

What Do I Do Now?



A RESOURCE GUIDE for Caregivers of Elders in Brooklyn

ANSWERS

to common questions
for wives, husbands,
siblings, adult children,
grandchildren, friends,
and neighbors

TIPS & GUIDANCE

through all the stages of
long-term care with an
emphasis on keeping
people independent as
long as possible

LISTINGS

with contact
numbers of
organizations,
facilities, and
resources

WITH INTRODUCTIONS FROM
Marty Markowitz, *Brooklyn Borough President*
Jane Brody, *Personal Health Columnist, New York Times*





Dear Caregiver:

Brooklyn has the largest population of seniors in the city, including the largest number of frail elderly over the age of 85. Family members are the primary long-term care providers for these older adults. With their assistance, Brooklyn's frail elders remain in their homes and the communities they love. As an informal family caregiver who is responsible for making this happen, you deserve more than our respect and gratitude; you deserve all the help and support we can give you.

The Brooklyn Caregiver Resource Committee developed this Brooklyn Caregivers Resource Guide. The committee, composed of elder care professionals, met monthly for one and a half years to compile this important information about community services. The result of their hard work is in these pages. They contain a wealth of information about how to access adult day services, in-home services, caregiver support programs, and other resources for you and your loved one.

Caring for or providing assistance to an aging parent, friend, or relative can be exhausting and put your own physical and mental health at risk. I urge you to seek support. Enlist the help of others, including family, friends, relatives, other caregivers, healthcare workers, and the community services listed in this resource guide. Meanwhile, let us continue to advocate for much-needed improvements to Medicare that will expand long-term care services and a broad range of community-based programs.

You deserve all the practical help that we can provide. In addition to the valuable information in this resource guide, please contact my Constituent Service Center at (718) 802-3777 for a broad range of information and assistance with city services. Let us share in the caring.

Thank you for all that you do.

Regards,

Marty Markowitz
Brooklyn Borough President

What Do I Do Now?

A Resource Guide for Caregivers of Elders in Brooklyn

Published by Park Slope Geriatric Day Center (PSGDC)
Production of this publication has been funded by the U.S. Administration on Aging's National Family Caregiver Support Program through the New York City Department for the Aging.

199 14th Street, Brooklyn, NY 11215
(718) 499-7701, Fax: (718) 768-2119
www.psgdc.org

© August 2003; updated Feb. 2011

Coordination: Michelle Oxley, Associate Director, PSGDC

Concept and Research: Brooklyn Caregivers Resource Committee (BCRC)

Production and Desktop Publishing: Ruth Benn

Cover graphic and BCRC logo: Daniel Ross

Thanks to those who contributed to this guide:

MEMBERS OF THE BCRC

Writing and research for various sections: La-Tanya Bynum, Bynum Advisers Group; Joe Hoeng, Alzheimer's & Long Term Care Unit, NYC Department for the Aging; Carol Kamine-Brown, COHME; Charise Lawrence, Brooklyn Community Outreach, NYC Department for the Aging; Zennoma Richardson, Caregivers Network; Jeanne Ross, Brooklyn Alzheimer's Disease Assistance Center; Steve Schwartzman, Eldercare New York, Inc.; Dante A. Tipiani, Beth Israel Medical Center, Department of Pain Medicine & Palliative Care; Judy Willig, Heights and Hill Community Council

Planning: Martha Becker, CNR; Robin Fenley, Alzheimer's & Long Term Care Unit, NYC Department for the Aging; Barbara Krinsky, Metropolitan Jewish; Jed Levine and Christina Aguilar, NYC Alzheimer's Association; Katherine Thornton, Castle Living at Prospect Park West; Carol Trzcinski, Prospect Hill Senior Services Center; David Yanofsky, Palm Gardens Adult Day Health Center

— AND TO —

PSGDC STAFF AND VOLUNTEERS

Marianne Nicolosi, Executive Director

Gloria Chen, Director of Client Services

Betina Guichard, Family Caregiver Project Associate

Writing and Research: Judy Willig, Heights and Hill Community Council, PSGDC interns Elizabeth Hunsicker, Kenmay Liu, and Lok Yan Wong

Listings check and proofing: Janet Bustos

Background research: Zoe Moffitt; Students from Grinnell College: Joanna Daniel, Laura Polstein, Samantha Thomas; and members of the Brooklyn Junior League: Tania Kleckner and Danae Oratowski

Proofreading: Lenora Brennan, Carrie Cella, Judy Willig

We have done our best to check the details of each listing, and apologize for any inconvenience in contacting a particular service. In addition, the publishers do not and cannot endorse any particular agency or guarantee the services of the groups listed here.

Introduction by Jane Brody

Life is tough enough when loved ones – relatives or close friends – become seriously ill and are unable to care for themselves without full-time help. Frantic searches for assistance should not make it tougher.

Given the circumstances and economics of the day, more often than not the people closest to those who become ill or incapacitated are destined to become their long-term or permanent caregivers. No one doubts that these caregivers have a serious burden to bear, made all the harder when they are unaware of the services available to help the helper or, if they believe services exist, they do not know how to find them.

Enter the Brooklyn Caregivers Resource Guide, “What Do I Do Now?” It spans the gamut of questions likely to be raised by a caregiver – from how to get a correct diagnosis for a person who seems depressed or unusually forgetful to arranging for hospice care when family and friends can no longer care for someone who is terminally ill.

Nor does the Guide neglect the personal needs of the caregiver, who, almost by definition, is subject to stresses that would be hard to imagine even for the parent of newborn triplets. How does one get a break when the person you are caring for needs attention 24/7? What happens if the potential caregiver has to go to work? How does the caregiver meet his or her own needs – for companionship, exercise, a change of pace, soul-restoring moments alone?

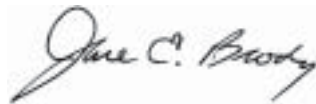
As a health advocate whose mission is making the most of every day one has on this planet, I must add to the advice herein by emphasizing the critical need for caregivers to take good care of themselves lest they burn out and become useless to those they are caring for. For example, studies conducted by the National Institute on Aging have demonstrated that older women serving as caregivers slept better and responded better to stressful circumstances if they participated in a moderate exercise program. Four times a week, the women in the exercise group did 30 or 40 minutes of aerobic exercise, such as brisk walking, at home.

Maintaining good eating habits is also critical to preserving the health and stamina of the caregiver. Don't forget: you're useless to the person you are caring for if you yourself fall ill or become too exhausted to cope with the unending demands of caregiving. This means having regular meals rich in lean protein, whole grains, and fruits and vegetables and limiting snacks that are loaded with sugar and refined starches. This kind of menu – not caffeine – is the secret to long-lasting stamina.

Keep in mind, too, that you may not be able to do everything yourself. Accept help when it is offered and take advantage of community resources, many of which are described in this wonderful guide. Set priorities. Don't expect to be able to accomplish everything you were able to do before becoming a caregiver.

Finally, preserving the mental health of the caregiver is vital to meeting the demands of this often daunting task. Join a support group, where you can get helpful tips from others in similar situations as well as moral support. Maintain social contacts, perhaps by arranging for a friend, relative, neighbor, volunteer, or paid home health aide to take over for a hour or two so you can get out with friends for awhile.

For those who cannot leave home for more than a few moments, try to arrange restorative activities with friends or family members, within the home – such as a weekly bridge game, musical ensemble, or a knitting, quilting, or book group – rather than vegetating in front of the television set. Perhaps the person being cared for can participate in some of these activities, which would enhance that person's quality of life as well.

A handwritten signature in cursive script that reads "Jane E. Brody". The signature is written in dark ink and is positioned above the printed name.

Jane E. Brody

Jane Brody is a resident of Park Slope. In 1965 she joined the staff of The New York Times. Her widely read "Personal Health" column appears every Tuesday in the "Science Times" section and in more than 100 other newspapers around the country. She is also the author of ten books including the best-sellers Jane Brody's Nutrition Book and Jane Brody's Good Food Book.

Table of Contents

How to use this guide	8
<i>“I need help caring for my father. How do I begin to find services?”</i> Caregiver Programs in NYC	10
<i>“It’s really hard to tell if my parents can take care of themselves.”</i> Case Management and Geriatric Care Managers	12
<i>“My neighbor takes care of herself, but I think she’s bored.”</i> Senior Centers	17
<i>“Dad has trouble getting around, especially to his medical appointments.”</i> Transportation Services	18
<i>“My sister lives alone. What will happen in an emergency?”</i> Personal Response Systems, Safe Return	21
<i>“Our parents’ health insurance doesn’t seem to cover much.”</i> Health insurance counseling and assistance	23
<i>“What financial benefits might my spouse be eligible for?”</i> Medicaid/Medicare, Benefits check	24
<i>“My brother is a veteran. Which services is he eligible for?”</i> Veterans’ Services	25
<i>“I need to put my mom’s finances in order. Who can give me some help?”</i> Financial Services	27
<i>“I’m trying to help my parents plan ahead. Do I need a lawyer?”</i> Legal issues, Wills, Health Care Proxy, Directives	28
<i>“Grandmother has been diagnosed with”</i> Diseases Common to Elders	30
<i>“We seem to have an emergency every other week!”</i> Specialized Hospital Programs	34
<i>“My father’s being discharged from the hospital tomorrow.”</i> Hospital Discharge Services	35

more→

“Grandma broke her hip, and Grandpa can’t cook.”
Meals on Wheels and Other Meal Programs 37

“My mother was independent until she fell last month.”
Home Care 40

“Their house is not set up for a wheelchair.”
Adaptive Equipment 44

“My aunt is alone a lot and seems very depressed.”
Mental Health Centers and Counseling 46

“My wife seems more forgetful. How serious is it?”
Dementia: Getting the Right Diagnosis 50

“I need to go to work, but I can’t leave Mom alone.”
Adult Day Centers 53

“Caregiving is so stressful. How do we cope?”
Support Groups 57

“My parents and I have talked over their moving, but we’re confused about the housing options.”
Assisted Living, Adult Homes, Enriched Housing 60

“What do nursing homes offer? What should I look for when I visit?”
Picking a Nursing Home 64

“My uncle’s illness is at the last stages. How can I take care of him?”
Hospice, Palliative Care 70

“I’m so upset. How can I manage to arrange a funeral?”
Funeral Planning 72

“Is anyone working to improve services for seniors?”
Advocacy 75

Index of Organizations and Agencies (alphabetical) 77

Caregiver Reference Sheet 82

Who We Are (BCRC, PSGDC) 83

Evaluation Form 84

Contents by Type of Service

Adaptive Equipment	44
Adult Day Services	53
Advocacy	75
Alzheimer's Disease and Dementia	34, 50
Benefits, Entitlements	24
Caregiver Services	10, 57
Case Managers	12
Diagnoses (dementia)	50
Diseases common to the elderly	30
Emergency response	21
Financial Aid	27
Funerals	72
Health Insurance	23
Home Care	40
Hospice	70
Hospitals and Medical Centers (specialized program)	34
Housing options	60
Legal Aid and Eldercare attorneys	28
Meals	37
Mental Health Care	46
Nursing Homes	64
Personal Response Systems	21
Senior Centers	17
Support Groups	57
Transportation	18
Veterans' Services	25
Index to organizations and agencies	77

your own funds or will Medicare/Medicaid or insurance cover it?

- Fill out the checklist on page 82 of this booklet before you make any calls, so that the information is at your fingertips.

Finally, let us know what you think of this Guide. Is the information here helpful? Is it presented in a helpful format? What can we do to improve this Guide when we publish it again? You will find an evaluation form at the back of this booklet. Please fill it out and send it in so that we can continue to improve this Guide and make it useful to all caregivers. It may also be completed online.

You may contact us through Park Slope Geriatric Day Center, (718) 499-7701, info@psgdc.org, www.psgdc.org.

Remember, you can also
call 311 in New York City
to locate services that are publicly funded.

Note: Toll-free numbers begin with 800, 877, and 888. Dial 1 first. You will not pay for the call.

We have done our best to check the details of each listing, and apologize for any inconvenience in contacting a particular service. In addition, the publishers do not and cannot endorse any particular agency or guarantee the services of the groups listed here. We encourage you to shop around as much as possible.

“I need help caring for my father. How do I begin to find services?”

There are several Department for the Aging (DFTA) contracted agencies that manage innovative caregiver programs in each borough. These programs are designed to address the needs of caregivers through direct service provision and extensive community partnerships. The agencies are committed to assisting caregivers and their care recipients through creative and flexible approaches to service access and delivery. Services include but are not limited to: information and referral, counseling, support groups, training and education, and respite.

The list below shows the 2011 DFTA contracted agencies and the Community Districts (CD's) that some serve. For an updated list or more information, contact: NYC Department for the Aging, 2 Lafayette St., 6th Fl., NY, NY 10007, (212) 442-1000, www.nyc.gov/aging, TTY (212) 442-3078.

BROOKLYN

**Jewish Association for
Services for the Aged (JASA)**
2942 West 5th Street
Brooklyn, NY 11224
(718) 946-7973
www.jasa.org
CD's 9, 13-15, 17 & 18

STATEN ISLAND

**Jewish Community Center of
Staten Island**
1297 Arthur Kill Road
Staten Island, NY 10312
(718) 356-8113
www.sijcc.org
CD's 1-3

BRONX

**Presbyterian Senior Services,
Caregiver Support Program**
Andrew Jackson Senior
Center
325 East 156 Street
Bronx, NY 10451
www.pssusa.org
(718) 585-1640
CD's 1-6 & 9

more →

MANHATTAN

Partners in Caring at Sage
305 7th Avenue
New York, NY 10001
(212) 741-2247
www.sageusa.org

HMH Caregiver Services
100 Gold St., Lower Level
New York, NY 10038
(212) 788-2318

Family Center Caregivers
315 W. 36th Street
New York, NY 10018
(212) 766-4522

QUEENS

**Services Now for Adult
Persons (SNAP)**
Building #4, CBU #29
80-45 Winchester
Boulevard
Queens Village, NY 11427
(718) 454-2100
www.snapqueens.org
CD's 10 & 12-14

**Sunnyside Community
Services**
43-31 39th Street
Sunnyside, NY 11104
(718) 392-6945
www.scsny.org
CD's 1-5

Queens Health Coalition
163-13 Depot Road
Flushing, NY 11358
(718) 762-0346

“It’s really hard to tell if my parents can take care of themselves.”

In order to know what services might be appropriate, it is important to understand exactly what “not doing well” means. Do they just need help with certain tasks, like house cleaning, or would a day program be appropriate for one spouse so that the other can have some time to relax?

Contacting an agency with case managers or a geriatric care manager may be the best step. Case managers are professionals who are trained to assess, plan, coordinate, monitor, and provide services for the elderly and their families. Case managers may work for a community agency offering services free of charge or on a sliding scale or have a private practice and charge a fee for their service (Geriatric Care Managers, next section).

Advocating for older adults is a case manager’s primary function. The services they provide may include: assessment; arrangements for home care; arranging meals on wheels; care management and long-term monitoring; screenings for nursing home placement; counseling; consultation; placement; information referral; crisis intervention; access to entitlements and services; financial management; psychotherapy, including family therapy; and arrangements of services nationwide.

A case manager may be especially helpful for those who live at a distance from the caregiving situation.

