



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](http://www.facebook.com/capitalregioncaregivercoalition)

St. Sophia Greek Orthodox Church, Albany, NY  
April 16, 2016



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

## 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
15. Senior housing
16. Skilled nursing
17. Town & County agencies
18. Transportation
19. Glossary



## 1. Agency contact information

## Agency contact information (con't.)

AARP	447-6715	Catholic Charities Caregiver Support Services	346-1852
Albany County Department for Aging	447-7177	Choice Connections	894-2443
Albany County Sheriff's Department Emergency Management Office	720-8029	Community Caregivers, Inc.	456-2898
Albany County Sheriff's Office - Project Lifesaver	720-8023	Community Hospice	724-0242
Albany Guardian Society	434-2140	Consumer Directed Choices	464-0810
Anne B. and Leon J. Goldberg Alzheimer's Resource Center at	262-0800	Eddy Alzheimer's Services	238-4167
Ashby Adaptive Occupational Therapy	441-7958	Eddy DayBreak Adult Day Services	729-6523
Beacon Pointe Memory Care	371-2200	Eddy Home Care/VNA	274-6200
Bethlehem's Little Helper Service	928-3035 #8, #14	Eddy Health Alert	833-1040
Bright Horizons Adult Day Services	459-7967 #5, #12, #14	Empire Justice Center	935-2696
Burke & Casserly, P.C.	452-1961	EPIC	800-332-3742
Capital Roots	274-8685 #17	Equinox Elder Abuse	434-6137 #2,#10,#14
		Great Days at Daughters of Sarah Senior Community	724-3221 #5,#12
		Healing Touch-Connie Barber, HTP	786-1280
		Mary Gillespie-Yalaju	860-6059

## Agency contact information (con't.)

Home Connection Companions	453-5446
Interim HealthCare	452-3655
Jezreel International	438-4370
Kingsway Senior Residential Community	393-8800
Keep Moving With Stephanie	312-7983
Kingsway Community	393-4117
Loudonville Assisted Living	463-4398
NYS Long Term Care Ombudsman Program	372-5667
M&T Helping Hands	380-9788 #2/9/12
National Grid	433-3840
New York State Office of the Attorney General	473-6569
Northeastern Association of the Blind at Albany	463-1211
Senior Moves by Design	339-7361
Senior Services of Albany	465-1398
St. Peter's Hospital—CHOICES	525-6803
Statewide Senior Action Council	436-1006

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



- AARP
- 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
- National Grid
- Northeastern Association of the Blind
- Senior Services of Albany
- St. Peter's Hospital—CHOICES Program
- Statewide Senior Action Council

### 3. Alternative therapy

- Healing Touch - Connie Barber, HTP & Mary Gillespie-Yalaju
- Community Aromatherapies - Diane Stredny & Doris Levinn




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### 4. Alzheimer's Resource Agencies

- 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



### 5. Day Programs

- Albany County Department for Aging
- Eddy DayBreak Adult Day Services
- Senior Services of Albany—Newgate

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### 6. Durable Medical Equipment

- Jezreel International
- Northeastern Association of the Blind at Albany




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### 7. Geriatric Care Management

- Anne B. and Leon J. Goldberg Alzheimer's Resource Center at Albany Medical Center
- St. Peter's Hospital—CHOICES Program

## 8. Home Repair and Relocation Organization

- Senior Moves by Design
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## 9. Homecare

- Community Caregivers, Inc.
  - Community Hospice
  - Eddy Homecare/VNA/Lifeline
  - Interim HealthCare
- 



## 10. Legal Help

- Burke & Casserly, P.C.
- NYS Ombudsman Program



## 11. 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
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## 12. Respite- Caregiver Grants

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



## 13. Safety

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

## 14. Senior Housing

- Beacon Pointe
  - Choice Connections
  - Kingsway Senior Residential Community
  - Loudonville Home
- 



## 15. Skilled Nursing

- AARP
- Community Hospice
- Eddy Homecare/VNA
- Interim HealthCare
- Kingsway Senior Residential Community
- Statewide Senior Action Council

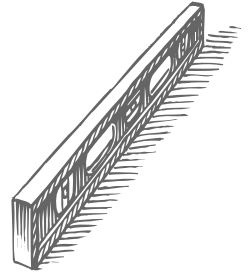
## 16. Towns & Counties

- Albany County Department for Aging
  - Albany County Sheriff's Department  
Emergency Management Office
- 



## 17. Transportation

- Eddy Alzheimer's Services
- Northeastern Association for  
the Blind at Albany
- Senior Services of Albany



## 18. 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.

## 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.

## 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.

## Notes From My Day

### *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.

Email us at [info@capitalregioncaregiver.com](mailto:info@capitalregioncaregiver.com)