

# ***Senior Housing Options***



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## Table of Contents

Where To Begin	4
Applying for Medicaid	11
Care Facilities Located Within Bethlehem	12
Subsidized Senior Housing — Bethlehem	13
Subsidized Senior Housing Closest to Bethlehem	14, 15
Respite / Caregiver /Bereavement Support	16, 17
Care Coordination - Resources for Home	18
Home Care	19
Geriatric Day Services in the Immediate Albany Area	20, 21
Independent Living Retirement Communities	22, 23
Retirement Communities with Levels of Care	23
Lifecare Communities	23
Assistive Living and Enriched Housing	24, 25
Assisted Living Programs	25
Adult Homes in the Immediate Albany Area	26
Adult Care Facilities For the Memory Impaired	27
Skilled Care Facilities Within Close Proximity of Bethlehem	28, 29
Notes	30
Respite beds . . . . Noted with (R) throughout booklet	

## Where To Begin

Finding the right programs or services for an aging loved one is often confusing. Accessing information, dealing with unfamiliar terms, finding definitions of terms can all be complicated when the loved one lives far away.

Contacting state or area agencies for aging is often a first step. They can, in turn refer to county or local offices for aging for more specific services offered in a certain town or county. A growing number of Internet web sites may also be helpful in the search. Pamphlets, brochures and guides published by national organizations like AARP provide appropriate paths that caregivers may wish to take in finding service or care options.

Consumers in New York State have a number of options for elder care available to them either packaged in combination with one another or as stand-alone entities.

The following quote and guide excerpts are taken with permission from the New York Association of Homes and Services for the Aging.  
***A Directory For Consumers and Their Families,***  
***150 State Street, Suite 301, Albany, NY 12207 (518) 449-2707.***

“Investigating long term care options may be one of the most difficult processes a family will ever experience. Whether a person is in good health and seeks to leave his or her longtime home and enter a senior apartment complex or continuing care retirement community, or if a person is in ill health and needs high-level nursing care, such a search for an appropriate, comfortable, convenient setting can take its toll on even the most organized families.”

*The following is a listing of the continuum of care, as we know it, in New York State, as well as oversight agencies responsible for ensuring quality within facilities or programs:*

## **Community Services**

A variety of providers offer programs designed to help older adults remain in their own homes and/or assist family members in coping with their relative's chronic illness or disabilities. While many types of community services exist for older adults, not all are available in every community.

**Services Available** Community services encompasses adult day care, home care, "meals on wheels," hospice care, respite care, and senior centers.

- **Home care** consists of medical or personal care services provided in an individual's home. Home care agencies are certified by the state as either part of the Long Term Home Health Care Program or as a certified home health agency. The most common services are assistance with daily activities (such as laundry, shopping, housekeeping, personal hygiene and meal preparation), skilled nursing services, and physical, occupational and speech therapy. Home care is often an integral part of the assisted living programs and senior housing. The service is discussed in detail in those sections of this guide. Home care is overseen by the New York state Department of Health.
- **Home-delivered meals**, often called "meals-on-wheels," provide nutritionally balanced meals to those who are unable to prepare their own meals.
- **Hospice care** provides medical, spiritual and emotional care to the terminally-ill and their families. Hospice care can be given in the home, a special hospice facility or a nursing facility.
- **Respite service** provides temporary overnight care for ill or disabled older adults for a few days or weeks. It gives caregivers a short break from their duties, whether for personal or medical reasons. Respite services are generally in short supply and should be reserved as early as possible. Respite services are overseen by the New York state Department of Health.
- **Senior centers** offer a broad spectrum of services and activities such as social and education services, health, nutrition, and a community resource for information and recreational activities.
- **Transportation services** help older adults keep appointments and enjoy recreational opportunities.
- **Payment** The cost of services varies depending on the type of service and level of care. Medicare and Medicaid are payment sources for some home health and hospice services. Local programs and agencies can help with the cost of other services. For further information, check with your local social services departments.

## Senior Housing

Senior housing facilities contain apartments for independent, congregate living for adults between the minimum ages of 55 and 62. Some senior facilities are required to admit disabled individuals younger than that age group. They provide a secure, residential environment, but do not routinely provide the type of extensive health care associated with nursing homes or assisted living. Those services may be available on a fee-for-service basis. Senior housing offers privacy and independent living in buildings that are safe and well maintained. Many are architecturally designed to address some of the physical limitations that growing older may bring. For example, bathrooms may be equipped with handrails and grab bars or electrical outlets placed within easier reach. Many are equipped with 24-hour emergency call systems. Monthly rents vary depending on the size of the housing unit, the services offered and the income group the building is designed to serve.

**Services Available** The housing component of long term care includes apartments or homes, either as “stand alone” separate facilities or as part of a retirement community. Many senior housing facilities also offer or can arrange for a variety of supportive services such as meals, transportation, social activities, counseling, recreational programs, daily visits or telephone reassurances.

- **Subsidized housing** is a type of senior housing alternative that requires applicants to meet certain income specifications in order to be considered for an apartment. Subsidized senior housing is overseen by the U.S. Department of Housing and Urban Development and the New York state Division of Housing and Community Renewal.
- **Market-rate housing** is not subsidized and is open to individuals whose incomes enable them to pay the monthly rents that are typical for that geographic region.

Oversight agencies include the U.S. Department of Housing and Urban Development (HUD) for subsidized housing, and the NYS Division of Housing and Community Renewal.

**Home Care.** There are certified, licensed and long term home health programs. All three types of programs require a physician’s order for service if an agency is used.