Every neighborhood in Brooklyn is served by a government-funded community-based agency offering case management services free of charge to elders living in that community. The nature and scope of the case management services vary from agency to agency and in some communities there are waiting lists.

The publicly funded case management agencies serving Brooklyn are listed on the following page.

Case Management (PUBLICLY FUNDED)

Benson Ridge Case Management

1867 Bath Avenue
Brooklyn NY 11214
(718) 236-3205

www.ccbq.org/OAS_WebSite/casemanagement.htm

Serves: CDs 9 and 10
Bensonhurst, Bay Ridge

Heights and Hills

57 Willoughby St., 4th Fl.
Brooklyn, NY 11201
(718) 596-8789

www.heightsandhills.org

Serves CD's 2,6,7,8,9,17
Boerum Hill, Brooklyn Heights, Carroll Gardens, Cobble Hill, Clinton Hill, Crown Heights, East Flatbush, Farragut, Fort Greene, Gowanus, Park Slope, Prospect Heights, Prospect Lefferts Gardens, Red Hook, Remsen Village, Sunset Park, Windsor Terrace, Wingate

Ridgewood Bushwick Case Management

555 Bushwick Avenue
Brooklyn, NY 11206
(718) 821-0254

www.rbscc.org

CD's 1,3 and 4-Bushwick, Greenpoint, Williamsburg, Beford Stuvesant

Special Services for Senior Citizens

1304 East 57th St., 2nd Fl.
Brooklyn, NY 11234
(718) 257-1600

D's 5,16,and 18.

Canarsie, East New York, Brownsville, Marine Park, Starrett City, Spring Creek, Flatlands, Mill Basin, Cypress Hills, Ocean Hill

JASA Case Management BK-7

161 Corbin Place
Brooklyn, NY 11235
(718) 937-4295

www.jasa.org

Serves: CDs 12, 13, 14, and 15

Boro Park, Dahill, Kensington, Midwood

more →

(INDEPENDENT OR PRIVATE)

No current listings

Geriatric Care Managers

(PRIVATE CASE MANAGEMENT)

A geriatric care manager is a professional who specializes in assisting older people and their families in meeting their long-term care needs. GCM's have training in gerontology, social work, nursing, or counseling. They work privately and charge a fee for services, but you may want to investigate the costs because you may be able to avoid waiting lists at the public agencies.

Caregivers who live some distance from their loved one may find the private GCM services particularly useful. GCM's have the flexibility to meet with individuals and family members on evenings and weekends as needed. They will personally visit programs or facilities that might be used by the elder. They screen, arrange, and monitor in-home help or other services, and act as a liaison to families, alerting them to any problems. GCM's will assist with moving an older person to or from a retirement complex, care home, or nursing home, and some GCM's also provide family or individual therapy, money management, and conservatorship or guardianship assistance.

Geriatric Care Managers are hired privately; they strive to reduce inappropriate institutional care, overuse of services, prevent costly crises, and help contain costs.

When seeking a GCM, you should ask about their professional credentials and licensing, how long they have worked as a GCM, if they are available for emergencies, and if their company also provides home care services. Ask about fees, for references, and how the GCM will communicate with you.

On the next page is a list of some of the agencies and individuals that offer private Geriatric Care Managers for Brooklyn.

more→

Geriatric Care Services
230 Jay Street, Suite 11J
Brooklyn, NY 11201
(718) 852-5916
Fax: (718) 852-5916

Eldercare Advocates, Inc.
1309 Avenue I
Brooklyn, NY 11230
(718) 252-2580
Fax: (718) 338-9636
www.agingstrategies.com

Eldercare New York, Inc.
476 2nd Street, #3
Brooklyn, NY 11215
(718) 499-5306
Fax: (718) 499-5307
sschwartzman@eldercareny.com
www.eldercareny.com

Elder Health Resources of America
50 Bridge Street, #515
Brooklyn, NY 11201
(718) 839-0115
www.doctormarion.com

Hearthside Care Coordinators
26 Court Street
Brooklyn NY 11242
(718) 797-4418
www.eldercareny.org

Geriatric Resource Consultants
1716 Coney Island Ave.
#6A
Brooklyn, New York 11230
(718) 998-1999
www.geriatricresourceconsultants.com

Linda Harris-Sicular
125 Oxford Street
Brooklyn, NY 11235
(718) 769-3326
LHS@ix.netcom.com

In addition, the National Association of Professional Geriatric Care Managers has adopted standards of practice for all its members. To obtain a directory contact:

**Greater New York Chapter of the National Association
of Professional Geriatric Care Managers**
(212) 222-9163
www.nygcm.org

“My neighbor takes care of herself, but I think she’s bored.”

There are Senior Centers—many with transportation and meals— for people at all levels of ability. For people who are in good physical health but isolated, there are recreational programs throughout Brooklyn that can reengage them in their community. Many centers offer bus trips, outings, etc.—things that a person might not want to do alone anymore, but can participate in a group with more enjoyment. Many centers are associated with agencies that offer multiple services and can help older persons with many issues, such as housing problems, entitlements, safety, and shopping assistance, or they will make referrals to helpful neighborhood agencies.

Encourage isolated seniors to try a center out for a day or two as a way to find the one that’s right for them.

There are senior centers throughout Brooklyn—too many to list here—but there are many ways to find one.

- Look in your telephone book Yellow Pages under “Senior Citizen Service Organizations.”

- Ask friends, neighbors, or religious leaders if they know a center near you.

- The New York City Department for the Aging helps to fund many programs and keeps a complete list of associated centers. Call them and ask for a center near you: **(212) 442-1000** or see their website at www.nyc.gov/aging.

- United Way of New York City has an online directory, United Way CARES at www.unitedwaynyc.org. Click on “Finding Help,” and you can search for senior centers and many other services.

- The Council on Senior Centers and Services lists many Senior Centers by borough on their website if you click on “CSCS Member List”: www.cscs-ny.org.

“Dad has trouble getting around, especially to his medical appointments.”

An older person who needs help getting around should not feel trapped at home. New York City benefits from a variety of transportation services. There are many low cost or no cost options, and there are many services with escorts to help individuals out the door, onto the van, and then to their destination. Most of these services require advance registration. If you sign up now, the service will be available when needed for medical appointments, shopping, or transport to a senior center and back.

Medicaid will pay for transportation (ambulette) to and from medical appointments if the doctor or medical facility has ordered the service. Be sure to ask about this, and ask the doctor or office staff to fill out the form to request the service. If enrolled in a Medicare HMO, check if ambulette transportation is part of the benefits package.

We have listed some of the providers here—most of them serve the neighborhoods they are in or those nearby. The Department for the Aging (see contact information page 10) keeps a complete listing of transportation services available also.

Access-A-Ride, New York City Transit, Paratransit Division
2 Broadway, 11th Floor
New York, NY 10004
(877) 337-2017
<http://www.mta.nyc.ny.us:/nyct/paratran/guide.htm>

who cannot walk to a subway or bus stop. You must apply in advance to use Access-A-Ride. Ask for an application. After you are approved, when you need a ride you must set up the time in advance. The wait time can be unpredictable, so this service may not be for everyone.

Access-A-Ride costs the same as a subway or bus ride. It is for persons

**Bay Ridge Center for
Older Adults**

411 Ovington Avenue
Brooklyn, NY 11209
(718) 748-0873

www.bayridgecenter.org
Serves: Bay Ridge, Dyker
Heights, Fort Hamilton

**Bay Ridge on the Move
Lutheran Medical Center
Services for Older Adults**

150 55th Street
Brooklyn, NY 11220
(718) 630-7588

www.lmcmc.com

**Bergen Beach Services for
Seniors**

Bergen Avenue &
Avenue W, PO Box 340-
167, Ryder Station
Brooklyn, NY 11234
(718) 531-6600 ext. 15

The Bay Senior Center
3543 Nostrand Avenue
Brooklyn, NY 11229
(718) 648-2053

**Bridge Street Senior Citizens
Program**

277 Stuyvesant Avenue
Brooklyn, NY 11221
(718) 452-3426

Daytop C.A.R.E.S.

401 State Street
Brooklyn, NY 11217
(718) 625-1388, ext. 212

**Ft. Greene Transportation and
Nutrition Services**

966 Fulton Street
Brooklyn, NY 11238
(718) 638-6910

Heights and Hills

57 Willoughby St., 4th Fl.
Brooklyn, N.Y. 11201
(718) 596-8789

www.heightsandhills.org
Brooklyn Heights, Cobble
Hill, Carroll Gardens, and
Boerum Hill

Millennium Senior Services

Bergen Avenue and
Avenue W, PO Box 340-
265, Ryder Station
Brooklyn, NY 11234
(718) 444-0101

**Park Slope Geriatric
Day Center**

199 14th Street
Brooklyn, NY 11215
(718) 499-7701
Fax: (718) 768-2119
www.psgdc.org

**Jewish Relief Transportation
Program**

3001 West 37th Street
Brooklyn, NY 11224
(718) 449-5000
Serves: Coney Island

more →

**Prospect Hill Senior Services
Center**
283 Prospect Avenue
Brooklyn, NY 11215
(718) 499-9574
[www.find-us.net/
prospecthill](http://www.find-us.net/prospecthill)

**Ridgewood Bushwick Senior
Center**
319 Stanhope Street
Brooklyn, NY 11237
(718) 366-3038
www.rbscc.org
Transportation for
members. Serves:
Williamsburg, Greenpoint,
Ridgewood, Glendale

**Volunteer Ambulette
Transport**
841 63rd Street
Brooklyn, NY 11220
(718) 871-7695

**Wayside Tompkins Park
Senior Center**
550 Greene Avenue
Brooklyn, NY 11216
(718) 638-3000

**Young Israel of Midwood
Senior Center**
1694 Ocean Avenue
Brooklyn, NY 11230
(718) 253-7800

“My sister lives alone. What will happen in an emergency?”

Caregivers will want to be sure that their loved ones have an emergency plan or medical alert system in place, especially if they are alone for any length of time. One step might be to order a medical alert bracelet if your loved one suffers from a particular disease. For persons with Alzheimer’s disease or other forms of dementia who may wander, the Alzheimer’s Association’s Safe Return program provides a safety net. If you travel, carry a recent photo of the person with Alzheimer’s for whom you care.

Fear that someone may fall at home and not be able to reach the telephone has prompted many to purchase a personal response system (PERS). With the push of a button the provider will help you contact the proper authorities 24 hours a day. Prices can range from \$200 to \$1,500 to purchase, and you will also have to pay an installation fee and a monthly monitoring fee that may cost between \$10 to \$30. Some hospitals and service agencies subsidize fees for low-income families.

If you are thinking of buying a PERS system, take into consideration the following suggestions:

- Check out several systems before making a decision.
- Find out if you can use the system with other response centers. For example, can you use the same system if you move?
- Ask about the pricing, features, and servicing of each system and compare costs.
- Make sure the system is easy to use. Will it work for a person with dementia or will false alarms become a problem?
- Test the system. Make sure it works from every point in and around your home. Make sure nothing interferes with transmissions.

more →

- Read the agreement carefully before signing.
- Ask whether the monitoring center is available 24 hours a day, 7 days a week.
- Know what the average response time is.
- Ask what kind of training the center staff receive.

These tips come from the American Association of Retired Persons (AARP) and the Federal Trade Commission. To view the full article see: www.ftc.gov/bcp/online/pubs/services/pers.htm. Search the AARP website to find the latest on purchasing PERS: www.aarp.com or call 1-800-424-3410.

Information /Nonprofit Services

Medic Alert Foundation
 2323 Colorado Avenue
 Turlock, CA 95382
 (888) 633-4298
 (209) 668-3333
www.medicalert.org

Safe Return
 Alzheimer's Association
 (888) 572-8566
 (888) 500-5759 (TDD)
www.alz.org/safetycenter
A safety system for persons with Alzheimer's or dementia who wander.

Private Companies

American Medical Alert Corporation
 (800) 645-3244
www.amacalert.com

American Senior Safety Agency
 4712 Admiralty Way #229
 Marina del Rey, CA 90292
 (888) 473-2800
www.seniorsafety.com

Lifeline
 111 Lawrence Street
 Framingham, MA 01702
 (800) 543-3546
www.lifelinesys.com

Response Link
 9555 Seminole Boulevard
 Seminole, FL 33772
 (800) 894-1428
www.responselink.com

Life Alert
 (800) 815-5922
www.lifealert.com

Dynamic Living
 428 Hayden Station Road
 Windsor, CT 06095-1302
 (888) 940-0605
www.dynamic-living.com

Lifefone
 (800) 882-2280
www.lifefone.com

Carries two systems: The Companion and In-Touch

“Our parents’ health insurance doesn’t seem to cover much.”

The New York State Health Insurance Information, Counseling and Assistance Program (HIICAP) provides free, confidential, accurate, and unbiased health insurance information, counseling, and assistance. Trained volunteer counselors and staff explain the coverage, costs, and options of Medicare, managed care, Medigap insurance, and long-term care insurance.

HIICAP is a program of the **New York State Office for the Aging**, <http://www.aging.ny.gov>. HIICAP educates and empowers Medicare beneficiaries and their families to choose and use their health insurance wisely and assists them when necessary.

HIICAP helps in person or by telephone through a statewide system of trained peer counselors and staff in local offices for the aging. The organization has at least 30 sites located in all the different boroughs of the city available for you to make an appointment and bring your questions or insurance paperwork to the counseling site nearest you.

Toll Free Help

Health Insurance Information, Counseling and Assistance Program (HIICAP)
Hotline: (800) 701-0501

In-Person Help

Contact your local office for the aging
Within NYC call 311; outside the 5 boroughs call
(212) 639-9675
www.nyc.gov/aging

“What financial benefits might my spouse be eligible for?”

The best resource to screen for city, state, and federal entitlements and benefits is this website:

Access NYC
www.nyc.gov/accessnyc

To contact the
New York City Department for the Aging
for information by phone or mail **Dial 311**
(or 212-NEW-YORK outside the five boroughs)

New York City Department for the Aging
2 Lafayette Street
New York, NY 10007
HOURS: Monday - Friday, 9:00 am - 5:00 pm
www.nyc.gov/aging

This booklet gives a basic write-up on many things including: Social Security, Medicare, Medicaid, medication insurance, food stamps, rent increase exemptions, energy assistance, school tax relief, and reduced transport fares.

Another excellent website to help find benefits programs for people ages 55 and over that may pay for some of the costs is at:

Benefits CheckUp
National Council on the Aging
www.benefitscheckup.org/

You may also choose to call one of the case managers or geriatric care managers listed on pages 12-16 of this booklet. They will be able to provide you with the information needed or refer you to someone who can help.

“My brother is a veteran. Which services is he eligible for?”

There are various service-connected and non-service connected benefits for honorably discharged veterans. Those who suffered injuries or diseases during their time in the military may receive Veterans’ Administration (VA) compensation/pension, vocational rehabilitation, and VA life insurance program. There are also benefits for the eligible surviving spouse, parents, and children of the veteran, such as Dependency & Indemnity Compensation and Spina Bifida Allowance.

Other benefits include non-service connected disability pension, VA burial allowance, and VA guaranteed loans. There are health insurance benefits and medical centers for health care. Benefits are determined by income, number of dependents/children, severity of disability, and whether it’s service related, etc. Caregivers should not overlook checking on possible veterans’ benefits as they are looking for services.

