

**Call the Office for the Aging  
for all your aging related questions!**



**Jefferson County Office for the Aging  
175 Arsenal St., 2nd Floor  
Watertown, NY 13601**

**Hours of Operation:**

Monday—Friday ~ 8:30am-5:00pm  
8:30am-4:00pm (July 1 through August 30)

**All information in this brochure is subject to change.  
To be sure you are getting the most current  
information, call the Office for the Aging at  
315-785-3191.**



**NY Connects**  
Your Link to Long Term  
Services and Supports

**of JEFFERSON COUNTY**  
**(800) 342-9871 (315) 785-3191**



# **GUIDE TO SERVICES**

**Jefferson County Office for the Aging  
175 Arsenal St. 2nd Floor  
Watertown, NY 13601**

**Telephone: (315) 785-3191**

**Fax: (315) 785-5095**

**Email: [ofa@jeffersoncountyny.gov](mailto:ofa@jeffersoncountyny.gov)**

**Website: [www.jeffersoncountyny.gov](http://www.jeffersoncountyny.gov)**

**2025 Booklet**

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## **CONSIDER PARTICIPATING IN THESE GREAT PROGRAMS:**

### **CHRONIC DISEASE SELF MANAGEMENT PROGRAM (CDSMP)**

If you have one or more conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the free Chronic Disease Self Management Program can help you take charge of your life and improve your ability to manage your health condition (s).

These classes are free.

Call Office for the Aging for the next class dates in person, over Zoom, or on the phone.

### **FREE ONLINE CLASSES GETSETUP**

Older adults in New York have free access to online classes through GetSetUp. Classes are designed for older adults by older adults. Get help using digital devices and find support for physical, mental, and social health with Tai-Chi, Yoga, healthy cooking, meditation, book clubs, gardening, travel, and so much more.

Signup for free at: [www.jeffersoncountyny.gov/departments/  
OfficefortheAging/onlineclasses](http://www.jeffersoncountyny.gov/departments/OfficefortheAging/onlineclasses)

### **VIRTUAL SENIOR CENTER**

The Virtual Senior Center, a special online platform designed by and for older adults, accessible through any internet ready device. The platform unlocks a world of live, interactive experiences driving engagement, connections, and conversations from the comfort of your home or wherever you call home.

The VSC offers a friendly user platform for all your wants and needs. Available in eight different languages and includes games, news, weather, email, video chat and calendar to help keep you organized.

Call the Jefferson County Office for the Aging at (315) 785-3191 to sign up.

# ELIGIBILITY CHART 2025

* MONTHLY INCOME			RESOURCES	
PROGRAM	SINGLE	COUPLE	SINGLE	COUPLE
Medicaid (Community)	\$1, 820	\$2, 453	\$32,396	\$43,781
Medicaid Long Term Care (MLTC)** (Nursing Home)				
SSI	\$1,800	\$2,433	\$32, 396	\$43, 781
Medicare Buy-In (QMB)	\$1, 820	\$2, 453		
(QI-1)	\$2, 446	\$3, 299		
(QDWI)	\$5 ,302	\$7, 135	\$4, 000	\$6, 000
EISEP	\$1,956	\$2, 644		
HEAP (Household Income)	\$3, 322	\$4,345	\$39,864	\$52,140
SNAP	\$2, 510	\$3, 407	\$30,123	\$40,884
County Tax Exemption (Household Income)	(Sliding Scale)		Please refer to your local assessor or Jefferson County Real Property @ (315) 785-3074 when needing more information on tax exemptions.	
State Real Property Tax Exemption (IT-214)	(Sliding Scale)			
Enhanced STAR School Tax Exemption	Flat Dollar amount	Depending on town		

Figures are subject to periodic revisions.  
Contact Office for the Aging for further information.

\*Monthly income from all sources such as: Social Security, SSI, and interest

\*\*Medicaid Long Term Care, call for more information

# INTRODUCTION

Since January 1974, the Jefferson County Office for the Aging has been providing services to individuals 60 years of age and older.