*Certified home health care* programs are Medicare funded and have very specific requirements for service. One needs to be homebound and require skilled nursing or physical therapy. It is considered short-term intermittent care as opposed to chronic long-term care.

*Licensed home care* can be covered by private pay, Medicaid or possibly, by long-term care insurance. It can include bathing, shopping, dressing, personal care and light housekeeping. Nursing visits can be arranged.

*Long term home health care program (LTHHCP)* is usually covered by chronic care Medicaid. The person must qualify for nursing home placement but prefer to be at home. Cost of service needs to be less than 75% of the cost of nursing home care. The LTHHCP coordinates and provides care such as home health care, physical therapy, speech therapy, and “wavered services” such as adult day programs, Lifeline, Meals-on-Wheels in order to keep a person at home.

Oversight agency is the NYS Department of Health.

## **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 daytime. 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.

## **Assisted Living Services**

Assisted living offers a variety of services for those who need daily assistance in a facility but generally do not require constant nursing care. Different categories of assisted living allow facilities to serve residents with specialized needs and some skilled nursing needs. Assisted living facilities emphasize the resident's autonomy and independence in selecting the services they desire. In general terms, there are two categories of licensure for assisted living in New York state – the Assisted Living Residence and the Assisted Living Program.

### **Assisted Living Residence**

A law passed in 2004 that created a common meaning for the term assisted living and required those providers to become licensed by the New York state Department of Health (DOH) as Assisted Living Residences (ALRs). To be an ALR, an operator must also be licensed as an adult care facility (see below). ALRs must follow additional regulations above and beyond what is required of ACFs, such as developing an individualized service plan (ISP) for each resident and providing consumers with specific disclosure statements. The law requires specific standards and services for facilities marketing themselves as serving special needs populations, such as individuals with dementia. In addition, the law supports the philosophy of “aging in place,” allowing facilities to provide additional services and skilled nursing care as a resident's needs increase. The popularity of assisted living is not surprising, since it is a residential alternative that is probably the least disruptive to a resident's life, and it is also generally the most cost-effective option.

### **Services Available in all Assisted Living Residences**

Core services provided by all Assisted Living Residences, including the Enhanced and Special Needs models, include the following:

- A room in a facility that houses primarily elderly people;
- Congregate meals and dining services;
- Hospitality services including housekeeping, laundry and sometimes transportation;
- Activities and recreational opportunities;
- Personal care services, including help with grooming, dressing, bathing and eating;
- Medication assistance and medication supervision; and
- An Individualized Service Plan (ISP), which is developed by the resident, the resident's representative, a home care provider (if involved) the facility and a physician. The ISP identifies the resident's needs and abilities. ALRs can be certified to provide enhanced or special needs services or simply provide the basic ALR

### **Enhanced Assisted Living Residences**

The Enhanced Assisted Living Residence (EALR) allows a resident to age in place by providing increased services when his/her needs change. The facility can provide these additional services directly, or arrange for a home care agency or other provider to do so. Additional fees charged for these services must be disclosed to the resident ahead of time. These enhanced services can include things like help walking up and down stairs, extra personal care, incontinence plans and nursing services. Although people who need 24-hour skilled nursing care or medical care cannot be admitted to an EALR, people who already live in these facilities can receive these services if all parties agree that the plan is appropriate, the facility is able to provide or arrange for the services needed and the resident is able to pay for the level of services required. EALRs must meet specific safety requirements in order to become licensed. In addition to those specialized services, EALRs must also provide the basic services outlined above under Services Available in All Assisted Living Residences.

### **Assisted Living Program (ALP)**

The Assisted Living Program (ALP) is another model of assisted living in New York that was developed in 1991. The ALP differs from the ALR because it was designed mainly for people who are eligible for Medicaid, whereas ALRs do not accept Medicaid as payment. The ALP combines the services of an adult care facility and a home care agency. It allows a person living in an adult care facility to remain in that setting even if the person becomes frailer and needs extra medical or personal care services. The ALP program has its own regulations separate from the ALR, however the package of services is quite similar to the EALR.

Clearly, **home care** is an important component of either model of assisted living. Home care consists of medical or personal care services provided in an individual's home, which may be an assisted living facility. Home care agencies are certified by the state as Long Term Home Health Care Programs, certified home health agencies or licensed home care services agencies. Services provided may be fairly simple (ranging from monitoring blood pressure to coordinating medications) to the highly complex (such as intravenous infusion therapy or care for AIDS patients).

## **Adult Care Facilities**

Adult care facilities (ACFs) are capable of serving residents who do not require continuing medical care. The regulations allow only medically stable residents to be admitted and retained in an ACF. There are two ACF models that typically serve seniors: adult homes and enriched housing programs.

**Adult homes** provide personal care, medication supervision, activities, housekeeping and transportation. Adult homes are required to provide 24-hour on-site supervision and three congregate meals per day per resident. Resident rooms cannot have kitchens, and there may be two residents to a room.

**Enriched housing** has traditionally been considered a more independent setting than an adult home. The housing units are more apartment-like and include a kitchen. While the enriched housing program provides a level of independence and autonomy that makes it a popular alternative to more institutional settings, the minimum requirement of only 12 hours of supervision per day may not be appropriate for everyone.