The federal Department of Veterans Affairs (VA) website describes benefits, giving answers to common questions, locations for nearby offices and facilities, and online applications for benefits. Sometimes it is difficult to deal with a huge bureaucracy, and if you are having trouble getting clear answers from the VA, try contacting a local veterans’ association to see if they can help.

Eldercare attorneys are also likely to be able to assist in gaining veterans’ benefits for which you qualify. You might also go to one of the simple online benefits check programs (see previous page).

Another helpful internet link is on the NY State Office for the Aging health insurance site. The following link brings you to a page that has quick access to more infor-

more →

mation on veterans benefits and a jump to frequently asked questions on the Veterans' Administration website: www.aging.ny.gov/healthbenefits. From this link, click on "Veterans Benefits," and then on the "1-Stop Service Inquiry Page." Some of the questions include: Can I get a copy of my discharge papers? Am I eligible for free prescriptions? Will VA provide hearing aids and eyeglasses? Am I eligible for a nursing home?

Department of Veterans Affairs, www.va.gov
Local office:
245 West Houston Street
New York, NY 10014-4805
(800) 827-1000
(212) 807-7229
Fax: (212) 807-4024

Veterans of Foreign Wars (VFW) Department Service Officer, VA Regional Office
245 W. Houston St., # 207
New York, NY 10014-4805
(212) 807-3164
Fax: (212) 807-4023

Black Vets for Social Justice
665 Willoughby Avenue
Brooklyn, NY 11206
(718) 852-6004
Fax: (718) 852-4805
www.bvsj.org/about.html

Chapel Street Veterans Healthcare Center
40 Flatbush Ave.
Extension, 8th Flr.
Brooklyn, NY 11201
(718) 439-4300

Brooklyn Campus/VA, NY Harbor Health Care System
800 Poly Place
Brooklyn, NY 11209
(718) 836-6600

Community Clinics:
40 Flatbush Extension,
8th Floor
Brooklyn, NY 11201
(718) 439-4300

1413 Fulton Street
Brooklyn, NY 11216
(718) 636-4500

1205 Sutter Avenue
Brooklyn, NY 11208
(718) 647-2600

VA NY/NJ Veterans Healthcare Network (VISN 3)
VA NY Harbor Healthcare System, Network 3
423 East 23rd Street
New York, NY 10010
(212) 686-7500, x 6838
www.manhattan.va.gov

“I need to put my mom’s finances in order. Who can give me some help?”

Many times it is necessary to seek a financial professional who specializes in the issues and concerns facing seniors and their caregivers. There are certain financial products and services that are designed specifically to resolve many of the issues facing people 65 and over.

To find a Certified Senior Advisor in your area, you can contact:

Society of Certified Senior Advisors
1777 S. Bellaire Street, #230
Denver CO 80222
(800) 653-1785
society@csa-csa.com
www.society-csa.com

Each advisor has their area of specialization, so discuss with the advisor your concerns to assure they can help or refer you to one who can.

For wills and certain other situations, you may need the services of an attorney. Laws and regulations around elder issues are complex and often updated, so the selected attorney should specialize in elder law and be familiar with health care law, long-term care financing, trusts, estates, and Medicare/Medicaid provisions. Hearing impartial advice from a third party about estate planning, trusts, and other legal and financial issues may help put you and your family at ease.

The next page shows organizations that can refer you to an Eldercare Attorney. Ask for a few names, and be sure to shop around! Ask each lawyer about their fees and their experience in the issue with which you need help.

“I’m trying to help my parents plan ahead. Do I need a lawyer?”

Every caregiver should know where the important documents are for their loved one. Wills, power of attorney, advance directives, living wills, and health care proxies are all critical to fulfilling the wishes of a loved one.

Many of us have said, “Mom made me promise never to put her on a respirator,” but if you do not have the signed papers in order, you may not be able to carry out this promise. DNR (do not resuscitate) and health care proxies are available at hospitals and medical facilities or from the state. You can fill out these forms yourself, and file them in a handy place at home.

Legal advice is necessary for many documents, and attorneys who specialize in “Elder Law” can be especially helpful with the ins and outs of Medicare, inheritance, etc. Many also have sliding scales so that their assistance is affordable. The Department for the Aging keeps a listing of attorneys, some of whom will give advice *pro bono* (for no charge). The list notes languages spoken besides English, including Russian, Chinese, Spanish, Portuguese, Hebrew, Yiddish, Greek, German, Italian, and French.

To receive a free copy of the list of lawyers contact:

NYC Department for the Aging (DFTA)
2 Lafayette Street, 15th Floor, NY, NY 10007-1392
Dial 311 in NYC
(or 212-NEW-YORK outside the five boroughs)

The organizations on the next page may have elder law attorneys on their staffs, or they may be able to refer you to an appropriate attorney. Be sure to shop around, check the costs of a service with more than one attorney, and try to find one with the skills and experience related to the service you need.

**Association of the Bar of
NYC, Lawyer Referral
Services**
42 West 44th Street
New York, NY 10036
(212) 626-7373 English
(212) 626-7374 Spanish
[www.abcny.org/LRS/
index.htm](http://www.abcny.org/LRS/index.htm)

Brooklyn Bar Association
123 Remsen Street
Brooklyn, NY 11201
(718) 624-0843
www.brooklynbar.org

**Legal Aid Society, Brooklyn
Office for the Aging**
111 Livingston St., 7th
Floor
Brooklyn, NY 11201
(718) 645-3111
[http://www.legal-aid.org/
en/whatwedo/civilpractice/
brooklynofficefortheaging.aspx](http://www.legal-aid.org/en/whatwedo/civilpractice/brooklynofficefortheaging.aspx)

**National Academy of Elder
Law Attorneys (NAELA)**
1604 North Country Club
Road
Tucson, AZ 85716
(520) 881-4005
www.naela.com

**South Brooklyn Legal
Services**
105 Court Street
Brooklyn, NY 11201
(718) 237-5500
www.sbls.org

Additional information on health care proxies:

Appoint someone close to you to make treatment decisions if you should be unable to do so yourself. Have a serious discussion with that person so that he/she knows your values and what you would want. You do not need an attorney. The form requires two witnesses and can be obtained at hospitals and other medical facilities or by calling the NY State Department of Health at (518) 474-5370 or [http://
www.health.state.ny.us/professionals/patients/
health_care_proxy/form.htm](http://www.health.state.ny.us/professionals/patients/health_care_proxy/form.htm).

“Grandmother has been diagnosed with . . .”

There are hundreds of organizations that give information and support on the whole variety of ailments—both physical and mental—that afflict older persons. Listed below are a selection that are located in the New York area, but you may find more help by looking in the telephone book or, if you are an internet user, by looking on the web.

The *Resource Directory for Older People*, published by the National Institute on Aging (NIA) and the National Institutes of Health (NIH), is an excellent publication that lists many organizations that serve older persons and focus on aging issues and specific diseases. It is available free on the publishers’ website or by calling the toll-free number or writing the address below:

NIA Information Center
PO Box 8057
Gaithersburg, MD 20898-8057
(800) 222-2225
www.nia.nih.gov
(TTY) (800) 222-4225

**ALS Center Beth Israel
Medical Center**
1st Avenue at 16th Street
New York, NY 10003
(212) 420-4111 / 4247
www.alz.org

**Alzheimer’s Association,
NYC Chapter**
360 Lexington Avenue,
5th Floor
New York, NY 10017
(212) 983-0700
Fax: (212) 697-6158
www.alz.org/nyc

American Diabetes Association, New York Office
149 Madison Avenue,
Room 701
New York, NY 10016
(212) 725-4925
(888) 342-2382
www.diabetes.org

American Foundation for the Blind
11 Penn Plaza, Suite 300
New York, NY 10001
(800) 232-5463
TTY: (212) 502-7662
Fax: (212) 502-7777
www.afb.org

American Heart Association
122 East 42nd Street
New York, NY 10168
(212) 878-5900
Fax: (212) 878-5960
www.americanheart.org

American Lung Association
61 Broadway, 6th Floor
New York, NY 10006
(800) 586-4872
(212) 315-8700
Fax: (212) 315-8872
www.lungusa.org

American Parkinson's Disease Association
1250 Hylan Blvd., Suite 4B
Staten Island, NY 10305
(800) 223-2732
www.apd@parkinson.org

American Podiatric Medical Association
9312 Old Georgetown Road
Bethesda, MD 20814
(301) 571-9200
(800) 366-8227
www.apma.org

Americans for Better Care of the Dying
4125 Albemarle Street, NW
Washington, DC 20015
(202) 895-9485
www.abcd-caring.org

Arthritis Foundation NYC
122 East 42nd Street 18th Floor
New York, NY 10168
(212) 984-8700
www.arthritis.org

Better Hearing Institute
P.O. Box 1840
Washington, DC 20013
(703) 642-0580
(800) 327-9355

Brain Injury Association
10 Colvin Avenue
Albany, NY 12206-1242
(518) 459-7911
(800) 228-8201
www.bianys.org

Brooklyn AIDS Task Force
25 Chapel Street Rm 605
Brooklyn, NY 11201
(718) 596-3635
www.batf.net

more→

Brooklyn Parkinson's Group
200 Hicks Street
Brooklyn, NY 11201
(718) 522-3068
Fax: (718) 522-4922
brooklynparkinsongroup.org

**Diabetes Educational
Resource**
NY Methodist Hospital
263 7th Avenue,
5th Floor, Suite A
Brooklyn, NY 11215
(718) 246-8603
Fax: (718) 246-8601

**Huntington's Disease Society
of America**
158 West 29th Street, 7th
Floor
New York, NY 10001-5300
(800) 345-4372
(212) 242-1968, ext. 10
www.hdsa.org

Lighthouse International
111 East 59th Street
New York, NY 10022
(800) 829-0500
(212) 821-9200
info@lighthouse.org
www.lighthouse.org

Medic Alert Foundation
P.O. Box 1009
Turlock, CA 95381
(209) 668-3338
(800) 432-5378
www.medicalert.org

National Kidney Foundation
30 East 33rd Street
New York, NY 10016
(800) 622-9010
(212) 889-2210
Fax: (212) 689-9261
www.kidney.org

**National Multiple Sclerosis
Society**
733 3rd Avenue, 6th Floor
New York, NY 10017-3288
(800) 344-4867
(212) 986-3240
Fax: (212) 986-7981
www.nmss.org

**Staten Island University
Hospital, Osteoporosis
Detection/Treatment**
242 Mason Avenue
Staten Island, NY 10305
(718) 226-8215
Fax: (718) 226-8352
www.siu.edu

CANCER

American Cancer Society- Brooklyn Office

148 Pierrepont Street
Brooklyn, NY 11201
(718) 237-7850
Fax: (718) 852-9422
www.cancer.org

Cancer Care

275 7th Avenue
New York, NY 10001
(212) 712-8400
Fax: (212) 712-8495
www.cancercare.org

Cancer Institute of Brooklyn Maimonides Medical Center

6323 7th Avenue
Brooklyn, NY 11220
(718) 283-8587
www.maimonidesmed.org

Memorial Sloan-Kettering Cancer Center

1275 York Avenue,
Box 166
New York, NY 10021
(212) 639-2000
www.mskcc.org

Skin Cancer Foundation

149 Madison Ave., #901
New York, New York
10016
(212) 725-5176
www.skincancer.org

“We seem to have an emergency every other week!”

Most family caregiving takes place at home, even for people at the end of life. But the long months and years of caregiving that precede the final stages are often punctuated by acute episodes of illness or trauma where hospitalization is necessary. Whether these hospital stays are of a few days’ duration or stretch out into weeks, they typically mark turning points in the patient’s condition and in the caregiver’s responsibilities. And for everyone involved, the experience of hospitalization is usually full of anxiety, stress, and uncertainty. Ordinary life—even in the extraordinary conditions that characterize long-term caregiving—is suspended in the hospital environment.

Cabrini Medical Center in Manhattan closed in 2008. There are many services through the Cabrini Center for Nursing and Rehabilitation, www.cabrini-eldercare.org. They provide a high level of empathetic care to family caregivers of individuals with Alzheimer’s disease and related dementias.

The Brooklyn Hospital Center (718) 250-8000, www.tbh.org, has taken a different route toward its goal of improving care for African-Americans in Northern and Central Brooklyn. With its community partner, **Wartburg Lutheran Home for the Aging**, www.wartburg.org, a gerontologic nurse practitioner identifies families while the patient is hospitalized, teaches them caregiving techniques, and follows them after discharge with phone calls and home visits to make sure the transition has gone smoothly. The Wartburg staff provides seminars available to all caregivers in the community.

Excerpted from “*Hospital-based family caregiver programs: Building institutional resources and community ties*” by Carol Levine. Published in *Innovations in End-of-Life Care*, 2001;3(2).

“My father’s being discharged from the hospital tomorrow.”

Some hospital stays are planned, but, especially for older adults, many are not. It is important to be prepared. In long-term caregiving, you will find that many services are available through the discharge planner at the hospital that are much more difficult to obtain on your own.

Two excellent resources are:

A Family Caregiver’s Guide to Hospital Discharge Planning
Available free from: National Alliance for Caregiving,
4720 Montgomery Lane, 5th Floor, Bethesda, MD 20814
or online: www.caregiving.org

United Hospital Fund’s website, www.nextstepincare.org, is filled with useful information about care transitions.

This booklet describes the steps to take to plan for and ensure the best care possible at the time of discharge.

Hospital discharge planning varies greatly from hospital to hospital, but in all cases someone is in charge of a patient’s discharge. The planner may be a nurse, a social worker, or an administrator. It is important for you to know who this person is and to understand what they can do — as well as what is beyond their control. If the discharge planner does not come to see you and your relative early in the hospital stay, find out who is in charge of discharge and ask for an appointment.

The discharge planner is responsible for making sure that your relative’s discharge is, to use Medicare’s language, “safe and adequate.” This means that your relative should be going to a place that does not present immediate dangers to their health and well-being and that realistic plans have been made for appropriate follow-up care.

At the very outset of discharge planning, health care

more→

professionals, family caregivers, and the patient (if appropriate) should discuss the following:

STATUS

- The patient's condition, and any changes that may have occurred as a result of treatment at the facility;
- Any likely symptoms, problems, or changes that may occur when the patient is at home;
- The patient's care plan, the caregiver's needs, and any adjustments that must be made to meet these needs;
- The potential impact of caregiving on the caregiver; warning signs of stress; techniques for reducing stress.

PLANNING

- Arrange for an in-hospital assessment to determine Medicare or insurance eligibility for home care services, such as visiting nurses and home care aides;
- Set up home care services for which the patient is eligible (insurance, Medicare) and others for which the patient/family will pay;
- Get the home ready by arranging for equipment rental and home modification;
- Provide a 24-hour phone number the caregiver can call to speak with a health care professional;
- Organize transportation home for the patient;
- Schedule a follow-up appointment.

REFERRALS

Before discharge, health care professionals, caregivers, and patients should explore available support services, including:

- Community sources of social support for caregivers and patients;
- Community-based agencies that provide services such as transportation, equipment maintenance, respite care, home care, and volunteer services;
- Information resources such as books, pamphlets, videos, and websites.

You will need to be persistent, ask questions, review the options, make an informed decision, and remember not to settle for a plan that you have doubts about.

“Grandma broke her hip, and Grandpa can’t cook.”