For the past 51 years, our Area Agency on Aging has been developing and establishing a system of cost effective community services that help meet the needs and improve the quality of life for older adults. This is achieved by providing a range of supportive and cost effective programs designed to assist our aging population to remain independently in their homes. These programs include home-delivered meals, homemaker and caregiver services, health insurance counseling, energy assistance, transportation, legal advocacy, and working with government and community service agencies to create programs with a direct benefit to older Americans.

The Jefferson County Office for the Aging invites contributions for services from the public to maintain and expand programs and services for older citizens. All contributions are confidential and voluntary. No one will be denied service because of inability to contribute.

Jefferson County Office for the Aging is funded by Title III of the Older Americans Act and does not discriminate on the basis of race, sex, creed, or age.

## CONTRIBUTIONS

New York State Office for the Aging (NYSOFA) recommends that all Offices for the Aging solicit contributions for services.

Contributions are completely voluntary and eligibility **IS NOT** linked to an individual's willingness or ability to contribute.

All contributions are used to help expand services to Jefferson County seniors and are reflected in the annual budget.

All contributions should be made by check and paid to "Jefferson County Treasurer." Mail checks to OFA at 175 Arsenal St., Watertown, NY 13601.

\*Those with a self declared income at or above 185% of the 2024 Federal Poverty Line are encouraged to contribute at levels based on the actual cost.\*

# INFORMATION AND REFERRAL

## What is NY Connects?

**NY Connects** is the statewide system for anyone who needs information on long-term services and supports. This includes people with disabilities, older adults, family members, caregivers and helping professionals.

**NY Connects** can connect you with live, local resources to find care and supports; help you remain independent; understand care options; find transportation; learn about supports in caregiving; find supported employment programs; get answers about Medicare; apply for Medicaid and other benefits including the Supplemental Nutrition Assistance Program (SNAP) and the Home Energy Assistance Program (HEAP). To speak with an Information and Assistance Specialist call (315) 785-3191.


### The Goal of the OFA

The goal of the Jefferson County Office for the Aging is to provide information of interest to any person 60 years of age & over, under terms of the Older Americans Act of 1965, as amended. Information is available on the following subjects and many others for any age, such as:

- ◆ **Nutrition Programs**
- ◆ **Social Security Benefits**
- ◆ **Medicaid**
- ◆ **Transportation**
- ◆ **Personal Emergency Response Systems**
- ◆ **Caregiving and Respite Programs**
- ◆ **HEAP (Heating and Cooling Assistance)**
- ◆ **Legal Assistance**
- ◆ **HIICAP (Medicare and Health Insurance)**
- ◆ **EISEP (Home Care)**
- ◆ **Long Term Care Counseling and Services**
- ◆ **Home Modification and Chore Services**



**of JEFFERSON COUNTY**  
**(800) 342-9871 (315) 785-3191**



**Do you speak a language other than English and need assistance??  
WE CAN HELP!**  
*Office for the Aging has a no cost language interpretation services available!*

## FOOD PANTRY'S

Please call to verify the hours of operation for each site, as each sites hours of operation are different.

Alexandria Bay Food Pantry  
42601 State Route 12  
Alex Bay, NY 13607  
(315) 486-9322

Jefferson Community College Food Pantry  
1220 Coffeen Street  
Watertown, NY 13601  
(315) 786-6560

Antwerp Food Pantry– In Town Hall  
45 Main Street  
Antwerp, NY 13608  
(315) 783-7527

Rhode Center Food Pantry  
2 East Church Street  
Adams, NY 13605  
(315) 232-2621

CAPC of Jefferson County Food Pantry  
518 Davidson Street  
Watertown, NY 13601  
(315) 782-4900

Salvation Army of Watertown Food Pantry  
723 State Street  
Watertown, NY 13601  
(315) 782-4470

Cape Vincent Food Pantry  
159 Esselstyne Street  
Cape Vincent, NY 13618  
315-775-4774

St. Mary's Food Pantry  
515 Mary Street  
Evans Mills, NY 13637  
(315) 629-4458

Clayton Council of Churches  
515 Mary Street  
Clayton, NY 13624  
(315) 767-1220

