

**Suffolk County Division**



NYS Chapter

**Committee on Aging**

# Caring for Seniors in Suffolk

***A RESOURCE GUIDE FOR CAREGIVERS***

2011



NYS Chapter - Suffolk County Division  
[www.naswnys.org](http://www.naswnys.org)

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## Dedication

This Guide is dedicated to the memory of my mother, Florence Matthews, who was an admired and loved community leader and volunteer in East Hampton for over 30 years. After her retirement from teaching and guidance counseling in 1978, she moved to the East End of Long Island and founded educational, social, and cultural programs, enriching the lives of hundreds of retirees. She was the co-founder, with my father, of the Center for Creative Retirement at Southampton College, LIU, and the East Hampton “Roundtable.” She wrote *The Hampton’s Health Spa Diet Cookbook* in 1983 and taught nutrition and healthy cooking on cable TV.

She was loved by so many people for her intelligence, warmth, ability to organize and get things done, and her concern about the lives of others.

She was an inspiration to all who knew her.

Roberta Matthews Monat, LCSW  
Chair, Committee on Aging  
NASW, NYS Chapter, Suffolk County Division

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# **Caring for Seniors in Suffolk**

*A resource guide for caregivers*

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## INTRODUCTION TO THE CAREGIVER GUIDE

*I feel my mother may need some help in the home and I don't know where to start.  
I was told to obtain home care for my father, but I don't know where to begin.  
Everything about Medicare and Medicaid is confusing: which one is which and what services do they cover?*

If this sounds familiar, you are not alone. The hurdles you and your family face do not have to be overwhelming. All of these questions will be answered in a straight forward, easily accessible format. This guide is designed to assist you in navigating your way so that you can connect to the many services and entitlements available to seniors residing in Suffolk County.

*NASW does not endorse any of the services or individuals listed in this guide. The guide is for informational purposes only.*

### HOME CARE

*Most people want to stay in their homes even if they need a lot of care and even if family members are not always comfortable with that decision. How do you choose which type of home assistance is best for you or your family member? What is available in Suffolk County, New York?*

### Medicare

Medicare is a federal health insurance program that pays for hospital and medical care for people over 65 and certain disabled individuals. (For a further description see page 25)

Certified Home Health Care Agency (CHHA, pronounced “Cha”)

In order for care in the home to be covered by Medicare, and by most health insurances, the senior will require a prescription from a medical doctor or a referral from either a hospital or a sub acute/in-patient rehabilitation facility for services requiring skilled care or need for nursing care intervention in the home.

Depending on the senior's health needs, nursing visits will be at least biweekly or for a defined period of time. The senior receiving **skilled care**, such as nursing visits, physical/occupational or speech therapy, may be entitled to home health aides in the home. The aides are responsible for **custodial care** including but not limited to providing assistance with dressing and hygiene, light housekeeping and laundry, shopping, and meal preparation. Aide service depends on the needs of the person, but may be limited due to availability of aides in a particular community.

If the senior does not require ongoing **skilled care** at home, Medicare and most health insurances will not cover home health aide services. This Guide will provide information about different types of home care.

The following are the CHHA's in Suffolk County and they all cover large geographic areas.

<p>Brookhaven Memorial Hospital Home Care Department Patchogue, NY 11772 (631) 758-3600</p>	<p>Catholic Home Care Holtsville, NY 11742 (631) 696-1002 Melville, NY 11747 (631) 465-6000</p>
<p>Dominican Sisters Family Health Services, Inc. Hampton Bays, NY 11946 (631) 728-0181</p>	<p>Peconic Bay Home Health Services Riverhead, NY 11901 (631) 548-6432</p>
<p>Dominican Sisters Family Health Services, Inc. Medford, NY 11763 (631) 207-1170</p>	<p>St. Johnland Long Term Home Care Program Kings Park, NY 11754 (631) 663-2471</p>
<p>Gentiva Home Services Hauppauge, NY 11788 (631) 232-6030 Riverhead, NY 11901 (631) 727-5353</p>	<p>Staff Builders Home Health Care/Tender Loving Care Health Services Medford, NY 11763 (631) 447-2020, 1 866-649-2201 toll free</p>
<p>Good Samaritan Hospital Home Care Bayshore, NY 11706 (631) 969-8200</p>	<p>Suffolk County Department of Health Services Hauppauge, NY 11788 (631) 853-3035 / Administration (631) 853-3069/ Public Health Nursing</p>
<p>Lutheran Home Care Hauppauge, NY 11788 (631) 761-5444</p>	<p>Visiting Nurse Service Northport, NY 11768 (631) 261-7200</p>
	<p>YAI Home Health Services Commack, NY 11725 (631) 858-9856</p>

## Medicaid

Medicaid is a government program that covers the cost of health care services and nursing home care for people who meet Medicaid income and asset limits. (Social Security is considered income.) Generally, there are two types of Medicaid: Long Term Care Medicaid sometimes called Institutionalized or Chronic Care Medicaid and Community Medicaid. Both the requirements and the services provided are different. In addition, the eligibilities for a single person or one spouse of a couple are different if only one spouse needs care. This will be explained below.

**Long Term Care Medicaid** is primarily for nursing home care but is mentioned here because in-home care can be provided by programs such as the “Lombardi Program” also known as Long Term Home Health Care Programs. (listed on page 6). It does NOT require financial documentation for the past five years, like nursing home Medicaid nor will it penalize the transfer of money or other assets. The applicant is only required to provide documentation of his/her current resources. LTC Medicaid will cover almost all costs associated with nursing home care or many hours of home care through the Lombardi Program. Also, it allows for more savings and monthly spending for a well spouse, who may remain in the community, than Community Medicaid does.

**Community Medicaid** refers to getting help at home and only requires applicants to submit three months worth of financial information and assets. It does not take into account the cost of food, rent and other living expenses. If the person’s income is over the eligibility level, the excess can be spent down on medically related expenses or you can look into applying for a “pooled trust.”

### **Pooled Income Trusts or “Simple Needs Trusts”**

As an alternative to having a person either spending down his excess income or paying this excess income directly to the Department of Social Services in order to qualify and maintain Medicaid eligibility, a Pooled Income Trust (also known as a Simple Needs Trust) can be established. A person can place his excess income in a trust to be used to pay for housing, utilities, food, clothing, taxes, home repairs, and many other services and home goods, as long as it is not considered a medical expense to be covered by Medicaid. Medicaid applicants of any age can apply as long as they can establish disability. The trust is established and managed by a non-profit organization, NYSARC. There is a minimum opening deposit, an enrollment fee, and a monthly fee.

**NYSARC, Inc.**  
393 Delaware Avenue  
Delmar, New York 12054 (518) 439-8311  
Email: [info@nysarc.org](mailto:info@nysarc.org)

**Community Medicaid** covers all types of medical care including hospital care, doctor bills, transportation for medical appointments, short term rehabilitation, home care, medical supplies and equipment, and prescriptions. It can also pay for Medical Model Adult Day Care and Personal Emergency Response Systems.

## **Can I transfer assets and still get Medicaid?**

Transfer of assets to receive Community Medicaid is allowable. For Long Term Care Nursing Home Medicaid, an applicant's finances are reviewed by Medicaid for the preceding five years (look back period). There are also rules about when you can obtain Medicaid if you have transferred some assets. It would be advisable to see an Elder Law attorney. (See page 21)

If you are on Medicare, then Medicaid covers the Medicare deductibles and many of the services not provided by Medicare. Medicaid home care services can include nursing, home health aides, and personal care aides.

Personal Care Aide Services, also known as PCA's or home attendants, can help a senior with ADLs (activities of daily living) such as bathing, dressing, walking, toileting, medication reminding, some light housekeeping, and other services.

Home Health Aides, also known as HHA's, can provide the same services as the PCA but can also provide additional services such as taking blood pressure.

Private Duty Nursing is sometimes provided for skilled tasks such as tracheotomies or tube feeding.

### ***How many hours of home care would my parent or relative be entitled to?***

Following the request from a physician, a Medicaid nurse comes to the home and makes a determination as to how many hours a day or week the person would need. In part, the determination is based not only on the needs of the person but the family members who are available to help and the staffing available at the home care agency. This varies a lot by what county you live in. It is only in rare cases that a senior can qualify for a live-in aide. Make sure that the doctor asks for everything that your relative needs and it should be specific. If you do not agree with the determination of hours decided by the Medicaid nurse, you may appeal that decision.

## **Can I choose a home care agency or a particular aide?**

You can choose an agency from a list provided by Medicaid, but the agency will assign an aide to the individual person.

If you are already working with an aide, you may be able to register them with the CDPAP program.