Federally funded meals-on-wheels provide one hot meal per day for seniors who are over the age of 60 and have functional disabilities that impair their ability to cook for themselves. To apply for home-delivered meals, contact the program or agency below that is nearest you or is assigned to cover your community. A case manager will come to the home and assess the elder’s situation, determine eligibility, and make sure that they can still be maintained safely in their home with the support of home delivered meals. People who have daily home care are not eligible for home delivered meals.

There are no financial eligibility requirements, but there is a suggested contribution for the meals that differs from one agency to another. The case manager will then authorize the delivery of meals and make a referral to the local meal provider. Ask if the provider can provide specialized meals, e.g. kosher, etc. Availability differs from community to community. There also may be waiting lists in some communities, as the funds available for this program are limited.

Contact one of these Case Management agencies to find out if you qualify for meal services:

Benson Ridge Case Management
1867 Bath Avenue
Brooklyn NY 11214
(718) 236-3205
www.ccbq.org/OAS_WebSite/casemanagement.htm
Serves: CDs 9 and 10
Bensonhurst, Bay Ridge

Ridgewood Bushwick Case Management
555 Bushwick Avenue
Brooklyn, NY 11206
(718) 821-0254
www.rbscc.org
CD’s 1,3 and 4
Bushwick, Greenpoint,
Williamsburg, Beford
Stuvesant

more→

Heights and Hills

57 Willoughby St., 4th Fl.
Brooklyn, NY 11201
(718) 596-8789
www.heightsandhills.org
Serves CD's 2,6,7,8,9,17
Boerum Hill, Brooklyn
Heights, Carroll Gardens,
Cobble Hill, Clinton Hill,
Crown Heights, East
Flatbush, Farragut, Fort
Greene, Gowanus, Park
Slope, Prospect Heights,
Prospect Lefferts
Gardens, Red Hook,
Remsen Village, Sunset
Park, Windsor Terrace,
Wingate

JASA Case Management BK-7

161 Corbin Place
Brooklyn, NY 11235
(718) 937-4295
www.jasa.org
Serves: CDs 12, 13, 14,
and 15
Boro Park, Dahill,
Kensington, Midwood

Special Services for Senior Citizens

1304 East 57th St., 2nd Fl.
Brooklyn, NY 11234
(718) 257-1600
D's 5,16,and 18.
Canarsie, East New York,
Brownsville, Marine Park,
Starrett City, Spring Creek,
Flatlands, Mill Basin,
Cypress Hills, Ocean Hill

“My mother was independent until she fell last month”

Home care services are available for a range of needs and offer various types of services. Most agencies will service people with physical needs, but there are also agencies and individuals that are specially trained to help people with Alzheimer’s or other forms of dementia. In the case of a person who has fallen, arranging home health care through the discharge planner at the hospital makes the process easier and benefits coverage possible.

The types of home care break down into those needs that require skilled nursing or therapy (those tasks which can only be performed by a registered nurse or under the supervision of a nurse or by another certified professional) and can be paid for by Medicare, and those needs which are considered custodial (care that is primarily for the purpose of helping the patient with activities of daily living, meeting personal needs, or for maintaining safety). The latter are paid for by Medicare only under certain circumstances—where there is a co-existent medical need that qualifies for the skilled nursing benefit, or upon release from the hospital when recovering from an acute episode—and for a limited number of hours per day.

You may have to pay privately for home care. Be sure to shop around, ask about payment terms, and licensing.

American Certified Special Services

171 Kings Highway
Brooklyn, NY 11223
(718) 259-9300
Fax: (718) 231-4656

At Home Health Service Agency, Inc.

189 Montague Street
Brooklyn, NY 11201
(718) 923-3400
www.vnrhcs.org

Bensonhurst Senior Services
1867 Bath Avenue
Brooklyn, NY 11214
(718) 236-3205
Fax: (718) 837-1957

**BHRAGS (Brooklyn Haitian
Ralph & Good Shepherd)
Homecare Corporation**
444 Thomas Boyland
Street, 3rd Floor
Brooklyn, NY 11212
(718) 345-5940

**Brookdale Hospital Medical
Center Home Care**
Linden Boulevard and
Rockaway Parkway
Brooklyn, NY 11212
(718) 240-5343
[www.brookdalehospital.org/
html/facilities/
home_health.htm](http://www.brookdalehospital.org/html/facilities/home_health.htm)

**Brooklyn Hospital Center
Home Health Service**
100 Parkside Avenue
Brooklyn, NY 11226
(718) 940-5600
Fax: (718) 856-0326
[http://tbh.org/healthcare-
services/home-care](http://tbh.org/healthcare-services/home-care)

**CABS Home Attendants
Service, Inc.**
545 Broadway
Brooklyn, NY 11206
(718) 388-0220
Fax: (718) 388-1428

**Chinese-American Planning
Council, CPC Home Attendant
Program**
55 Avenue of the
Americas
New York, NY 10013
(212) 219-8100
Fax: (212) 966-7371
www.cpc-nyc.org

**Center for Nursing & Rehab
(CNR)**
596 Prospect Place
Brooklyn, NY 11238
(718) 209-0002
<http://cnr.org>

**COHME (Concerned Home
Managers for the Elderly)**
1556 3rd Avenue, Suite
603
New York, NY 10128
(212) 987-0607
www.cohme.org

Family Care Certified Services
405 91st Street
Brooklyn, NY 11209
(718) 745-7508
www.familyhomecare.com

**Family Home Care Services of
Brooklyn and Queens, Inc.**
241 37th Street, 2nd
Floor
Brooklyn, NY 11232
(718) 832-0550
www.fhcsny.com

more →

First To Care Home Care
6323 7th Avenue
Brooklyn, NY 11220
(718) 630-2500

Girling Health Care
118a Battery Avenue
Brooklyn, NY 11209
718-748-7447
www.girling.com

Home Assistance Personnel
2900 Exterior Street
Bronx, NY 10463
(718) 367-1311
www.jewishhome.org

**Interfaith Medical Center,
Jewish Hospital**
555 Prospect Place
Brooklyn, NY 11238
(718) 935-7660

**Kingsbrook Jewish Medical
Center Home Care**
585 Schenectady Avenue
Brooklyn, NY 11203
(718) 604-5336
Fax: (718) 604-5929
[www.kingsbrook.org/atoz/
lifestyles/healthcare.asp](http://www.kingsbrook.org/atoz/lifestyles/healthcare.asp)

**Long Island College Hospital
Home Care**
134 Atlantic Avenue
Brooklyn, NY 11201
(718) 780-1654

**Metropolitan Jewish Health
Care System**
6323 7th Avenue
Brooklyn, NY 11220
(718) 759-4300
www.mjhs.org

**New York Methodist Hospital
Home Care**
506 6th Street
Brooklyn, NY 11215
(718) 780-3166

**Nursing Sisters Home-Visiting
Service**
500 19th Street
Brooklyn, NY 11215
(718) 768-7271
www.vnaa.org

**Personal Touch Home
Aides of NY**
813 Quentin Road
Brooklyn, NY 11223
(718) 375-6111 (HHA)
Fax: (718) 375-6619

Personal-Touch Home Care
2701 Emmons Avenue
Brooklyn, NY 11235
www.pthomecare.com

Prospect Home Care
1650 Coney Island
Avenue
Brooklyn, NY 11230
(718) 787-4040
www.cnr.org

more →

Revival Home Health Care
5350 Kings Highway
Brooklyn, NY 11203
(718) 629-1000
www.revivalhhc.org

Selfhelp Home Care
520 8th Avenue
New York, NY 10018
(212) 947-8701
www.selfhelp.net/home-care

Shorefront Jewish Geriatric Center
3015 W. 29th Street
Brooklyn, NY 11224
(718) 266-5700
www.metropolitan.org

St. Vincent's Home Health Agency
170 West 12th Street
New York, NY 10011
(718) 774-7509
<http://www.svcmmc.org/body.cfm?id=17>

VIP Health Services
116-06 Myrtle Ave.
Richmond Hill, NY 11418
(718) 847-5100
www.VIPHealth.com

VIP Health Care Services
116-08 Myrtle Ave.
Richmond Hill, NY 11418
(718) 849-2300
www.VIPHealth.com

Visiting Nurse Service of NY
1250 Broadway, 4th Floor
New York, NY 10001
(212) 290-3800
www.vnsny.org

Visiting Nurse Regional Care Network (formerly the VNAB)
15 MetroTech Center, 11th Floor
Brooklyn, NY 11201
(718) 923-7100
www.vnabklyn.org

We Care Home Health Care
1153 Broadway
Brooklyn, NY 11221
(718) 919-1782
Fax: (718) 455-5345

“Their house is not set up for a wheelchair.”

A sudden change in physical ability is not unusual in later years, but a person does not always become totally dependent. There are many simple pieces of equipment that can make a difference—from a specially designed fork to a grabber stick for reaching objects. More dramatic changes include adding a ramp to get in and out of the home to widening bathroom doorways.

Resources for such needs might be right around the corner at your drugstore (wheelchairs, walkers, shower seats, etc.). Or, you may need to search more widely for more help. There are some good books to help with redesign, and there are many companies that sell equipment. The following list will help you get started.

Suggested Readings (ask your bookstore to order for you):

The Complete Guide to Alzheimer's-Proofing Your Home

By Mark L. Warner,
Purdue Univer. Press,
2000

The Comfort of Home: An Illustrated Step-By-Step Guide for Caregivers

By Maria M. Meyer with
Paula Derr
Published by CareTrust
Publications
PO Box 10283
Portland, OR 97296-0283
(800) 565-1533
Fax: (503)221-7019
www.comfortofhome.com

NYS Office of Advocate for Persons with Disabilities

1 Empire State Plaza,
#1001
Albany, NY 12223-1150
(800) 522-4369

www.advoc4disabled.state.ny.us

Resource Center for the Disabled matches those in need of assistive devices with those seeking to sell or donate equipment. Information and referral hotline.

Met Council on Jewish Poverty, Metro Pair Program

80 Maiden Lane, 21st
Floor
New York, NY 10038
(212) 453-9500

Fax: (212) 453-9600
www.metcouncil.org

Door and window locks, bathroom bars, other small modifications.

**Accessibility Equipment
Manufacturers Association**
PO Box 380
Metamora, IL
61548-0380
(800) 514-1100
Fax: (309) 923-7964
www.aema.com

*Elevators and lifts for inclined/
vertical platforms and stairways.*

Alzheimer's Store
12633 159th Court North
Jupiter, FL 33478
(800) 762-3238
Fax: (561) 744-9572
www.alzstore.com

Call to request a catalog.

Comforthouse
189-V Frelinghuysen Ave.
Newark, NJ 07114-1595
(800) 359-7701
Fax: (973) 242-0131
www.comforthouse.com

*Click on Home Health Care for
specialized products to make life
easier for seniors.*

Concrete Change
600 Dancing Fox Road
Decatur, GA 30032
Email: [ConcreteChange@
mind-spring.com](mailto:ConcreteChange@mind-spring.com)
www.concretechange.org

Discount Ramps LLC
2410 South Main Street,
#C
West Bend, WI 53090
(888) 651-3431
Fax: (262) 306-8035
[www.discount-wheelchair-
ramps.com](http://www.discount-wheelchair-ramps.com)

Electroease
(800) 727-1954
www.electroease.com

**Weill Medical College of
Cornell University,
Gerontologic Environmental
Modification (GEM)**

525 East 68th Street
New York, NY 10021
(877) 267-6355
[www.cornellaging.com/
gem/index.html](http://www.cornellaging.com/
gem/index.html)

*Research, interior design, and
gerontologic safety program. Serves
Manhattan, but you may find some
tips on their website.*

“My aunt is alone a lot and seems very depressed.”

Brooklyn is rich in the availability of mental health and psychotherapy providers. Access into the system is available through many routes. The first step should be to talk to your loved one in order to determine their willingness to seek treatment. If their situation is that of an acute crisis, the nearest hospital emergency room is the best bet. The hospital staff can determine whether or not hospitalization is necessary.

If you are unsure if hospital care is too drastic, or your relative or friend is unwilling to go, contact one of the Mobile Crisis Units listed here. They will send a team made up of a nurse, social worker, and psychologist to the home in order to assess the situation.

Mobile Crisis Team, Interfaith Medical Center

555 Prospect Place, Brooklyn, NY 11238, (718) 935-7284

Serving zipcodes: 11201, 11203, 11207, 11208-11210, 11212, 11213, 11215, 11216, 11217, 11218, 11220, 11223, 11225, 11226, 11230, 11231, 11232, 11233, 11236, 11238

Mobile Crisis Team, Kings County Hospital

606 Winthrop Street, 7th Fl., Rm 2302, Brooklyn, NY 11203, (718) 245-2341

Serving zipcodes: 11203, 11207, 11208, 11210, 11212, 11213, 11216, 11217, 11218, 11223, 11225, 11226, 11230, 11233, 11234, 11236, 11238

Mobile Crisis Team, Woodhull Medical Center

100 North Portland, Brooklyn, NY 11206, (718) 260-7725

Serving zipcodes: 11201, 11205, 11206, 11207, 11208, 11211, 11212, 11217, 11219, 11221, 11222, 11233, 11237, 11238

Another agency that will do assessments in the home

and help set up services without regard to income (if there is no other responsible person to assist the individual) is:

**Adult Protective Services
Central Intake Referral Line
(212) 630-1853**

If the situation is not as serious as above and the person is willing, there are many ways to access mental health facilities. The person's primary care physician will know which practitioners are available to their patients within their insurance networks. It is important that people check with their carriers so that they are not burdened by large unintended bills. Also, people can check whether a practitioner is in their network by calling the telephone number on the back of their insurance card.

Another entry point into the mental health system is through the local hospitals. They usually have Outpatient Mental Health Clinics which take most insurances, including Medicare and Medicaid, as well as the private Medigap insurance plans.

Community Mental Health Centers are located throughout the borough and can be found in the telephone book or check with any of the agencies listed here.

**Bensonhurst Mental
Health Clinic**
1743 81st Street
Brooklyn, NY 11214
(718) 256-8600
Fax: (718) 232-8460 or
232-9325

**Brooklyn Bureau of
Community Services**
20 New York Avenue
Brooklyn, NY 11216
(718) 622-9400
Fax: (718) 398-7139
www.bbcs.org

**Brookdale University Hospital
and Medical Center,
Homebound Elderly
Psychiatric Outreach**
One Brookdale Plaza
Brooklyn, NY 11212
(718) 240-6378
Emergency: (718) 240-
5761
www.brookdalehospital.org

more →

**Brooklyn Center for
Psychotherapy**
300 Flatbush Avenue
Brooklyn, NY 11217
(718) 622-2000
www.newdirectionsbrooklyn.com

Casa BienEstar
10 Hanover Place
Brooklyn, NY 11201
(718) 222-1518
www.raices.us

**Downstate Mental Hygiene
Associates**
370 Lenox Road
Brooklyn, NY 11226
(718) 287-4806
[www.downstate.edu/
psychiatry](http://www.downstate.edu/psychiatry)

**FEGS Brooklyn Mental Health
Clinic**
199 Jay Street
Brooklyn, NY 11201
(718) 488-0100
Fax: (718) 488-0128
www.fegs.org

Interfaith Medical Center
Brooklyn Jewish Site/St.
John's Episcopal Hospital
Site
1545 Atlantic Avenue
Brooklyn, NY 11213
(718) 613-4000
www.interfaithmedical.com

**Interfaith Medical Center,
Outpatient Clinic**
1475 Fulton Street

Brooklyn, NY 11216
(718) 778-7702
www.interfaithmedical.com

**Kings County Hospital
Outpatient Department**
N Bldg., 451 Clarkson
Avenue
Brooklyn, NY 11203
(718) 245-2705

**National Neighborhood
Counseling Center**
7701 13th Avenue
Brooklyn, NY 11228
(718) 232-1351
Fax: (718) 837-5676

**NNational Neighborhood
Counseling Center**
796 H Drew Street
Brooklyn, NY 11208
(718) 235-3100
Fax: (718) 277-0822

**Park Slope Counseling
Service**
348 13th Street
Brooklyn, NY 11215
(718) 788-2461
Fax: (718) 788-8294
www.parkslopecenter.org

**Pesach-Tikvah-Hope
Development Mental Health
Guidance Center**
18 Middleton Street

Brooklyn, NY 11206
(718) 875-6900
www.pesachtikvah.org

St. Vincent's Services
Mental Health Outpatient
Clinic
333 Atlantic Avenue
Brooklyn, NY 11201
(718) 522-6011
Fax: (718) 522-1560
www.svs.org

**Woodhull Medical and Mental
Health Center**
760 Broadway

Brooklyn, NY 11206
(718) 963-8335
www.nyc.gov

“My wife seems more forgetful. How serious is it?”