St. Paul's Food Pantry  
43688 Lake Street  
Redwood, NY 13679  
(315) 405-0048

Feed Our Vets Food Pantry  
1291 Faichney Drive  
Watertown, NY 13601  
(360) 402-1681

Theresa Food Pantry  
110 Antwerp Road  
Theresa, NY 13691  
(315) 771-2974

Gwen's Food Pantry  
35923 NYS Route 180  
LaFargeville, NY 13656  
(315) 658-4796

V.E.M. Food Pantry  
595 South Washington Street  
Carthage, NY 13619  
(315) 783-3417

Indian River Baptist Church Food Pantry  
42 Main Street  
Philadelphia, NY 13673  
(315) 921-7925

Watertown Urban Mission Food Pantry  
247 Factory Street  
Watertown, NY 13601  
(315) 782-8840



## **FEDERAL AND STATE INFORMATION**

### **Watertown**

Black River Apartments  
277 State St.  
Watertown, NY 13601  
(315) 782-6896

Bugbee Apartments  
105 Washington St.  
Watertown, NY 13601  
(315) 782-8497

Centennial Apartments  
1010 Washington St.  
Watertown, NY 13601  
(315) 782-8497

Curtis Apartments  
336 West Main St.  
Watertown, NY 13601  
(315) 788-3711

Emerson St. Apartments  
536-538 Emerson St.  
Watertown, NY 13601  
(315) 782-6896

Henry Keep Apartments  
206 State St.  
Watertown, NY 13601  
(315) 782-8497

Hilltop Towers  
113 W. Main St.  
Watertown, NY 13601  
(315) 782-1251 Ext. 222

Holcomb St. Apartments  
327 Holcomb St.  
Watertown, NY 13601  
(315) 782-6896

LeRay Apartments  
847 LeRay St.  
Watertown, NY 13601  
(315) 782-1251 Ext. 222

Maple Courts  
540 Kieff Drive  
Watertown, NY 13601  
(315) 782-2060

Midtown Towers  
142 Mechanic St.  
Watertown, NY 13601  
(315) 782-1251 Ext. 222

Mill St. Apartments  
309 Mill St.  
Watertown, NY 13601  
(315) 782-6896

Mullin St. Apartments  
270 Mullin St.  
Watertown, NY 13601  
(315) 782-6896

Olympic Apartments  
231 Franklin St.  
Watertown, NY 13601  
(315) 782-8497

Skyline Apartments  
454 Mill St.  
Watertown, NY 13601  
(315) 782-1251 Ext. 222

State St. Apartments  
263-271 State St.  
Watertown, NY 13601  
(315) 782-6896

### **OLDER AMERICANS ACT (OAA)**

Congress passed the Older Americans Act (OAA) in 1965 to address concerns by policymakers about a lack of community social services for older persons. The original legislation established authority of grants to States for services for seniors 60 and older.

### **ASSOCIATION ON AGING (AOA)**

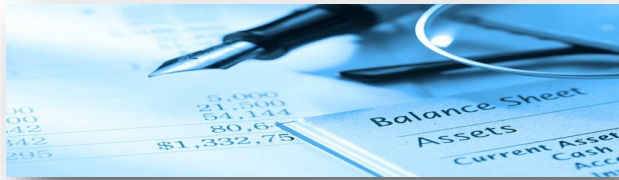
The Older Americans Act also established the Association on Aging (AOA) to administer the newly created grant programs and to serve as the Federal focal point on matters concerning older persons. It authorizes a wide array of service programs through a national network.

### **NY STATE OFFICE FOR THE AGING (NYSOFA)**

The New York State Office for the Aging (NYSOFA) home and community-based programs provide older persons access to a well-planned, coordinated package of in-home and other supportive services designed to support and supplement informal care. NYSOFA's overall goal is to improve access to, and availability of, appropriate and cost-effective non-medical support services for older individuals to maximize their ability to age in their community.



