

ALZHEIMER'S DISEASE: WHERE TO GO FOR HELP IN NEW YORK CITY



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Tenth Edition

WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's disease (AD) is the most common cause of non-reversible dementia in the elderly. Dementia is the loss of intellectual functions, such as thinking, remembering and reasoning, which is of sufficient severity to interfere with an individual's daily function and ability to live independently. It is **not** a psychiatric disorder; rather, it stems from an organic neurological disease. Alzheimer's disease affects the patient's ability to use words and work with figures. It also impairs reasoning and judgment. Early symptoms may include changes in personality, mood and behavior. Language, speech, movement and coordination are affected as the disease progresses. Ultimately, the person with Alzheimer's becomes totally reliant on his caregiver(s) for survival.

Eighty five percent of adults over the age of 65 never develop any form of dementia; but when "forgetfulness" starts to affect a person's ability to carry out daily activities, it is cause for concern. Even in advanced old age, memory loss that interferes with everyday life is not normal and may indicate a form of dementia. **Since some forms of dementia are treatable, anyone suffering from such memory loss should be evaluated to determine the cause of the problem.** A description of the diagnostic process and a list of diagnostic centers in each borough of New York City begin on page 23.

Inherently, a diagnosis of Alzheimer's disease changes the life of the entire family for as long as the patient lives and beyond. Families are caught in a dilemma of increasing demands and decreasing resources. Progressive deterioration and the unpredictability of symptoms force the person with Alzheimer's and his/her family to adjust continually to new problems and higher levels of impairment.

Most families try to cope with the changes. Few, however, are aware at the onset of the range of possible problems or how best to provide the type of care a patient needs.

Although currently there is no known cure for Alzheimer's disease, there are a number of available medications, services and resources to help manage the behaviors associated with the disease and maintain the dignity of the person with Alzheimer's disease.

This tenth edition of “ALZHEIMER’S DISEASE: WHERE TO GO FOR HELP IN NEW YORK CITY” provides family caregivers, professional health care providers and the community at large with up-to-date information about the resources available in New York City to help Alzheimer’s patients and their families.

GLOSSARY OF TERMS USED IN THIS GUIDE

<p>Activities of Daily Living (ADLs)</p>	<p>The functional tasks of everyday life such as walking, dressing, bathing, eating and transferring (moving from bed to chair). Assessment of ADLs measures a person’s ability or inability to provide self-care and is critical to obtaining the appropriate level of long term care.</p>
<p>Benefits</p>	<p>Financial resources from various federal, state, and local public assistance programs may be available to the patient and family. Since all public assistance programs have specific eligibility requirements that change regularly, people with Alzheimer's disease and their families should contact the agencies directly to determine current rules. Information on these and other programs can also be obtained by calling 311 or visiting www.nyc.gov/aging and clicking on <i>Sixteen Benefits for Seniors</i>. Also available on this website is <i>QuickCheck</i>, an easy to use tool offered in English, Spanish and Russian, to determine eligibility for certain benefits.</p> <p><u>SOCIAL SECURITY</u>: Monthly payments to insured workers, their dependents and survivors. 800-772-1213. www.ssa.gov</p> <p><u>SOCIAL SECURITY DISABILITY (SSD)</u>: Monthly benefit for a person who has worked and earned enough Social Security “credits” or “quarters” and who has a physical or mental impairment severe enough to prevent working for a year or more. 800-772-1213. www.ssa.gov</p> <p><u>SUPPLEMENTAL SECURITY INCOME (SSI)</u>: Monthly payments to aged, blind, disabled or retired individuals with limited resources and very low incomes. With some exceptions, citizenship is required. When eligible, SSI is paid in addition to other income and Social Security. Provides certain other benefits automatically. 800-772-1213. www.ssa.gov</p>

	<p>MEDICARE: A health insurance program, with co-pays and deductibles, for persons 65 and older who are eligible for Social Security or railroad retirement benefits, or for certain disabled people under 65. PART A covers certain costs associated with hospitalization and may help with post-hospital, rehabilitative nursing home or home health care. PART B, purchased with a monthly premium, is supplemental insurance for physician and other non-hospital costs. 800-772-1213. www.medicare.gov</p> <p>*See page 123 for information on the <i>Medicare Savings Plan</i> for those with low income.</p> <p>MEDICAID: A joint state/federal program that covers the health care costs of those low-income persons who qualify; limits are based on the applicant's income and resources. By paying for long term care over a period of time, families often "spend down" to the eligibility level. Call 311 and ask for Human Resources Administration. www.nyc.gov/hra</p>
Caregiver	Relative, friend, neighbor or volunteer whose services are not provided through a formal business arrangement, and who assumes primary responsibility for the care of a person with Alzheimer's disease.
Care Provider	Professional provider whose services are purchased from an organization or business.
Care Management	Services provided by professionals, with family involvement, to develop a plan of care that maximizes independent living for a person with Alzheimer's and the family. Services include assessment of physical, functional and social abilities, information, referral, coordination of services, and ongoing monitoring of the individual's needs. See page 61.
Counseling	Assistance provided by trained social workers, psychologists or related counselors to help with emotional problems, relationships and other issues of coping.
Custodial Care	Assistance with activities of daily living (ADLs) or other personal needs that can be safely and reasonably provided by persons who do not have professional medical training. Examples of custodial care include help with bathing, dressing, shopping, feeding, etc.

