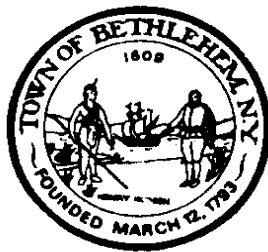


# **Resources for Caregivers**

**A listing of community contacts for  
individuals providing care  
for a loved one**



Compiled by:  
Bethlehem Senior Services  
445 Delaware Ave  
Delmar, NY 12054  
439-4955 x 1170



**Resources for Caregivers is a listing of community contacts for families and caregivers who need support and assistance to cope with the responsibility of caring for a loved one. This brochure provides an overview of information on the following organizations:**

Caregiver Support Groups  
The Caregiver Connection  
Arthritis Support Group  
Parkinson's Support Group  
Breast Cancer Support  
Telephone Reassurance Program  
Community Caregivers  
Caregiver Assistance News  
Catholic Charities Caregiver Support Services  
Telephone Support Groups for Caregivers  
Alzheimer's Association of Northeastern New York  
Community Hospice of Albany County  
St. Peter's Hospital - Choices Program  
Eddy Alzheimer's Services  
Marjorie Doyle Rockwell Center at Village Green  
Jewish Family Services of Northeastern New York  
Adult Day Services

**Bethlehem Senior Services Outreach Workers can provide a variety of informational resources for caregivers including the programs listed above. Resources on adult day care programs, meals on wheels and care facilities are also available. Call 439-4955 extension 1176 and ask for Outreach.**

## Caregiver Support Groups

Caregivers of a spouse or a loved one diagnosed with dementia are welcome to join and share what has been helpful to you and hear from others about their experience with caregiving. Support Groups sponsored by the Alzheimer's Association of the Northeast, within Albany County are listed below:

**4th Wednesday of the month** **10:30 a.m.**  
Bethlehem Town Hall  
445 Delaware Ave., Delmar  
Facilitator: Jane Sanders  
(518)439-4955 x 1174

**1st and 3rd Thursday of the month** **2:30 p.m.**  
**Registration Suggested**  
Marjorie Doyle Rockwell Center  
421 Columbia St., Cohoes  
Facilitator: Diane VanDusen and Paula Fanning  
(518)238-4164

**3rd Thursday of the month** **1:00 p.m.**  
Community Caregivers  
2113 Western Ave., Suite 4, Guilderland  
Facilitator: Christine Damon  
(518)456-2898

**1st Wednesday of month** **6:00 p.m.**  
Atria Shaker  
345 Northern Blvd., Albany  
Facilitator: Erica Salamida  
(518)465-4444



## **The Caregiver Connection**

A program sponsored by Senior Services of Albany with funding from the Albany County Department of Aging which offers free counseling and information and referral services to anyone who resides in Albany County and is caring for an older relative, or who does not reside in Albany County but is caring for someone who resides in Albany County. The program includes an initial consultation, either by phone or in person, followed by a personalized packet of pertinent information and then a follow-up call within two weeks. If the person cared for qualifies; financial assistance is available for respite services such as Adult Day Care and Telephone Caregivers Support Group. For more information, call Laurie Milward, Eldercare Counselor, Senior Services of Albany, at 465-1398.

## **Arthritis Support Group**

This evening support group meets on the 3rd Wednesday of the month at 6:00 p.m.

Location: Sunnyview Hospital  
1270 Belmont Ave.  
Schenectady, NY

For more information, call the Arthritis Support Group at 456-1203.  
Email: arthritisgroupny@yahoo.com

## **Parkinsons Support Group**

The Capital District Support Group provides support, encouragement and information to persons with Parkinson's Disease and to their families, friends and neighbors. Speakers, including neurologists, pharmacists, nutritionists, and physical and occupational therapists and speech pathologists are welcomed. The group meets at 7:00 p.m. the second Thursday of the month, except January and February.

Location The Terrace at Beverwyck  
41 Beverwyck Lane  
Slingerlands, NY 12159

For more information please contact Wolfgang Wehmann at 439-5252.

## **Breast Cancer Support**

If you are in treatment, had treatment or are caring for a loved one who is, New York State Department of Health is offering a telephone support group. For more information about the group, contact To Life! at 439-5975.

## **Telephone Reassurance Program**

A program sponsored through the American Red Cross, provides the opportunity to socialize by telephone with someone who cares. It allows individuals to remain in contact with their community and help to decrease the feeling of loneliness and isolation. If you would like to receive Telephone Reassurance calls, please contact Edie Sennett at 458-8111 x 5114.

