

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

St. Sophia's Church, Albany, NY

April 13, 2013



*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 providers
7. Geriatric case management agencies
8. Home repair and relocation organization
9. Homecare agencies
10. Legal assistance providers
11. Pharmacies
12. Respite—Caregiver grants
13. Respite services
14. Safety
15. Senior housing
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.

***Our heartfelt thanks to those persons and organizations who gave so generously of their time, talents and resources to make this free, educational day possible:***

- |  |   |
|--|---|
| ◇ Hannaford Supermarkets   | ◇ Mary Pludrzynski  |
| ◇ Price Chopper Supermarkets   | ◇ Julia Slezak  |
| ◇ Freihofer's Bakery   | ◇ Susan Walter  |
| ◇ Albany Guardian Society's Board of Directors, Executive Director, Staff and Volunteers | ◇ <b><i>The amazing staff and team of St. Sophia's Church</i></b> |

***And the members of the Capital Region Caregiver Coalition:***

- |                     |                      |
|---------------------|----------------------|
| ◇ Angela Bartels    | ◇ Karen Meemken      |
| ◇ JulieAnn Calareso | ◇ Barbara Michalski  |
| ◇ Kris Carpenter    | ◇ Mary Moller        |
| ◇ Tammy Childrose   | ◇ Sandy Monahan      |
| ◇ Erin Clark        | ◇ Ryan Mooney        |
| ◇ Shelli Crogan     | ◇ Jamie Mott         |
| ◇ Nancy Cummings    | ◇ Michele O'Hare     |
| ◇ Danielle Garnier  | ◇ Melonie Pratt      |
| ◇ Glenda Gustafson  | ◇ Angela Sheehan     |
| ◇ Vicki Hoshko      | ◇ Beth Slezak        |
| ◇ Heather Leddick   | ◇ Caitlyn St. George |
| ◇ Kathie Maiello    | ◇ Carrin Swanson     |
|                     | ◇ Diane Van Dusen    |
|                     | ◇ Courtney VanDyke   |

## 1. Agency contact information

Albany County Department for Aging	447-7177
Albany County Sheriff's Department Emergency Management Office	720-8029
Albany Guardian Society	434-2140
Alzheimer's Association of NENY	800-272-3900
Anne B. Goldberg Alzheimer's Center at Albany Medical Center	262-0800
Any-Time Home Care, Inc.	454-9433
Armistead Caregiver Services	982-1633
Atria Shaker Senior Living	465-4444
Avila	452-4250
Burke & Casserly, P.C.	452-1961
Catholic Charities Caregiver Support Services	449-2001
Choice Connections	894-2443
Community Caregivers, Inc.	456-2898
Community Hospice	724-0242
Crestwood Pharmacy	435-2315
DayHaven Adult Day Services	346-1852
Dementia Care Options	878-3172
Eddy Alzheimer's Services	238-4164
Eddy DayBreak Adult Day Services	729-6523
Eddy Home Care/VNA/Lifeline	270-1347

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

Eddy Housing	382-3290
EPIC—NYS Prescription Drug Program	220-3830
Faith Community Nursing	268-6062
GuildCare Adult Day Health Care	396-3626
Healing Touch—Connie Barber, HTP	786-1280
Healing Touch—Dineen Carta	235-7807
Interim HealthCare	452-3655
Kingsway Senior Residential Community	393-8800
Loudonville Home	463-4409
National Grid	433-3840
Northeastern Association of the Blind at Albany	463-1211
Rensselaer County Unified Family Services	270-2730
Schenectady County Department of Senior and 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
VA Caregiver Support Program	1-855-260-3274
Visiting Nurses Home Care	694-9907

## **Tackling Difficult Care giving Conversations**

Location: Gym

Description: Identify some tips on how and when to discuss tough topics such as : when/if to stop driving, allow help in the home, implement advance directive documents, move to higher level of care. Families and elders need guidance on tackling these tough issues and sometimes outside help. This workshop will include some case examples and time for questions and answers.

Presenters and Contact Information:

*Karen E. Meemken*, LCSW, St. Peter's CHOICES Program, 518-525-6803; [kmeemken@sphcs.org](mailto:kmeemken@sphcs.org)

## **Hospice, Palliative Care and the Caregiver: How They Work Together to Help Your Loved One**

Location: Ahepa Room

Description: Learn the difference between palliative care and hospice. What services are available in a palliative care program and how the services can be readily accessed.