## **CDPAP - Consumer Directed Personal Assistance Program**

This Medicaid program provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living (ADLs) or skilled nursing services. Services can include any of the services provided by a personal care aide, home health aide or nurse. Recipients have flexibility and freedom in choosing their caregivers.

The consumer or the person acting on the consumer's behalf (such as the parent of a disabled or chronically ill child) assumes full responsibility for hiring, training, supervising, and – if need be – terminating the employment of persons providing the services.

***How do I find the Consumer Directed Personal Assistance Program?***

Before a person can receive services, his or her doctor must send a completed Physician's Order for Services to the local social services office. The local office completes a social and nursing assessment. A nurse assessor then determines whether the recipient can appropriately participate in CDPAP and recommends the amount, frequency, and duration of services.

Recipients must be able and willing to make informed choices regarding the management of the services they receive, or have a legal guardian or designated representative who is willing to help make informed choices. The consumer or designee must also be responsible for recruiting, hiring, training, supervising and terminating caregivers, and must arrange for back-up coverage when necessary, arrange and coordinate other services, and keep payroll records.

Information on the CDPAP program in Suffolk County can be obtained by contacting either of the two private administrators of the program: Recco Home Care (631) 653-5500 or South Shore Home Health Care (631) 567-6555

**How much money can I have and be financially eligible for Community Medicaid in 2011?**

Monthly Income Allowance for 2011:

Individual \$ 787 includes the \$20 income exclusion  
Couple \$ 1,137 includes the \$20 income exclusion

Resource Allowance for 2011:

Individual \$ 13,800  
Couple \$ 20,100

An ill spouse may make an application for Medicaid individually. The well spouse may refuse to contribute his/her assets or income to the applicant's medical needs. This is referred to as "spousal refusal." The Medicaid agency must grant benefits, but reserves the right to pursue the non-contributing spouse for support. The concept of "spousal impoverishment" has specific rules and eligibilities and is very complicated. It is recommended that you seek the counsel of an Elder Law Attorney, a senior advocate, geriatric social worker, care manager or the Suffolk County Office for the Aging (SCOFA). Another alternative might be applying for the Lombardi Program. (See below)

Medicaid applications for care in a nursing home can be obtained on-line, or by calling (631) 854-5866. For Community Medicaid you can call for an application, or apply in person at the Department of Social Services offices below. Website: <http://www.co.suffolk.ny.us/departments/socialservices.aspx>, keyword, "Medicaid."

Riverhead (Community)  
893 E. Main St.  
Riverhead, NY 11901  
(631) 852-3710

Smithtown (Community)  
200 Wireless Rd.  
Hauppauge, NY 11788  
(631) 853- 8730

Ronkonkoma (Drop off applications for institutionalized Medicaid only)  
3085 Veterans Memorial Highway  
Ronkonkoma, NY 11788  
(631) 854-9700

**Are there any other home care programs? Yes.**

**1. Long Term Home Health Care Program (LTHHCP), also known as the Lombardi Program, or Nursing Home Without Walls.**

The senior must have Department of Social Services (LTC or chronic care) Medicaid insurance in place or have authorization pending approval. There is also a private pay option.

The “Lombardi Program” is a Medicaid home care program but the financial eligibility guidelines are less restrictive. Lombardi is most often used when there is a couple and one spouse needs care. The services provided cannot be more than about 75% of what it would cost to be in a nursing home. Many services besides nursing care are covered, including physical therapy, occupational therapy, medical social work, nutritional guidance, speech therapy and home modifications. This is an especially good program as a case manager oversees the services.

Many of these services are called waived services and are provided after an evaluation of need and approved by the Department of Social Services. *A waived service is a special provision that allows Medicaid money to be used to provide services in a different way to meet the needs of specific populations.* The senior can attend a social model adult day program while also receiving home care services. Aide service is often provided on a more generous basis than Community Medicaid, depending upon the needs of the senior and availability of the aide in the particular community.

**Financial guidelines for the Lombardi Program follows the Spousal Impoverishment Guidelines as does the Long Term Care (LTC) Nursing Home Medicaid which is the following:**

All resources held by either spouse or both are considered available to the institutionalized spouse or the one receiving the care. Maximum assets of the “well spouse” in 2011 is \$109,560 and monthly income is \$2,739. If there are more assets and resources, the family should see an Elder Law attorney for further planning. (Discussed in the Elder Law section, page 21).

**Long Term Home Health Care Programs (LTHHCP) in Suffolk County**

Brookhaven Memorial Hospital  
LTHHCP  
Patchogue, NY (631) 758-3600

Gurwin Jewish Nursing and Rehabilitation  
Center, LTHHC Program  
Commack, NY (631) 387-2160

Dominican Sisters Family Health Services  
LTHHCP  
Hampton Bays, NY (631) 728-0181

Lutheran LTHHCP  
Hauppauge, NY (631) 761-5444

Good Samaritan LTHHCP  
Bayshore, NY (631) 969-8200, (631)224-8696

Our Lady of Consolation LTHHCP  
West Islip, NY (631) 224-8521

St. Johnland LTHHCP  
Kings Park, NY (631) 663-2471

Suffolk County Dept. of Health LTHHCP  
Riverhead, NY (631) 852-1581

St. Mary’s Hospital for Children LTHHCP  
(serves older population as well as children)  
Melville, NY (631) 752-0400, (718) 281-8600

Visiting Nurse Association. of Long Island  
LTHHP – (serves Suffolk County)  
Garden City, NY (516) 739-1270

**2. The Nursing Home Transition and Diversion Waiver (NHTD)**

Another waiver program, the Nursing Home Transition and Diversion Waiver (NHTD), may be of particular interest to people at risk of nursing home placement wishing to remain at home and helps those already in nursing homes return safely to the community. The structure is different from LTHHCP. The services include but are not limited to: service coordination, oversight and

supervision (for those with cognitive impairments), coverage of costs of returning to the community, assistive technology, home modifications, social day programs and independent living skills training. It may include a rent subsidy for participants. Individuals need to have Medicaid coverage for community-based long term care. NHTD waiver applicants are not subject to a transfer look-back period. Regional office for Suffolk and Nassau: Suffolk Independent Living Organization (SILO) (631)880-7929. Website: [www.siloinc.org](http://www.siloinc.org)

### **3. Managed Long Term Care**

Managed long term care programs are a combination of Medicare and Medicaid and follow the eligibility rules of Community Medicaid. The plans are given an allotted amount for each participant and the money gets used similarly to the Lombardi program but with much more flexibility. Some include having medical personnel come to the home. A care manager helps to set up the plan and implement it.

#### **Guildnet**

Guildnet is a managed long term care plan and is a subsidiary of The Jewish Guild for the Blind. There is a local office in Melville. This program provides a full range of services. You do not have to be visually impaired to receive this program. The number for the marketing associate is (917) 386-9319.

### **4. Expanded In-Home Services for the Elderly Program (EISEP)**

This is a NYS program. Case management and limited non-medical care hours in the home are provided based on the funding and availability of personnel. There is usually a waiting list. Services can include shopping, laundry, light housekeeping and sometimes bathing and grooming. People have to be over 60 and not eligible for Medicaid or other government programs. There is a cost share charge for the home care. For western Suffolk, (631) 852-8200 or eastern Suffolk (631) 852-1420.

**5. Veterans:** If you are a veteran, or a surviving spouse, you should contact the VA for information about the “Aid and Attendance” pension benefit which may provide a monthly stipend to veterans who need help with basic daily tasks like eating and dressing. Suffolk County Veterans Service Agency (631) 853-8387 or NYS Division of Veterans Affairs, Northport VA Medical Center (631) 266-8387.

**6. Private Insurance** usually covers the co-pays for short term rehabilitation in a nursing home after a hospitalization. Most **Long Term Care Insurance** policies also cover home care through a licensed home care agency.

### **7. Private Pay**

Privately paying for home care costs about \$20 an hour through a licensed home care agency. You may be able to find an aide through word of mouth referral, and through Parish Outreach programs, through Catholic Charities or places of worship.

Please note: seniors who are confused or forgetful are at risk of possible abuse by non-family member caregivers. In order to guard against the possibility of financial, emotional, and physical abuse, it is recommended to hire aides through a licensed agency or be sure to ask for background checks on the aide, and then check on the person frequently during the time of employment.

## EVALUATIONS AND ASSESSMENTS

*My parents are experiencing some forgetfulness and sometimes confusion. Where can I go to have them evaluated? How can I get help navigating the system? Who can help me?*

There are a few diagnostic centers on Long Island where a senior can be evaluated. A full team assessment is performed, which includes physical, mental, and social functioning.