## **FINANCIAL INFORMATION**



### **MEDICAL ASSISTANCE - Medicaid**

**Medical Assistance** is available for persons whose medical costs have exceeded the coverage of Medicare and private insurance. Eligibility requirements for medical assistance for people who are living with a disability or individuals over 65 are different than that for those under 65. **Office for the Aging staff can help determine eligibility for their program. Medicaid is used to help pay the cost of long term care either at the home or a nursing facility. You can call the Department of Social Services at (315) 779-5923.**

### **SUPPLEMENTAL SECURITY INCOME (SSI)**

**Supplemental Security Income** is a program which increases a low Social Security benefit, often provided to persons over 65 who worked an insufficient number of quarters to obtain an adequate income. SSI eligibility entitles you to Medicaid and SNAP. Office for the Aging staff counsel those who may be helped by this program and refers them to the Social Security Administration for application processing.

For more information call the Social Security Administration office at (800) 772-1213.

#### **Carthage**

Brady Acres  
600 S. Washington St.  
Carthage, NY 13619  
(315) 493-1480

Champion Apartments \*  
258 Champion St.  
Carthage, NY 13619  
(315) 493-1623

Dalton Estates  
38 N. Broad St.  
Carthage, NY 13619  
(315) 714-3129

Grandview Courts Apartments  
40 Broad St.  
Carthage, NY 13619  
(315) 714-3129

Long Fall Apartments  
222 State St.  
Carthage, NY 13619  
(315) 493-3030

West Side Terrace  
63 Madison St.  
Carthage, NY 13619  
(315) 493-1480

#### **Clayton**

French Bay Elder Cottages \*  
915 Strawberry Lane  
Clayton, NY 13624  
(315) 686-4386

French Bay Family Housing  
916 Strawberry Lane  
Clayton, NY 13624  
(315) 686-4386

Riverview Apartments  
912 Strawberry Lane  
Clayton, NY 13624  
(315) 686-4386

#### **Dexter**

Frontier Housing Corp  
321 Lakewood Drive  
Dexter, NY 13608  
(315) 965-8150

#### **Evans Mills**

Milltown Housing  
8130 Schell Avenue  
Evans Mills, NY 13637  
(315) 714-3129

#### **Henderson**

Henderson School Apartments  
12541 Harborview Road  
Henderson, NY 13650  
(315) 938-7447

#### **LaFargeville**

LaFargeville Senior Housing  
36421 Penet Square Drive  
LaFargeville, NY 13656  
(315) 658-2664

#### **Sackets Harbor**

Harbor Heights  
211 Woolsey St.  
Sackets Harbor, NY 13685  
(315) 714-3129

#### **Philadelphia**

Chase Harrington Apartments  
11 Irish Avenue  
Philadelphia, NY 13673  
(315) 686-4386

## **KEEPING IN TOUCH**

Jefferson County Office for the Aging has formed a partnership with Blooming Health to provide a communication platform connecting seniors through voice calls, text messages, and email in 70 different languages.

Using Blooming Health, Office for the Aging can connect with older adults and better communicate information about services, provide referrals, and easily collect survey data to improve community efforts. This will enable older adults to receive timely assistance, nutrition support, Home Delivered Meals updates, and educational information to stay engaged with their community and improve access to Office for the Aging Services.

## **HOUSING**

Listed on the next few pages are many of the designated senior citizen Housing Projects throughout Jefferson County for your information and reference.

\*as of 4/11/24

Limited private rental subsidies are available through the Section 8 Housing Assistance Program. Their phone number is (315) 788-0913

### **Adams**

Country View Apartments  
87 E. Church St.  
Adams, NY 13605  
(315) 232-2622

Sheffield Apartments \*  
31 S. Main St.  
Adams, NY 13605  
(315) 646-2458

### **Alexandria Bay**

Gordon Courts  
39 Bolton Avenue  
Alexandria Bay, NY 13607  
(315) 714-3129

### **Antwerp**

Antwerp Senior Housing  
500 Lexington Avenue  
Antwerp, NY 13608  
(315) 686-4386 Ext. 2

### **Black River**

Kamargo Apartments  
224 LeRay St.  
Black River, NY 13612  
(315) 686-4386 Ext. 2

### **Cape Vincent**

Aubrey Courts  
455-449 Bay St.  
Cape Vincent, NY 13618  
(315) 501-5071

Centre Courts Apartments \*  
419 Centre St.  
Cape Vincent, NY 13618  
(315) 501-5071

\* Are combined housing, for both older adults and family housing.

