preparation, and safety and supervision. Our licensed services include assistance with bathing, grooming, toileting, mobility, and medication management. 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

www.homeinstead.com/341

**12 Mountain Ledge Dr. Suite 3
Gansevoort, NY 12831
633-4846**

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**

Interim HealthCare

www.interimhealthcare.com

**1735 Central Avenue
Albany, NY 12205
452-3655**

**99 Ridge Street
Glens Falls, NY 12801
798-6811**

A licensed home care agency. Services are provided by companions, home health aides, LPN's RN's and PCA's. All care is provided under a physician's order with RN supervision. Interim's goal is to meet the client's needs and to maintain them in their home.

Living Resources Home Care Agency

www.livingresources.org

**300 Washington Ave. Ext.
Albany, NY 12203
218-0000**

Provides in-home care coordination, companion services, home health aides, medication reminders, nursing care, personal care aides and nursing assessments. Aides assist with ambulation and transfer, bathing and showering, companionship and socialization, exercise programs, escort to appointments, housekeeping, respite, shopping and meal preparation.

NurseCore

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

Provides nursing, allied and medical office professionals 24 hours a day, seven days a week.

Right at Home

www.rightathome.net

**640 New Loudon Rd.
Latham, NY 12110
518-757-4040**

Provides in-home services including companionship and safety supervision; monitoring and health reminders; help with errands and housekeeping; meal planning and preparation; and assistance with doctor visits and follow-up care. In unique circumstances, may provide specialized care for clients affected by disease or disorders.

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

www.albany.va.gov

**113 Holland Avenue
Albany, NY 12208
626-5000 or 800-223-4810**

Provides comprehensive in-patient and outpatient, 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: 9 a.m. – 5 p.m. weekdays.
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**

Hours: 8 a.m. – 5 p.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

**396 Loudon Rd
Saratoga Springs, NY 12866
584-1200**

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

**Seton Home Care/St Mary's Hospital
1300 Massachusetts Avenue
Troy, NY 12180
268-5000**

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.

**150 Broadway Suite 310
Menands, NY 12204
518-694-9907**

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**

Hours: 8:00 a.m. – 4:30 p.m. Offers a full range of private duty home care and facilities staffing services in 15 counties.

**VNA- Schenectady (SVNA)
108 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

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

Clifton Park Office
22 Clifton Park Center Road
Clifton Park, NY 12065
383-2480

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

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

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

INFORMATION & REFERRAL

NYS Kinship Navigator

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

www.nysnavigator.org

Information, referral and advocacy for kinship caregivers in New York State. Provides information on financial assistance, legal information and referrals, and other issues that caregivers face when raising children to provide stability and permanency in the home.

Saratoga County Office for the Aging NY Connects

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

Hours: 9 a.m.-5 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. Advocate for families and help in navigating for proper resources

Boomer and Senior Resources

P.O. Box 185
Troy, NY 12182
Roger Zalucky 763-6012
zaluckyr@gmail.com

www.BSRcapitalregion.com

Free online resource directory provides information & options for the years ahead as well as expertise in a variety of areas of interest to seniors in a nine county area of the capital region.

Southern Adirondack Independent Living

Country Club Plaza
418 Geyser Rd
Ballston Spa NY 12020
584-8202

71 Glenwood Avenue
Queensbury, NY
792-3537

www.sailhelps.org

Hours: 8 a.m.–4 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**

www.chsny.org

Hours: 9 a.m.-3 p.m. weekdays.
Trained volunteers provide free services to persons 60+. Friendly visiting, transportation, respite care, light housekeeping, yard work, meal preparation, shopping and errands, telephone assurance, and handy helping. Available in the Towns of Ballston, Charlton, Clifton Park, Halfmoon, Mechanicville, and Malta.

NearCare

**142 Bay Street
Glens Falls, NY 12801
798-6648**

www.nearcare.org

Companionship, respite, transportation and assistance with errands. Services the Northern Saratoga County area.

Community Connections

**5 Williams St.
Saratoga, NY 12866
584-1621**

Provides volunteers for home visits, respite, household chores, transportation, shopping and errands, and telephone check-ins. Community Connections' mission is to help seniors maintain an independent lifestyle by providing assistance when needed.