Long Island Alzheimer's Disease Assistance Center, Health Sciences Center, SUNY Stony Brook, NY 11794 (631) 444-1365.

Good Samaritan Assessment Program, West Islip, NY 11795 (631) 376-3671  
Part of Good Samaritan Hospital.

North Shore –LIJ Health Systems  
Neuwirth Memory Disorders Program  
Zucker Hillside Geriatric Center  
Glen Oaks, NY 11004 (718) 470-8447

*In addition, geriatric psychiatrists and some neurologists also perform assessments. The following are lists of private practitioners. NASW does not endorse any physicians and some may be inadvertently left out.*

East End Neuropsychiatric Associates  
Dr. Alan Steinberg  
Centereach, NY 11720 (631) 737-6434

Neuro Health  
Rudansky and Winter, MD, PC  
Huntington, NY 11743 (631) 351-1250

The following is a list of geriatric psychiatrists:

<b>Laura Fochtman, MD</b> Dept. of Psychiatry, HSC-T10, SUNY Stony Brook, NY 11794 (631) 444-1607 In-patient only through Stony Brook Medical Center. No community patients.	<b>Edward Sodaro, MD</b> 137 Broadway, Suite E Amityville, NY 11701 (631) 691-0807
<b>Karan Kumar, MD</b> South Oaks Hospital 400 Sunrise Highway Amityville, NY 11701 (631) 264-4000	<b>Alan Steinberg, MD</b> East End Neuropsychiatric Associates, PC 2539 Middle Country Road Centereach, NY 11720 (631) 737-6434
<b>Mark Sedler, MD</b> SUNY - Stony Brook Dept. of Psychiatry, HSC T10- 020 Stony Brook, NY 11794 (631) 444-2990	

The following are lists of private practitioners who specialize in geriatrics. *NASW does not endorse any physicians and some may be inadvertently left out.*

Geriatricians

Dr. Barry Balot (631) 225-6200  
150 Sunrise Highway Suite 101, Lindenhurst, NY

Dr. Richard Balter (631) 331-1000  
5225-15 Route 347, Port Jefferson Station, NY

Dr. Orlando Bautista (631) 360-3442  
Family Medical Care of LI  
227 Mount Pleasant Road, Suite 1, Hauppauge, NY

Dr. Dennis L. Bernadino (631) 424-3787  
175 East Main Street, Huntington, NY

Dr. Robert Bobrow (631) 444-6300  
450 Waverly Avenue, Patchogue, NY

Dr. Anthonette Desire (631) 721-0080  
NAD Medical Services, PC  
32 Howard Drive, Coram, NY

Dr. Alan Fetterman (631) 351-3434  
325 Park Avenue, Huntington, NY

Dr. Susan Fields (631) 444-4630  
Director, Geriatric Medicine at Stony Brook University Hospital  
205 North Belle Meade Road, East Setauket, NY

Dr. Heather Grant (631) 838-0104  
1725 Brentwood Road, Brentwood, NY

Dr. Corradino Lalli (631) 366-0404  
363 Route 111, Suite 106, Smithtown, NY

Dr. Nicholas Livieri (631) 265-4606  
321 Middle Country Road, Smithtown, NY

Dr. Shashi Jhamb (631) 277-0591  
375 Main Street, Islip, NY  
Also at:  
Senior Assessment Program  
Good Samaritan Hospital  
(631) 376-3671 or (631) 376-4287

Dr. Jay Slotkin (631) 765-1414  
50 Ackerly Pond Lane, Southold, NY

Dr. Sunita Makijima (631) 757-0333  
12 Little Neck Road, Suite 102, Centerport, NY

Dr. Jeffery Trilling (631) 444-2659  
Department of Family Medicine  
Stony Brook University Hospital  
Health Science Center, L4 050, Stony Brook, NY

**PHYSICIANS WHO MAKE  
HOME VISITS**

**INTERNISTS**

**Dr. Michael Randall**  
2539 Middle Country Road, Suite 5  
Centereach, NY 11720  
(631) 580-1740  
Covers all of Suffolk County

**Dr. Brent Spears**  
Claudette Minto-Ryan, ANP  
Lorraine Callas, ANP  
107 Berkshire Dr.  
Farmingville, NY 11738  
(631) 928-5800  
Covers all western Suffolk.

**House Calls Teleph. Referral, Inc.**  
1-866-268-0257  
Covers Long Island, Bronx, Manhattan  
Offers all types of doctors  
<http://www.nyhousecalls.org>

**Island Medical House Doctor's PC**  
Dr. Salab & T. Nicosia, PA  
88 Arkay Drive  
Hauppauge, NY 11788  
(631) 514-7578

**Dr. Aida Becker**  
53 Hawxhurst Road  
Cold Spring Harbor, NY 11724  
(516) 446-2004  
Covers the Huntington Area. No hospital  
affiliation

**INTERNISTS**

**Dr. Patricia Matos**  
4 Clamshell Lane  
Northport, NY 11768  
(631) 754-0765  
Covers: Northport, Greenlawn  
Centerport, E. Northport & Fort Salonga

**Dr. William Robbins**  
4 Meadow Drive  
Stony Brook, NY 11790  
[SuffolkMobileMed@aol.com](mailto:SuffolkMobileMed@aol.com)  
(631) 741-4323

**Dr. Arary Canavarros**  
Farmingville, NY 11738  
(631) 451-2211-**Dr. speaks Spanish & Portuguese**  
Affiliated with Mather/St.Charles  
[www.myhousecall.net](http://www.myhousecall.net)

**North Shore-LIJ Housecalls Program**  
Nassau/Suffolk (516) 876-4100  
[Northshorelij.com](http://Northshorelij.com)

**EYE CARE**

**Visiting Eye Care Service**  
320 Hempstead Avenue  
W. Hempstead, NY 11552  
(516) 565-2616  
Covers Nassau, Suffolk & Queens

**PODIATRISTS****Dr. Robert Blatt**

1 Barkley Lane  
 Nesconset, NY 11767  
 (631) 265-5666  
 Covers Smithtown

**Dr. Loreto Capogna**

1021 N. Broadway  
 Massapequa, NY 11758  
 (516) 752-0070  
 Covers Huntington & Babylon Townships

**Dr. Jay Comassar**

623 Montauk Highway  
 W. Islip, NY 11795  
 (631) 661-4388  
 Covers within 10 miles of  
 West Islip

**Dr. Jeffrey Kaplan**

681 Whiskey Road  
 Ridge, NY 11961  
 (631) 744-0181  
 Calverton to Huntington

**PODIATRISTS****Dr. Calvin Isralow**

801 Terry Road  
 Hauppauge, NY 11788  
 (631) 265-5732  
 Covers all western Suffolk

**Dr. Matthew Kassnove**

440 Waverly Avenue  
 Patchogue, NY 11772  
 (631) 654-3838  
 www.footdoc1.com  
 Suffolk to Riverhead

**Home Foot Care LLP****Dr. Emmons & Dr. Ravitz**

63 Main Street  
 Kings Park, NY 11754  
**1-866-863-3338**  
 Covers All Suffolk

**DENTISTS****Visiting Denture**

639 Hempstead Turnpike  
 Franklin Square, NY 11010  
 (516) 565-1688  
 Covers Nassau & Suffolk. Private pay,  
 no insurance accepted

**Visident****Frank Andriani, DDS**

(516) 671-1085  
[www.visident.com](http://www.visident.com)

You can also try the following websites:

Myhousecalldoctor.com, myhousecalls.com, MDhousecalls.net

In addition, you may be able to get assistance or information about assessments and/or senior services from **community agencies** such as Catholic Charities (631) 842-4123, Family Service League (631) 427-3700, FEGS (516) 496-7550, Jewish Association for Services for the Aged, (JASA) (631) 724-6300, SCOFA (631) 853-8200, geriatric care managers, hospital social service departments and long term care facilities.

*NASW does not endorse any physicians, agencies or services and some may be inadvertently left out.*

## **OTHER SERVICES FOR AGING IN PLACE (STAYING AT HOME)**

### **Personal Emergency Response System (PERS)**

There are a number of systems available to provide at-home monitoring and emergency assistance. These systems promote independence, safety and peace of mind for many individuals and their families. Different technology and packages are available with varying costs accordingly. You must have a landline phone to have a PERS. These programs can be accessed out of state if you move or go out of state for the winter.

