

## Notes From My Day



Capital Region Caregiver  
Coalition and Albany Guardian  
Society proudly present

***Tools for Caregivers:  
Resources You Can Use When  
a Senior Relies on You***

## **REFERENCE GUIDE**

A listing of vendors who participated in today's event

Visit us at [www.capitalregioncaregiver.com](http://www.capitalregioncaregiver.com)  
and Like us on Facebook!

[www.facebook.com/capitalregioncaregivercoalition](https://www.facebook.com/capitalregioncaregivercoalition)

Grace Fellowship, Latham, NY

April 18, 2015



*The mission of the Capital Region Caregiver Coalition is to  
promote community awareness, sensitivity to, and action  
around delivery of care to seniors.*

## ***Help Us Reach Caregivers!***

The Capital Region Caregiver Coalition is always looking for opportunities to reach out to the community. If you would like our members to come do an educational presentation, host a health or informational fair, or otherwise assist caregivers, please email us or give us a call.

JulieAnn Calareso 452-1961 or  
email us at [info@capitalregioncaregiver.com](mailto:info@capitalregioncaregiver.com)

## Tools

1. Agency contact information
2. Advocacy, education &/or support services
3. Alternative therapies
4. Alzheimer's Resource Agencies
5. Day programs
6. Durable Medical Equipment
7. Geriatric Care Management
8. Home repair and relocation organization
9. Homecare agencies
10. Legal assistance providers
11. Pharmacies
12. Respite
13. Respite —Caregiver grants
14. Safety
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16. Skilled nursing
17. Town & County agencies
18. Transportation
19. Glossary



## Caregiver's Bill of Rights

by Jo Horne : Author of Caregiving: Helping an Aging Loved One

**I have the right:** To take care of myself. This is not an act of selfishness. It will enable me to take better care of my loved one.

**I have the right:** To seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.

**I have the right:** To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.

**I have the right:** To get angry, be depressed and express other difficult emotions occasionally.

**I have the right:** To reject any attempt by my loved one (either conscious or unconscious) to manipulate me through guilt, anger or depression.

**I have the right:** To receive consideration, affection, forgiveness and acceptance from my loved one for as long as I offer these qualities in return.

**I have the right:** To take pride in what I am accomplishing and to applaud the courage it sometimes takes to meet the needs of my loved one.

**I have the right:** To protect my individuality and my right to make a life for myself that will sustain me when my loved one no longer needs my full-time help.

**I have the right:** To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made toward aiding and supporting caregivers.

## 19. Glossary (continued)

- **Faith Community Nursing**—Registered nurse working within a faith community to provide spiritual and medical presence throughout life's changes and needs.
- **Geriatric care manager**— A service that assesses an individual's medical and social services needs, and then advises the consumer on appropriate services and providers.
- **Home health aide**—Can provide assistance with personal care including bathing, grooming and assistance with ambulation. Different levels of care can be provided within this classification.
- **Hospice**—A program that provides special care for people who are near the end of life and for their families. Hospice care can be provided at home, within a facility or in a hospital.
- **Long Term Care Ombudsman**—A program that receives, investigates and resolves complaints and concerns regarding skilled nursing facilities and long term care facilities such as adult homes.
- **PERS** (Personal Emergency Response System)—An electronic device designed to summon help in an emergency.
- **PRI** (Patient Review Instrument)—An assessment tool developed by NYS Department of Health to assess selected physical, medical and cognitive characteristics of nursing home residents, as well as to document selected services that they may receive.
- **Respite**—Temporary supportive care for caregivers who need relief which can be provided in a variety of settings.

## 1. Agency contact information

AARP	447-6715
Albany County Department for Aging	447-7177
Albany County Sheriff's Department Emergency Management Office	720-8029
Albany County Sheriff's Office - Project Lifesaver	720-8023
Albany Guardian Society	434-2140
Alzheimer's Association of NENY	867-4999
Anne B. and Leon J. Goldberg Alzheimer's Resource Center at Albany Medical Center	262-0800
Beacon Pointe Memory Care	371-2200
Burke & Casserly, P.C.	452-1961
Catholic Charities Caregiver Support Services	346-1852
Choice Connections	894-2443
Colonie Senior Service Centers	459-2857
Community Caregivers, Inc.	456-2898
Community Hospice	724-0242

## 1. Agency contact information (con't.)

Consumer Directed Choices	464-0810
Crestwood Pharmacy	435-2315
Eddy Alzheimer's Services	238-4167
Eddy DayBreak Adult Day Services	729-6523
Eddy Home Care/VNA/Lifeline	274-6200
Eddy Health Alert	833-1040
Eddy Senior Living	280-8385
Elder Life Coaching	250-1940
ElderCare Resources	763-6012
Healing Touch-Connie Barber, HTP	786-1280
Interim HealthCare	452-3655
Jezreel International	438-4370
Julia Soto Lebentritt, Author	689-3111
Kingsway Senior Residential Community	393-8800
Loudonville Assisted Living	463-4398

## 19. Glossary

- **ADL's** (Activities of daily living)—Functions that a person must perform daily, such as walking, cooking, dressing, bathing, etc.
- **Adult Day Care**—Non-residential day program that offers a safe and stimulating environment, includes social and medical models.
- **Assisted living**—Long term care facility designed for individuals who cannot function independently in their own homes but don't require skilled nursing.
- **Companion**—a volunteer or paid non-medical attendant that supervises safety, provides friendship, assists with meal preparation, light housekeeping and incidental transportation.
- **Discharge planner**— Hospital staff who works with the hospital patient and their family, or whoever is acting on their behalf, to prepare and make arrangements for care upon leaving the hospital.
- **Durable Medical Equipment**—Any medical equipment used in the home to aid in better quality of life, including such things as wheelchairs and hospital beds.
- **EISEP** (Expanded In-home Services for the Elderly)—EISEP assists elders who need help with activities of daily living (e.g., dressing, bathing, personal care) and instrumental activities of daily living (e.g., shopping, cooking), who want to remain at home and are not eligible for Medicaid.