Presenters and Contact Information:

*Amy Hochmuth*, Director of Community Hospice Palliative Care Program, The Inn at St. Peter's, 518-525-1563; [Ahochmuth@communityhospice.org](mailto:Ahochmuth@communityhospice.org),

*Elizabeth Hanlon*, BSN, RN, Eddy VNA and Community Hospice Palliative Care Program; 802-760-8445; [EHanlon@St.Petershealth.org](mailto:EHanlon@St.Petershealth.org),

## Workshop Speaker Contact Information

### **WORKSHOP II: 10:30 am—11:30 am**

#### **Veterans Benefits, Aid & Attendance, and Veteran's Caregiver Resources**

Location: Banquet Room

Description: Find out who is eligible for these Veteran benefits and how to apply for them. The following questions will be answered: How does the VA treat assets; what is countable income for singles and couples? How does Medicaid interact with Aid and Attendance? What benefits are caregivers eligible for?

#### Presenters and Contact Information:

*Thomas H. Walker Jr.*, CDR USNR-Ret; Senior Counselor; 113 Holland Ave, Room C323, Albany, NY 12208, 518-626-5680; [twalker@veterans.state.ny.us](mailto:twalker@veterans.state.ny.us)

*Ryan Mooney*, VA Caregiver Support Program, 518-626-6020

#### **Coping With Caregiver Stress REPEAT: See above**

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



- Alzheimer's Association of NENY
- Anne B. Goldberg Alzheimer's Center at Albany Medical Center
- Burke & Casserly, P.C.
- Catholic Charities Caregiver Support Services
- Choice Connections
- Community Hospice
- Dementia Care Options
- Eddy Alzheimer's Services
- EPIC—NYS Prescription Drug Program
- Faith Community Nursing
- National Grid
- Northeastern Association of the Blind
- Schenectady County Department of Senior and Long Term Care Services
- Senior Services of Albany
- Rensselaer County Unified Family Services
- VA Caregiver Support Program
- St. Peter's Hospital—CHOICES Program

### 3. Alternative therapy

- Crestwood Pharmacy
- Healing Touch—Connie Barber, HTP
- Healing Touch—Dineen Carta



### 4. Alzheimer's Help

- Anne B. Goldberg Alzheimer's Center at Albany Medical Center
- Alzheimer's Association of NENY
- Any-Time Home Care, Inc.
- Armistead Caregiver Services
- Atria Shaker Senior Living
- Catholic Charities Caregiver Support Services
- Community Hospice
- DayHaven Adult Day Services
- Eddy Alzheimer's Services
- Eddy DayBreak Adult Day Services
- Interim HealthCare
- Kingsway Senior Residential Community
- Rensselaer County Unified Family Services
- Schenectady County Department of Senior and Long Term Services
- VA Caregiver Support Program



### **Coping with Caregiver Stress**

Location: Cultural Room

Description: Care giving is hard work! It is not surprising that caring for a loved one strains even the most resilient people. Take steps to manage your stress and preserve your well-being. This upbeat workshop will present strategies to help you manage your stress before it starts managing you

Presenter and Contact Information:

*Diane VanDusen*, Dementia Care Options; 518-878-3172; [diane vandusen@gmail.com](mailto:diane vandusen@gmail.com)

### **Preparing for the Medicaid Application Process**

Location: Banquet Room

Description: Come and see what a Medicaid application looks like; walk through the information required, whether you're applying for home care or for nursing home care. Learn what documents you can start gathering now to make the application go more smoothly and ask questions of an elder law attorney.