## **PROGRAMS**

### **HOME ENERGY ASSISTANCE PROGRAM (HEAP)**

**HEAP** provides the eligible population with financial help to pay heating bills as well as assistance in equipment repair or replacement. Income levels may be found on the eligibility chart page 19. HEAP is a seasonal program and the income limits change annually. There is assistance in purchasing or the installation of air conditioning and fans. You may call the OFA HEAP department at (315) 785-5022 or the HEAP hotline at DSS at (315) 785-3229.

### **VETERANS BENEFITS (VA)**

Veterans, their dependents, and their survivors may be eligible for a wide range of VA and local benefits. Jefferson County Veterans Service Agency has eligibility information and is able to help an individual apply for a wide range of State and Federal benefits. For more information please contact the Veterans Services Office at (315) 785-3086.

### **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

**(SNAP)** is the program formerly known as food stamps. It is a federal entitlement program, the largest hunger safety net program in the country. Anyone who is eligible will receive benefits that assist millions of participants to buy healthy food and stretch their household budgets. Persons using this benefit are given a debit card for which the monthly benefit is automatically deposited. Office for the Aging can assist with the application process. You can also call the Department of Social Services SNAP at (315) 779-5923.

### **SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)**

Once a year, the Seniors Farmers Market Nutrition Program (SFMNP) gives eligible, low-income older adults coupons to buy locally-grown fresh fruits and vegetables at participating farmers markets in New York State. Booklets are available in July and may be used through November. They are given out on a first-come, first-served basis.

## SENIOR NUTRITION PROGRAM



**The Office for the Aging Senior Nutrition Program** includes Community Dining Sites, Home Delivered Meals, Senior Farmers Market (SFMNP), Supplemental Nutrition Assistance Program (SNAP) and Nutrition Counseling.

The Office for the Aging offers a nutritious mid-day meal program which includes home delivered meals, community dining meal sites in a friendly group setting, nutrition education, counseling and other helpful services and programs for older adults. Menus are planned by the Registered Dietitian and meet the one-third recommended daily intake of nutrients for adults.

Individuals are eligible for the home delivered meal program if they are 60 years old or older and have physical or cognitive limitations or a lack of ability to prepare healthy, well-balanced nutritious meals. Providing meals to a spouse or person living in the same household is done on a case-by-case basis.

Anyone 60 years old or older can attend a community dining site, including spouses under the age of 60 or a person under the age of 60 with a disability living in the household. Frequent social and educational programs occur at each site.

Call the Office for the Aging at (315) 785-3191 for more information or check our website at: [www.jeffersoncountyny.gov/departments/OfficefortheAging](http://www.jeffersoncountyny.gov/departments/OfficefortheAging)

There is no charge for the meals, nutrition education or counseling, but each person is given the opportunity to make a suggested voluntary contribution for meals or nutrition counseling.

If you choose to contribute, **please make checks payable to Jefferson County Treasurer** and send to the address listed below.

**Jefferson County Office For The Aging  
175 Arsenal Street  
Watertown, New York 13601-2529**

Meals are prepared by a professional catering service and participant comments are welcomed.

All program contributions are used locally to help serve more people in Jefferson County.

## INSURANCE

### **HEALTH INSURANCE INFORMATION, COUNSELING AND ASSISTANCE PROGRAM (HIICAP)**

**HIICAP's** highly trained staff provide free, accurate and object information, counseling, assistance, and advocacy. The HIICAP Program is available to Medicare beneficiaries and to those who will soon become Medicare eligible residing in our state. New Yorkers can schedule free and confidential appointments with HIICAP staff to discuss:

- ◇ Medicare and health insurance questions about benefits, options, paperwork, and resources.
- ◇ Medicare Part A deductible: \$1,676\*
- ◇ Medicare Part B \$185\*, with a \$257\* deductible
- ◇ Health care costs that clients will be responsible for.
- ◇ Information on insurance products that may help pay for costs not covered by Medicare alone such as a Medigap or Medicare Advantage Plan.
- ◇ How to review and select a Medicare Part D prescription plan.
- ◇ Advocacy and assistance with specific errors involving Medicare claims.
- ◇ The Elderly Pharmaceutical Insurance Coverage (**EPIC**) helps seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC at any time of the year and must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EPIC benefits and maintain coverage.