Memory loss, confusion, changes in mood, and changes in behavior are some signs that something may be wrong. If you notice these signs, it is important to have an evaluation to determine the cause. Many conditions can cause these symptoms, including side effects from medication, thyroid disorders, nutritional deficiencies, alcoholism, infections, dementia, Alzheimer’s disease, depression, strokes, brain tumors, and head injuries. Some of these conditions are treatable or reversible. Getting the right diagnosis can lead to getting the appropriate care.

There is no one diagnostic test to determine the cause of dementia-like behavior. A comprehensive clinical evaluation should be performed. This type of evaluation includes a complete medical history and physical examination, a neurological examination, a mental status evaluation, and laboratory tests including blood tests and urinalysis, an electro-cardiogram (EKG) and a chest x-ray. Other tests such as an EEG (electroencephalogram that measures brain wave activity), a CT scan (which takes x-ray images of the brain, MRI (magnetic resonance imaging) may be done, as well. In addition, a psychiatric evaluation can rule out the presence of depression, which can result in memory loss similar to dementia. Neuropsychological tests may be done to test memory, reasoning, writing, vision-motor coordination, and the ability to express ideas.

This type of complete evaluation may be obtained by the family physician in collaboration with specialists, but for “one-stop shopping” it can be done through one of the geriatric assessment centers listed on the next pages. You can make the appointment yourself.

Most work-ups are performed on an outpatient basis, but some agencies, such as the Brooklyn Alzheimer's Disease Assistance Center, can arrange a complete in-home assessment. A family member or someone close to the patient should be involved in the process to give a history and describe behavioral changes.

New York City has multiple medical institutions with expertise in diagnosing dementia. The programs vary in scope, eligibility criteria, and fee structure. Almost all accept Medicare, Medicaid and third-party insurance payments. Many of these centers also offer family counseling services and support groups to help families understand the complexity of the diagnostic work-up.

Note: Columbia Presbyterian Medical Center, Memory Disorders Center, and Cornell University Medical Center, Memory Disorders Clinic, both require a doctor's referral. Individuals who call directly will not be served. Please have their doctor call.

BROOKLYN

Brooklyn Alzheimer's Disease Assistance Center
370 Lenox Road
Brooklyn, NY 11226
(718) 287-4806

Brooklyn University, Hospital and Medical Center, Department of Psychiatry, Geriatric Mental Health Service
Brookdale Medical Associates Building
2460 Flatbush Avenue, near King's Plaza
Brooklyn, NY 11212
(718) 240-5455
www.brookdale.edu

Downstate Medical Ctr, SUNY, Memory Disorders Clinic & Geriatric Psychiatric Clinic
370 Lenox Road
Brooklyn, NY 11226
(718) 287-4806
(outpatient)
(718) 270-2452 (inpatient)
<http://www.downstate.edu/neurology/memory.html>

Maimonides Medical Center Neurology and Headache Department
4802 10th Avenue
Brooklyn, NY 11219
(718) 283-7470
www.maimonidesmed.org
- *click on geriatric care*

more→

MANHATTAN

Bellevue Hospital

Geriatric Center

27th Street and 1st

Avenue, # 2E25

New York, NY 10016

(212) 561-6371

Beth Israel Medical Center

317 East 17th Street, 9th
Fl.

New York, NY 10003

(212) 420-4111

www.nyneurosurgery.org

Columbia Presbyterian Medical Center

Memory Disorders Center

110 West 168th Street

New York, NY 10032

(212) 305-6939

Fax: (212) 305-1145

[www.cumc.columbia.edu/
dept/neurology/memory/](http://www.cumc.columbia.edu/dept/neurology/memory/)

Columbia Presbyterian Eastside

Memory Disorders Center

16 East 60th Street, #330

New York, NY 10022

(212) 543-5853

Cornell University Medical Center

Memory Disorders Clinic

428 East 72nd St., #500

New York, NY 10021

(212) 746-6581/ 2344

Fax: (212) 746-5584

[www.weillcornell.org/
memorydsdr](http://www.weillcornell.org/memorydsdr)

Mount Sinai Medical Center

Memory and Aging Center

1 Gustave Levy Place

New York, NY 10029

(212) 241-8329 or (212)

824-7014

[www.mssm.edu/
psychiatry/](http://www.mssm.edu/psychiatry/geriatric_care.shtml)

[geriatric_care.shtml](http://www.mssm.edu/psychiatry/geriatric_care.shtml)

New York University Medical

Center, Institute for Aging and Dementia

The Pearl Barlow Center

for Memory Evaluation

and 550 145 East 32nd

Street

New York, NY 10016

(212) 263-3210

www.med.nyu.edu/barlow

St. Luke's Roosevelt Hospital

Center, Division of

Geriatric Medicine

1111 Amsterdam Avenue

New York, NY 10025

(212) 523-5934

[http://www.wehealny.org/
directory/directory_g.html](http://www.wehealny.org/directory/directory_g.html)

“I need to go to work, but I can’t leave Mom alone.”

Adult Day Services are another important resource that allows caregivers to take time from their caregiving responsibilities knowing that their loved one is receiving care from a dependable and trained source. Adult day care programs offer services ranging from socialization to active rehabilitation and health-related care. Although program structures vary, the senior can attend anywhere from 3 to 12 hours a day, as many as seven days a week. Most programs also provide lunch and many also offer door-to-door transportation.

There are two kinds, or models, of adult day care:

The **Social Model** provides supervision and socialization activities such as games and dancing, or services such as memory-orientation exercises. Most of these programs do not have a medical component, and payment is usually private pay or insurance, while Medicaid may cover some clients with referrals.

The **Medical Model (M)** provides both social activities and medical care, such as giving medications and routine monitoring or treatment. These are usually affiliated with nursing homes and are regulated by the Department of Health. Payment can be through Medicaid, private insurance, or private pay. A program may accept Medicare if the client requires certain rehabilitation services.

There are programs specifically for persons with Alzheimer’s disease and other forms of dementia, and programs for physically frail elders who can no longer keep up in a traditional senior center. Be sure to ask if the center serves a specific population. Take a tour of centers that interest you. Application procedures may vary among programs.

more→

Adult Day Health Care
5506 Church Avenue
Brooklyn, NY 11203
(718)346-2040
Fax: (718) 346-2904

**Bainbridge Adult Day Health
Care Center (M)**
3093 Ocean Avenue
Brooklyn, NY 11235
(718) 891-2345
Fax: (718) 891-6633

**Brookdale University Hospi-
tal and Medical Center (M)**
1 Brookdale Plaza
Brooklyn, NY 11212
(718) 240-5000
Fax: (718) 240-6484

Casa BienEstar
Spanish Speaking Elderly
Council-Raices
10 Hanover Place
Brooklyn, NY 11201
(718) 222-1518
www.raices.us/
CasaBienEstar.html

**Jacquelyn Hernandez Adult
Day Health Center (M)**
822 Lexington Ave.
Brooklyn, NY 11221
(718) 855-2050
www.jhdaycenter.org

**Concord Adult Day
Healthcare (M)**
300 Madison Street
Brooklyn, NY 11216
(718)636-7500
Fax: (718) 636-7533

CNH Social Adult Day Care
270 Nostrand Avenue
Brooklyn, NY 11205
(718) 638-6877
Fax: (718) 638-5970

CNR Healthcare Network (M)
596 Prospect Place
Brooklyn, NY 11238
(718) 362-1444
Fax: (718) 362-1445
www.cnrhealthcare.org

Cypress Hills Senior Center
3208 Fulton Street
Brooklyn, NY 11208
(718) 235-0064
cypresssrctr.org

**Dr. Susan Smith McKinney
Adult Day Health Care Cntr (M)**
594 Albany Avenue
Brooklyn, NY 11203
(718)245-7333
Fax: (718) 245-7076

Fairview Adult Daycare Cntr
1444 East 99 Street
Brooklyn, NY 11236
(718) 251-5600

**Franklin Avenue ADC/CNR
Healthcare (M)**

520 Prospect Place
Brooklyn, NY 11238
(718) 636-1000

**Haym Solomon Home for
Nursing & Rehab (M)**

2340 Cropsey Avenue
Brooklyn, NY 11214
(718) 373-1700
Fax: (718) 372-4781

Kings Bay YM-YWHA

3495 Nostrand Avenue
Brooklyn, NY 11229
(718) 648-7703
Fax: (718) 648-0758
www.kingsbayY.org

**Lakeside Adult Day Care
Health Center(M)**

945 East 108th Street
Brooklyn, NY 11236
(718) 272-1671
Fax: (718) 649-6460

**Lemberg Home & Geriatric
Institute**

8629 Bay Parkway
Brooklyn, NY 11214
(718) 266-0900
Fax: (718) 714-0482
lemborg@lemborghome.org

**Lowenstein Alzheimer's
Adult Day Care (M)**

596 Prospect Place
Brooklyn, NY 11238
(718)362-1444
Fax: (718) 362-1445

**Lucille Rose Adult Day Health
Care Program (M)**

835 Herkimer Street
Brooklyn, NY 11233
(718) 221-2822
Fax: (718) 221-2728
ehs.org/nursinghomes/
bishophucles-
lucillerose.html

**MJG Nursing Home and
Adult Day**

6202 16th Avenue
Brooklyn, NY 11204
(718) 621-3600
Fax: (718) 621-1280
www.metropolitan.org

Northern Adult Day Center(M)

1 Prospect Park West
Brooklyn, NY 11215
(718) 789-6898
northernservicesgroup.com

**Palm Gardens Adult Day
Health Center**

615 Avenue C
Brooklyn, NY 11218
(718) 438-5300
palmgardenscenter.com

**Park Slope Geriatric
Day Center**

199 14th Street
Brooklyn, NY 11215
(718) 499-7701
Fax: (718) 768-2119
www.psgdc.org

more →

Rutland Adult Day Center(M)
585 Schenectady Avenue
Brooklyn, NY 11203
(718) 604-5400
Fax: (718) 604-5698

Seniors in Touch
9000 Shore Road
Brooklyn, NY 11209
(718) 630-7588
Fax: (718) 833-5290

**Sephardic Home Skilled
Nursing & Rehab (M)**
2266 Cropsey Avenue
Brooklyn, NY 11214
(718) 266-6100
Fax: (718) 714-1127
www.sephardichome.org

**Wartburg Lutheran Home for
Aging, Adult Day Health Care
Program (M)**
50 Sheffield Avenue
Brooklyn, NY 11207
(718)342-4210
Fax: (718) 485-9236

“Caregiving is so stressful. How do we cope?”

Making a commitment to help someone live at home for as long as possible may have come with a lot of planning or may have come about as the result of a health crisis. However, you became a caregiver and regardless of how much you love the person for whom you care, it can still be very stressful to juggle new responsibilities on top of previous ones. Experts report that people are struggling with more “stressors” than ever before. In fact, since 1970 studies show that life stress has intensified dramatically. “It’s simply your body’s way of reacting to your mind’s messages,” says George Pratt, Ph.D, and co-author of *Instant Emotional Healing*.

Caregivers must remember to care for themselves, or they will not be good carers for others. There are lots of ways that people deal with stress: exercise, quiet time alone, dancing, an evening out, a weekend away. Make regular plans to get the time you need in order to be your best in a caring role.

Support groups are an important place for families, caregivers, friends, and others to meet and share information, give and receive mutual support, and exchange coping strategies in relation to caring for an older person. Trained, competent leaders help members learn ways of dealing with similar problems.

Groups meet in all kinds of settings, such as nursing homes, day care centers, public and private community-based agencies, and in diagnostic centers or hospitals. There are special groups for caregivers of persons with Alzheimer’s disease and other forms of dementia, groups for those caring for someone with cancer, and for those in other situations. Most support groups are free of charge.

more→

Contact any of the agencies below to find out about the type of support groups they offer and their locations. Some of these agencies team up with agencies throughout Brooklyn, while others offer telephone support groups, so there is likely to be a group near you.

**Alzheimer's Association,
NYC Chapter**
360 Lexington Avenue,
5th Floor
New York, NY 10017
(212) 983-0700
Fax: (212) 697-6158
www.alzheimernyc.org

**Brooklyn Hospital Center,
Nareida Borrero Family
Caregiver Program**
121 DeKalb Avenue
Brooklyn, NY 11201
(718) 260-2752

**Dorot Caregivers
Connections**
171 West 85th Street
New York, NY 10024
(212) 769-2850
Fax: (212) 769-4989
www.dorotusa.org
Telephone support groups

Heights and Hills
57 Willoughby St., 4th Fl.
Brooklyn, NY 11201
(718) 596-8789
www.heightsandhills.org

**LLong Island Alzheimer's
Foundation**
5 Channel Drive
Port Washington, NY
11050
(516) 767-6856
info@liaf.org
www.liaf.org

Lutheran Medical Center
150 55th Street
Brooklyn, NY 11220
(718) 630-7588
Fax: (718) 833-5290
*For stroke victims and their
caregivers*

**NY Methodist Hospital,
Cancer Registry**
506 6th Street
Brooklyn, NY 11215
(718) 780-3593
Fax: (718) 780-7737
Cancer support groups

**Park Slope Geriatric
Day Center**
199 14th Street
Brooklyn, NY 11215
(718) 499-7701
Fax: (718) 768-2119
info@psgdc.org

www.psgdc.org

**Raices Casa BienEstar Mental
Health Clinic, Spanish
Speaking Elderly Council**
10 Hanover Place
Brooklyn, NY 11201
(718) 222-1518
Fax: (718) 222-4926

*For referrals, also contact the
agencies listed on pages 10-11.*

Well Spouse Foundation
66 West Main Street
Freehold, NJ 07728
1-800- 838-0879
support@wellspouse.org
www.wellspouse.org

“My parents and I have talked over their moving, but we’re confused about the housing options.”

Careful research and in-person visits are important in making the right housing choice. Financing will probably be the first consideration, so call around to find out if there are benefits and subsidies that will affect your choice. Spending some time visiting a few different facilities, talking with residents, and having a meal on-site if possible will help in choosing a new home that feels comfortable to everyone.