- Lifeline – Personal Response and Support Services 1-800-LIFELINE
- All Metro-Philips Lifeline Medical Alert Services 1-800-865-4398, [www.lifelinesystems.com](http://www.lifelinesystems.com)
- United Lifeline 1-800-345-4571, [www.unitedlifeline.com](http://www.unitedlifeline.com)
- Response Link 1-866-809-4063 / Safety Link 1-800-894-1428, [www.respondelink.com](http://www.respondelink.com)
- 24/7 Med Alert (631) 561-3072, [www.vip2@optonline.net](mailto:www.vip2@optonline.net)

### **Home Delivered Meals**

These programs deliver one or two meals to the home for persons over the age of 60 in the communities listed and some in the surrounding areas. They are supervised and funded through the Suffolk County Office for the Aging. There may be some waiting lists or restrictions. You can ask about diabetic meals.

1. Babylon (631) 842-4123
2. Brentwood (631) 436-6072
3. Bridgehampton (631) 537-3027
4. Center Moriches (631) 874-3856
5. Coram (631) 698-0222
6. East Islip (631) 224-5525
7. Flanders (631) 727-0325
8. Gordon Heights (631) 696-1671 X 13
9. Hampton Bays (631) 728-1235
10. Huntington (631) 421-1273
11. Mastic Beach (631) 281-7679
12. Mattituck (631) 298-4460
13. Patchogue/Bellport (631) 758-5500
14. Prime Time Meals - Selden, Farmingville, Centereach, (631) 286-7624
15. Riverhead (631) 722-4444 X 736
16. Ronkonkoma (631) 467-3324
17. Shelter Island (631) 749-0642
18. Shinnecock Hills (631) 283-0106
19. Shoreham (631) 744-1756
20. Smithtown/Commack - Kosher (631) 462-9800 X 147
21. Smithtown Senior Center (631) 360-7616
22. West Islip (631) 224-5525

### **Voluntary Home Delivered Meals**

These programs deliver 2 meals a day to people of all ages by volunteers.

- East Hampton (631) 329-1669, weekend meals also available
- Huntington (631) 271-5150
- Lake Nutrition Services, Lake Ronkonkoma and surrounding communities, (631) 467-8948

- Meals On Wheels South Shore (631) 363-5906, Blue Point and surrounding communities
- Three Village (631) 689-7070, Stony Brook and surrounding communities

## **Respite Services**

*“I love the person I care for, but, honestly, I get tired and need some time for myself.” “I would love to go away for a week this summer, but need someone to care for my mother in my absence.”*

Respite services are meant to do just that. Respite care provides caregivers of the elderly with temporary relief from the stresses and responsibilities of caring for another individual, either in the senior’s own home or in a supervised environment. It may include companionship, meals, minimal assist with personal care, and medication reminders.

Medicare does not pay for respite care. Private pay, and, at some facilities, Medicaid, are accepted. Costs for either private or semiprivate beds vary greatly, from \$116 to \$460 daily rate. Each facility requires sufficient notice, ranging from several days to several weeks, to handle the necessary paperwork prior to admission. It is recommended that you schedule in advance to allow for the processing of paperwork, assessment, and interview. If Medicaid is involved, additional paperwork will also be needed along with sufficient time to receive approval from Suffolk County Department of Social Services (DSS). Requirements, level of care provided, and minimum/maximum number of days allowed may vary with each facility.

Respite is available through the Lombardi Programs for up to 14 days. The caregiver has to arrange this with their family member’s case manager. Arrangements are then made with the participating nursing home for the days selected. Respite is also offered for some specific populations and as part of the other NYS Medicaid long-term waiver programs. Check with the program.

**Suffolk County Office for the Aging Respite Program-** (631) 853-8200, is part of the Caregiver Program and offers respite at Woodhaven Adult Home, Pt. Jefferson. (The Caregiver Program is discussed on page 22.) A pre-requisite for receiving these respite services is first receiving Suffolk County Office for the Aging case management services.

**Federation of Organization’s Suffolk County Respite Care Program-** *West Babylon* (631) 321-8229, X1229 provides an in-home companion up to 19 hours per week. There is an assessment fee, and a sliding scale fee for the hourly cost. It may include companionship, light meals, light housekeeping, medication, toileting reminders, and recreation.

**Town of Brookhaven** – (631) 451-9139, 4 hours a day up to 5 days per week, minimum hourly rate for companion services. Town of Brookhaven residents.

**Town of Islip-** (631) 224-5340, in-home companion services; call for availability. Islip residents.

## **Assisted Living or Nursing Home RESPITE**

**The Arbors Assisted Living-** *Bohemia* (631) 567-3113, *Islandia* (631) 232-3131, and *Hauppauge* (631) 582-3334. Private pay only.

**Atria-** *South Setauket* (631) 473-8000 and *East Northport* (631) 757-8000. Has both independent and assisted living levels of care. Private pay only.

**Berkshire Nursing and Rehabilitation Center-** *West Babylon* (631) 587-0600. Private pay and Medicaid.

**Birchwood Suites-** *East Northport* (631) 368-5252. Assisted living level of care, private pay.

**Brookhaven Nursing and Rehabilitation Center -** *Patchogue* (631) 447-8800. Private pay and Medicaid.

**Carillon Nursing and Rehabilitation Center -***Huntington* (631) 271-5800. Private pay and Medicaid.

**Huntington Village Rehabilitation and Nursing Center-** (631) 427-0254. Private pay only.

**Island Nursing and Rehabilitation Center -** *Holtsville* (631) 758-3336. Private pay and Medicaid.

**Nesconset Center for Nursing and Rehabilitation** – *Nesconset* (631) 361-8800. Private pay and Medicaid.

**Ross Health Care Center** – *Brentwood* (631) 273-4700. Private pay and Medicaid.

**St. James Plaza Nursing Facility**– *St. James* (631) 862-8990. Private pay and Medicaid.

**Smithtown Center for Rehabilitation and Nursing Care** – *Smithtown* (631) 361-2020. Private pay only.

**Sunrise Senior Living** – *Deer Park* (631) 385-1733, *East Setauket* (631) 941-4455, *Holbrook* (631) 289-8400, and *Smithtown* (631) 724-2299. Assisted living, private pay only.

## **Hospice**

*“When it seems a cure isn’t possible, what else is available?”*

Hospice programs are intended to provide comfort and dignity for those who have a life expectancy of six months or less and who can not benefit from curative treatment.

Hospice takes a team approach to the whole person and the family, providing physician and nursing care, home health aide assistance, counseling and spiritual care, pain management and symptom

comfort, and respite for the caregivers. Family members are also provided with emotional and spiritual support, including grief counseling services, bereavement and support groups.

Hospice care may be given within the home, special units of hospitals, assisted living facilities, nursing homes or hospice settings.

### **Hospice Programs in Suffolk**

Brookhaven Memorial Hospital Hospice  
Patchogue, NY  
(631) 687-2960

East End Hospice  
Westhampton Beach, NY  
(631) 288-8400 [www.eeh.org](http://www.eeh.org)

Good Shepard Hospice and Palliative Care Provider,  
A Member of Catholic Health Services  
Melville, NY  
(631) 465-6300 [www.goodshepherdhospice.chsli.org](http://www.goodshepherdhospice.chsli.org)

Hospice Care Network - Bay Shore  
Bay Shore, NY  
(631) 666-6873 Ext.200, (631) 666-6863 [www.hospicecarenetwork.org](http://www.hospicecarenetwork.org)

Hospice Care Network - Huntington  
Melville, NY  
(516) 832-7100, Hotline 800-2HOSPICE [www.hospicecarenetwork.org](http://www.hospicecarenetwork.org)

Hospice Inn at Huntington (part of Hospice Care Network)  
Huntington, NY  
1 800 246-7742 [www.hospicecarenetwork.org](http://www.hospicecarenetwork.org)

Visiting Nurse Service Hospice of Suffolk  
East Northport, NY  
(631) 930-9335 [www.visitingnurseservice.org](http://www.visitingnurseservice.org)

### **Telephone Reassurance and Home Visiting**

RSVP (Retired and Senior Volunteer Program) assists public and nonprofit agencies to meet urgent social needs by recruiting older people for volunteer positions. In addition, they provide a **Telephone Reassurance and Home Visiting Program** for people over the age of 60. Daily contact is made by phone to assure the well being of the person. Home visits by RSVP volunteers are also arranged. Smithtown (631) 979-9490, Amagansett (631) 267-8317, Westhampton (631)288-0754.

Some township senior programs have telephone reassurance only (TR)

- Babylon (631) 422-7633 (TR)

- Brookhaven (631) 451-9144 (TR)
- Huntington (631) 351-3253 (TR)
- Southold (631) 298-4460 (TR)
- Shelter Island (631) 749-1059

## Social Model Adult Day Care

Community based programs offering socialization, arts and crafts, recreation and nutritious meals in a supportive setting. Appropriate for frail or impaired elderly adults who cannot remain alone but do not require 24 hour residential care. Provides respite for caregivers. Paid for privately or through a waived Medicaid program such as the Lombardi Program. Eligibility, fees and services vary. Often does not include transportation.

