

Capital Region Caregiver  
Coalition proudly presents

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

**RESOURCE 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)

Beltrone Living Center  
April 14, 2018



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

## Agency contact information (con't.)

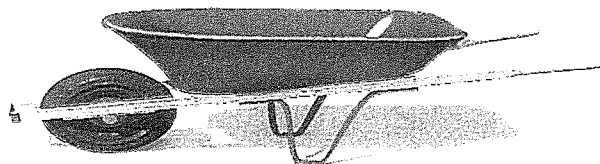
<p><b>Catholic Charities Senior and Caregiver Support Services</b>  <a href="http://www.ccseniorservices.org/">www.ccseniorservices.org/</a></p>	<p>518-372-5667</p>
<p><b>Center of Excellence for Alzheimer's Disease at Albany Medical Center</b>  <a href="http://www.amc.edu/alzheimers">www.amc.edu/alzheimers</a></p>	<p>518-262-0800</p>
<p><b>Choice Connections: A Senior Housing Advisory Service</b>  <a href="http://choiceconnectionsny.com/">http://choiceconnectionsny.com/</a></p>	<p>518-894-2443</p>
<p><b>ClearCaptions: Caption Telephone Provider</b>  <a href="http://www.clearcaptions.com">www.clearcaptions.com</a></p>	<p>315-800-9311</p>
<p><b>Colonie Senior Services/Bright Horizons</b>  <a href="http://www.brighthorizonssocialcenters.org">www.brighthorizonssocialcenters.org</a></p>	<p>518-459-7967</p>

## Agency contact information (con't.)

<b>EverHome Care Advisors</b> <a href="http://www.pierrolaw.com/everhome-care-advisors">www.pierrolaw.com/everhome-care-advisors</a>	<b>844-633-3852</b>
<b>Healing Touch: Connie Barber, RN, HT Practitioner, Level 3</b> <a href="http://www.healingtouchprogram.com">www.healingtouchprogram.com</a> <b>Healing Touch: Mary Gillespie-Yalaju-Student Practitioner, Reiki Master</b>	<b>518-786-1280</b>
<b>Herzog Law Firm</b> <a href="http://www.herzoglaw.com">www.herzoglaw.com</a>	<b>518-465-7581</b>
<b>Interim HealthCare</b> <a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a>	<b>518-452-3655</b>
<b>Kingsway Community</b> <a href="http://www.kingswaycommunity.com">www.kingswaycommunity.com</a>	<b>518-393-8800</b>
<b>Legal Aid Society of NY</b> <a href="http://www.lasny.org">www.lasny.org</a>	<b>518-462-6765</b>
<b>Loudonville Assisted Living</b> <a href="http://loudonvillealr.com/">http://loudonvillealr.com/</a>	<b>518-463-4398</b>

## Tools

1. Advocacy, Education and/or Support Services
2. Alzheimer's Resource Agencies
3. Complimentary Therapies
4. Day Programs
5. Durable Medical Equipment
6. Geriatric Care Management
7. Home Repair and Relocation Organization
8. Homecare Agencies
9. Legal Services
10. Prescription Assistance
11. Respite Services
12. Respite—Caregiver Grants
13. Safety
14. Senior Housing
15. Skilled Nursing
16. Town and County Agencies
17. Transportation
18. Glossary



## 2. 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 Senior and Caregiver Support Services
- Center of Excellence for Alzheimer's Disease at Albany Medical Center
- Community Hospice
- Eddy Alzheimer's Services
- Eddy DayBreak Adult Day Services
- Interim HealthCare
- Kingsway Senior Residential Community
- Loudonville Assisted Living
- Peregrine Landing at Colonie—Memory Care
- Rensselaer County Dept. for the Aging



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## 3. Complimentary Therapies

- Healing Touch—Connie Barber, HTP
- Healing Touch—Mary Gillespie-Yalaju



## 7. Home Repair and Relocation Organization

- Call Sheila
  - Colonie Senior Services– Umbrella
  - Rensselaer County Dept. for the Aging
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## 8. Homecare Agencies

- At Home for Life Residential Assessments
  - Consumer Directed Choices
  - Eddy Visiting Nurse Association
  - Helping Hands at Home
  - Interim HealthCare
  - Rensselaer County Dept. for the Aging
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## 9. Legal Services

- EverCare Home Advisors
- Herzog Law Firm
- Legal Aid Society of NY
- Rensselaer County Dept. for the Aging
- Shevy Law Firm, LLC

## 12. Respite— Caregiver Grants



- Catholic Charities Senior and Caregiver Support Services
  - Eddy Alzheimer's Services
  - Helping Hands at Home
  - Senior Services of Albany
  - Rensselaer County Dept. for the Aging
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## 13. Safety

- Albany County Emergency Management Office
- At Home for Life
- ClearCaptions: Caption Telephone Service
- Daughter-for-Hire
- Northeastern Association of the Blind at Albany
- Rensselaer County Dept. for the Aging



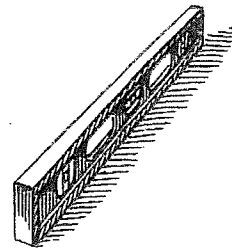
## 16. Town & County Agencies



- Albany County Dept. of Social Services — NY Connects
  - Albany County Emergency Management Office
  - Rensselaer County Dept. for the Aging
  - Saratoga County Dept. of Social Services
  - Schenectady Dept. of Social Services
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## 17. Transportation

- Colonie Senior Services
- Community Caregivers
- Eddy Alzheimer's Services
- Northeastern Association for the Blind at Albany
- Rensselaer County Dept. for the Aging
- Senior Services of Albany





## Glossary (continued)

- **Geriatric care manager**—A service that assesses a person's medical and social services needs, and advises the person 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 comprehensive program of special care helping individuals and families facing the challenge of any serious illness achieve the best quality of life possible and live life to the fullest.
- **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.
- **Palliative Care**—Specialized care for people with serious illness, focused on relieving the symptoms and stress of serious illness while improving quality of life. It is provided by a team who works with a patient's other doctors to provide an extra layer of support. It is appropriate at any age, in any stage in a serious illness, and can be provided along with curative treatment.
- **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, provided in a variety of settings.

## 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.