In Brooklyn, there are facilities that are licensed by the state and fall into three key categories: **Adult Homes (AH)**, **Enriched Housing Program (EHP)**, and **Assisted Living Program (ALP)**. In addition, there are apartment buildings designed for independent senior living, supportive senior housing that includes some assistance, and assisted living facilities that are privately operated, nonsubsidized, and rent at market rate. These often offer studio-type apartments with small kitchens, but also have a common dining room and many programs for residents.

The state-licensed programs have specific definitions: An Adult Home (AH) is established and operated for the purpose of providing long-term residential care, room, board, housekeeping, personal care, and supervision to five or more adults unrelated to the operator. An Enriched Housing Program (EHP) is established and operated for the purpose of providing long-term residential care to five or more adults, primarily persons sixty-two years of age or older, in community-integrated settings resembling independent housing units. The program provides or arranges for the provision of room, board, housekeeping, light personal care, activities, help with shopping, part-time supervision, and care management. The state-licensed Assisted Living Pro-

gram (ALP) combines residential and home care services. It is designed as an alternative to nursing home placement for individuals who historically have been admitted to nursing facilities for reasons that are primarily social rather than medical in nature. The NY State Department of Health keeps up-to-date listings on their website: **<http://www.health.state.ny.us/nysdoh/acf/county/kings.htm>**.

The facilities below are first those within specific programs regulated by the NY State Department of Health. Private facilities follow. Judge the quality of care by your personal visit to facilities in either category.

Please note the codes on the listings that follow. Some residences are designed to house persons with mental illness and may not be appropriate for all older persons. These are coded with an "M," but be sure to ask about the population when you are looking for an appropriate place for your loved one to live.

C O D E S
(AH) Adult Home
(ALP) Assisted Living Program
(AZ) Includes a section for care for person with Alzheimer's
(EHP) Enriched Housing Program
(K) Kosher meals
(M) 25% of residents have mental impairment
(P) Proprietary: ownership for profit
(V) Voluntary: not-for-profit

STATE LICENSED FACILITIES

Bayview Manor (AH)(P)(M)
 2255 Cropsey Avenue
 Brooklyn, NY 11214
 (718) 266-5858
 Fax: (718) 266-6406

Bethany Methodist Home (AH)(V)
 604 East 40th Street
 Brooklyn, NY 11203
 (718) 462-6292
 Fax: (718) 462-8894

Brookdale Residence, Brookdale Hospital and Medical Center (EHP/ALP)
 558-578 Rockaway Parkway
 Brooklyn, NY 11212
 (718) 240-6225
 Fax: (718) 345-3675

Brooklyn Manor Home (AH)(P)(M)
 2830 Pitkin Avenue
 Brooklyn, NY 11208
 (718) 235-0900
 Fax: (718) 235-0997

more →

Cumberland Gardens (EHP)
425 Cumberland Street
Brooklyn, NY 11201
(718) 623-8181
Fax: (718) 623-2809
Fax: (718) 616-1841

**Garden of Eden Home
(AH)(P)(M)**
1608-1620 Stillwell
Avenue
Brooklyn, NY 11223
(718) 236-5757
Fax: (718) 236-1985

**Harbor View Home (AH)
(P)(K)(AZ)**
3900 Shore Parkway
Brooklyn, NY 11235
(718) 769-9700
Fax: (718) 934-0680
www.harborviewhome.com

**Mermaid Manor (AH/ALP)
(P)(M)**
3602 Mermaid Avenue
Brooklyn, NY 11224
(718) 266-2100
Fax: (718) 266-2103

New South Shore Manor (AH)
1041 East 83rd Street
Brooklyn, NY 11236
(718) 241-7035
Fax: (718) 241-7039

**Norwegian Christian Home
Health Center (AH) (V)**
1250-1270 67th Street
Brooklyn, NY 11219
(718) 232-2322
Fax: (718) 331-5111

**Oceanview Manor Home for
Adults (AH)**
3010 West 33rd Street
Brooklyn, NY 11224
(718) 996-1500
Fax: (718) 946-9102

Palm Beach Home (AH)(P)(K)
2900 Bragg Street
Brooklyn, NY 11235
(718) 891-8400
Fax: (718) 769-1006
www.palmbeach.com

**Park Manor Adult Home
(AH)(P)(M)**
570 Coney Island Avenue
Brooklyn, NY 11218
(718) 633-5300
Fax: (718) 437-9621

Regency of Boro Park (AH)
5110 19th Avenue
Brooklyn, NY 11204
(718) 223-1800
Fax: (718) 223-1801

Scharome Manor (AH)(P)(K)
631 Foster Avenue
Brooklyn, NY 11230
(718) 859-2400
Fax: (718) 859-4412

**St. Nicholas Cathedral Home
(AH) (V)**
437 Ovington Avenue
Brooklyn, NY 11209
(718) 238-8141
Fax: (718) 680-2035

**Surf Manor Home for Adults
(AH)**

2316 Surf Avenue
Brooklyn, NY 11224
(718) 996-8400
Fax: (718) 996-8403

Thomas Jefferson (AH/ALP)(AZ)

650 East 104th Street
Brooklyn, NY 11236
(718) 649-0700
Fax: (718) 649-4441
www.tjhfa-alp.com

**PRIVATELY RUN
FACILITIES**

Prospect Park Residence (AZ)

1 Prospect Park West
Brooklyn, NY 11215
(718) 622-8400
Fax: (718) 622-8449
www.castleseniorliving.com

Savoy at Brooklyn (AZ)

385 McDonald Avenue
Brooklyn, NY 11218
(718) 871-8600
Fax: (718) 871-5503
www.savoyseior.com

**Scharf's Ateret Avot of
Midwood (K)**

1410 East 10th Street
Brooklyn, NY 11230
(718) 998-5400
Fax: (718) 645-8600
www.ateretavot.com

South Shore Manor

1041 East 83rd Street
Brooklyn, NY 11236
(718) 241-7035
Fax: (718) 241-7039

**Sunrise Assisted Living at
Sheepshead Bay (AZ)**

2211 Emmons Avenue
Brooklyn, NY 11235
(718) 616-1850
Fax: (718) 616-1841
www.sunriseseniorliving.com

Sunrise at Mill Basin

5905 Strickland Avenue
Brooklyn, NY 11234
(718) 444-2600
Fax: (718) 444-2167
www.sunriseseniorliving.com

C O D E S

(AH) Adult Home

(ALP) Assisted Living Program

*(AZ) Includes a section for care
for person with Alzheimer's*

*(EHP) Enriched Housing
Program*

(K) Kosher meals

*(M) 25% of residents have mental
impairment*

*(P) Proprietary: ownership for
profit*

(V) Voluntary: not-for-profit

“What do nursing homes offer? What should I look for when I visit?”

This booklet is designed to help caregivers get the support they need to maintain life at home as long as possible; however, sometimes the level of care required is more than the family and community can provide. A residence with around-the-clock nursing care may be needed.

These days, nursing homes will only admit people who need help with all activities of daily living; or those who have conditions that require skilled nursing care (Registered Nurse or Licensed Practical Nurse) on a daily basis. In either case, nursing homes will also provide services such as dietary, therapeutic, personal, social, and recreational services as well as meals, laundry, housekeeping, and medical services.

Finding the proper nursing home is an important decision. As with all services in this booklet, shop around, and in the case of nursing homes, have four or five options in your initial search. Arrange an appointment to visit the homes, especially during meal times to get a better sense of the food and atmosphere. Take the list below* with you to remind you of things to look for and ask.

- Is the facility clean? Is there a permeating odor?
- Are the residents groomed and dressed?
- Are the rooms cheerful or depressing?
- Are the majority of residents out of bed?
- Do individual rooms have the resident's personal possessions?
- Are there bathrooms in the individual bedrooms?
- Does the staff seem to be caring? How do they interact with the patients, especially those with dementia?

- Are there aides in the dayrooms, or are the patients unattended?
- If you observe a meal, does the food look appetizing? Are portions reasonable?
- Are those who need assistance with eating being helped?
- Are there musical or other recreational activities going on?
- Activity schedules should be posted. Ask if you can observe a program.
- What security measures are in place? Security is especially crucial for dementia patients frequently wander.
- Is there a special unit or program for dementia patients?
- Have staff received special training to work with dementia patients?
- Does the home have volunteers assisting staff?
- How do staff members handle agitated patients?
- Is there sufficient room for pacers to walk? Enough space is critical for those who pace a great deal.
- If your relative has been accepted as medically appropriate and the facility has placed him on a waiting list, it is up to you to keep in touch with admitting staff. Call at least every ten days.

Another group with helpful advice as you search for a nursing home is Friends and Relatives of Institutionalized Aged (FRIA), 11 John Street, Suite 601, New York, NY 10038, Helpline: (212) 732-4455; Phone: (212) 732-5667; Fax: (212) 732-6945; info@fria.org; www.fria.org.

There is also a “Compare Nursing Homes” link at **Medicare.gov**, which gives information on any nursing home that accepts any government funding.

**List from “Placing Your Relative With Dementia in a Nursing Home,” published by the NYC Department for the Aging and available online at <http://www.nyc.gov/html/dfta/downloads/pdf/placefrm.pdf> or free from DFTA by calling 311. This publication will be helpful to anyone considering nursing home care, whether or not your relative has Alzheimer’s or other forms of dementia.*

more→

Aishel Avraham Residential Health Facility (V) (K)

40 Heyward Street
Brooklyn, NY 11211
(718) 858-6200
Fax: (718) 858-7512

Bishop Henry B. Hucles Episcopal Nursing Home (V)

835 Herkimer Street
Brooklyn, NY 11233
(718) 221-2600
Fax: (718) 221-2689
[www.ehs.org/
EHS_BH1.htm](http://www.ehs.org/EHS_BH1.htm)

Bishop Mugavero Center for Geriatric Care (V)

155 Dean Street
Brooklyn, NY 11217
(718) 694-6700
Fax: (718) 694-6716

Brooklyn-Queens Nursing Home (P)(K)

2749 Linden Boulevard
Brooklyn, NY 11208
(718) 277-5100
Fax: (718) 647-2597

Brooklyn United Methodist Church Home (V)

1485 Dumont Avenue
Brooklyn, NY 11208
(718) 827-4500
Fax: (718) 277-1700

Buena Vida Continuing Care & Rehab Center (V)

48 Cedar Street
Brooklyn, NY 11221
(718) 455-6200
Fax: (718) 573-8690

CABS Nursing Home Company (V)

270 Nostrand Avenue
Brooklyn, NY 11205
(718) 789-6262
Fax: (718) 789-2200

Carlton Nursing Home

405 Carlton Avenue
Brooklyn, NY 11238
(718) 789-6262

Caton Park Nursing Home (P)(K)

1312 Caton Avenue
Brooklyn, NY 11226
(718) 693-7000
Fax: (718) 693-5939
[www.nynursinghome.com/
caton/](http://www.nynursinghome.com/caton/)

CNR Healthcare Network (V)

520 Prospect Place
Brooklyn, NY 11238
(718) 636-1000
(877) 426-7225
Fax: (718) 857-4559
www.cnrhealthcare.org

Cobble Hill Health Care Center (V)

380 Henry Street
Brooklyn, NY 11201
(718) 855-6789
www.cobblehill.org

C O D E S

(M) Municipal: government ownership
(P) Proprietary: privately owned
(V) Voluntary: not for profit
(K) Kosher meals

Concord Nursing Home
300 Madison St
Brooklyn, NY 11216-1597
(718) 636-7500
Fax: (718) 636-7518

**Crown Nursing & Rehab
Center (P)**
3457 Nostrand Avenue
Brooklyn, NY 11229
(718) 615-1100
Fax: (718) 769-6901

Ditmas Park Care Center (P)
2107 Ditmas Avenue
Brooklyn, NY 11226
(718) 462-8100
Fax: (718) 941-6051

**Dr. Susan Smith McKinney
Nursing & Rehabilitation
Center (M) (K)**
594 Albany Avenue
Brooklyn, NY 11221
(718) 245-7170
Fax: (718) 245-7060

**Four Seasons Nursing Home
(P)(K)**
1555 Rockaway Parkway
Brooklyn, NY 11236
(718) 927-6300
Fax: (718) 927-0136

Greenpark Care Center (P)
140 St. Edward Street
Brooklyn, NY 11201
(718) 858-6400
Fax: (718) 596-5067

**Haym Solomon Home for
Nursing & Rehabilitation
(P)(K)**
2340 Cropsey Avenue
Brooklyn, NY 11214
(718) 373-1700
Fax: (718) 449-9028
rperles1851@aol.com

Holy Family Home (V)
1740 84th Street
Brooklyn, NY 11214
(718) 232-3666
Fax: (718) 259-9180

**Lemberg Home & Geriatric
Institute, Inc. (V)**
8629 Bay Parkway
Brooklyn, NY 11214
(718) 266-0900
Fax: (718) 714-0482

**Lutheran Augustana Center
for Extended Care and
Rehabilitation (V)**
5434 Second Avenue
Brooklyn, NY 11220
(718) 630-6000
Fax: (718) 630-6002
www.lutheranmedicalcenter.
com

C O D E S

*(M) Municipal: government
ownership*

(P) Proprietary: privately owned

(V) Voluntary: not for profit

(K) Kosher meals

more→

Marcus Garvey Nursing Home (V)

810 St. Mark's Avenue
Brooklyn, NY 11213
(718) 467-7300
Fax: (718) 467-7315

Menorah Home/Hospital (V)(K)

871 Bushwick Avenue
Brooklyn, NY 11221
(718) 443-3000
Fax: (718) 443-0654

Menorah Home and Hospital for the Aged and Infirm (V)(K)

1516 Oriental Boulevard
Brooklyn, NY 11235
(718) 646-4441
Fax: (718) 769-4185

MJG Nursing Home

4915 10th Avenue
Brooklyn, NY 11219
(718) 851-3700
Fax: (718) 972-6120
www.metropolitan.org

New York Congregational Nursing Center (V)

135 Linden Boulevard
Brooklyn, NY 11226
(718) 693-6060
Fax: (718) 693-4151

Norwegian Christian Home & Health Center (V)

1250 67th Street
Brooklyn, NY 11219
(718) 232-2322
Fax: (718) 331-5111
www.nchhc.org

Oxford Nursing Home (P) (K)

144 South Oxford Street
Brooklyn, NY 11217
(718) 638-0360
Fax: (718) 857-6418

Palm Gardens Nursing Home (P) (K)

615 Avenue C
Brooklyn, NY 11218
(718) 633-3300
Fax: (718) 633-2261

Palm Tree Center for Nursing & Rehabilitation (P) (K)

5606 15th Avenue
Brooklyn, NY 11219
(718) 851-1000
Fax: (718) 972-6427

Prospect Park Care Center (V) (K)

1455 Coney Island Avenue
Brooklyn, NY 11230
(718) 252-9800
Fax: (718) 951-6742

River Manor Care Center (P) (K)

630 East 104th Street
Brooklyn, NY 11236
(718) 240-3100
Fax: (718) 927-3198

Ruby Weston Manor (V)

2237 Linden Boulevard
Brooklyn, NY 11207
(718) 649-7000
Fax: (718) 272-0821

Rutland Nursing Home (V) (K)
585 Schenectady Avenue
Brooklyn, NY 11203
(718) 604-5000
Fax: (718) 604-5604

**SS Joachim & Anne
Residence (V)**
2720 Surf Avenue
Brooklyn, NY 11224
(718) 714-4800
Fax: (718) 714-0874

**Schulman & Schachne
Institute for Nursing and
Rehab (V) (K)**
555 Rockaway Parkway
Brooklyn, NY 11212
(718) 240-5101
Fax: (718) 240-6975

**Sea Crest Health Care
Center (P) (K)**
3035 West 24th Street
Brooklyn, NY 11224
(718) 372-4500
Fax: (718) 372-0147

**Sephardic Skilled Nursing &
Rehab Center (V) (K)**
2266 Cropsy Avenue
Brooklyn, NY 11214
(718) 266-6100
Fax: (718) 373-2825

**Sheepshead Nursing & Rehab
Center (P) (K)**
2840 Knapp Street
Brooklyn, NY 11235
(718) 646-5700
Fax: (718) 891-4359

Shore View Nursing Home (P)
2865 Brighton 3rd Street
Brooklyn, NY 11235
(718) 891-4400
Fax: (718) 891-1317

**Shorefront Jewish Geriatric
Center (V) (K)**
3015 West 29th Street
Brooklyn, NY 11224
(718) 266-5700
www.metropolitan.org

**Victory Memorial Hospital
Skilled Nursing Facility (V)**
699 92nd Street
Brooklyn, NY 11228
(718) 567-1820
Fax: (718) 567-1833
www.vmhny.org

**Wartburg Lutheran Home for
the Aging (V)**
50 Sheffield Avenue
Brooklyn, NY 11207
(718) 345-2273
Fax: (718) 485-9236
www.wartburg.org

**Willoughby Rehabilitation and
Health Care Center (P)**
949 Willoughby Avenue
Brooklyn, NY 11221
(718) 443-1600
Fax: (718) 453-9123

C O D E S

*(M) Municipal: government
ownership*

(P) Proprietary: privately owned

(V) Voluntary: not for profit

(K) Kosher meals

“My uncle’s illness is at the last stages. How can I take care of him?”