Presenters and Contact Information:

*JulieAnn Calareso, Esq.*, Burke & Casserly, P.C., 255 Washington Avenue Ext., Albany, NY 12205, 518-452-1961, [JCalareso@burkecasserly.com](mailto:JCalareso@burkecasserly.com)

## Workshop Speaker Contact Information

### **WORKSHOP 1: 9am—10am**

#### **Caregiving When a Loved One Is In Residential Care**

Location: Ahepa Room

Description: This workshop will provide tips to those caregivers who have loved ones residing in Assisted Living, memory care and nursing homes. Caregivers will learn ways to cope with guilt by better understanding the expectations and the resources available in the community

Presenters and Contact Information:

*Donna Sickler*, Atria Senior Living, 518-227-2396;

[Donna.sickler@atriaseniorliving.com](mailto:Donna.sickler@atriaseniorliving.com)

#### **Making Every Day Routines Easier When Your Loved One Has Dementia**

Location: Gym

Description: From the time your loved one gets up to the time they retire at night, caregivers of people with dementia face special challenges with daily routines. Get tips from our panel of professionals on simple tricks to help get your loved one up in the morning, get dressed, bathed, take their meds, get in the car for appointments, stay engaged in an activity and go to bed at night while minimizing caregiver stress.

Presenters and Contact Information:

*Marion Kehrer*, 518-238-4176; [kehrerm@nehealth.com](mailto:kehrerm@nehealth.com)

*Tammy Seabridge*, 518-238-4193; [seabridgeta@nehealth.com](mailto:seabridgeta@nehealth.com)

### 5. Day Programs

- Albany County Department for Aging
- DayHaven Adult Day Services
- Eddy DayBreak Adult Day Services
- GuildCare Adult Day Health Care
- Senior Services of Albany—Newgate
- VA Caregiver Support Program

### 6. Durable Medical Equipment

- Crestwood Pharmacy
- Northeastern Association of the Blind at Albany



### 7. Geriatric Case Management

- Anne B. Goldberg Alzheimer's Center at Albany Medical Center
- Dementia Care Options
- Faith Community Nursing
- St. Peter's Hospital—CHOICES Program
- Schenectady County Department of Senior and Long Term Care Services

## 8. Home Repair and Relocation Organization

- Rensselaer County Unified Family Services
- Senior Moves by Design

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## 9. Homecare

- Any-Time Home Care, Inc.
- Armistead Caregivers
- Community Caregivers, Inc.
- Community Hospice
- Interim HealthCare
- Rensselaer County Unified Family Services
- Schenectady County Department of Senior and Long Term Care Service
- Visiting Nurses Home Care




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## 11. Legal Help

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



## 20. Glossary (continued)

- **Geriatric case 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.



## 20. 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.
- **Faith Community Nursing**—Registered nurse working within a faith community to provide spiritual and medical presence throughout life's many changes and needs.

## 12. Pharmacy

- Crestwood Pharmacy
- VA Caregiver Support Program

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## 13. Respite— Caregiver Grants

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




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## 14. Respite

- Armistead Caregivers
- Atria Shaker Senior Living
- Catholic Charities Caregiver Support Services
- Choice Connections
- Community Caregivers, Inc.
- DayHaven
- Eddy Alzheimer's Volunteer Care Team
- Eddy DayBreak
- Eddy Assisted Living Communities
- GuildCare Adult Day Health Care



## 14. Respite (con't.)

- Interim HealthCare
  - Rensselaer County Unified Family Services
  - Senior Services of Albany
  - Schenectady County Department of Senior and Long Term Care Services
  - VA Caregiver Program
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## 15. Safety

- Albany County Sheriff's Department Emergency Management Office
  - Alzheimer's Association NENY
  - Faith Community Nursing
  - Northeastern Association of the Blind at Albany
  - Rensselaer County Unified Family Services
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## 16. Senior Housing

- Atria Shaker Senior Living
- Avila
- Choice Connections
- Eddy Housing
- Kingsway Senior Residential Community



## 17. Skilled Nursing

- Any-Time Home Care, Inc.
  - Community Hospice
  - Interim HealthCare
  - Kingsway Senior Residential Community
  - VA Caregiver Support Program
  - Visiting Nurses Home Care
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## 18. Towns & Counties

- Albany County Department for Aging
- Albany County Sheriff's Department Emergency Management Office
- Rensselaer County Unified Family Services
- Schenectady County Department of Senior and Long Term Care Services



## 19. Transportation

- Community Caregivers, Inc.
- Eddy Alzheimer's Services
- Northeastern Association for the Blind at Albany
- Rensselaer County Unified Family Services
- Senior Services of Albany