Day Services	A program where the caregiver can leave a person with Alzheimer's disease during the day or evening. Most programs operate for several hours; they provide activities for the patient, and may include meals as well. A fuller discussion of this topic begins on page 71. Also see Respite Care.
Dementia	Severe loss of mental acuity characterized by increased forgetfulness, confusion and behavioral changes that interfere with an individual's daily functioning. The symptoms of dementia are not a normal part of the aging process and may result from a variety of medical conditions. While some physiological changes occur naturally in the brain as a person gets older, these changes do not normally affect a person's ability to perform daily activities. Dementia was formerly referred to as senility.
Elder Law Attorney	A specialist who can assist in preparing a power of attorney, a health-care proxy and living will, a representative payee arrangement, and a will or trust, or assist the family in seeking guardianship, if necessary. The attorney can also assist with financial planning to protect the patient's assets. For more information, see page 55.
Home Care	Services ranging from simple provision of meals (such as Meals-On-Wheels), visits from a home attendant to assist with housekeeping or shopping, intermittent visits by a nurse or certified therapist for skilled care, a 24-hour-a-day live-in home attendant. Home care may be financed privately, or through Medicaid or Medicare. In addition, some private health insurance programs provide coverage. See page 66.
Hospice	A specialized program of care for terminally ill patients generally based in the home or nursing home. The hospice team includes physicians, nurses, social workers, counselors, clergy and volunteers to assist in keeping the patient as comfortable as possible; the team is available to reassure family members and help them understand and cope with the process of dying. Further information can be found on page 108.

Information and Referral	A service, organized in one central source, with comprehensive knowledge of programs, services and public benefits available through community organizations, private resources and government agencies. The New York City Department for the Aging provides one such service. Call 311 and ask for Aging Services.
Long Term Care	Services designed to meet the health care needs of the chronically ill. This may include services delivered in the home, in a community setting, or in an institution.
Nursing Home	A facility that provides skilled nursing care and 24-hour supervision by trained personnel. These facilities, which are licensed and regulated by the New York State Department of Health, offer medical, nursing, social service, and other therapeutic assistance, as necessary. A full discussion of this topic begins on page 105.
Patient Review Instrument (PRI)	A formal evaluation required by New York State Department of Health to assess a person’s medical needs and functional capacity prior to nursing home placement. A specially certified registered nurse must complete the evaluation.
<i>QuickCheck</i>	A simple to use tool on the web that can assist in determining eligibility for benefit programs specifically designed to aid older New Yorkers. Visit www.nyc.gov/aging and click on <i>QuickCheck</i> . Available in English, Spanish, Chinese, and Russian.
Respite Care	Care for a person with Alzheimer's disease that is defined by the family member’s need for time away from caregiving duties. This care may be home care, day care, or temporary care in a residential setting such as an assisted living facility or nursing home. Fuller discussions can be found on pages 69 (in-home respite care), 71 (day services), and 97 (respite care in a facility).
Senility	A term no longer used in medical care. See Dementia.
Skilled Nursing	Tasks that can be performed only by a registered nurse or under the supervision of a nurse or other certified professional.

**THE NEW YORK CITY
DEPARTMENT FOR THE AGING**

2 Lafayette Street, New York, NY 10007

www.nyc.gov/aging

Call **311** and ask for Aging Services

In 1984 the New York City Department for the Aging recognized that those people caring for individuals diagnosed with Alzheimer's disease or another dementia faced an overwhelming situation and that there was little available in the community to assist them in their task. The Department for the Aging created the first municipally sponsored information, referral, and counseling service for Alzheimer's disease in the nation.