Hospice care can play a vital role when a loved one’s illness no longer responds to life-prolonging treatment, such as chemotherapy or dialysis. Continuing treatment may prolong a patient’s life; however, it can also increase suffering and discomfort. It can be useful for a caregiver to be aware of a patient’s medical needs and options during this stage of the patient’s illness.

The goal of hospice care is to keep the patient as comfortable as possible while offering the best *palliative care*. *From coordinating a patient’s treatment to providing caregivers with respite resources, hospice touches all parts of a patient’s life. Hospice can assist a family in coping with their impending loss and will continue to support them through their grief after the death of their loved one.

The challenge begins when a seriously ill patient and their families realize that the patient is no longer getting better nor benefiting from treatments. This is the time when hospice care can be considered. Hospice offers 24-hour access to a healthcare professional over the telephone. It can be offered at home, in a skilled nursing facility, or at an inpatient hospice unit.

Hospice services are provided by Medicaid, Medicare, and many private insurers. If you are unsure if your loved one qualifies for hospice, speak to his/her health care professional. To determine if the patient’s insurance covers hospice, you can call the insurance company directly. If insurance does not cover hospice, ask the hospice staff about

**Palliative care*—focuses on the comprehensive management of the physical, psychological, social and spiritual needs of patients with all types of progressive, incurable illnesses and their families.

other potential sources of financial assistance.

Below is a list of hospice facilities in Brooklyn and Manhattan as well as national organizations that provide information and education.

BROOKLYN AND MANHATTAN

**Calvary Hospital/Hospice/
Home Care**

1740 Eastchester Road
Bronx, NY 10461

(718) 279-2525

(877) 4-CALVARY

Call for Brooklyn satellite
office

Caring Hospice Services LLC

3071 Avenue U

Brooklyn, NY 11229

(718) 743-4600

CNR Healthcare Network (V)

520 Prospect Place

Brooklyn, NY 11238

(718) 636-1000

(877) 426-7225

Fax: (718) 857-4559

www.cnrhealthcare.org

**Jacob Perlow Hospice, Beth
Israel Medical Center**

16th Street & 1st Avenue
New York, NY 10003

(212) 420-2844

**Metropolitan Hospice of
Greater New York**

6323 7th Avenue

Brooklyn, NY 11220

(718) 921-7900

**Visiting Nurse Service of NY
(VNSNY) Hospice Care**

1250 Broadway

New York, NY 10001

(212) 290-3888

NATIONAL HOSPICE ORGANIZATIONS

Hospice Education Institute

190 Westbrook Road

Essex, CT 06426

(800) 331-1620

www.hospiceworld.org

**Hospice Foundation of
America**

2001 S Street, NW #300

Washington, DC 20009

(800) 854-3402

www.hospicefoundation.org

**National Hospice and
Palliative Care Organization**

1700 Diagonal Road,
300

Alexandria, VA 22314

(800) 658-8898

www.nhpco.org

“I’m so upset. How can I manage to arrange a funeral?”

The sudden or the unexpected death of a loved one can be very devastating to you and your family. Unfortunately, within a few hours after your loved one has passed away, you will be asked to make a very important decision regarding funeral arrangements. Arranging a funeral can be an extremely difficult task to handle. You will have to take into consideration the type of burial for your loved one, whether it be an earth burial (internment) or cremation. You will have to choose the merchandise and services for the body, such as the type of material used for the casket as well as the preparations for the body. But most importantly, you will have to find a funeral home that meets your loved one’s and your own expectations. With so much to consider, planning a funeral can be quite overwhelming to many people, especially during such an emotional period. To avoid making the wrong decisions, it would be best to pre-plan or pre-arrange a funeral.

In pre-planning a funeral, you will have the option of either paying for the funeral services in advance or paying for the services after they are completed. Depending on the funeral home, you may be allowed to set aside a trust for your loved one, or you may want to have a bank account or a trustee’s fund that states specifically what the money would be used for. This type of arrangement not only gives you a general idea of the services and the expected cost for the funeral, but it gives your loved one an opportunity to select the services he/she would prefer.

If there are no prior arrangements for a funeral, the time for comparing and finding the most suitable funeral home is limited – therefore, it would be best to ask the care facilities or your friends for recommendations. After you

have chosen the funeral home, you should keep in mind that you and your family should be making the decisions for your loved one, not the funeral director or staff. They are there to assist you with paperwork, provide accurate information, and to help you carry out the services that are selected. This applies to pre-arranged funerals as well.

Every funeral home should provide customers with a general price list for their services and merchandise. The cost of any funeral depends on the services and merchandise selected as well as the funeral home; therefore, there is no fixed amount. However, from the study done by University of Kansas Medical Center, the typical final cost for a funeral and a burial can range from \$3,000-\$6,000. Cremation is less expensive than burials. Some might want to contact a medical school regarding body donation.

Here are some suggestions* to help you make the best choice:

- Shop around. Many funeral homes are owned by the large companies. Check out prices at more than one location.
- Take along a friend, someone who may be less involved in the arrangements and more able to ask questions.
- Coffins are the most expensive item. You can purchase the coffin separately, and the funeral home is required to allow you to bring it in.
- Cremation is cheaper, but not if you are pressed to buy an expensive coffin. Price the coffin and container carefully.
- Make certain if you pre-pay that funds are held in an escrow account specifically for the funeral.
- Many consumers get help from local memorial societies.

These are nonprofit organizations whose volunteers can help you

more→

find reputable funeral directors in your area. Look for a society near you on the internet or in the telephone directory.

- Many Fraternal organizations provide funerals for their members. If you loved one belonged to an organization, such as Knights of Pithius or Knights of Columbus, see if they offer such services.

SEE ALSO:

New York State Department of Health

www.health.state.ny.us/nysdoh/consumer/patient/funeral.htm

Includes an excellent list of answers to frequently asked questions.

Better Business Bureau

<http://www.newyork.bbb.org/newyorkpublications/> - go to "Personal and Family Services" and then click on "Funerals."

A helpful list of federal, state, and city requirements.

Hebrew Free Burial Association

224 West 35th Street, Room 300

New York, NY 10001

Phone: (212) 239-1662

www.hebrewfreeburial.org

Notes: Burial services for Jewish people who are indigent

Society Of St Vincent De Paul

7911 7 Avenue

Brooklyn, NY 11228

Phone: (718) 491-2525

Notes: Burial program for people without means to intern their loved ones

For Veterans (ALSO SEE PAGE 24):

Cypress Hills National Cemetery

625 Jamaica Avenue

Brooklyn, NY 11208

(631) 454-4949

* *Most suggestions from "Fighting the Hard Sell: A Guide to Keeping Funeral Costs Down," by Tom Robbins, New York Daily News, November 1998.*

“Is anyone working to improve services for seniors?”

The simple answer is “YES!” Every agency working with older persons is committed to improving services, but some organizations were founded specifically to provide nonpartisan information, to advocate on specific issues, and to lobby for better funding and improvements in services. Some of the organizations listed below have offices and large staffs; some are all volunteer; most can use your help in their efforts.

American Association of Retired Persons (AARP)
New York State Office
780 Third Avenue, 33rd Fl.
New York, NY 10017
(212) 758-1411
Fax: (212) 644-6390
TTY: 212-644-3486
www.aarp.org

There are many chapters in Brooklyn; use the website or call the office for a chapter near you.

AARP-55 Alive
Driver Safety classes
(888) AARP-NOW
(888-227-669)
or www.aarp.org

Brooklyn-Wide Interagency Council of the Aging
5901 13th Avenue
Brooklyn, NY 11219
(718) 686-1333
Fax: (718) 686-1336
bwica@aol.com

(Ask for the phone number for your neighborhood council.)

Council of Senior Centers and Services
49 West 45th St., 7th floor
New York, N.Y. 10036
(212) 398-6565
www.cscsn_ny.org

Friends and Relatives of Institutionalized Aged
11 John St., Suite 601
New York, NY 10038
(212) 732-4455
www.fria.org

Gray Panthers
165 West 86th Street
New York, NY 10024
212-799-7572

Griot Circle
(Gay Reunion In Our Time)
30 Third Avenue, Room 202
Brooklyn, NY 11217
(718) 246-2775
www.griotcircle.org

Medicare Rights Center

more→

1460 Broadway, 11th
Floor
New York, NY 10036
(212) 869-3850
Fax: (212) 869-3532
www.medicarerights.org

**NYC Long-Term Care Om-
budsman Program**
11 Park Place, Suite 1111
New York, NY 10007-2801
(212) 962-2720

*Advocates for residents of nursing
homes, board and care homes, and
assisted living.*

**Nursing Home Community
Coalition of New York State**
11 John Street, Suite 601
New York, NY 10038-4070
(212) 385-0355
www.nhccnys.org

**Public Advocate for the City
of New York**
1 Centre Street
New York, NY 10007
Senior Action Line:
(212) 669-7670
[www.pubadvocate.nyc.gov/
html/senior_guide/](http://www.pubadvocate.nyc.gov/html/senior_guide/)

**Senior Action in a
Gay Environment (SAGE)**
305 7th Avenue
New York, NY 10001
(212) 741-2247
www.sageusa.org
sageusa@aol.com

ELDER-ABUSE HELP

**Elderly Crime Victim
Resource Center, NYC
Department for the Aging**
2 Lafayette Street, 4th
Floor, Room 402
New York, NY 10007
(212) 442-3103

**Human Resources Adminis-
tration (HRA), Protective
Services for Adults**
103 Clinton Street
Brooklyn, NY 11201
(718) 722-4811

**Interfaith Medical Center
Mobile Crisis Unit**
555 Prospect Place
Brooklyn, NY 11238
(718) 935-7284

JASA
132 West 31st Street
New York, NY 10001
(212) 273-5272
www.jasa.org

**Victim Services Agency
Safe Horizon**
2 Lafayette Street, 3rd Floor
New York, NY 10007
(212) 577-7777 (24 hours)
www.safehorizon.com

**Walk the Walk, Service for
Power & Protect the Seniors**
2509 38th Avenue
Long Island City, NY
11101
(718) 433-0800

“I just stopped my dad from getting his good roof repaired!”

Senior and disabled persons who are victims of fraud or economic crime, such as predatory lending or telemarketing schemes, have access to free-of-charge financial counseling under a new state law (Chapter 391).

Victims must make their claim within one year of the date of the crime in order to be eligible.

Contact the Crime Victims Board, <http://cvb.state.ny.us>, at 1-800-247-8035 or (718) 923-4325.

Alphabetical Index of Organizations and Agencies

- AARP (American Association of Retired Persons) 22, 75
AARP-55 Alive Driver Safety 75
Access to Benefit 24
Access-A-Ride 18
Accessibility Equipment Manufacturers Association (AEMA) 45
Accessibility World 45
Adult Day Health Care 54
Adult Protective Services 47
Aishel Avraham Residential Health Facility 66
ALS Center Beth Israel Medical Center 30
Alzheimer's Association, NYC Chapter 21, 22, 30, 58
Alzheimer's Store 45
American Cancer Society- Brooklyn Office 33
American Certified Special Services 40
American Diabetes Association, New York Office 31
American Foundation for the Blind 31
American Heart Association 31
American Lung Association 31
American Medical Alert Corporation 22
American Parkinson's Disease Association 31
American Podiatric Medical Association 31
American Senior Safety Agency 22
Americans for Better Care of the Dying 31
Arthritis Foundation NYC 31
Association of the Bar of NYC, Lawyer Referral Services 29
At Home Health Service Agency, Inc. 40
- Bainbridge Adult Day Health Care Center 54
Bay Ridge Center for Older Adults 13, 19, 37
Bay Ridge on the Move, Lutheran Medical Center 19
Bayview Manor 61
Bedford Stuyvesant Community Mental Health Center 48
Bellevue Hospital Geriatric Center 52
Benefit *QuickCheck* 24
Benefits CheckUp 24
Bensonhurst Mental Health Clinic 47
Bensonhurst Senior Services 41
Bergen Beach Services for Seniors 19
Beth Israel Medical Center 52
Bethany Methodist Home 61
Better Business Bureau 74
Better Hearing Institute 31
BFFY Bensonhurst 13, 38
BFFY Sheepshead Bay Community Services 13, 37
BFFY The Bay Senior Center 19
BFFY-St. Charles Jubilee 19
BHRAGS Homecare Corp 41
Bishop Henry B. Hucles Episcopal Nursing Home 66
Bishop Mugavero Center for Geriatric Care 66
Black Vets for Social Justice 26
Boro Park YM-YWHA Sr. Center 19
Brain Injury Association 31
Bridge St. Senior Citizens Program 19
Brookdale Hospital Medical Center Home Care 41
Brookdale University Hospital and Medical Center, Adult Day 54
Brookdale Residence, Brookdale Hospital Medical Center 61
Brookdale University Hospital/Medical Center and Homebound Elderly Psychiatric Outreach program 47
Brooklyn AIDS Task Force 31
Brooklyn Alzheimer's Disease Assistance Center 51
Brooklyn Bar Association 29
Brooklyn Borough President's Office, Constituent Service Center, 1
Brooklyn Bureau of Community Services 47
Brooklyn Campus/VA, NY Harbor Health Care System 26
Brooklyn Center for Psychotherapy 48
Brooklyn Chinese-American Association 14
Brooklyn Hospital Center, 34
Brooklyn Hospital Center Home Health Services 41

