

# 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  
[www.townofbethlehem.org](http://www.townofbethlehem.org)





## Counseling Care and Planning Assistance

### Town of Bethlehem Senior Services

Senior Services Outreach workers are social workers trained to work with older adults and their families regarding issues such as health insurance, housing concerns, health and income related programs and more! Outreach workers are aware of the various programs and services available to you as you age. If you have questions about community resources, the Outreach workers are available by telephone, in the office by appointment, or they can visit you at your home. For more information, please call 439-4955, #1176.

### 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 caregiver support groups. *The Eldercare Program* supports caregivers as they care for their loved one over the age of 60. 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 Consumer Directed Respite Program is an annual respite grant allowing a family to hire a private provider and Catholic Charities reimburses the family for the cost. *The Kinship Care Program* focuses on supporting grandparents and relatives raising children. Caregivers are provided with information and linked with professionally facilitated support groups in Albany, Rensselaer and Schenectady Counties. For more information on any of these programs, please call 449-2001.

## Temporary Respite in Nursing Homes and Medical Care Facilities

Name & Address	Description
Bethlehem Commons at Good Samaritan Village 125 Rockefeller Road Delmar, NY 12054 (518) 439-8116	Skilled Nursing Facility Rehab available Accepts Medicare and Medicaid \$325.00 per day semi-private room \$330.00 per day private room Plus NYS nursing home assessment at 7% on private pay. (R)
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)
Evergreen Commons 1070 Luther Rd East Greenbush, NY 12061 (518) 479-4662 www.evergreen-commons.com	Skilled Nursing Facility Short term rehabilitation \$343.75 per day semi-private \$354.16 per day private Respite @\$200.00/day. Accepts Medicaid. (R)
Hudson Park Rehabilitation and Nursing 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)
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)

## **Support Groups continued**

### **Cancer Support Services**

**American Cancer Society** 454-4000

60 Osborne Road, Loudonville, NY 12211

Support services for cancer patients and their families.

**Bladder Cancer Education &** 438-1019 x 256

**Awareness Support Group** 438-1019

Capital Region Urology

319 S. Manning Blvd. Suite 106, Albany, NY 12208

4th Wednesday of month 6:30-8:30 p.m.

**Caring Together** 783-7600

P.O. Box 12383, Albany, NY 12212

Provides support, awareness and education to Ovarian Cancer patients and their families.

**Hope Club** 782-9833

One Penny Lane, Latham, NY 12110

Support services to cancer patients and their families with networking groups, workshops and lectures. Support groups for specific sites such as lung, colorectal and head and neck cancers.

**To Life! (Breast Cancer)** 439-5975

410 Kenwood Avenue, Delmar, NY 12054

Support for breast cancer patients, caregivers, family and friends including support groups, education classes, workshops and more.

**St. Peter's Cancer Care Center** 525-1547

Support for bladder, thyroid, cardiac—call for details.

## **Counseling Care and Planning Assistance**

### **The Caregiver Connection**

A program sponsored by Senior Services of Albany with funding from the Albany County Department of Aging which offers free counseling, 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, Elder-care Counselor, Senior Services of Albany, at 465-1398.

### **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 New Karner Road in Albany, NY 12205. For information or location of programs, call 724-0200. [www.communityhospice.org](http://www.communityhospice.org)

### **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.

## **Counseling Care and Planning Assistance**

### **Community Caregivers**

Provides short-term assistance by trained volunteers for acute and chronically ill people of all ages at no cost. The program can provide short term non-medical assistance with such services as shopping, respite to family caregivers, light housekeeping, assistance with paper-work, yard work, transportation and visits to the homebound. In-Home Respite Care is provided 1 to 2 times a week from 2-3 hours by volunteers to give the caregiver a much needed break.

There is no cost for our services, donations are accepted.

For information, call the Community Caregivers at 456-2898.

### **Geriatric and Extended Care and Case Management for Veterans VA Health Network Upstate NY**

Stratton VA Medical Center,  
113 Holland Ave. Albany, NY 12208

For information: (518) 626-6031

[www.va.gov/geriatrics](http://www.va.gov/geriatrics)

Information, counseling, primary care, home-based care, adult day care, nursing home, Alzheimer's, dementia, and advanced illness care. Services for veterans (or spouses) only, who are enrolled and receiving services from the Veterans Administration. Referrals for care must come from VA doctor.

### **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.

## **Support Groups continued**

### **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 contact Wolfgang Wehmann at 439-5252.

### **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.

### **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 Tianna Pettinger, Elder-care Counselor at 694-3511.

## **Support Groups continued**

### **ALS-(Amyotrophic Lateral Sclerosis)**

525-1629

ALS Regional Center

Through St. Peter's Hospital

19 Warehouse Row, Albany, NY 12205

Range of specialists provide multi-disciplinary approach to patient visits at our convenient, handicapped accessible center in Albany. The Center provides medical and emotional support to help maintain quality of life throughout the course of the disease; serving as a model of compassion and care. Free equipment available for use by persons with ALS.