<p><b>Centereach</b> Town of Brookhaven Adult Day Programs New Village Recreation Center Wireless Road Centereach, NY 11720 (631) 451-9142</p>	<p><b>Mastic</b> Mastic Recreation Center 369 Neighborhood Road Mastic, NY 11950 (631) 451-9141</p>
<p><b>Central Islip</b> Town of Islip Senior Day Care 555 Clayton Avenue Central Islip, NY 11722 (631) 436-6046</p>	<p><b>Mattituck</b> Town of Southold Senior Adult Day Care 750 Pacific Street Mattituck, NY 11952 (631) 298-4470</p>
<p><b>East Hampton</b> Town of East Hampton Intergenerational Day Care 328 Accabonac Highway East Hampton, NY 11937 (631) 324-0467</p>	<p><b>Montauk</b> Town of East Hampton/Montauk Adult Day Care 240 Edgemere Road Montauk, NY 11954 (631) 668-3778</p>
<p><b>Hampton Bays</b> Town of Southampton Adult Day Care 25 Ponquogue Ave. Hampton bays, NY 11946 (631) 728-1235</p>	<p><b>Mt. Sinai</b> Rose Caracappa Senior Center 739 Route 25A Mt. Sinai, NY 11766 (631) 451-9141</p>
<p><b>Huntington</b> Town of Huntington Senior Day Care 423 Park Ave. Huntington, NY 11743 (631) 351-3293</p>	<p><b>Port Jefferson</b> Community Programs Center of Long Island Frail Elderly Program &amp; Specialized Alzheimer's Program 400 Sheep Pasture Road Port Jefferson, NY 11777 (631) 476-9698</p>

<b>Kings Park</b> St. Johnland Social Adult Day Care Program 395 Sunken Meadow Road Kings Park, NY 11754 (631) 663-2421	<b>Riverhead</b> Town of Riverhead Adult Day Care 60 Shadetree Lane Riverhead, NY 11901 (631) 722-4444
<b>Ronkonkoma</b> Community Programs Center of Long Island Frail Elderly Program & Specialized Alzheimer's Program 2210 Smithtown Avenue Ronkonkoma, NY 11779 (631) 585-2020	<b>Shoreham</b> Shoreham Recreation Center Route 25A Shoreham, NY 11786 (631) 451-9141
	<b>Yaphank</b> Yaphank Adult Day Care Mill Road Yaphank, NY 11980 (631) 451-9141

### Medical Model Adult Day Care

A team of health care professionals deliver health care and social services to medically impaired older adults and the disabled. Participants are provided assistance with activities of daily living, medication, nursing care, lab work, and social services. Many programs offer access to other medical specialties such as dental, podiatry, optometry, and audiology. Hot lunches and round trip transportation are provided. Medical model day care is paid for by Community Medicaid, private funds or possibly long term care insurance.

<b>Amityville</b> Broadlawn Adult Day Health Center 399 County Line Road Amityville, NY 11701 (631) 608-5650	<b>Huntington</b> Carillon Adult Day Health Care 830 Park Avenue Huntington, NY 11743 (631) 271-5800 x351
<b>Brentwood</b> Maria Regina Adult Day Health Services 1725 Brentwood Road, Building 1 Brentwood, NY 11717 (631) 299-3069	<b>Kings Park</b> St Johnland Health Care Services 395 Sunken Meadow Road Kings Park, NY 11754 (631) 663-2474
<b>Brookhaven</b> Bellhaven Nursing Center & Adult Day Care Programs 110 Beaver Dam Road Brookhaven, NY 11719 (631) 286-8100 x781	<b>Melville</b> Huntington Hills Adult Day Health Care Services 400 South Service Road Melville, NY 11747 (631) 439-3121
<b>Central Islip</b> Nesconset Nursing Center's Islip Adult Day Health Services Program 575 Clayton Street Central Islip, NY 11722 (631) 234-0550	<b>Middle Island</b> Nesconset Nursing Center's Middle Island Adult Day Health Services 45 Rocky Point Road Middle Island, NY 11953 (631) 924-0700

<p><b>Commack</b>  Gurwin Adult Day Program  68 Hauppauge Road  Commack, NY 11725  (631) 715-2520</p>	<p><b>Stony Brook</b>  LI State Veterans Home Adult Day Care  SUNY at Stony Brook  100 Patriots Road  Stony Brook, NY 11790  (631) 444-8530, 800-DAY-CARE</p>
<p><b>Greenport</b>  San Simeon By the Sound  61700 Route 48  Greenport, NY 11944  (631) 477-2110 ext 248</p>	<p><b>Smithtown</b>  Avalon Gardens Rehabilitation &amp; Health  Care Center  7 Route 25A  Smithtown, NY 11787  (631) 724-1228</p>
	<p><b>Yaphank</b>  John J. Foley Skilled Nursing Facility  Adult Day Health Care Program  14 Glover Drive  Yaphank, NY 11980  (631) 852-4677</p>

**LENDING EQUIPMENT LOCATIONS--**

**Suffolk County Organizations Supplying Free Medical Equipment**

**Babylon --** Town Handicapped Equipment – North Babylon, NY 11703 (631) 893-1052. Limited to residents of Babylon Township.

**Blue Point --**Town of Brookhaven Senior Citizens Multi-Service Center (The Cottage) Blue Point, NY 11715 (631) 363-5193. Limited to residents of BrookhavenTownship.

**Centereach--** New Village Community Center, Centereach, NY 11720 (631) 732-2338. Limited to residents of Brookhaven Township.

**East Hampton--** Community Council of East Hampton, NY 11937 (631) 329-2051. Limited to residents of East Hampton Township.

**Mastic--** Mastic Community Center, Mastic, NY 11950 (631) 281-7655. Limited to residents of Brookhaven Township.

**Melville --**Arthritis Foundation L.I. Chapter, Melville, NY 11747 (631) 427-8272. Not specifically restricted to the Melville area or to an arthritis diagnosis.

**Montauk --**Montauk Fire Department, Montauk, NY 11954 (631) 668-5695. Limited to residents of Montauk and immediate vicinity.

**Ronkonkoma--** Moloney’s Funeral Home, Lake Ronkonkoma, NY, 11779 (631) 588-1515. Limited to residents of Lake Ronkonkoma.

**Sayville--**Sayville Cabinet for the Sick (631) 589-1070. Limited to residents of Holbrook, Sayville, West Sayville, Bayport, Bohemia, Oakdale.

**Shoreham--** Shoreham Recreation Center, Shoreham, NY 11786 (631) 744-2601. Limited to residents of Brookhaven Township.

**Smithtown--**The Society of Lending Comforts to the Sick, Smithtown, NY 11787 (631) 265-1674. Limited to residents of Smithtown Township.

**Stony Brook--**The Three Village Society for Lending Aids to the Sick, Stony Brook, NY (631) 751-0500. Limited to residents of the Three Village School District (Stony Brook, Setauket, Old Field).

**Westhampton--**Westhampton Presbyterian Church, Westhampton Beach, NY 11798 (631) 288-2576. Limited to residents of Westhampton Beach and surrounding towns.

## **HOME SAFETY**

*My mother will be discharged from the hospital soon, what steps can I take to ensure her safety at home?*

*I would like to renovate my father's home for safety, but don't want it to break the bank.*

The following are simple suggestions to give the caregiver ideas to reduce risks, prevent falls, and possibly allow the senior to live longer in his or her home:

- Install handrails on both sides of the stairway
- Install light switches at the top and bottom of the stairs. Replace traditional light switches with rocker-style switches
- Use automatic night lights in bathrooms, hallways, dark rooms, etc.
- Remove scatter and throw rugs (even those with rubber backings or grippers)
- Place telephone, electrical, and other cords along walls. No cords under rugs!
- Install lever handles on doors and sinks for easier manipulation
- Install offset hinges on doors to add 2 inches for easier access – can doorways accommodate a walker or wheelchair?
- Install grab bars in tub and next to toilet. Place a shower seat and install a handheld shower head. Use anti-slip strips in bathtub and shower
- Set hot water heater to 120° to prevent scalding
- Use bright bulbs or open window curtains allowing maximum lighting
- Install smoke and carbon monoxide detectors
- Consider a personal emergency response system(PERS) for immediate help (or baby monitor if other occupants are in the home)
- Special telephone for hearing/vision impaired

## **Residential Repair**

Small household repairs are performed by experienced retired senior volunteer repair people. Seniors pay for the cost of the materials. Call your Town Senior Citizen Division below for information. If larger repairs are necessary, please call each town's Community Development office.