The service was expanded to assist anyone who needed help with caregiving and other long term care issues, not only Alzheimer's disease. The Department's professionals provide guidance and counseling to patients, families and professional care providers and guide them in developing a plan of care to benefit both the caregiver and the one for whom they are caring. These services are free and confidential. They include:

- Individual assessment
- Referrals to medical diagnostic centers, community-based services and support groups
- Guidance on medical, legal and financial issues, including public benefits
- Information on long term care options
- Assistance with the nursing home placement process
- Advocacy

For professionals, the public, and family caregivers, the Department provides:

- Educational presentations and training sessions on the latest developments in Alzheimer's disease and its treatment, available long term care services, and caregiving techniques
- Case consultations with other professionals in the field
- The New York City Department for the Aging's Annual Mayoral Conference on Alzheimer's Disease, the largest of its kind in the nation
- A variety of free publications available in English, Spanish, Chinese and Russian covering Alzheimer's disease, caregiving, paying for care, national and local resources, as well as many concerns of Alzheimer's and other long term caregiving families

For information regarding these City services, visit the Department for the Aging's website at www.nyc.gov/aging or call **311** and ask for Caregiver Services.

THE ALZHEIMER'S ASSOCIATION NEW YORK CITY CHAPTER

360 Lexington Avenue, 5th Floor

New York, NY 10017-6502

212-983-0700

Helpline: 800-272-3900

www.alzheimernyc.org

Helplineny@alz.org

The Alzheimer's Disease and Related Disorders Association, known as the Alzheimer's Association, was established in 1979, with the New York City Chapter participating as one of the seven charter members. Today, the Alzheimer's Association, headquartered in Chicago, has grown into a national organization that includes eighty one chapters nationwide. Each chapter is a separate, not-for-profit entity managed by a local Board of Directors, and offers a variety of services for persons with the disease and their caregivers. They also provide public awareness and educational programs for the general public and all those concerned about the disease. Both locally and nationally, the Alzheimer's Association advocates for dementia-sensitive legislation and public social policy. Diversity and outreach efforts are designed to extend the programs and services of the Association to underserved populations.

The New York City Chapter provides help for patients, their families and others caring for persons with Alzheimer's disease through:

- A **24-Hour Telephone Helpline** that provides access to information, support, and referrals to services throughout the city for family, professional caregivers, persons with dementia and anyone in need of services relating to dementia. Specially trained staff answer the calls. Telephone: 800-272-3900. E-mail sent to Helplineny@alz.org will be answered within 24 hours.
- Frequent **Educational Meetings** for family members are held in the chapter's Manhattan office with some sessions offered at other locations in the chapter's service area (the five boroughs of New York City). The Manhattan meetings are taped for home viewing. Pre-registration is required for all meetings. Telephone: 212-983-0700. A calendar can be

viewed at <http://www.alzheimernyc.org/calendar/educal/calendar.htm>.
Topics include:

- Orientation to Alzheimer's disease for family members and professionals new to the disease
 - Legal and financial planning for long term care conducted by volunteer elder law attorneys
 - Medicaid home care – a practical guide to the system
 - Partnering with your doctor
 - Easing the transition from home to a residential care facility
 - Other topics relating to the disease and caregiving
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- Many **caregiver support groups** convene weekly or bi-weekly around New York City. Some groups are for spouses only, others for adult children, home health aides or other special groups. **Early stage patient support groups** are available to help recently diagnosed persons come to terms with the fact of their illness and the range of feelings the awareness of the diagnosis engenders. Call **212-983-0700** for a referral.

 - Individual **short-term counseling and support** for caregivers and persons with the disease through phone and face-to-face sessions is provided. Social work staff help families coordinate services and assist in care planning.

 - **Professional and paraprofessional training programs** for those working with persons with Alzheimer's and their families, such as day care, residential, pastoral, social service staff, and more. An intensive **Dementia Specialist Training Program** prepares home care workers to properly care for the cognitively impaired; **Support Group Leader Training** thoroughly prepares professionals to lead dementia groups.

 - The **Safe Return Program** is a nationwide program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who wander and become lost. Persons with dementia enroll in the program and receive ID bracelets, wallet cards and other identifiers. Safe Return provides assistance whether a person becomes lost locally or far from home, and whether or not the individual is registered in the program.

- A cooperative **Volunteer In-Home Respite Program**, in collaboration with Sunnyside Community Services, Inc., is operated for western Queens residents.
- A quarterly **Newsletter** provides current information on matters of concern to the AD community, news of the Chapter activities, public policy updates and other items of interest.
- **Information packets** including a bibliography of materials and brochures of topical interest are sent on request.
- An extensive and informative **website** at www.alzheimerny.org.
- A large selection of **fact sheets, brochures, pamphlets, and books**, some of which are free and many available for purchase. A list is available on the chapter's website or by calling **212-983-0700**.
- **Conferences, seminars and workshops.**
- Collaborates with the New York City Department for the Aging on the **Annual Mayoral Conference on Alzheimer's Disease.**
- A **Speakers Bureau**, prepared to offer AD-related presentations to family caregivers, professionals or other audiences.