LEGAL SERVICES

Legal Aid Society of Northeastern NY

**40 New Street
Saratoga Springs, NY 12866
587-5188**

www.lasny.org

Hours: 9 a.m. – 12 p.m. and
1:00-5:00 p.m. weekdays.

Mediation Matters

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

www.mediationmatters.org

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

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

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

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 a.m.–5 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

71 Glenwood Avenue
Queensbury, NY
792-3537

www.sailhelps.org

Hours: 8 a.m.–4 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.diamondhillrehab.com

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

Saratoga Center Rehab & Skilled Nursing Care

149 Ballston Avenue
Ballston Spa, NY 12020
885-2288

www.saratoganursingcenter.com

Pathways Nursing and Rehabilitation Center

1805 Providence Avenue
Niskayuna, NY 12309
374-2212

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 include traumatic brain injury comprehensive rehabilitation, stroke recovery, and ventilator/respiratory care. The center 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. Religious and recreational activities are 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.wsphp.com

Provides residential health care for those requiring skilled nursing.

The Glens Falls Hospital Center for Acute Rehabilitation

**100 Park Street
Glens Falls, NY 12801
538-1470**

www.glensfallshospital.org

The center provides inpatient intensive physical, occupational, and/or speech therapy following an accident or illness. Patients in need of acute inpatient rehabilitation may benefit from 24-hr physician availability, 24-hr rehabilitation nursing, 3 hrs. day/5 days a week of therapy and an

interdisciplinary team approach. OT/PT speech therapists.

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.

RESPITE - ADULT

Attentive Care

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

Peregrine Senior Living at Clifton Park

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

Care Links of Southern Saratoga County

**543 Saratoga Road
Glenville, NY 12302
399-3262**

www.chsny.org

Hours: 9:00am – 3:00 p.m. weekdays.
Trained volunteers provide free supportive services to persons 60+. Friendly visiting, transportation, respite care, yard work, housekeeping, meal preparation, shopping and errands, telephone assurance, handy helping around the house (inside and outside). Available in the Towns of Clifton Park, Ballston Spa, Charlton, Halfmoon, Mechanicville, and Malta.

NearCare

**142 Bay Street
Glens Falls, NY 12801
798-6648**

www.nearcare.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.

Catholic Charities Caregivers Respite Program

**107 Nott Terrace
Schenectady, NY 12308
372-5667**

Hours: Mon. – Fri. 7:30a.m. – 4:30 p.m.
Services include support groups, respite services, information and assistance, and social work services.

Home Connection Companions

**1 Computer Drive South
Albany, NY 12205
459-6612 Nurse Connections
453-5446 Home Connections**

Home Health Care Partners

**1830 Riverfront Center
Amsterdam, NY 12010
842-6718 or 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 and dementia care available.

1st Community

**Marjorie Doyle Rockwell Center
421 W. Columbia Street
Cohoes, NY 12047
280-8385**

2nd Community

**Eddy Alzheimer’s Center
Eddy Hawthorne Ridge
32 Community Way
East Greenbush, NY 12061
280-8385
www.EddySeniorLiving.com**

Saratoga County Office for the Aging Caregiver Program

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

Hours: 9 a.m. – 5 p.m. weekdays.
Information and assistance, counseling, respite, and supportive services. 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

**396 Loudon Rd
Saratoga Springs, NY 12866
584-1200**

Services include companionship and Respite Care.

Stratton VA Medical Center

**113 Holland Ave.
Albany, NY 12208
626-5000**

Must be eligible veteran to receive respite.

RESPIRE - CHILDREN

Pathways Nursing and Rehabilitation Center

1805 Providence Avenue
Niskayuna NY 12309
374-5334 x3228
www.pathwaysrehab.com

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

SENIOR CLUBS/ CENTERS

Ballston Area Seniors

310 North Line Rd
Ballston Spa, NY 12020
Bert Grandin 885-6740
Thursday 8am – 4pm
<http://www.ballstonareaseniors.com>

Charlton Seniors

Charlton Community Center
784 Charlton Rd
Charlton, NY 12019
Mailing address:
Charlton Town Hall
758 Charlton Rd
Charlton, NY 12019

