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 and Like us on Facebook!
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
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16. Skilled nursing
17. Town & County agencies
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19. Glossary
## Agency contact information

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<thead>
<tr>
<th>Agency/Service</th>
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<tr>
<td>AARP</td>
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<td>Albany County Department for Aging</td>
<td>447-7177</td>
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<td>Albany County Sheriff’s Department</td>
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<td>Emergency Management Office</td>
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<td>Albany Guardian Society</td>
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<td>Anne B. and Leon J. Goldberg</td>
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<td>Alzheimer’s Resource Center at</td>
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<td>Ashby Adaptive Occupational Therapy</td>
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<td>Beacon Pointe Memory Care</td>
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<td>Bethlehem’s Little Helper Service</td>
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<td>Bright Horizons Adult Day Services</td>
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<td>Burke &amp; Casserly, P.C.</td>
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<td>Capital Roots</td>
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<td>Choice Connections</td>
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<td>Eddy DayBreak Adult Day Services</td>
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<td>Eddy Health Alert</td>
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<td>Equinox Elder Abuse</td>
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<td>Healing Touch-Connie Barber, HTP</td>
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<td>Mary Gillespie-Yalaju</td>
<td>860-6059</td>
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## Agency contact information (con’t.)

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<td>Interim HealthCare</td>
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<td>Jezreel International</td>
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<td>Kingsway Senior Residential Community</td>
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<td>Keep Moving With Stephanie</td>
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<td>Kingsway Community</td>
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<td>Loudonville Assisted Living</td>
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<td>NYS Long Term Care Ombudsman Program</td>
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<td>M&amp;T Helping Hands</td>
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<td>National Grid</td>
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<td>New York State Office of the Attorney General</td>
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<td>Senior Services of Albany</td>
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<td>St. Peter’s Hospital—CHOICES</td>
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<td>Statewide Senior Action Council</td>
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## 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

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

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

6. Durable Medical Equipment
- Jezreel International
- Northeastern Association of the Blind at Albany

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

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

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.

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