## **Skilled Nursing Facilities or Nursing Homes**

A nursing home, also known as a skilled nursing facility, provides 24-hour medical and social services to the frail elderly and chronically disabled. These facilities must be licensed by the New York state Department of Health. A nursing home offers a protective, therapeutic environment for those who need rehabilitative care or can no longer live independently because of chronic physical or mental conditions that require round-the-clock care. Nursing homes represent the most complicated and, therefore, the most expensive level of care and are aimed at providing services to those who need high-intensity nursing care and supervision. Before being admitted into a nursing home, the prospective resident must undergo a screening process to determine if a lower level of care would be more suitable for them. The screening consists of a health care professional completing a patient review instrument (PRI). The PRI assesses the applicant's ability to complete "activities of daily living" such as walking, bathing, dressing, etc. This health assessment includes all physical and psychological problems the applicant faces.

**Hospice Central Intake Referral Number**

1-800-678-0711

The Community Hospice is a network of committed professionals and volunteers who bring dignity, comfort and compassion to people in the later stage of life's journey.

**Applying For Medicaid.**

Contact: Albany County Social Services

162 Washington Ave.

Albany, New York 447-7400

8:30—4:30 (closed 12-1)

A representative from Social Services is also available at the Bethlehem Town Hall the 2nd Monday of each month, appointments are required, call 439-4955 x 1176. Applications are also available in the Bethlehem Town Hall Senior Services office.

**Medicaid:** Medicaid is a means-tested, needs-based program with limitations on the amount of income and assets one may have. Anyone who meets the income limit and resource level can apply for Medicaid. There is a five-year "look back period" into the applicant's financial spending and transfers of assets. The county Department of Social Services manages the Medicaid program.

There are two types of Medicaid in New York State, community based Medicaid and chronic care Medicaid. The amount of assets allowed depends upon the type of Medicaid for which one applies. Community -based Medicaid is for individuals who need acute medical care, which can be provided through a health clinic, medical office or hospital.

Chronic care is on-going medical care such as nursing home care, which can be provided through either a facility or the long term home health program.

## Care Facilities Located Within Bethlehem

<p>Beverwyck 40 Autumn Drive Slingerlands, NY 12159 (518) 451-2103</p>	<p>Independent Retirement Community 169 Apartments 15 Cottages 14 Deluxe Cottages</p>
<p>Delmar Place 467 Delaware Ave. Delmar, NY 12054 (518) 434-4663</p>	<p>Assistive Living. 94 units (81 one-bedroom and 13 studio apartments). All meals, housekeeping and laundry services, recreation, scheduled transportation, personal care, case management, planned activities, and therapies. Library, theater, country kitchen, and hair salon. 24 hour supervision. Utilities included. \$3,800 and up. Private pay. (R)</p>
<p>Good Samaritan Lutheran Home 141 Rockefeller Rd. Delmar, NY 12054 (518) 439-8899</p>	<p>67 bed adult home with private bath <b>Accepts SSI –limited availability</b> \$110.00 per day, Private pay - reduced rate possible depending on income. Activities, 3 meals a day, laundry, housekeeping services, transportation to medical appointments Assistance with activities of daily living (R)</p>
<p>Good Samaritan Lutheran Healthcare Center 125 Rockefeller Rd. Delmar, NY 12054 (518) 439-8116</p>	<p>120 bed skilled facility Rehab available Accepts Medicare and Medicaid \$315.00 per day semi-private room \$320.00 per day private room</p>
<p>The Terrace at Beverwyck 41 Beverwyck Lane Slingerlands, NY 12159 (518) 451-2103</p>	<p>41 units assistive living Studio, 1 &amp; 2 bedroom apartments \$4,239-8,178 month Monthly costs include all utilities and Cable. \$2500 admission fee (R)</p>

(R) - Respite beds available

## Subsidized Senior Housing—Bethlehem

<p>Good Samaritan Senior Apts. 119 Rockefeller Road Delmar, NY 12054 (518) 475-0275</p>	<p>36 subsidized apartments Must be age 62 1 and 2 bedroom apts. Basic rent: Max. income \$42,300 1 pers. * \$48,350 2 pers. * 11 apartments set aside for shelter rent, i.e. maximum gross income \$15,900 for 1 person and \$18,150 for 2 persons. Accepts Section 8</p>
<p>Marie Rose Manor 100 Marquis Drive Slingerlands, NY 12159 (518) 459-0204</p>	<p>49 subsidized apartments Must be age 62 or over 1 bedroom apts. Rent is 30% of adjusted income Max income \$26,450 /year 1 person * \$30,200 /year 2 people * 3 mobility impaired apartments</p>
<p>HUD Existing Section 8 Rental Assistance call either Bethlehem Senior Services 439-4955 x 1176 or directly: Central Office for Section 8 (518) 372-8846 x 12 for application.</p>	<p>Rent is 30% of income Max income: \$26,450 /year 1 person * \$30,200 /year 2 person *</p>
<p>Van Allen Senior Apartments 790 Route 9W Glenmont, N.Y. 12077 contact: Site Manager at: (518) 767-0923</p> <p>Must be 55 or older 1 and 2 bedroom apts.</p>	<p>Rent Structure:</p> <p><u>Low Income:</u> 15 units set aside for incomes below \$26,450 for 1 person, 5 units set aside for incomes below \$30,200 for 2 persons. 15 units have rents of \$494 and 5 units have rent of \$582</p> <p><u>Moderate Income:</u> 61 units set aside for incomes of \$47,610 for 1 person with rents of \$771 and 19 units set aside for incomes below \$54,360 for 2 people with rents of \$886.</p> <p><u>Market Rate Apartments:</u> 10 units with 2 bedrooms, no income restrictions with rents of \$1032.</p>