## **Community Caregivers**

Provides free short-term assistance by trained volunteers for acute and chronically ill people of all ages. The program can provide short term assistance with such services as shopping, respite to family caregivers, meal preparation and delivery, light housekeeping, assistance with paperwork, minor home repairs, yard work and visits to the homebound. For information, call the Community Caregivers at 456-2898.

## **Caregiver Assistance News**

A statewide newsletter developed solely for the 1.7 million New Yorkers caring for older adults or persons with disabilities by the New York State Coalition for the Aging (NYSCA). The newsletter is adapted for family caregivers in a simple, reader-friendly monthly newsletter enabling them to do their job with confidence, pride and a level of competence. Each issue of *Caregiver Assistance News* has a main theme, such as nutrition, equipment and supplies or skin care. Monthly content also includes caregiver self-care tips. Copies are available in the Bethlehem Senior Services office.

## **Catholic Charities Caregiver Support Services**

An agency of Catholic Charities of the Diocese of Albany, with one simple mission—to make life better for those who care for friends and relatives in need by providing respite services, information and assistance, social work services and support groups. *The Elder Caregiving Program* supports caregivers as they care for their older spouses, parents and friends. Annual grants are available to help fund home care, adult day care and facility based services to help caregivers cope with the physical, emotional and financial strains of their responsibility. A registered nurse and social worker are available to provide wellness and prevention information. *The Kinship Care Program* focuses on supporting grandparents and relatives raising children. For more information, please call 449-2001. Caregivers are provided with information and linked with professionally facilitated support groups in Albany, Rensselaer and Schenectady Counties.

## **Telephone Support Groups For Caregivers**

Senior Services of Albany offers groups to help individuals who are caring for a loved one. The group is led by a masters-level social worker. The telephone support group meets via telephone from the comfort of home in an approximately one hour session. Each participant is called at a scheduled time for the Support Group and connected to other participants via a conference call at which time they can hear and speak to each other. If you wish to learn more or enroll in a group, contact Laurie Milward, Eldercare Counselor at 465-1398.

## **Alzheimer's Association of Northeastern NY**

Provides a Helpline available 24 hours a day, seven days a week with information, referral and care consultation. The Caregiver Resource Center is located in the Albany office. The office is located at Pine West Plaza, Bldg. #4, Suite 405, Washington Avenue Extension, Albany, NY 12205. For information call 1-800-272-3900 or visit the website at: [www.alzneny.org](http://www.alzneny.org).

## **Community Hospice of Albany County**

Provides supportive services for the terminally ill, including palliative care services, pre-hospice assistance, and bereavement support. Groups and individual counseling. Community presentations and outreach. No one is refused due to lack of insurance. The office is located at 445 Karner Road in Albany, NY 12205. For information or location of programs, call 724-0200. [www.communityhospice.org](http://www.communityhospice.org)

## **St. Peter's Hospital-Choices Program**

Provides In-Home Assessment, Care Management and Counseling for families by licensed social workers. Service includes creation and monitoring of a care plan, home safety evaluation and written reports to families. Elder must be 60+ years of age. A fee applies for service-sliding scale is also available. For information call 525-1364.

**Eddy Alzheimer's Services**  
**Marjorie Doyle Rockwell Center**  
**At Eddy Village Green**

Provides Consultation, Assessment and Medical Evaluation by the Alzheimer's Disease Assistance Center of the Capital Region for those with signs of memory loss and associated changes in functioning and behavior. A fee applies for service-sliding scale is also available. Medical services may be covered by Medicare, Medicaid or private insurance. The program is located at 421 W. Columbia Street in Cohoes, NY. For information call 238-4163.

**Jewish Family Services of Northeastern NY**

Provides Family Conferences, Consultations and Care Management by licensed social workers for families in need of guidance and assistance in care of an elder. A fee applies for service. The program is located at 877 Madison Avenue in Albany, NY. For information call 482-8856.



## **Adult Day Services**

In New York state, adult day services come in two forms: a medical model called adult day health care (ADHC) and a social model called social adult day care. Adult day services programs offer a safe, secure, stimulating environment for people whose family circumstances allow them to remain in their homes in the evenings (and possibly on weekends), but who need some sort of supervision during the day-time. Adult day services are particularly appropriate for a person whose needs are ordinarily met by their own family members, especially when those family members may work outside the home during the day but are generally at home in the evenings and on weekends.