Brooklyn Hospital Center, Nareida
 Borrero Family Caregiver Program 58
 Brooklyn Manor Home 61
 Brooklyn Office for the Aging 29
 Brooklyn Parkinson's Group 32
 Brooklyn Psychiatric Center 48
 Brooklyn-Queens Nursing Home 66
 Brooklyn United Methodist Church Home
 66
 Brooklyn Univ. Hospital and Medical
 Ctr., Dept of Psych. Geriatric Mental
 Hlth. Service 51
 Brooklyn Vet Center 26
 Brooklyn-Wide Interagency Council of
 the Aging 75
 Buena Vida Continuing Care & Rehab
 Center 66
 Builders for Family and Youth (see
 BFFY)

 Cabrini Medical Center 34
 Cabrini Medical Center/Hospice 71
 CABS Home Attendants Service, Inc. 41
 CABS Nursing Home Company 66
 Calvary Hospital/Hospice/Home Care 71
 Cancer Care 33
 Cancer Institute of Brooklyn, Maimonides
 Medical Center 33
 Caregiver's Network 41
 Caring Hospice Services LLC 71
 Carlton Nursing Home 66
 Casa BienEstar 48, 54, 59
 Caton Park Nursing Home 66
 Castle Living at Prospect Park 63
 CAYA Best Transportation Program 20
 Center for Martial & Family Therapy 48
 Center for Nursing and Rehab (see CNR)
 Chinese- American Planning Council
 (CPC)- Home Attendant Program 41
 CNH Social Adult Day Care 54
 CNR Healthcare Network 41, 54, 66, 71
 Coalition for Institutionalized Aging
 Cobble Hill Health Center 54, 66
 COHME (Concerned Home Managers for
 the Elderly) 41
 Columbia Presbyterian Eastside, Memory
 Disorder 52
 Columbia Presbyterian Medical Center,
 Memory Disorders Center 52
The Comfort of Home 44
 Comforthouse 45
*The Complete Guide to Alzheimer's-
 Proofing Your Home* 44

 Concord Adult Day Healthcare 54
 Concord Case Management 14, 38
 Concord Nursing Home 67
 Concrete Change 45
 Cornell University Medical Center,
 Memory Disorders Clinic 52
 Council on Senior Centers and Services
 17, 24
 CPC Home Attendant Program 41
 Crown Heights Senior Services 19
 Crown Nursing and Rehab Ctr. 67
 Cumberland Gardens 62
 Cypress Hills National Cemetery 74
 Cypress Hills Senior Center 54

 Daytop C.A.R.E.S. 19
 Decatur Senior Action Center 19
 Department for the Aging, NYC 10, 17,
 24, 28, 65, 76
 Department of Veterans Affairs 25, 26
 Diabetes Educational Resource, NY
 Methodist Hospital 32
 Discount Ramps LLC 45
 Ditmas Park Care Center 67
 Dorot Caregivers Connections 58
 Downstate Medical Center, SUNY,
 Memory Disorders Clinic & Geriatric
 Psychiatry Clinic 51
 Downstate Mental Hygiene Associates 48
 Dr. Susan Smith McKinney Adult Day
 Health Care Center 54
 Dr. Susan Smith McKinney Nursing &
 Rehabilitation Center 67
 Dynamic Living 22

 Electroease 45
 Eldercare Advocates, Inc. 16
 Eldercare New York, Inc. 16
 Elderly Crime Victim Resource Center 76

 Fairview Adult Daycare Center 54
 Family Care Certified Agency 41
*Family Caregiver's Guide to Hospital
 Discharge Planning* 35
 Family Home Care Services of Brooklyn
 and Queens 42
 Family Resource and Adult Day Services
 Center 8, 55
 FEGS Brooklyn Mental Health Clinic 48
 First to Care Home Care 42
 Fort Greene Transportation and Nutrition
 Services 19
 Four Seasons Nursing Home 67

Franklin Ave. ADC/CNR Healthcare 55
Friends and Relatives of Institutionalized
Aged (FRIA) 65, 75
Garden of Eden Home 62
Geriatric Care Services 16
Geriatric Care Management 16
Geriatric Resource Consultants 16
Gerontologic Environmental Modification
(GEM) 45
Greater NY Chapter of the National
Association of Professional Geriatric
Care Managers 16
Greenpark Care Center 67
Griot Circle (Gay Reunion In Our Time)
75

Harbor View Home 62
Harris Sicular, Linda 16
Haym Solomon Home for Nursing and
Rehab 55, 67
Hearthside Elder Care, Inc. 16
Heights and Hill Community Council 13,
19, 38, 58
HIICAP Hotline 23
Holy Family Home 67
Home Assistance Personnel 42
Homebound Elderly Psychiatric Program
47
Homes that Help 46
Hospice Education Institute 71
Hospice Foundation of America 71
How to Get Them (benefits) 24
HRA-Protective Services for Adults 76
Huntington's Disease Society of America
32

Interagency Councils on Aging 75
Interfaith Medical Center, Home Care 42
Interfaith Medical Center, Mobile Crisis
Unit 47, 76
Interfaith Medical Center, Outpatient
Mental Health Clinics 48
Institute for Puerto Rican Elderly 10

Jacob Perlow Hospice, Beth Israel
Medical Center 71
Jacquelyn Hernandez Adult Day 54
JASA Brooklyn Central/Shorefront 13, 38
JASA Caregiver Respite 10, 11
JASA East Flatbush Senior Center 19
JASA Elder Abuse Services 76
JASA Storefront Services 13, 38
Jewish Association for Services for the

Aged (see JASA)
Jewish Community Center of Staten
Island 11

Kings Bay YM-YWHA 55
Kingsbrook Jewish Medical Center Home
Care 42
Kings County, Outpatient Department 48

Lakeside Adult Day Care Health Center
55
Lawyer Referral Services 29
Legal Aid Society, Brooklyn Office for the
Aging 29
Lemberg Home & Geriatric Institute 55,
67
Life Alert 22
Lifefone 22
Lifeline 22
Lighthouse Center 58
Lighthouse National Center for Vision and
Aging 32
Long Island Alzheimer's Foundation 58
Long Island College Hospital Home Care
42
Lowenstein Alzheimer's Adult Day Care
55
Lucille Rose Adult Day Healthcare 55
Lutheran Augustana Center for Extended
Care & Rehabilitation 67
Lutheran Medical Center 58

Maimonides Medical Center, Neurology
and Headache Dept. 51
Marcus Garvey Nursing Home 68
Medic Alert Foundation 22, 32
Medicare Rights Center 76
Memorial Sloan-Kettering Cancer Center
33
Menorah Home & Hospital 68
Menorah Home and Hospital for the Aged
and Infirm 68
Mermaid Manor 62
Met Council on Jewish Poverty 44
Metropolitan Hospice of Greater New
York 71
Metropolitan Jewish Health Care System
(see MJG) 42
Millennium Senior Services 20
MJG Nursing Home & Adult Day 55, 68
Mobile Crisis Team, Interfaith Medical
Center 46
Mobile Crisis Team, Kings County

Hospital 46
 Mobile Crisis Team, Woodhull Medical Center 46
 Mount Sinai Medical Center, Alzheimer's Disease Research Center 52
 Mount Sinai Medical Center, Caregivers and Professionals Partnership 11

 Nareida Borrero Family Caregiver Program 58
 National Academy of Elder Law Attorneys (NAELA) 29
 National Alliance for Caregiving 35
 National Association of Professional Geriatric Care Managers 16
 National Council on the Aging 24
 National Hospice and Palliative Care Organization 71
 National Institute on Aging (NIA) 30
 National Kidney Foundation 32
 National Multiple Sclerosis Society 32
 National Neighborhood Counseling Center 48
 New South Shore Manor 62
 New York City Department for the Aging (DFTA) 10, 17, 24, 28, 65 76
 New York City Long Term Care Ombudsman Program 76
 New York Congregational Nursing Center 68
 New York Methodist Hospital, Cancer Registry 58
 New York Methodist Hospital, Home Care 42
 New York Psychotherapy and Counseling Center 48
 New York State Department of Health 74
 New York State Health Insurance Information (see HIICAP)
 New York State Office for the Aging 23
 New York State Office of Advocate for Persons with Disabilities, Resource Center for the Disabled 44
 New York University Medical Center, Aging and Dementia Research Program 52
 Northern Adult Day Center 55
 Northern Queens Health Coalition 11
 Norwegian Christian Home Health Center 62, 68
 Nursing Home Community Coalition of New York State 76
 Nursing Sisters Home-Visiting Service 42

 Oceanview Manor Home for Adults 62
 Osteoporosis Detection/Treatment 32
 Oxford Nursing Home 68

 Palm Beach Home 62
 Palm Gardens Adult Day Health Center 55
 Palm Gardens Nursing Home 68
 Palm Tree Center for Nursing & Rehabilitation 68
 Park Manor Adult Home 62
 Park Slope Counseling Service 49
 Park Slope Geriatric Day Center, Inc. 9, 10, 11, 20, 56, 59
 Penn Wortman Senior Center 20
 Personal Response Systems (PERS) 21
 Personal Touch Home Aides of NY 42
 Personal Touch Home Care 42
 Pesach-Tikvah-Hope Development Mental Health Guidance Center 49
 Presbyterian Senior Services 11
 Project Relief Transportation Program 20
 Prospect Hill Senior Services Center 14, 20, 38
 Prospect Home Care 43
 Prospect Park Care Center 68
 Protective Services for Adults 76
 Public Advocate for the City of NY 76

 Raices 59 (see also Casa BienEstar)
 Regency of Boro Park 62
Resource Directory for Older People 30
 Response Link 22
 Revival Home Health Care 43
 Ridgewood Bushwick Senior Center 14, 20, 38
 River Manor Care Center 68
 Ruby Weston Manor 68
 Rutland Adult Day Center 56
 Rutland Nursing Home 69

 Safe Horizon 76
 Safe Return 21, 22
 Savoy at Brooklyn 63
 Scharf's Ateret Avot of Midwood 63
 Scharome Manor 62
 Schulman & Schachne Institute for Nursing and Rehab 56, 69
 Sea Crest Health Care Center 69
 Selfhelp Homecare 43
 Selfhelp Community Services, Kensington 14, 39
 Senior Action in a Gay Environment

(SAGE) 76
 Senior Action Line 76
 Senior Centers 17
 Seniors in Touch 56
 Sephardic Home Skilled Nursing &
 Rehabilitation Center 56, 69
 Services Now for Adult Persons 11
 Sheepshead Nursing & Rehab Center 69
 Shore View Nursing Home 69
 Shorefront Jewish Geriatric Center 43, 69
 Skin Cancer Foundation 33
 Society of Certified Senior Advisors 27
 South Brooklyn Legal Services 29
 South Shore Manor 63
 Southside Mission Case Management 14,
 39
 Spanish Speaking Elderly Council 56
 Special Services for Senior Citizens 14,
 39
 SS Joachim & Anne Residence 69
 St. Luke's Roosevelt Hospital Center,
 Division of Geriatric Medicine 52
 St. Mary's Hospital of Brooklyn Home
 Care 43
 St. Nicholas Cathedral Home 62
 St. Vincent's Services, Mental Health
 Outpatient Clinic 49
 Staten Island University Hospital,
 Osteoporosis Detection/Treatment 32
 Sunnyside Community Services 11
 Sunrise Adult Day Care 56
 Sunrise Assisted Living at Sheepshead
 Bay 63
 Sunrise at Mill Basin 63
 Surf Manor Home for Adults 63

 Thomas Jefferson Home 63

 United Way Cares 17

 Veteran's Administration (VA) 25, 26
 VA NY/NJ Veterans Healthcare Network
 26
 Veterans Community Clinics 26
 Veterans of Foreign Wars (VFW) 26
 Victim Services Agency, Safe Horizon 76
 Victory Memorial Hospital Long Term
 Health Care 43
 Victory Memorial Hospital Skilled
 Nursing Facility 69
 Visiting Nurse Regional Care Network 43
 Visiting Nurse Service of NY 43, 71
 Volunteer Ambulette Transport 20
 Walk the Walk, Service for Power and
 Protect the Seniors 76
 Wartburg Lutheran Adult Day Services 56
 Wartburg Lutheran Home for Aging 34,
 69
 Wayside Tompkins Park Senior Center 20
 We Care Home Health Care 43
 Weill Medical College 45
 Well Spouse Foundation 59
 Willoughby Rehabilitation and Health
 Care Center 69
 Woodhull Medical and Mental Health
 Center 49

 Young Israel of Midwood Sr. Center 20

Caregiver Reference Sheet

Have this information about the person you care for handy when you call for services:

Legal Name: _____

Address: _____

Birth Date: _____

Social Security Number: _____

Medicare Number: _____ Medicaid Number: _____

Insurance Name: _____ ID number: _____

Insurance Agent: _____ Phone: _____

Emergency/Ambulance Number: _____

Doctor's Name: _____ Phone: _____

Pharmacy: _____ Phone: _____

Blood Type: _____ Medications (Name and Dosage):

Food Allergies: _____

Drug Allergies: _____

Style & Serial Number of Medical Devices: _____

DNR (Do Not Resuscitate) Form: No, I Do Not Have Yes, I Have

Form Location: _____

Health Care Proxy On File At: _____

Emergency Contact (s):

Name _____

Home Phone: _____ Work Phone: _____

Contact: _____

Home Phone: _____ Work Phone: _____

Special Notes:



W H O W E A R E

Park Slope Geriatric Day Center was established in 1983 as a freestanding, nonprofit, community-based agency to provide services to older adults who have "aged out" of traditional senior centers but want to stay active in their community. PSGDC is a recognized leader in the field. Today our services include social day programming for adults with Alzheimer's disease and other forms of dementia, including The Lotus Club for persons with Early Memory Loss. (PSGDC closed the Family Resource and Adult Day Services Center in 2008.)

Brooklyn Caregivers Resource Committee (BCRC) was initiated by Park Slope Geriatric Day Center (PSGDC) in the fall of 2001. BCRC is composed of elder service providers who are committed to a collaborative approach to meeting the needs of caregivers. Through monthly meetings we created this Guide to help caregivers in Brooklyn find support and services as quickly as possible. (2009: *This group is no longer active*)

The **New York City Department for the Aging's** Mission Statement is "To work for the empowerment, independence, dignity and quality of life of New York City's diverse older adults and for the support of their families through advocacy, education and the coordination and delivery of services." Older people and caregivers can find help from DFTA for everything from housing issues to raising grandchildren to caring for someone with Alzheimer's Disease to learning about volunteer and job opportunities.

Evaluation Form

Please let us know what you think about this Guide and how we can improve it. You may also fill this out online at www.psgdc.org/bcrc/guide.

Where did you get a copy of this Guide? (*Check one*)

In the Mail Senior Center Pharmacy

Doctor's Office Church Library

Other _____

Has this Guide been helpful?

Very Somewhat Not At All

What sections were most useful? (*Please note page numbers or write the topic in.*)

What is missing that you feel you need help with?

Did you look at the website version? Yes No

Was it useful? Very Somewhat Not At All

Other Comments:

*Please return this page in the envelope in this booklet or to:
Resource Guide, Park Slope Geriatric Day Center, 199 14th
Street, Brooklyn, NY 11215, or fax to (718) 768-2119.*