### **MEDICARE BUY-IN**

**The Medicare Buy-In Program** can increase monthly cash flow of Social Security beneficiaries by restoring the monthly deduction for Medicare Part B to their monthly check. Office staff can help determine eligibility for this program. To find out what the current income limits are for this program, or for assistance, call the HIICAP coordinator at the OFA at (315) 785-5010.

## LEGAL SERVICES

### WATERTOWN OFFICE OF THE LEGAL AID SOCIETY

Legal Assistance provides contracted legal services to **low income individuals** with the greatest social and economic needs through the Watertown Office of the Legal Aid Society of Mid-New York.

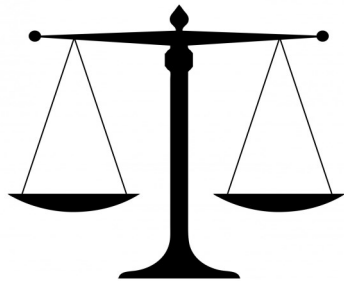
The purpose of this program is to improve the availability of legal services to seniors including, representation of issues affecting their rights, entitlements, benefits, finances, elder abuse, and other matters directly relating to their general welfare and independence. Access to our legal counsel program is available through Office for the Aging staff screening. Fee generating cases are not referred.

To determine if you're eligible for Legal Services, call Office for the Aging at (315) 785-3191. Counseling, by appointment, can be arranged to meet your needs.

### NYS SENIOR LEGAL ADVICE HELPLINE

You can also give the New York Senior Legal Advice Helpline a call at 1-(844) 481-0973 with questions regarding any of the following topics:

- ◇ Social Security & Income Benefits
- ◇ Health Insurance
- ◇ Housing Utilities
- ◇ Foreclosure
- ◇ Health Care Proxy
- ◇ Power of Attorney
- ◇ Wills & Estates
- ◇ Family Issues
- ◇ Elder Abuse
- ◇ Consumer Credit Issues
- ◇ And MORE!



## IN-HOME HEALTH SERVICES

**In-Home Health Services** provides a continuum of care that will carry people from temporary or limited need to acute nursing, chronic support, and/or provision for terminal illness.

**EISEP** is the **Expanded In-Home Services for the Elderly Program** providing in-home, non-medical services to individuals age 60 and older who are facing challenges with the basic activities of daily living, and need assistance to remain safely in their homes. EISEP provided services are Case Management, Contracted Personal Care, Housekeeping Assistance, PERS (Personal Emergency Response System), Home Delivered Meals, and In-Home Respite Services. This program is not for individuals who are eligible for or are on Medicaid.

**Consumer Directed Programs** for EISEP is also available. The consumer (care receiver) identifies needs, sets priorities and makes choices that are best for them. Individuals will work with an OFA case manager to review eligibility and cost sharing options. You will work with a fiscal intermediary to work out appropriate budget and pick a person or agency to provide the care. You can also pay family members or neighbors to provide care for you.

For more information and a telephone screening, please call Jefferson County Office for the Aging at (315) 785-3191.

### **PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)**

**PERS** is an alert system that connects individuals to a 24-hour response center with the push of a button. Trained staff at the response center can quickly evaluate the situation and take appropriate action. Office for the Aging's PERS services are contracted through a local contracted agency.

### **HOME MODIFICATION & CHORES PROGRAM**

The Home Modification/Chore Program can assist eligible seniors over 60 to remain in their home by providing funding for a home modification/chore service. Examples include but are not limited to grab bars in shower or tub areas, ramps, railings on stairs, window or door replacement, furnace repair, insulation for energy efficiency, replacing bath fans, range hoods and testing and replacing water heaters as needed. Call the OFA office for more information at (315) 785-3191.