Rebuilding Together (516) 541-7322 provides renovations and repairs for low income families. The work is done by experienced volunteers.

"Access to Home," a program of the United Way of Long Island, (631) 774-7633, provides accessibility modifications to homes of low income individuals such as ramps, grab rails, wheelchair accessible bathrooms and kitchens, etc.

United Home Services is located in Bethpage. There is a \$95 membership fee which provides services for discounted fees, such as plumbers for \$50-\$60/hour, handymen for \$20/hour and electricians for \$85/hour. 1 800 345-4571.

## **COMMUNITY RESOURCES**

### **County and Town Information:**

Suffolk County Office for the Aging (SCOFA) is the designated Area Agency on Aging. In addition to providing a hotline for information regarding programs and services for seniors, SCOFA also provides some services. (631) 853-8200 Hauppauge, (631) 852-1420 Riverhead.

Suffolk NY Connects is a NYS Program. SCOFA is the lead agency and provides unbiased comprehensive information on all available long term care options to consumers and their families. (631) 853-8200 Hauppauge, (631) 852-1420 Riverhead.

Each of the 10 Towns in Suffolk County also provide many services:

<b>Senior Services</b>		<b>Transportation</b>
• Babylon:	<b>422-7642</b>	<b>422-7642</b>
• Brookhaven:	<b>451-9191</b>	<b>451-6126</b>
• East Hampton:	<b>324-4947</b>	<b>324-4443</b>
• Huntington:	<b>351-3253</b>	<b>427-8287</b>
• Islip	<b>224-5340</b>	<b>224-5686</b>
• Riverhead:	<b>722-4444</b>	<b>727-4444, ext 290</b>
• Shelter Island:	<b>749-1059</b>	<b>749-1059</b>
• Smithtown:	<b>360-7616</b>	<b>265-8811/8826</b>
• Southampton:	<b>728-1235</b>	<b>728-1235</b>
• Southold:	<b>298-4460</b>	<b>298-4460</b>

### **Transportation:**

Each township Division of Senior Services has transportation programs, mostly within the town. See above phone numbers for your specific town.

Suffolk County Accessible Transportation, (SCAT) provides curb to curb service to individuals with disabilities. For information and application, call (631) 863-8337.

Suffolk County Transit reduces fares for seniors and the disabled. Call the Public Transportation Information Center at (631) 852-5200.

## **ELDER LAW AND ADVANCE DIRECTIVES**

**Should I see an Elder Law attorney?** Yes. Elder law is one area of legal expertise. An Elder Law attorney will have specific information and experience regarding seniors including: Medicare, Medicaid, Social Security, the Department of Social Services in Suffolk County, long term care, estate planning, insurances, guardianship, etc. You can find an Elder Law attorney by calling the Suffolk County Bar Association (631) 234-5577 or contacting the National Association of Elder Law Attorneys, ( [www.NAELA.com](http://www.NAELA.com)). However, as with any provider, check references through the NYS Office of Professions or former clients.

The Touro Law Center Senior Citizen Law Program, formerly the Legal Aid Senior Citizen Program provides elder law services. They can be reached at Touro Law School, (631) 761-7470. Nassau/Suffolk Law Services is also a local source of help (631) 232-2400.

A **Health Care Proxy** is an individual (agent) who is appointed to make health related decisions on behalf of those unable to do so. This is best done prior to a medical emergency, though the health care proxy forms are available at every hospital and other medical facility. You can also get them at the NYS Health Department website, <http://www.health.state.ny.us>. A health care proxy can be useful at any age and you only need two adult witnesses who are not named as agents. A health care proxy does not have to be notarized. A health care proxy can be executed at any time as long as you are competent and it can also be revoked or changed at any time. Your health care agent should know your wishes for the kind of care you want if you become ill and are unable to make a decision for your care. The more information the proxy has regarding your wishes, the better. Such personal decisions can be elaborated in a living will.

A **Living Will** is a document that serves to enumerate the person's wishes regarding withholding or withdrawing specific treatment that serves only to prolong the process of dying. A living will should include your wishes regarding life prolonging measures such as artificial nutrition and hydration. It may also include your feelings about pain management. Living wills should be witnessed by two unrelated adults and need not be notarized.

A **Do Not Resuscitate Order** (DNR) is a document that is usually signed in a hospital or other medical facility which states your wishes, that in the event your heart stopped or you stopped breathing, you will not be resuscitated. This has to be signed by a doctor. A non-hospital DNR, signed by your physician, can be kept at home or on your person.

A **Durable Power of Attorney** is a document that legally delegates an agent to perform almost any act on behalf of another regarding financial affairs during or after the time the person has the capacity to do so. Powers of Attorney forms are very specific, must be notarized and should be done with legal counsel.

## CAREGIVER SUPPORT

### Taking Care of the Caregiver:

*Being someone's caregiver is a difficult job. While being a caregiver is the most loving gift you can give yourself and someone else, caregiving also requires giving something up. For some caregivers it may be part of their home. For others, it may be actually physically taking care of the family member or taking the time to make calls to various doctors and providers. Regardless, caregiving can be taxing and also prompts a number of ambivalent emotions.*

Caregiver support groups are so important. They provide a safe space for caregivers to talk about the stresses incurred from caregiving. Groups also show caregivers that they are not alone in feeling regret, anger, guilt, etc.

**The Caregiver Program:** The Suffolk County Office for the Aging has contracted with Family Service League and Jewish Association for Services for the Aged (JASA) to provide individual counseling, support groups, educational programs, and workshops. For information, call (631) 853-8200.

In addition, long term care facilities, hospice programs, hospitals, senior centers and religious organizations, may also have services for the caregiver. You can call your Town's Division of Senior Services for information about their programs.

## WHEN STAYING HOME ISN'T POSSIBLE

New York State Department of Health licenses and regulates Adult Care Facilities (ACF's) which provide temporary or long term, non-medical care and services to adults who are unable to live independently. Adult homes, enriched housing, and assisted living facilities are the types of adult care facilities available in Suffolk County. This type of housing provides a supervised living environment for residents which includes personal care, meals, housekeeping, laundry, recreational activities, and medication assistance. Some of the licensed ACF's have specialized care units for residents with memory impairment, confusion and/or dementia, wandering, and for residents needing additional assistance with personal care or eating.

If you are looking for an Adult Care Facility, the Department of Health has a website [www.health.state.ny.us](http://www.health.state.ny.us) that will give you a list of facilities by county. You can call your local Ombudsman Program in Suffolk County (631) 427-3700 X273 to speak with an Ombudsman for information about facilities in Suffolk County. Your local Ombudsman Program can also provide you with a comprehensive list.

**Adult Home (AH)** Adult homes provide long-term residential care, room, board, housekeeping, personal care, and supervision to five or more unrelated adults. Homes may be operated privately, by public corporation, by limited liability company or by not-for-profit corporation. Payment for care and services may be paid privately, with Social Security, Supplemental Security Income, Social Security Disability, Veterans Pension, private pension or a combination.

**The Assisted Living Program (ALP)** is a program in an adult home with additional care or nursing services for residents that do not require skilled nursing home care. Participation in this program is based on health care need and Medicaid eligibility. There are several ALP Programs in Suffolk County: Woodhaven Adult Home, Port Jefferson Station, (631) 473-3304, Sachem Adult Home, Holbrook, (631) 588-4554 and South Bay Adult Home, Center Moriches, (631) 878-0758.

**Assisted Living Residences (ALR's)** are adult care facilities with an additional license to operate by the Department of Health. Not all facilities advertised as Assisted Living Residences are licensed so be sure to ask the question or go on to the Department of Health website for the listing of licensed homes, [www.health.state.ny.us](http://www.health.state.ny.us), or call your local Ombudsman Program for verification (631) 427-3700 X273. If you are looking for enhanced care such as nursing services or health care, ask if the facility offers this care. If you are looking for specialized care for memory loss or dementia, ask if the facility provides these services.

**The Enriched Housing Program (EHP)** is an adult care facility primarily for residents 65 years of age or older providing residential care and services in a community or apartment type setting. The residences: the Arbors, the Atrias and Gurwin/Fay J. Lindner Residences are some examples in Suffolk County. The payment for care and services is by private payment.