Peter Parker 882-9099
2nd & 4th Wednesday 9am-1pm

Clifton Park Senior Community Center

(formerly Shenendehowa Adult Community Center)
6 Clifton Commons Court
Clifton Park, NY 12065
383-1343
Monday – Friday 9am – 4pm
www.cliftonpark.org/index.php/services/senior-services/senior-center

Corinth Senior Center

22 Hamilton Avenue
Corinth, NY 12822
Laurie Crossman 654-2040
Monday-Friday 8am -3 pm
<http://townofcorinthny.org/seniorcenter.aspx>

Galway Senior Citizens Club

Galway Town Hall
Route 147- PO Box 143
Galway, NY 12074
Dan Baxter 882-6749
Meetings – 1st and 3rd Thursday @ 1pm

Greenfield Senior Club

Greenfield Community Center
PO Box 10 – 7 Wilton Road
Greenfield Center, NY 12833
Leila Cornell 584-6089
Meetings – 2nd & 4th Thursday @ 1pm

Hadley Senior Center

23 Maple Street
Hadley, NY 12835
Helen Powers 696-4747
Meeting – 3rd Thursday @ 1:15pm

Halfmoon Senior Center

285 Lower Newtown Rd.
Waterford, NY 12188
Mailing address:
P.O. Box 4203
Halfmoon, NY 12065
Eileen Pettis 371-3892
Meeting – 1st Wednesday @ 1pm

<http://www.townofhalfmoon-ny.gov/senior-center>

Malta Senior Citizens

Malta Community Center
1 Bayberry Drive
Malta, NY 12020
Kathy Eitzman 376-3648
Meeting – 1st Monday @ 10:00 am

Mechanicville Senior Center

178 North Main Street
Mechanicville, NY 12118
Mary Kelly 664-7877
Meeting – 1st Tuesday @ 1pm

Moreau Community Center

144 Main Street
South Glens Falls, NY 12803
Jeannie Gutheil @ 792-6007
Monday – Friday 8am – 4pm

<http://moreaucommunitycenter.org/senior-programs/>

Northumberland Senior Citizens Club

Northumberland Town Hall
17 Catherine Street
Gansevoort, NY 12831
Gwen Eastmann – President 792-7003
Meeting – Wednesdays 11 am – 2pm

Old Saratoga Seniors Club

PO Box 60
Schuylerville, NY 12871
Donna D’Angelico@ 793-0813
Meeting -1st & 3rd Wednesday @ noon
Schuylerville Town Hall (695-3644)
35 Spring Street
Schuylerville, NY 12871

Quaker Springs Sunshiners

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

Sacandaga Senior Citizens

Edinburg Community Center
47 Military Rd.
Edinburg, NY 12134
Ron Hunter 863-6182

Saratoga Springs Senior Center

5 Williams Street
Saratoga Springs, NY 12866
Lois Celeste, Director 584-1621
Monday-Friday 8am-4pm

Waterford Senior Center

125 2nd St.
Waterford, NY 12188
Marge (Mike) Mahoney, Director 235-8500
Monday – Thursday 12pm – 4 pm
Meeting – 3rd Tuesday @ 12:30 pm

Wilton Senior Citizens

The Lillian Worth Senior Center
18 Traver Rd.
Gansevoort, NY 12831
Robin Corrigan – President 587-6363
Tuesday & Thursday 9am-3pm
Meeting – 1st Tuesday @ 1pm

<http://townofwilton.com/town-services/senior-services/>

SENIOR HOUSING

Adam Lawrence Apartments

364 West Maple Street Corinth, NY
12822 654-9162, FAX: 654-6295,
E-mail: adamlawrence@coniferllc.com

Ballston Pines

155 Rowland Street Ballston Spa, NY
12020 884-9401, FAX: 884-9401,
E-mail: bpines2@verizon.net

Bishop Hubbard Senior Apartments

54 Katherine Drive Halfmoon, NY
12065 383-2705, FAX: 383-6350,
E-mail: cgabriel.bhsa@yahoo.com
www.depaulhousing.com

Coburg Village

One Coburg Village Way
Rexford, NY 12148-1467
371-5000 FAX: 371-5097,
E-mail: info@coburgvillage.com
www.coburgvillage.com