## HEALTH CARE AGENCIES IN THE COMMUNITY

### **Licensed Home Health Care Agencies**

Caregivers, Inc. ....	(315) 788-3269
U.S. Care Systems .....	(315) 755-2258
Seniors Helping Seniors .....	(315) 405-4950

### **Certified Home Health Care Agencies (Medicare Certified)**

Jefferson County Public Health .....	(315) 786-3720
Samaritan Home Health Care .....	(315) 782-0415

### **Nursing Care at Home**

Jefferson County Public Health .....	(315) 786-3720
Long Term Home Health Care (Public Health) .....	(315) 786-3773
Samaritan Home Health Care .....	(315) 782-0415

### **Care for the Terminally Ill**

Hospice of Jefferson County .....	(315) 788-7323
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### **Managed Long Term Care Options**

New York Independent Assessor .....	(855) 222-8350
Maximizing Independent Living Choices (MILC) .....	(315) 764-9442

### **Skilled Nursing Facilities**

Carthage Area Hospital and Rehabilitation Program .....	(315) 493-1000
Carthage Center for Rehabilitation & Nursing .....	(315) 493-3220
Samaritan Medical Rehabilitation Center .....	(315) 786-4954
Samaritan Keep Home .....	(315) 785-4400
Samaritan Summit Village .....	(315) 782-7033

## TRANSPORTATION

Transportation Services are supported by the Office for the Aging. Older adults utilize transportation services to gain access to needed services such as, medical services or grocery shopping.

### **Municipal:**

Watertown City Bus Service .....	(315) 785-7772
Watertown Paratransit for the Disabled .....	(315) 755-7272
(Portal to Portal, no personal assistance)	

### **Not-for-Profit (Donation):**

Volunteer Transportation Center Inc .....	(315) 788-0422
(Rides in vehicles of volunteers)	
Wilna/Champion Transportation .....	(315) 493-3449
(Portal to Portal, personal assistance as needed)	
Paynter Senior Citizens Center .....	(315) 686-3553

### **Private:**

Guilfoyle Wheelchair & Paratransit .....	(315) 788-4140
Lundy Services .....	(315) 519-3059
Cleveland Services .....	(315) 777-4809





## **ELDER ABUSE**

Elder abuse can take many forms and often occurs in the home or at facilities providing care. Forms of abuse include, but are not limited to: physical, emotional, and sexual abuse, financial exploitation, active and passive neglect.

If there is a concern about abuse of an older person, Office for the Aging staff is available to share information and make referrals to the appropriate agencies.

The Victims Assistance Center provides legal advocacy, counseling, support groups, therapy, information, and referral. You can call the Victims Assistance Center at (315) 782-1823.

Adult Protective Services (APS) is a mandated service provided by local social services within your area. You can call Adult Protective Services at (315) 785-3210.

## **LONG-TERM CARE OMBUDSMAN PROGRAM**

Ombudsman help residents of long-term care facilities and their families understand and exercise their guaranteed rights under Federal and State Law.

Under the Older Americans Act, Long-Term Care Ombudsmen serve as volunteer advocates for residents of nursing homes, assisted living facilities, and similar adult care facilities.

If you would like to learn more about the Ombudsman Program, please call the Office of the State Long-Term Care Ombudsman Program at 1-855-582-6769 or the Northern Regional Center for Independent Living at (315) 785-8703 for assistance

## **HOME-BASED LONG TERM CARE**

### **HOME-BASED LONG- TERM CARE SERVICES**

Home-Based Long- Term Care includes health, personal, and supportive services to help people stay at home and live as independently as possible. Most Long-Term Care is provided either at the home of the person receiving the services or at a family member's home. In-home services may be short-term for someone recovering from an operation , or long-term for people needing ongoing help.