\* Approximate income levels, subject to change, as of 01/11

**Subsidized Senior Housing  
Closest to Bethlehem**

Albany Housing Authority 200 South Pearl St. Albany, NY 12202 (518) 641-7500	A variety of apartment buildings based on income. Call for details.
Altamont Oaks 950 Altamont Blvd. Altamont, NY 12009 (518) 861-5396	40 units, 1&2 bedrooms no age requirements Call for more details.
Bramblewood Apartments VanEvera Drive Altamont, NY 12009 (518) 861-8809	32 units; 4 handicapped accessible units. All one bedroom units. Age 62 and older or disabled Rent is 30% of Income. Please call for details
Civil Senior Housing 8 Civil Avenue Ravena, NY 12143 (518) 283-3435 or (518)756-7011	28 units, 1&2 bedrooms Age 55 and older Rent is 30% of income Heat and hot water included Max. income: \$31,740 1 person \$36,240 2 person
DePaul Housing Management 41 N. Main Avenue Albany, NY 12203 (518) 459-0183	14 locations, can fill out one application for all  <a href="http://www.depaulhousing.com">www.depaulhousing.com</a>
Feura Bush Apartments ** 34 New Scotland Avenue Feura Bush, NY 12067 (518) 478-0130 site manager (518) 765-2425 main office for applications	24 units, 1 & 2 bedrooms Age 62 and older or handicapped Rent is 30% of adjusted income Priority waiting list for extremely low income. Max. income: \$31,740 1 person * \$36,240 2 person *

**\*\*Managed by Albany County Rural Housing Alliance**

**\* To be adjusted in June 2011.**

**Subsidized Senior Housing Closest to  
Bethlehem**  
*continued*

<p>Holy Wisdom Apts. 428 Whitehall Rd. Albany, NY 12208 (518) 437-1895 or (518) 459-4910</p>	<p>50 units Age 62 and older Rent 30% of gross income Max income \$42,300* 1 person \$48,350* 2 person</p>
<p>St. Joseph's Apartments 2 Jeanne Jugan Lane Latham, NY 12110 (518) 785-4551</p>	<p>48 units Age 60 and older. Max. income: \$25,950 1 person * \$29,650 2 person * Rent is dependent on income.</p>
<p>St. Sophia Apts. 426 Whitehall Road Albany, NY 12208 (518) 459-4910</p>	<p>90 units Age 62 and older Rent 30% of gross income Max income \$42,300 1 person \$48,350 2 person</p>
<p>Ohav Shalom Apts. 115 New Krumkill Rd Albany, NY 12208 (518) 489-5531</p>	<p>211 units (188 1 bedroom, 24 efficiency) Age 62 and older or handicapped Rent is 30% of adjusted income No income limit; max rent \$552.00/month On busline</p>
<p>Whitehall Court Senior Apts. 360 Whitehall Road Albany, NY 12208 (518) 446-1920</p>	<p>72 units, 1&amp;2 bedrooms Age 62 and older Max income: \$31,740 1 person * \$36,240 2 person * Rents: \$568 small 1 bedroom \$589 large 1 bedroom \$689 2 bedroom Rents include heat &amp; hot water Accepts Section 8, Waiting List</p>

\* Approximately income levels, subject to change, as of 01/11

## Respite Caregiver/Bereavement Support

<p>Alzheimer’s Association of NENY 4 Pine West Plaza Albany, NY 12205 (518) 867-4999 Helpline and Safe Return Registry <a href="http://www.alzneny.org">www.alzneny.org</a></p>	<p>Provides family support, education research and advocacy through support groups and educational classes for professionals and caregivers. Trained helpline 24/7.</p>
<p>Bethlehem Senior Services Bethlehem Town Hall 445 Delaware Ave. Delmar, NY 12054 (518) 439-4955 ext. 1176 <a href="http://www.townofbethlehem.org">www.townofbethlehem.org</a></p>	<p>Daytime Caregivers Support Group meets 4th Wednesday of the month from 10:30 a.m. to noon.</p>
<p>The Caregiver Connection, Sponsored by Senior Services Of Albany 25 Delaware Ave. Albany, NY Contact: Laurie Milward, Eldercare Counselor (518) 465-1398 <a href="http://www.seniorservicesofalbany.com">www.seniorservicesofalbany.com</a></p>	<p>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.</p>
<p>Caregivers Respite Program of Catholic Charities 100 Slingerlands St. Albany, NY 12202 (518) 449-2001 <a href="http://www.cccaregivers.org">www.cccaregivers.org</a></p>	<p>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. Annual respite grants may be available.</p>

**Respite  
Caregiver/Bereavement Support, continued**

<p>Community Hospice of Albany County 445 New Karner Rd Albany, NY 12205 (518) 724-0200 www.communityhospice.org</p>	<p>Supportive services for the terminally ill, including palliative care services, pre-hospice assistance, Bereavement Support. Groups and individual counseling. Community presentations and outreach. No one is refused due to lack of insurance.</p>
<p>St. Thomas Church 35 Adams Place Delmar, NY 12054 (518) 439-4951</p>	<p>Provides bereavement support for recent widows and widowers. Group meets monthly at St. Thomas Church rectory. Contact St. Thomas @ 439-4951 for details.</p>
<p>The Eddy Alzheimer's Services 421 W. Columbia St. Cohoes, NY 12047 (518) 238-4162 or (518) 238-4163</p>	<p>Provides family support, education, and advocacy through support groups and educational classes for professionals and caregivers. Diagnostic evaluations available</p>
<p>Jewish Family Services 877 Madison Ave Albany, N.Y. 12208 (518) 482-8856</p>	<p>Provides counseling to seniors regarding issues of grief, stress, family conflict, new home adjustments, etc.</p>