Council Meadows

126 Council Lane
Burnt Hills, NY 12027
399-9232

Doubleday Woods

91 Church Avenue
Ballston Spa, NY 12020
885-1900 FAX: 884-2701,
TDD: 1-614-442-4390
www.nationalchurchresidences.org

Embury Apartments

133 Lawrence Street
Saratoga Springs, NY 12866
587-3300 E-mail:
info@thewesleycommunity.org
www.thewesleycommunity.org

Highpointe at Malta Senior Apts

30 Rockrose Way
Malta, NY 12020
583-7977 www.ahfinc.net.

Kirby Village

9 Kirby Road
Saratoga Springs, NY 12866
583-4608 E-mail:
kirby63@verizon.net
www.belmontmgmt.com

Malta Meadows

5 Applewood Drive
Ballston Lake, NY 12019

899-1552 E-mail:

maltamd@verizon.net

Marina Woods Senior Housing

2000 Marina Drive
Halfmoon, NY 12065
348-0213
348-0213, TDD Relay: 711,
FAX: 348-0213, E-mail:
Marinawds2@verizon.net

Meadow View at Clifton Park

579 Waite Road
Rexford, NY 12148
383-3803 E-mail:
Cliftonpark@coniferllc.com

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 FAX: 745-7637,
E-mail:
midtownmgr@lightstonegroup.com

Milton Village

300 Northline Road
Ballston Spa, NY 12020
884-9767

Mohican Hill Apartments

Fairground Avenue
Ballston Spa, NY 12020
885-4232

Northern Pines Senior Apartments

120 Northern Pines Road
Wilton, NY 12866
581-8959 E-mail:
northernpines@ahfinc.net

Prestwick Chase

100 Saratoga Boulevard
Saratoga Springs, NY 12866
584-7766 FAX: 584-4740, E-
mail: info@prestwickchase.com
www.prestwickchase.com

Raymond Watkin Apartments

57 Ballston Avenue
Saratoga Springs, NY 12866
587-2641 FAX: 581-0564,
E-mail: raywat@tescoproperties.com

Saratoga West

11 Kirby Road
Saratoga Springs, NY 12866
581-9738 E-mail:
stogawst21@verizon.net
www.belmontmgmt.com

Schuylerville Manor

2 Morgan's Run
Schuylerville, NY 12871
695-4865 Email:
schvlmnr2@verizon.net
www.belmontmgmt.com

Shenendehowa Village

300 Solomon Avenue
Clifton Park, NY 12065
373-1900 FAX: 373-1998,
E-mail: 1065@ncr.org
www.ncr.org

Stonequist Apartments

1 South Federal Street
Saratoga Springs, NY 12866
584-6600 FAX: 583-3006
www.saratogaspringspha.org

Trible Village

322 Northline Road
Ballston Spa, NY 12020
885-6997

Van Schoonhoven Square

1 Van Schoonhoven Square

Waterford, NY 12188
235-0514 FAX: 237-8925,
E-mail:
0076@nationalchurchresidences.org
www.ncr.org

Westview Apartments

125 West Avenue
Saratoga Springs, NY 12866
583-8800 FAX: 583-8806,
www.westviewapartmentsny.com

Wilton Commons

100 Wilton Commons Drive
Gansevoort, NY 12831
581-7696
E-mail:
wiltoncommons@ahfinc.net

Woodlawn Commons

156 Lawrence Street
Saratoga Springs, NY 12866
691-1560
www.thewesleycommunity.org

SUPPORT GROUPS

Alcoholics Anonymous

P.O. Box 49
Saratoga Springs, NY 12866
587-0407 24 hour service

Alliance for Positive Health

www.Allianceforpositivehealth.org
(Formerly AIDS Council of NENY)
927 Broadway
Albany, NY 12207
443-4686 Ext. 2302

Alzheimer's Association

800-272-3900
867-4999
www.alz.org/northeastern/ny/

The Caregiver Space, Inc.