There are many long-term care services and support options available in our community, including:

- ◆ Home Delivered Meals
- ◆ Transportation
- ◆ Caregiver Relief/ Respite Care
- ◆ Homemaker and Personal Care Services
- ◆ Insurance Information
- ◆ Options Counseling
- ◆ Medical Alert Systems



As well as community-based, residential settings, such as:

### **Assisted and Enriched Living Facilities:**

Meadowbrook Terrace, Carthage .....(315) 519-1246

Samaritan Summit Village, Watertown .....(315) 782-6800

Ives Hill, Watertown .....(315) 779-9590

## **IN-HOME RESPITE**

Paid professional assistance in the home will help temporarily relieve caregivers from their responsibilities by providing a break for the caregiver for short periods of time. Respite Services are an important component of the home and community based Long-Term Care Services system, providing informal caregivers with a temporary break from their caregiving responsibilities and associated stresses.

Contact Office for the Aging for more information. (315) 785-3191

## **CAREGIVER RESPITE AND SUPPORT**

### **CAREGIVER SUPPORT**

Caregiver Support provides informal caregivers, family members, friends and neighbors who provide assistance to frail elderly adults over the age of 60, with information about important resources and provides assistance in gaining access to those services.

### **THE NATIONAL FAMILY CAREGIVER SUPPORT GROUP PROGRAM (NFCSP)**

The National Family Caregiver Support Group Program (NFCSP) offers a variety of services that meet a range of caregiver's needs. These include;

- Information and Outreach
- Individual Counseling
- Support Groups and Training
- Respite Care
- Access Assistance
- Other Supplemental Services

Adult family members or other informal caregivers aged 18 and older who provides care to individuals 60 years of age or older or individuals of ANY age with Alzheimer's disease and related disorders are eligible for this program.

### **CONSUMER DIRECTED PROGRAMS**

**Consumer Directed Programs** for Respite and EISEP are also available. The consumer identifies needs, sets priorities and makes choices best for them. Individuals will work with an OFA case manager to review eligibility and cost sharing options. You will work with a fiscal intermediary to work out appropriate budget and pick a person or agency to provide the care. You can also pay family members or neighbors to provide care for you.

For more information and a telephone screening, please call Jefferson County Office for the Aging at (315) 785-3191.

### **VOLUNTEER RESPITE ADULT COMMUNITY DAY PROGRAMS**

Respite means taking a much needed break from assisting in the care of others.

Our Respite Day Programs are currently located at River Community Church in Clayton and Trinity Episcopal Church in Watertown. Each site provides socialization, supervision, and activities that include crafts, games, and activities such as beginners Tai Chi. A meal is also provided.

## **CAREGIVER AND RESPITE SUPPORT (CONTINUED)**

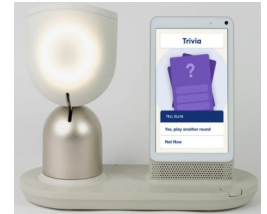
Respite Volunteers will receive training by the OFA in Alzheimer's care support and New York State Respite Educational Support Tools. Call the office for the next scheduled trainings. Screenings and background checks are required.

### **COMPANION SERVICES**

#### **ELLIQ PROACTIVE CARE COMPANION**

The New York State Office for the Aging (**NYSOFA**) is working with Intuition Robotics to test the efficacy of Artificial Intelligence (AI) companion technology for older adults, known as ElliQ.

ElliQ is designed to foster independence and provide support for older adults through daily check-ins, assistance with wellness goals and physical activities, and more using voice commands and/or on-screen instructions.



#### **ANIMATRONIC PETS**

**NYSOFA** has been providing animatronic pets to older adults who experience social isolation. These plush, "lifelike" robotic pets are designed to make realistic sounds and motions, providing comfort and companionship to individuals.



#### **FRIENDLY CALLERS PROGRAM**

If you or someone you know is feeling lonely, isolated or seeking companionship, consider a short-term commitment with a big impact. Who couldn't use a friend and a friendly voice saying, "Hello?" Share in the joy of building a friendly relationship with a no-pressure, informal, social call. Think of it as an old-fashioned front porch visit...over the phone. The Jefferson County Office for the Aging is always looking for both volunteers to call and participants to receive calls. Help is as close as your phone. Call the Office for the Aging at (315) 785-3191 for more information.