## Care Coordination-Resources for Home

<p>Albany County Social Services Home Care Assessment NY Connects (518) 447-7177</p>	<p>Assessment and referrals to care coordination.</p>
<p>Eddy VNA of Northeast Health 433 River St. Suite 3000 Troy, NY 12180 (518) 274-6200</p>	<p>Medicaid or Private Pay. Follow-up to hospital stay nursing visits, nurse case manager, therapies, etc. Short term home care available. Provides services for Albany, Saratoga</p>
<p>St. Peter's CHOICES program St. Peter's Hospital 315 S. Manning Blvd. Albany, NY 12208</p>	<p>A specialized case management services. Sliding scale fee available to qualified individuals.</p>

## Home Care

Local agencies offer numerous types of services to support a client in his/her home. A listing of Home Care providers may be found in the Yellow Pages under Home Health Services. Services requested include the following:

- **Homemaker.** A homemaker completes household chores such as laundry, cleaning, meal preparation, errands and shopping.
- **Personal Care Aide (PCA).** A personal care aid (sometimes called a companion) completes household chores and assists a client with personal care such as bathing, dressing and shampooing. A PCA can also assist with patient transfers and ambulating.
- **Home Health Aide (HHA).** A home health aide completes household chores, assists with personal care and can remind a patient to take medication. An HHA can assist with home exercise programs and monitoring of medical status.
- **Live-In Aide.** A live-in aide lives in the client's home with planned time off, usually two days every week. The client is expected to provide a separate bedroom area and meals. Live-in aides are usually PCA's or HHA's.
- **Licensed Practical Nurse (LPN).** An LPN can provide all of the services of the PCA or HHA. In addition, an LPN can monitor a patient's vital signs, dispense medication, provide wound care, provide colostomy and catheter care and glucose monitoring.
- **Registered Nurse (RN).** An RN can provide services of the LPN and in addition provide skilled nursing services including IV therapy and use high tech equipment.

### Approximate Cost of Service

Homemaker	\$18.50/hr*	Rates vary by agency These services may be available through the cost sharing EISEP program at a cost to the client of \$0—100% depending on income.
PCA	\$21.00/hr*	
HHA	\$21.00 /hr *	
Live-In Aide	\$320 /day*	These services may be available through the cost sharing EISEP program at a cost to the client of \$0—100% depending on income
LPN	\$27-50 /hr*	
RN	\$45-100 /hr*	

*Approximate fees, as of 01/11*

## Geriatric Day Service in the Immediate Albany Area

<p>Adult Day Health Care Program* VA Medical Center 113 Holland Ave. Albany, NY 12208 (518) 626-5000 ext. 66120</p>	<p>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</p>
<p>Bright Horizons 6 Winners Circle Colonie, NY 12205 (518) 459-2857 ext. 322</p>	<p>Social Model Daycare Mon - Fri 8:00 a.m.– 4:30 p.m. Financial assistance available. \$35/day</p>
<p>Cohoes Multi-Services Senior Citizens Center 10 Cayuga Plaza Cohoes, NY 12047 (518) 235-2420</p>	<p>Social Model Daycare Mon - Fri 9:00 a.m.– 2:30 p.m. ** \$17.50 /day suggested donation</p>
<p>Eddy Daybreak 50 Herrick Street Rensselaer, NY 12144 (518) 436-4302</p>	<p>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.</p>
<p>Eddy Daybreak 421 W. Columbia Street Cohoes, NY 12047 (518) 238-4062</p>	<p>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.</p>
<p>Eddy Daybreak at Marjorie Doyle Rockwell Center in Cohoes 18 Pasinella Way Cohoes, NY 12047 (518) 238-4152</p>	<p>Medical Model Daycare Mon-Fri 8:00 a.m.-4:30 p.m. Sliding Scale Medicaid and long term care insurance accepted. <i>Daycare for persons with memory loss</i> Caregiver grants available.</p>

\* denotes transportation provided through Bethlehem Senior Services

\*\* approximate fees, subject to change, as of 01/11

Note: Eddy services may provide transportation—call specific site for info.

## Geriatric Day Service in the Immediate Albany Area

*continued*

<p>Eddy North Greenbush 300 Valley View Blvd Rensselaer, NY 12144 (518) 286-1986</p>	<p>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.</p>
<p>Daughter's of Sarah Great Days Adult Health Program Washington Ave. &amp; Rapp Rd. Albany, NY 12203 (518) 724-3222</p>	<p>Medical Model Daycare Monday—Friday 8:00 - 4:30 ** \$111.40 max/day Private Pay-Sr Whole Health , Long term care and Medicaid accepted</p>
<p>Daybreak at Eddy Memorial Geriatric Center 2256 Burdett Avenue Troy, NY 12180 (518) 271-5941</p>	<p>Medical Model Adult Day Health Care Monday - Friday 7:30 - 4:30 Sliding fee scale Private Pay, Sr. Whole Health and Long Term Care, and Medicaid accepted</p>
<p>Guild Care* 2 Clara Barton Drive, Suite 118 Albany, NY 12208 (518) 396-3626</p>	<p>Medical Adult Day Healthcare Monday - Friday 8:00 - 4:00 Free with Medicaid Private pay \$145/day with out transportation \$205 with transportation</p>
<p>Newgate * Senior Services of Albany 760 New Scotland Ave Bethany Reformed Church Albany, NY 12208 (518) 449-8035</p>	<p>Social Model Daycare Monday - Friday 8:30 - 4:30 Call for Rates—\$40.00/day</p>