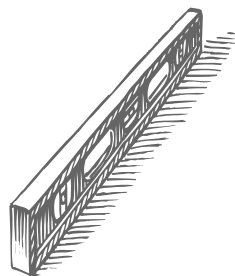
## 17. Towns & Counties

- Albany County Department for Aging
- Albany County Sheriff's Department Emergency Management Office
- Schenectady County Department of Senior and Long Term Care Services
- Town of Colonie Senior Resources



## 18. Transportation

- Colonie Senior Service Centers
- Eddy Alzheimer's Services
- Northeastern Association for the Blind at Albany
- Senior Services of Albany
- Umbrella of the Capital District



## 1. Agency contact information (con't.)

National Grid	433-3840
New York State Office of the Attorney General	473-6569
New York State Office of the Ombudsman	694-5114
Northeast Mobility	438-3646
Northeastern Association of the Blind at Albany	463-1211
Schenectady County Dep't of Senior & Long Term Care Services	382-8481 ext. 1008
Senior Moves by Design	339-7361
Senior Services of Albany	465-1398
ShopRite	845-649-5932
St. Peter's Hospital—CHOICES Program	525-6803
Statewide Senior Action Council	436-1006
Town of Colonie Senior Resources	459-5051
Umbrella of the Capital District	346-5249
VA Caregiver Support Program	855-260-3274

## 2. Advocacy, Education &/or Support Services

- AARP
- Alzheimer's Association of NENY
- Anne B. and Leon J. Goldberg Alzheimer's Resource Center at Albany Medical Center
- Burke & Casserly, P.C.
- Catholic Charities Caregiver Support Services
- Choice Connections
- Community Hospice
- Eddy Alzheimer's Services
- Elder Life Coaching
- ElderCare Resources
- National Grid
- Northeastern Association of the Blind
- Schenectady County Department of Senior and Long Term Care Services
- Senior Services of Albany
- St. Peter's Hospital—CHOICES Program
- Statewide Senior Action Council
- Town of Colonie Senior Resources
- VA Caregiver Support Program



## 14. Safety

- Albany County Sheriff's Department Emergency Management Office
- Albany County Sheriff's Department—Project Lifesaver
- Northeastern Association of the Blind at Albany
- Umbrella of the Capital District

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## 15. Senior Housing

- Choice Connections
- Kingsway Senior Residential Community




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## 16. Skilled Nursing

- AARP
- Community Hospice
- Eddy Homecare/VNA/Lifeline
- Interim HealthCare
- Kingsway Senior Residential Community
- Statewide Senior Action Council
- VA Caregiver Support Program

## 11. Pharmacy

- Crestwood Pharmacy
- VA Caregiver Support Program



## 12. Respite

- Catholic Charities Caregiver Support Services
- Choice Connections
- Community Caregivers, Inc.
- Eddy Alzheimer's Volunteer Care Team
- Eddy DayBreak Adult Day Services
- Interim HealthCare
- Senior Services of Albany
- Schenectady County Department of Senior and Long Term Care Services
- VA Caregiver Program

## 13. Respite— Caregiver Grants

- Albany County Department for Aging
- Catholic Charities Caregiver Support Services
- Senior Services of Albany



## 3. Alternative therapy

- Healing Touch—Connie Barber, HTP



## 4. Alzheimer's Resource

### Agencies

- Alzheimer's Association of NENY
- Anne B. and Leon J. Goldberg Alzheimer's Resource Center at Albany Medical Center
- Catholic Charities Caregiver Support Services
- Community Hospice
- Eddy Alzheimer's Services
- Eddy DayBreak Adult Day Services
- Interim HealthCare
- Kingsway Senior Residential Community
- Schenectady County Department of Senior and Long Term Services
- Town of Colonie Senior Resources
- VA Caregiver Support Program



## 5. Day Programs

- Albany County Department for Aging
  - Colonie Senior Service Centers—Bright Horizons
  - Eddy DayBreak Adult Day Services
  - Senior Services of Albany—Newgate
  - VA Caregiver Support Program
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## 6. Durable Medical Equipment

- Crestwood Pharmacy
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## 7. Geriatric Care Management

- Anne B. and Leon J. Goldberg Alzheimer's Resource Center at Albany Medical Center
- Elder Life Coaching
- St. Peter's Hospital—CHOICES Program
- Schenectady County Department of Senior and Long Term Care Services

## 8. Home Repair and Relocation Organization

- Colonie Senior Service Centers
  - Senior Moves by Design
  - Umbrella of the Capital District
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## 9. Homecare

- Community Caregivers, Inc.
- Community Hospice
- Eddy Homecare/VNA/Lifeline
- Interim HealthCare
- Schenectady County Department of Senior and Long Term Care Service



## 10. Legal Help

- Burke & Casserly, P.C.
- Schenectady County Department of Senior and Long Term Care Services