31 West 21st Street, 4th Floor

New York, NY 10010
855-522-5524
www.thecaregiverspace.com

Charcot-Marie-Tooth Association
800-606-2682
www.cmtausa.org

Crohns/Colitis
608-5069

Elder Locator
800-677-1116

The Hearing Center
7 Country Club Rd
Queensbury, NY 12804
798-4327

Literacy NY Greater Capital Region
49 Henry Street, 1st Floor
Saratoga Springs NY 12866
583-1232

National Kidney Foundation
www.kidney.org
458-9697

**Oncology Support for Patient &
Families (Glens Falls Hospital)**
926-6629 or 926-6639
926-6563 Lisa Haase

Shelters of Saratoga, Inc.
14 Walworth Street
Saratoga Springs, NY 12866
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, Saratoga
A + H Services 884-4100

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

Corinth
Corinth Senior Center 654-2040
Town Hall Hadley/Day 696-3789

Halfmoon
Senior Express 664-2186

Mechanicville
City Hall 664-5651

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

Saratoga Springs
A + H Services 884-4100

Stillwater
**Community Committee On
Eldercare (CCE) 664-6856 Ext.218**

Waterford
Waterford Senior Center 235-8500
Senior Medical Van 527-4589

Scheduled bus routes
CDTA 482-8822
CDTA Star Program 482-2022

**Care Links of Southern Saratoga
County**

**543 Saratoga Road
Glenville, NY 12302
399-3262**

www.chsny.org

Open weekdays 9:00 a.m. – 3:00 p.m.
Trained volunteers provide free services to persons 60+. Available in the Towns of Clifton Park, Halfmoon, Mechanicville, and Malta.

Community Human Services

**543 Saratoga Road
Glenville, 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 or 855-852-3292**

Hours: 9 a.m.–5 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

**144 Main Street
So. Glens Falls, NY 12803
792-6007**

Hours: 8:00 a.m. – 4:00 p.m.
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
841-4100**

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

Southern Adirondack Independent Living

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

www.sailhelps.org

Hours: 8 a.m. – 4 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
2144 Doubleday Ave
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
www.chsny.org**

Open weekdays. Trained volunteers provide free supportive services to persons 60+. (Available in the Towns of Clifton Park, Halfmoon, Mechanicville, and Malta.)

Community Connections
5 Williams St.
Saratoga, NY 12866
584-1621

Volunteers needed for home visits, respite assistance, household chores, transportation, shopping and errands, and telephone check-ins. Volunteers assist with tasks that appeal to their interests, skills and time restraints, according to their own schedule.

Foster Grandparent Program
Commission on Economic
Opportunity (CEO)
2331 Fifth Avenue
Troy, NY 12180
272-6012
www.ceoempowers.org

Earn tax free stipend and 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
884-4110

(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 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
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 a.m.–5 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 Geyser Rd
Ballston Spa NY 12020
584-8202 or 792-3537**

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

Provides information concerning voting and the right to vote to individuals with disabilities. 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
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**

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

**132 Milton Avenue
Ballston Spa, NY 12020
587-3315
www.RTsaratoga.org**

Non-profit organization that rehabilitates the homes of low-income disabled and/or elderly homeowners, so that they may continue to live in warmth, safety and independence.

Roarke Custom Builders

**1969 Ferndale Rd.
Castleton, NY 12033
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.

Veterans Community Housing Coalition Inc

**20 Prospect St Bldg 2 #313
Ballston Spa, NY 12020
885-0091**

Hours: Mon. – Fri. 8:30 a.m. – 4:30 p.m. Administers Sec 8 Rental Assistance program, Veterans Apartments, Budget Counseling and Veterans Employment Services.

Saratoga Springs Office of Community Development

**City Hall 474 Broadway
Saratoga Springs, NY 12866
587-3550, ext. 2575**

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

.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**

www.schraderandco.com

Office hours: 7:30 a.m. – 4:00 p.m.
Certified through AARP and Home Builders Association as aging in place specialists.

Southern Adirondack Independent Living Center

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

Hours: 8 a.m. - 4 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

Umbrella of Capital District Inc.

**9 north Broadway
Schenectady, NY 12305
346-5249**

www.theumbrella.org

Nonprofit agency dedicated to helping senior citizens and person with disabilities live comfortably, safely 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, option 4
www.rurdev.usda.gov**

Hours: 8 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.

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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, Seventh 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: _____

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

My overall comments/suggestions are: _____

THANK YOU.