**Social adult day care** is oriented toward the social aspects of life and may include games, memory orientation exercises, music, dancing and reading in a supervised atmosphere. These programs also provide a meal, may provide some assistance with personal care (such as grooming) and engage their clients in supervised field trips and special events.

**Adult day health care** (ADHC) has a strong medical component. ADHC programs are staffed by a number of professionals including a registered professional nurse able to conduct assessments, administer medicine and perform medical tasks. Adult day health care programs must be sponsored by a nursing home or a hospital and provide social activities in addition to medical services. They are required to provide physical, occupational, and speech therapy to individuals who require these services. In addition, they provide a full range of personal care services (bathing, grooming, and toileting), social services, case management and at least one meal per visit. ADHC programs must provide or arrange transportation to the program.

Adult day health care programs are overseen by the New York state Department of Health. Social day care programs are overseen by the New York state Office for the Aging (SOFA).

**Respite.** Respite is a service that helps caregivers in gaining a short break from their care giving duties, whether for personal or medical reasons.

Oversight agency is the NYS Department of Health.

## **Adult Day Services cont.**

### **Adult Day Health Care Program\***

VA Medical Center

113 Holland Ave.

Albany, NY 12208

(518) 626-5000 ext. 66120

Medical Model Daycare for veterans who are eligible for VA services.

Mon - Fri 8:00 a.m. - 4:00 p.m.

Based on income. Maximum \$15.00 per day

### **Bright Horizons**

6 Winners Circle

Colonie, NY 12205

(518) 459-2857 ext. 322

Social Model Daycare

Mon - Fri 8:00 a.m.– 4:30 p.m.

Medicaid accepted.

Financial assistance available. \$35/day

### **Cohoes Multi-Services Senior Citizens Center**

10 Cayuga Plaza

Cohoes, NY 12047

(518) 235-2420

Social Model Daycare

Mon - Fri 9:00 a.m.– 2:30 p.m.

\*\* \$17.50 /day suggested donation

### **Eddy Daybreak**

50 Herrick Street

Rensselaer, NY 12144

(518) 436-4302

Social Model Daycare

Mon - Fri 8:00 a.m.-5:00 p.m.

\*\* \$11.50 /hr. maximum

Rates variable

Transportation \$15.50 round trip within a 7-9 mile radius.

## **Adult Day Services cont.**

### **Eddy Daybreak**

421 W. Columbia Street

Cohoes, NY 12047

(518) 238-4062

Medical Model Daycare

Mon - Fri 7:30 a.m. - 4:30 p.m.

(Sliding fee scale)

Private Pay, Medicaid, Senior Whole Health and VA benefits accepted.

Caregiver grants available.

### **Eddy Daybreak at Marjorie Doyle Rockwell Center in Cohoes**

18 Pasinella Way

Cohoes, NY 12047

(518) 238-4152

Medical Model Daycare

Mon-Fri 8:00 a.m.-4:30 p.m.

Sliding Scale

Medicaid and long term care insurance accepted. *Daycare for persons with memory loss*

Caregiver grants available.

### **Eddy North Greenbush**

300 Valley View Blvd

Rensselaer, NY 12144

(518) 286-1986

Medical Model Daycare

Monday-Friday 8:00-4:30

Private Pay

Medicaid, Senior Whole Health and VA benefits accepted.

Transportation may be provided please call for details.

## **Adult Day Services cont.**

### **Daughter's of Sarah Great Days Adult Health Program**

Washington Ave. & Rapp Rd.

Albany, NY 12203

(518) 724-3222

Medical Model Daycare

Monday—Friday 8:00 - 4:30

\*\* \$105/day Private Pay, Medicaid accepted

### **Daybreak at Eddy Memorial Geriatric Center**

2256 Burdett Avenue

Troy, NY 12180

(518) 271-5941

Medical Model Adult Day

Health Care

Monday - Friday 7:30 - 4:30

Sliding fee scale, Private Pay, Medicaid accepted

### **Guild Care**

2 Clara Barton Drive, Suite 118

Albany, NY 12208

(518) 396-3626

Medical Adult Day Healthcare

Monday - Friday 8:00 - 4:00

Free with Medicaid, Private pay

\$145/day with out transportation

\$205 with transportation

### **Newgate**

Senior Services of Albany

760 New Scotland Ave

Bethany Reformed Church

Albany, NY 12208

(518) 449-8035

Social Model Daycare

Monday - Friday 8:30 - 4:30

Call for Rates—Sliding Scale