Arbors, Bohemia- (631) 567-3113, Arbors Hauppauge- (631) 582-3334, Arbors, Islandia- (631) 232-3131, Arbors, West Islandia- (631) 582-3600

Atria, Bayshore- (631) 206-1200, Atria, East Northport- (631) 757-8000, Atria, Huntington- (631) 549-3533, Atria, South Setauket- (631) 473-8000

Gurwin/Fay J. Lindner Residences, Commack (631) 715-8500

There are two **Continuing Care Retirement Communities (CCRC)** in Suffolk County: Jefferson's Ferry in South Setauket, (631) 650-2700 and Peconic Landing in Greenport, (631) 477-3800. This is a residential housing community offering a spectrum of health care to meet the changing health and social needs of the residents as they develop over time. From independent housing, to assisted living, to skilled nursing care, residents can transition to meet their care needs. The cost and payment usually consists of a substantial entrance fee and monthly service fees.

#### Information and Resources

- Department of Health (DOH) [www.health.state.ny.us](http://www.health.state.ny.us), Long Island Regional Office: (631) 851-3088
- Nassau/Suffolk Law Services – Adult Home Advocacy Project – (631) 232-2400 X3325
- Medicare Rights Center – 1 800-333-4114

## NURSING HOMES—SHORT AND LONG TERM STAYS

*I am feeling overwhelmed by the process of placing my mother in a nursing home. Where do I go from here?*

**Considering nursing home placement** can be an overwhelming experience for many families. There are often many unknown variables that can make the decision difficult. This brief explanation of the process, as well as terms to know, will be helpful in making sense of it all.

### **Where to Start**

When seeking placement, it is important to make appointments with the admissions office of a facility to schedule a tour. A Patient Review Instrument (PRI) and Screen will be required for initial consideration. The PRI form is utilized by the facilities to determine the individual's needs and level of care required. These tools are completed by a nurse within the home or hospital setting. At home, a PRI can be obtained from some CHHA's, some nursing homes, home care agencies and Medicaid. The admissions department will be the liaison for determination of this process. Applications for admission will vary among facilities. A financial application should be expected prior to admission.

### **What is Covered by Insurance?**

Nursing and rehabilitation facilities are paid for by Medicare, Medicaid, and private insurance. Medicare covers 100% of the first 20 days of stay, provided there is a **skilled need** as defined by Medicare guidelines. Following that period, Medicare covers 80% of days 21-100 as long as there continues to be a skilled need. The remaining 20% may be covered by private insurance such as some Medicare Supplemental policies, Medicaid or out of pocket expenses. It may be possible to upgrade or purchase a plan to cover these co-payments. Check with your insurance company.

**Medicaid** provides long term coverage of medical expenses in the community or for chronic (long term) care in a nursing home. The Medicaid application can be complicated and difficult for many families. Elder law attorneys or case managers may be helpful in completing an application and obtaining documents as well as going to the Medicaid office for you. Elder Law attorneys can also help you with estate and financial planning for long term care. It is important to seek expertise in this area as laws and guidelines have undergone significant changes in recent years.

### **Terms to Know**

**PRI** (Patient Review Instrument) - utilized to outline the person's needs and level of care required.

**PASRR Screen** (Pre-admission Screen Resident Review) - utilized to determine appropriate placement for the mentally ill, mentally retarded, and developmentally disabled individuals.

**Sub acute rehab**- short term placement for rehabilitative services to restore an individual to a prior level of functioning and independence.

**Skilled need**- need that requires a skilled level of care provided by a health care professional and that is not custodial. **Custodial care** provides assistance with activities of daily living such as walking, feeding, bathing, and dressing.

**Long term placement**-(institutional or chronic care) is permanent placement.

## **Long Term Care Ombudsman Program of Suffolk**

Working to improve the quality of life for residents living in long-term care facilities, certified volunteer Ombudsmen visit residents in nursing homes, assisted living facilities, and adult homes. They work with residents, family and staff to resolve residents' complaints and protect residents' rights. Ombudsmen also work to effect change on a state and federal level to improve the long-term care system. The Long Term Care Ombudsman Program is administered by the New York State Office for the Aging.

The Ombudsman Program is located at the Family Service League, 790 Park Avenue, Huntington, NY 11743. Telephone number: (631) 427-3700 x273 E-mail: [jburke@fsl-li.org](mailto:jburke@fsl-li.org) Program hours are 9am-5pm Monday through Friday. There is no fee for the service.

## **OTHER INFORMATION**

### **The Different Parts of Medicare**

#### Medicare Part A (Hospital Insurance)

- Helps cover inpatient care in hospitals
- Helps cover part of skilled nursing facility costs, hospice and some home health care

#### Medicare Part B (Medical Insurance)

- Helps cover doctors' services, outpatient care and some home health care
- Helps cover some preventative services

#### Medicare Part C (Medicare Advantage Plans- like an HMO)

- A health coverage option run by private insurance under contract with Medicare
- Includes Part A, Part B and often prescription drugs

#### Medicare Part D

- Prescription drug option run by private insurance under contract with Medicare
- Helps cover some of the costs of prescription drugs

## **Other Benefits and Entitlements**

**Medicare Savings Plans** - helps people with limited income to pay their monthly Medicare Part B premium and/or additional costs. If enrolled in a Medicare Savings Program, a Medicare beneficiary is also deemed eligible for "extra help" in paying Medicare Part D prescription drug costs. Information is available by calling the Suffolk County Office for the Aging at (631) 853-8200, Medicare Rights Center at 1-800 333-4114, Medicare at 1-800-633-4227 or your local Department of Social Services, Smithtown (631) 852-3710 or Riverhead (631) 853-8730.

- Qualified Medicare Beneficiary Program - (QMB) – pays your Medicare premiums. It will also pay your deductibles if you utilize a participating doctor.

- Specified Low-Income Medicare Beneficiary Program (SLMB) – Pays your Medicare Part B premium.
- Qualifying Individual Group -1 Program (QI 1) – Pays your Medicare Part B premium (you cannot have QI 1 and Medicaid together)

**Health Insurance Information, Counseling and Assistance Program (HIICAP)** - Available to assist seniors navigate through the abundance of health insurance programs. HIICAP provides comprehensive, unbiased information and assistance regarding Medicare, Medicare supplemental programs, managed care plans, prescription drug plans, Medicare savings programs, and long term care. HIICAP hotline number is (631) 853-6651.

**“Extra Help”** in paying for Medicare prescription drug coverage - Medicare recipients may qualify for extra help (low income subsidy) from the Social Security Administration to help pay for prescription drugs. This can help you pay your drug plans monthly premium, deductible, co-payments and the coverage gap. 1-800-772-1213.

**(EPIC)** - The New York State Elderly Pharmaceutical Insurance Coverage Program helps people over 65 pay for their prescription drugs. EPIC supplements other drug coverage including Medicare Part D. 1-800-332-3742.

**Scripts** - Program that can save you an average of 20% off regular retail prescription costs with Suffolk County’s Prescription for Savings Program. There is no enrollment form, age or income restrictions or membership fee. 1-877-321-2652.

**New York Prescription Saver** - Free pharmacy discount card that can lower the cost of prescriptions for people ages 50 - 64 or someone deemed disabled by the Social Security Administration. 1-800-788-6917.

**Supplemental Security Income (SSI)** - May provide a monthly check to people who are over 65, blind, or have a disability and have limited resources and income. 1-800-772-1213. Accessing SSI entitles you to Medicaid and food stamps.

**Telephone Lifeline** - Income eligible households can receive a reduced rate for telephone service and installation charges. Call your local telephone service provider.

**Food Stamps** - The Food Stamp program issues monthly benefits that can be used to purchase food at authorized retail food stores. Benefits help low income working people, senior citizens, disabled individuals and others. Call Suffolk County Office for the Aging at (631) 853-8200 or the Department of Social Services, Smithtown (631) 852-3710 or Riverhead (631) 853-8795 or 8730.

#### **Property Tax Exemptions/Assistance**

- STAR - New York State School Tax Relief Program
- Enhanced Star Exemption is also available for eligible seniors age 65 and older.
- Partial Tax Exemption for Real Property of Senior Citizens
- Veterans Property Tax Exemption

All property tax exemption eligibility and filing criteria can be obtained by calling your local town assessor.

**ReStore** - Funds may be used to pay for the cost of emergency repairs to eliminate hazardous conditions in homes owned by the elderly. Homeowner must be at least 60 years old and have a household income that does not exceed 80% of the median income. (631) 940-3722.

**Home Energy Assistance Program (HEAP)** - Helps eligible low-income individuals meet the high cost of home heating. (631) 853-8326.

**Weatherization Referral And Packaging Program (WRAP)** - Provides energy conservation, weatherization services and referrals to weatherization programs for HEAP eligible households. (631) 853-8327.