### **American Diabetes Corp.**

218-1755 x 3632

Pine West Plaza

Washington Ave. Ext.-Suite 204, Albany, NY 12205

### **Better Breathers Club** (American Lung Assn.)

St. Peter's Hospital, Albany, NY 12208

### **Fibromyalgia Support Group**

525-8422

St. Peter's Hospital

315 S Manning Blvd., Albany, NY 12208

482-5533

To educate family and friends about fibromyalgia. Meet the third Thursday of the month from 7:30-9:00 p.m.. No meetings in June or July.

### **Kinship Caregivers**

449-2001

Catholic Charities Caregivers

275 State St., Albany, NY 12202

Meets 1st and 3rd Tuesdays

### **Multiple Sclerosis Care Center**

437-5592

Center for Disabilities

314 S. Manning Blvd.—Room 511A, Albany, NY 12208

Wednesdays for one hour—11a.m.—12Noon

Or 2p.m.—3p.m.

## **Information and Referral**

### **Albany County-NYCONNECTS**

Call: (518) 447-7177

Available 8:30am - 4:30pm for seniors (60+), caregivers, and grandparents raising children.

**Point of Entry (POE)** for comprehensive long term care information, referrals, and/or assessments for the elderly, adults and children with disabilities, their family, or service providers, free of charge. The P.O.E. line is a collaboration between Albany County's Departments for Social Services and Aging and works to improve or maintain the person's health and daily function by providing access to affordable medical and non medical services.

### **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 1-518-867-4999, or visit the website at: [www.alz.org/northeasternny/](http://www.alz.org/northeasternny/)



## **Personal Emergency Response Systems**

### **(PERS)**

*A system that allows the senior to summon 24-hr help in case of an emergency. The installation and monthly fee varies for each program, call the program for costs.*

#### **Albany Visiting Nurses Association- Health Watch Program**

35 Colvin Avenue, Albany 12206  
(518) 489-2681 ext. 248

#### **Eddy VNA Lifeline**

433 River St. Troy, NY 12180  
(518) 274-6200 or 1 (800) 606-1436

#### **Ellis Hospital Lifeline**

600 McClellan St. Schnectady, NY 12308  
(518) 243-4681

#### **Eddy Lifeline Program**

Troy, NY  
(518) 833-1040

#### **Mobile Help**

1-800-800-1710 Ask for Rodney Coquis Extension 504  
www.MobileHelpNow.com



## **Support Groups**

### **Alzheimer's 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 Avenue, 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: Sandy Monahan  
(518) 238-4164

**3rd Thursday of the month** 1:00 p.m.

Community Caregivers  
2021 Western Ave., Suite 104, Albany  
Facilitator: Sue Griffiths  
(518) 456-2898

**1st Wednesday of the month** 6:00 p.m.

Atria Shaker  
345 Northern Blvd., Albany  
Facilitator: Erica Salamida  
(518) 465-4444



## **Adult Day Services cont.**

### **Social Model Day Care**

#### **Bright Horizons at Beltrone**

6 Winners Circle, Colonie, NY 12205  
(518) 459-2857 ext. 322

Social Model Daycare

Mon - Fri 8:00 a.m.– 5:00 p.m.

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 @ Rensselaer**

50 Herrick Street, Rensselaer, NY 12144  
(518) 436-4302

Social Model Daycare

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

Rates vary

Transportation \$20.00 round trip within 9 mile radius.  
\$22.50 round trip 10 miles or greater

#### **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 a.m. - 4:30 p.m.

Call for Rates—Sliding Scale

## **Adult Day Services/ Respite Care**

Respite and Adult day care serves those who are physically frail or cognitively impaired, and in need of some assistance with activities of daily living. Services can provide temporary respite in the senior's home or give the senior a safe care environment and/or give caregivers: a temporary break from the 24hr caregiver role; ability to retain a job; avoid the need for permanent placement in assisted living or a nursing home.

Depending on the level of assistance needed, services could include short term respite in a nursing home or care facility; or temporary or ongoing; adult daycare, in-home assistance, care facility. Payment may include self pay, insurance, Medicare or Medicaid. Some grant funding may be available through Albany County Department for Aging or through other sources.

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).

## Adult Day Services

### Medical Day Cares

#### **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

#### **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**

421 W. Columbia Street, 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 a.m.-4:30 p.m.

Private Pay

Medicaid, Senior Whole Health, VA and Eddy Long Term benefits accepted.

Transportation may be provided please call for details.

## Adult Day Services cont.

### Medical Day Cares

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

Washington Ave. & Rapp Rd., Albany, NY 12203

(518) 724-3222

Medical Model Daycare

Monday—Friday 8:00a.m. - 4:30 p.m.

\$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 7:30a.m. - 4:30 p.m.

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

Free with Medicaid, Private pay

\$145/day with out transportation

\$205 with transportation



\* Transportation provided by Bethlehem Senior Services.  
Call 439-4955 x 1176 for more details