\* denotes transportation provided through Bethlehem Senior Services

\*\* approximate fees, subject to change, as of 01/11

## Assistive Living and Enriched Housing

Name & Address	Type of Facility
Avila 100 White Pine Dr. Albany, NY 12203 (518) 452-4250	152 units: 128 apts., 24 cottages Entry fee community with monthly fee for services. Includes meals, transportation for medical, grocery shopping and mall shopping, and social activities. Fitness room and swimming pool on premise..
Beechwood Retirement Community 2218 Burdett Ave. Troy, NY 12180 (518) 274-0037	59 Units, 1 and 2 bedrooms Beauty salon/barber shop, fitness center, dining room with restaurant style dining, Include dining plan options, transportation, housekeeping, social and cultural activities. Three levels of care.
The Beltrone Living Center 6 Winners Circle Colonie, NY 12205 (518) 459-2711 www.beltronlivingcenter.com	249 Units, 6 floors, 1 and 2 bedrooms, heat and hot water included. Senior Friendly design, 24 hr security, on site resident assistants and 24/7 maintenance. On site senior center with meals, transportation and much more available. Hair salon. Pets allowed
Beverwyck 40 Autumn Drive Slingerlands, NY 12159 (518) 451-2103 *see the Terrace At Beverwyck	169 units, 15 cottages, 14 Deluxe Cottages Refundable entrance fee with some rental units
Canterbury House 36 Pawling Ave. Troy, NY 12180 (518) 272-2371	Independent Adult Residence Home-cooked meals served daily Housekeeping services and chapel All rooms have private bath, free cable in living room and security system.
Coburg Village 1 Coburg Village Way Rexford, NY 12148 (518) 371-5000	Independent Enhanced Retirement Living, 188 rental apartments. Includes 1 meal a day, transportation and housekeeping services.
Diamond Ridge 59 Harris Rd. Troy, NY 12182 (518) 233-1400	1 & 2 bedroom apts. and studios Live-in Manager, 24 hr. response to emergencies; 3 meals a day, weekly housekeeping, transportation, beauty salon, PT, activities and chapel. Private pay, Rental
The Glen Eddy 1 Glen Eddy Dr. Niskayuna, NY 12309 (518) 280-8000	101 Units Independent Living 16 Cottages
Hawthorne Ridge Retirement Communities 30 Community Way East Greenbush, NY 12061 (518) 833-1111	50 Units, 1 and 2 bedrooms Fireside lounge, beauty salon/barber shop, fitness center, art studio/hobby center, dining room with restaurant style dining, Cyber Café. Include dining plan options, transportation, housekeeping, social and cultural activities.

## Assistive Living and Enriched Housing, continued

Name & Address	Type of Facility
Wynwood Niskayuna 1786 Union Street Niskayuna, NY 12309 (518) 346-6935	Assistive Living. 100 units Housekeeping, laundry, 24 hr medical staff. 3 meals/day, transportation. All inclusive, except for phone and cable. Private Pay.
Atria Crossgate 140 Washington Ave. Extension Albany, NY 12203 (518) 869-0211	Enriched housing and independent living. 84 units, Many varieties of apartments; basic cost + menu of services - \$3300 and up (includes 3 meals per day) Assistance with VA Benefits. Contracts for short term stays with Catholic Charities. Private Pay. (R)
Atria Guilderland 300 Mill Rose Court Slingerlands, NY 12159 (518) 218-0506	Newly renovated Assistive Living. 87 units. Memory Care secured unit. \$3,400 to \$5,000 per month. 3 meals per day. Private rooms, couples accommodated. Pets allowed. Assistance with VA Benefits. Contracts for short term stays with Catholic Charities. Private Pay. (R)
Atria Shaker 345 Northern Blvd. Albany, NY 12204 (518) 465-4444	Enriched housing and dementia unit. 129 units. Many variables; basic cost + menu of services - \$2600 and up Includes 3 meals daily, housekeeping, case management, 24 hour staff, transportation and laundry. Private Pay (R)
Colonie Manor 626 Watervliet Shaker Rd Latham, NY 12110 (518) 783-8695	Assistive Living - Starting \$3380 Private rooms, 3 meals daily 24 hr. personal care assistance, Medication supervision, Case management available Health care coordinated by RN Housekeeping, laundry, linen service Licensed beauty shop (R)
Delmar Place 467 Delaware Ave. Delmar, NY 12054 (518) 434-4663	Assistive Living. 94 units (81 one-bedroom and 13 studio apartments). All meals, housekeeping and laundry services, recreation, scheduled transportation, personal care, case management, planned activities, and therapies. Library, theater, country kitchen, and hair salon. 24 hour supervision. Utilities included. \$3,800 and up. Private pay. (R)
The Massry Residence Daughters of Sarah Senior Community 182 Washington Ave. Ext. Albany, NY 12203 (518) 689-0453	Assistive Living. 56 units. All inclusive except phone/cable Large one and two bedroom apartments, 3 kosher meals a day. Transportation. Private Pay.
Hearthstone Village 626A Watervliet Rd Latham, NY 12110 (518) 687-7393 <a href="http://www.hearthstonevillage.com/index.asp">http://www.hearthstonevillage.com/index.asp</a>	144 Units, 62 years and older 3 apartment buildings and clubhouse. Rents include heat and hot water and washer and dryer. The Clubhouse has a heated indoor pool, hair salon and various activities.