**Middle Income Home Energy Assistance Program (MI-HEAP)** - Helps individuals meet the high cost of home heating when income exceeds HEAP eligibility guidelines. (631) 854-2368. *May not be available in 2011.*

**Project Warmth** - Provides a one time emergency heating assistance to qualified residents who have exhausted the HEAP benefits. (631) 940-3740.

**Weatherization Assistance Program (WAP)** - Helps reduce the amount of energy needed to heat homes and provide hot water. (631) 853-8327.

**Long Island Power Authority (LIPA)** - Income Eligible Senior Energy Assistance Program – may provide \$200 bill credit for income eligible residential customers. 1-800-490-0025.

### **HELPFUL WEBSITES**

<a href="http://www.aging.ny.gov">www.aging.ny.gov</a>	New York State Office of Aging programs, services and information.
<a href="http://www.aarp.org">www.aarp.org</a>	Go to family, then to caregiving. AARP has helpful information.
<a href="http://www.alz.org">www.alz.org</a>	Alzheimer's Association. Information about Alzheimer's disease and services and caring for someone with the disease. Workshops.
<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>	Provides easy to find information about what benefits and services you may be entitled to.
<a href="http://www.caps4caregivers.org">www.caps4caregivers.org</a>	Children of Aging Parents (CAPS) has information helpful to caregivers as well as links to other useful websites.
<a href="http://www.caregiving.org">www.caregiving.org</a>	Publications, resources, support group information.

<a href="http://www.cornelleg.org">www.cornelleg.org</a>	Environmental Geriatrics is the study and application of design principles to interiors and products to optimize the health, function, and well-being of older adults.
<a href="http://www.dorotusa.org">www.dorotusa.org</a>	University Without Walls is a unique program of Dorot. Telephone conference calls enable those with limited mobility to join in stimulating classes, make new friends, get and give emotional support.
<a href="http://www.eldercare.gov">www.eldercare.gov</a>	Local information, referral sources, caregiver resources from the US Health and Human Services Department.
<a href="http://www.health.state.ny.us">www.health.state.ny.us</a>	NYS Department of Health website provides information about obtaining birth, death, marriage certificates, health care proxy forms, and more.
<a href="http://www.helpstartshere.org">www.helpstartshere.org</a>	National Association of Social Workers website. Go to “Seniors and Aging” for help on caregiving and other topics.
<a href="http://www.liaf.org">www.liaf.org</a>	Long Island Alzheimer’s Foundation. Support groups, a social model adult day program, in-home respite, workshops and special events.
<a href="http://www.medicare.gov">www.medicare.gov</a>	Medicare programs including comparison guides for nursing homes.
<a href="http://www.naela.org">www.naela.org</a>	National Academy of Elder Law Attorneys. Find an attorney.
<a href="http://www.nfcacares.org">www.nfcacares.org</a>	National Family Caregivers Association information and statistics.
<a href="http://www.nyspltc.org">www.nyspltc.org</a>	Information about long term care insurance and the NYS Partnership program.
<a href="http://www.responsehotline.org">www.responsehotline.org</a>	Response of Suffolk County. Crisis intervention and suicide prevention hotline. (631) 751-7500.
<a href="http://www.ssa.gov">www.ssa.gov</a>	Social Security Administration website. Information about programs, eligibilities, and forms.
<a href="http://www.suffolkcountyny.gov">www.suffolkcountyny.gov</a>	For information and services, go to: Health and Human Services; Office for the Aging, and Program and Services Guide for SCOFA.
<a href="http://www.unitedwayli.org">www.unitedwayli.org</a>	Information and referral service that connects LI residents to health & human services they may need on a daily basis or during a disaster.
<a href="http://www.va.gov">www.va.gov</a>	Veteran’s Administration’s website. Benefits, eligibilities and descriptions of services.

# Your Personal Records

Date: \_\_\_\_\_

**A personal record will help you organize your affairs and will help your survivors after your death. You should include the facts about your finances and information about the location of all your important papers. Keep a copy clipped to your will, as well as in a safe place that is known to a trusted family member or friend. Be sure to include your computer passwords. Keep it up to date.**

NAME \_\_\_\_\_ Emergency contact \_\_\_\_\_ phone \_\_\_\_\_

Social Security # \_\_\_\_\_ Health care proxy \_\_\_\_\_ phone \_\_\_\_\_

## 2. Medical Insurance (Plan & Numbers)

Medicare or Medicare Advantage \_\_\_\_\_

Supplemental \_\_\_\_\_ Name, phone # of company \_\_\_\_\_

Medicare Part D Plan \_\_\_\_\_

## 3. Savings and Checking Accounts

Savings account number \_\_\_\_\_ Financial institution \_\_\_\_\_

Location of passbooks or statements \_\_\_\_\_

Checking account number \_\_\_\_\_

Financial institution \_\_\_\_\_ Location of passbooks or statements \_\_\_\_\_

## 4. Certificates of Deposit

Account number \_\_\_\_\_ Financial institution \_\_\_\_\_

Account number \_\_\_\_\_ Financial institution \_\_\_\_\_

Account number \_\_\_\_\_ Financial institution \_\_\_\_\_

Location of documents \_\_\_\_\_

## 5. U.S. Government Bonds

Serial numbers and denominations \_\_\_\_\_ Location of bonds \_\_\_\_\_

## 6. Securities

List of stocks and/or bonds \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List of mutual funds \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Name, address, phone # of broker(s) \_\_\_\_\_

**7. Safe Deposit Box**

Box location \_\_\_\_\_ Key location \_\_\_\_\_ List of contents \_\_\_\_\_

**8. Pension & Profit-Sharing Plans**

Company & account # \_\_\_\_\_

Name & address of employer \_\_\_\_\_ Beneficiary \_\_\_\_\_

**9. Retirement Plans**

Individual retirement accounts, Keoghs & 401(k)' s \_\_\_\_\_

Location of accounts \_\_\_\_\_ Account # \_\_\_\_\_ Beneficiary \_\_\_\_\_

**10. Motor Vehicles**

Make, type & year \_\_\_\_\_ Location of title \_\_\_\_\_

**11. Real Estate**

Location of properties \_\_\_\_\_ Location of mortgage or ownership papers \_\_\_\_\_

**12. Description & Location of Personal Property (Jewelry, furs, collections, etc.)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**13. Life & Home Insurance**

Life ins. policy # \_\_\_\_\_ Company \_\_\_\_\_ Face value \_\_\_\_\_

Beneficiary \_\_\_\_\_

Name, address, phone # of agent \_\_\_\_\_

Home ins. policy # \_\_\_\_\_ Company \_\_\_\_\_ Policy location \_\_\_\_\_

**14. Location of Tax Records** \_\_\_\_\_

**15. Credit Cards**

Company \_\_\_\_\_ Account # \_\_\_\_\_ Name on card \_\_\_\_\_

Location of card \_\_\_\_\_ Balance \_\_\_\_\_

Company \_\_\_\_\_ Account # \_\_\_\_\_ Name on card \_\_\_\_\_

Location of card \_\_\_\_\_ Balance \_\_\_\_\_

Company \_\_\_\_\_ Account # \_\_\_\_\_ Name on card \_\_\_\_\_

Location of card \_\_\_\_\_ Balance \_\_\_\_\_

**16. Major Creditors**

Name \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_

**17. Will and Health Care Proxy and Power of Attorney**

Location of original will and copy \_\_\_\_\_

Location of health care proxy form \_\_\_\_\_

Name, phone # of health care agent \_\_\_\_\_

Location of Power of Attorney form, name of agent, phone # \_\_\_\_\_

**18. Personal Information:**

Parents \_\_\_\_\_ Phone: \_\_\_\_\_

Siblings \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Descendants \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Friends' names and phone #'s \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Former spouse \_\_\_\_\_ Phone: \_\_\_\_\_

Dates of divorce and location of divorce decree \_\_\_\_\_

Attorney \_\_\_\_\_ Phone: \_\_\_\_\_

Accountant \_\_\_\_\_ Phone: \_\_\_\_\_

Financial planner \_\_\_\_\_

Location of house keys and other keys \_\_\_\_\_

**Location of Other Documents:**

Birth & marriage certificate \_\_\_\_\_ Military record \_\_\_\_\_

Citizenship papers \_\_\_\_\_ Adoption papers \_\_\_\_\_

Alimony agreement \_\_\_\_\_ Important warranties & receipts \_\_\_\_\_

Veteran's papers \_\_\_\_\_

Burial arrangements- Funeral parlor \_\_\_\_\_ Cemetery \_\_\_\_\_

**20. Medical Information**

**Physicians:**

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**Medicine**

**Dosage**

**Frequency**

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Your personal records- adapted from "taking inventory" from an unknown source.