## Assistive Living and Enriched Housing, continued

Name & Address	Type of Facility
Terrace at Hawthorne Ridge 32 Community Way East Greenbush, NY 12061 (518) 833-1111	12 one bedroom apartments. Three meals daily, 24 hour security and emergency call system, licensed nursing staff and resident care assistants, regular health and wellness assessments, scheduled transportation, social activities, cultural, recreational, and educational programs. Tier level available if additional services are needed
Terrace at Beverwyck 41 Beverwyck Lane Slingerlands, NY 12159 (518) 451-2103	Assistive Living. 41 units \$2500. admission fee. Private Pay \$4,239 to \$8,178 month
McAuley Residence 308 S. Manning Blvd. Albany, NY 12208 (518) 437-8400	Assisted Living. Accepts Medicaid, must be private pay for one year. \$198 per day plus deposit of \$5,000.
Terrace at the Eddy Memorial 2256 Burdett Ave Troy, NY 12180 (518) 271-5950	Assistive Living 67 apartments Includes 3 meals a day, local telephone, cable, housekeeping, laundry, activities, 24 hour staffing and transportation. Three levels of care. \$3,380- \$6,000

## Assisted Living Programs (ALP's)

Name & Address	Type of Facility
Danforth Adult Care Center 19 Danforth St. Hoosick Falls, N.Y. 12090 (518) 686-5167	Assisted Living. No admission fee. Medicaid and SSI accepted. \$108.00 to \$128.00 a day. Private Pay Transportation for medical appointments. In house physicians
McAuley Residence 308 S. Manning Blvd. Albany, NY 12208 (518) 437-8400	Assisted Living. Accepts Medicaid, must be private pay for one year. \$198 per day plus deposit
Heartwood Terrace 2405 Fifteenth St. Troy, N.Y. 12180 (518) 266-9654 Case manager	Private pay - Medicaid approved Medicaid Director. No admission fees, all inclusive with full activities program.

## Lifecare Communities

Name & Address	Type of Facility
Kendal at Ithaca 2230 N. Triphammer Rd. Ithaca, NY 14850 (607) 266-5300 1-800-253-6325	Three levels of care Independent apartments, cottages, and adult home as well as skilled nursing. Entrance fee.
Kimball Farms 235 Walker St. Lenox, MA 01240 1-800-283-0061 or 1-413-637-7000 Kimballfarms.org	Four levels of care Independent apartments, assisted living, traditional apartments and skilled nursing. Assisted Living Memory Impaired Unit. Only lifecare community in Western Massachusetts.

## Retirement Communities With Levels of Care

Name & Address	Type of Facility
Eddy Memorial Geriatric Center 2256 Burdett Ave. Troy, NY 12180 (518) 274-9890	Three levels of care are available. Independent Living, Assisted Living and skilled nursing. Adult medical day program available.
Kingsway Community 323 Kings Rd. Schenectady, NY 12304 (518) 393-4117	Nursing Center; Respite Care, Assisted Living, Independent Apartments Social Model Adult Daycare Home Care Services, Memory care, children's daycare. Car service open to public.
Daughters of Sarah Senior Community 182 Washington Ave. Extension Albany, NY 12203 (518) 689-0453	Assisted living, medical adult day services, respite care and memory enhancement services. Three levels of care including skilled nursing, long and short-term rehabilitation services. Long term care community.
Hawthorn Ridge Retirement Community 30 Community Way East Greenbush, NY 12061 (518) 833-1111	Three levels of care: independent living, assistive living and dementia specific (Alzheimer's Care Center)

## Adult Homes in the Immediate Albany Area

<p>Fawn Ridge Assisted Living 2902 Upper Tibbits Ave. Troy, NY 12180 (518) 273-2040</p>	<p>155 Beds <b>Accepts SSI</b> Private pay - call for rates Available services are but not limited to; 3 meals a day, activities, laundry, house-keeping, 24 hour supervision, medication management, case management, in-house occupational therapy and religious services</p>
<p>Good Samaritan Adult Home 141 Rockefeller Rd. Delmar, NY 12054 (518) 439-8899</p>	<p>67 bed adult home with private bath <b>Accepts SSI –limited availability</b> \$110.00 per day, Private pay - reduced rate possible depending on income. No move in fee or security deposit required. Accepts VA benefits. Activities, 3 meals a day, laundry, housekeeping services, transportation to medical appointments Assistance with activities of daily living (R)</p>
<p>Loudonville Home For Adults 298 Albany Shaker Rd. Loudonville, NY 12211 (518) 463-4398 (518) 463-4409 fax Email - lois@loudonvillehome.com</p>	<p>50 private rooms, suites and apartments \$3,848 to \$4,614 per month 24 hour supervision, full assistance with activities of daily living, medication management, transportation, home cooked meals, full time recreation programs, personal laundry and housekeeping. Minimum 14 days (R)</p>
<p>Mill View Assisted Living Residence 514 Old Loudon Rd. Cohoes, NY 12047 (518) 785-7788</p>	<p>55 beds, private rooms \$3,150 - \$4200 per month, all inclusive Includes 3 meals a day, activities, transportation for medical appointments, housekeeping, laundry of personal clothes, medication management and 24 hour supervision. Assist with bathing. Certified Assisted Living Residence. (R)</p>
<p>Westmere Home For Adults 5 Gipp Rd. Westmere, NY 12203 (518) 463-4398 (518) 463-4409 fax Email - lois@loudonvillehome.com</p>	<p>16 beds Privately owned Adult Home with a small homey environment \$3418 per month Includes 3 meals a day, activities, laundry, housekeeping, transportation to medical appointments, 24 hour supervision and medication management Extended care \$5,850. Enhanced assisted living license is pending (R)</p>

(R) - Respite beds available

## Adult Care Facilities for the Memory Impaired

Name & Address	Type of Facility
Atria Guilderland 300 Mill Rose Court Slingerlands, NY 12159 (518) 218-0506	Newly renovated Assistive Living. Memory Care secured unit. 87 units. \$3,400 to \$5,000 per month. 3 meals per day. Private rooms, couples accommodated. Pets allowed. Assistance with VA Benefits. Contracts for short term stays with Catholic Charities. Private Pay. (R)
Atria Shaker 345 Northern Blvd. Albany, NY 12204 (518) 465-4444	Enriched housing and dementia unit. 129 units. Many variables; basic cost + menu of services - \$2600 and up Includes 3 meals daily, housekeeping, case management, 24 hour staff, transportation and laundry. Private Pay (R)
Clare Bridge of Niskayuna 2861 Troy Schenectady Rd. Niskayuna, NY 12309 (518) 782-7381	\$3000 Admission Fee \$3,500 + care rate/month deluxe \$3,400 + care rate/month private \$3,100 + care rate/month semi-private Respite: \$150.00 per day (R)
Beacon Pointe Memory Care Community 1 Emma Lane Clifton Park, NY 12065 (518) 371-2200	Assistive Living specializing in Alzheimer's and dementia care. No admission fee, \$4,620- \$5450 range per month. Accepts insulin dependent diabetics. Activities program, serenity room with complimentary therapies which includes massage. (R)
Eddy Alzheimer's Center at Hawthorne Ridge 32 Community Way East Greenbush, NY 12061 (518) 833-1111	Admission fee Call for details for per month rate 24 hour activity program, flexible schedule for residents, medical services provided by Board certified geriatrician. (R)
Marjorie Doyle Rockwell Center 421 W. Columbia St. Cohoes, NY 12047 (518) 238-4150	52 Beds - \$1,000 admission fee Dementia specific Call for tour. Wide variety of activities and outings, Trained professional staff
The Gerald Levine Center for Memory Care at the Loudonville Home 298 Albany Shaker Rd. Loudonville, NY 12211 (518) 463-4398 (518) 463-4409 fax Email - lois@loudonvillehome.com	18 beds. Specialized program created on individual need. Wander free space, 24 hour supervision, medication management, transportation, home cooked meals, full time recreation program, laundry and housekeeping. \$5,812 private per month, includes all services \$4,463 semi-private

(R) - Respite beds available

## Skilled Care Facilities Within Close Proximity of Bethlehem

Name & Address	Type of Facility
Albany County Nursing Home Albany Shaker Road Albany, NY 12211 (518) 869-2231	Skilled Nursing Facility  \$275.00 per day semi-private room \$325.00 per day private room
Daughters of Sarah Nursing Center 180 Washington Avenue Extension Albany, NY 12203 (518) 456-7831	Skilled Nursing Facility  Short-term Rehab available All private rooms Call for prices (R)
Eddy Village Green at Beverwyck Beverwyck Lane Slingerlands, NY 12159 (518) 482-8774	A unique and innovative way of providing nursing home care. The Village Green is comprised of two ranch style homes, each accommodating 12 rooms. With private rooms and baths for each resident, the homes feature a family style kitchen with living/dining area.
Evergreen Commons 1070 Luther Rd East Greenbush, NY 12061 (518) 479-4662 www.evergreen-commons.com	Skilled Nursing Facility Short term rehabilitation \$330.00 per day semi-private \$345.00 per day private (R)
Fireman's Home 125 Harry Howard Ave. Hudson, NY 12534 (518) 828-7695	For volunteer firefighters only. Skilled nursing facility. All pension, social security and assets turned over to home.
Good Samaritan Lutheran Health Care Center 125 Rockefeller Road Delmar, NY 12054 (518) 439-8116	Skilled Nursing Facility Rehab available Accepts Medicare and Medicaid \$315.00 per day semi-private room \$320.00 per day private room

**Skilled Care Facilities Within Close Proximity of Bethlehem**

Name & Address	Type of Facility
Guilderland Ctr. Nursing Home 428 Rte 146 Guilderland Ctr., NY 12085 (518) 861-5141	Skilled Nursing Facility  \$325.95 per day quad room \$336.55 per day semi-private room \$347.15 per day private room
Julie Blair Nursing and Rehabilitation Center 325 Northern Blvd. Albany, NY 12204 (518) 449-1100	Skilled Nursing Facility  \$332.00 per day semi-private room \$356.00 per day private room \$308.00 per day 4 bed room (R)
Our Lady of Hope 1 Jeanne Jugan Lane Latham, NY 12110 (518) 785-4551	Skilled Nursing Facility 36 beds  \$281.00 per day all private rooms
Our Lady of Mercy Life Center 2 Mercy Care Lane Guilderland, NY 12084 (518) 464-8100	Skilled Nursing Facility  \$300.00 per day semi-private room \$310.00 per day private room
St. Peter's Nursing and Rehabilitation Center formerly Villa Mary Immaculate 301 Hackett Blvd. Albany, NY 12208 (518) 525-7600	Skilled Nursing Facility  \$290.00 per day semi-private room \$300.00 per day private room  (R)
Teresian House 200 Washington Avenue Ext. Albany, NY 12203 (518) 456-2000	Skilled Nursing Facility  \$305-\$320 per day all private rooms Home like atmosphere. Memory Impaired Unit.  (R)

(R) - Respite beds available