OTHER RESOURCES IN THE TRI-STATE AREA

Alzheimer's Association - Connecticut Chapter

96 Oak Street

Hartford, CT 06106

Helpline: 800-356-5502

Business: 860-956-9560

www.alzct.org

Eastern Regional Office

4 Broadway, 3rd Floor

Norwich, CT 06360

Helpline: 800-356-5502

Business: 860-887-3593

South Central Regional Office

2911 Dixwell Avenue

Hamden, CT 06518

Helpline: 800-356-5502

Business: 203-230-1777

Southwest Regional Office

607 Main Avenue

Norwalk, CT 06851

Helpline: 800-356-5502

Business: 203-845-0010

Northwestern Regional Office

27 Siemon Company Drive

Watertown, CT 06795

Helpline: 800-356-5502

Business: 860-945-3301

Alzheimer's Association – Delaware Valley Chapter

100 North 17th Street, 2nd Floor

Philadelphia, PA 19103

Helpline: 800-272-3900

Business: 215-561-2919

www.alz-delawarevalley.org

Southern New Jersey Regional Office

(a branch of the Delaware Valley Chapter)

The Atriums at Greentree Commons

11000 Lincoln Drive West, Suite 7

Marlton, NJ 08053-3431

Helpline: 800-272-3900

Business: 856-797-1212

Alzheimer's Association - Greater New Jersey Chapter

400 Morris Avenue, Suite 251

Denville, NJ 07834

Helpline: 800-883-1180

Business: 973-586-4300

www.alznj.org

Regional Branch Office

12 Roszel Road, Suite C201

Princeton, NJ 08540

Helpline: 800-883-1180

Business: 609-514-1180

TTY: 609-514-2722

Regional Branch Office

690 Kinderhook Road

Oradell, NJ 07649

Helpline: 800-883-1180

Business: 201-261-6009

Alzheimer's Association - Hudson Valley/Rockland/Westchester, NY Chapter

2 Jefferson Plaza, Suite 203
Poughkeepsie, NY 12601-4027
Helpline: 866-882-5772
Business: 845-471-2655
www.alzHUDSONVALLEY.org

Orange/Sullivan Office

453 Route 211 East, Suite 305
Middletown, NY 10940-2206
Helpline: 800-872-0994
Business: 845-342-2247

Rockland Office

20 Squadron Boulevard, Suite 660
New City, NY 10956-5242
Helpline: 800-872-0994
Business: 845-639-6776

Westchester Office

785 Mamaroneck Avenue
White Plains, NY 10605-2523
Helpline: 800-872-0994
Business: 914-428-1919

Alzheimer's Association - Long Island Chapter

3281 Veterans Memorial Highway, Suite E-13
Ronkonkoma, NY 11779
Helpline-Nassau: 516-935-1033
Helpline-Suffolk: 631-580-5100
Business: 631-580-5100
www.alzheimersli.org

Alzheimer's Association - New York City Chapter

360 Lexington Avenue, 5th Floor

New York, NY 10017

Helpline: 800-272-3900

Business: 212-983-0700

www.alzheimernyc.org

Alzheimer's Association – National Office

225 N. Michigan Avenue, Floor 17

Chicago, IL 60601-7633

Helpline: 800-272-3900

Business: 312-335-8700

www.alz.orgALZINFO

Fisher Center for Alzheimer's Research Foundation

One Intrepid Square

West 46th Street & 12th Avenue

New York, NY 10036

1-800-ALZINFO (1-800-259-4630)

www.alzinfo.org

Long Island Alzheimer's Foundation

5 Channel Drive

Port Washington, NY 11050

516-767-6856

www.liaf.org

Staten Island Alzheimer's Foundation, Inc.

460 Brielle Avenue

Staten Island, NY 10314

718-667-7110

www.sialzheimers.com

Leeza's Place of Manhattan

322 8th Avenue at 26th Street. 6th Floor

New York, NY 10001

866-577-5223

www.leezasplace.org/locNY.html

INTERNET DIRECTORY

The Internet now offers a wealth of information to Alzheimer's families. The following Internet Alzheimer's disease sites contain information, resources, support, and research developments. NOTE: The number of Internet sites is changing constantly. Therefore, this directory is only a starting point for your Internet search.

Name	Internet Address/ Phone Number	Description/Languages
New York City Department for the Aging	www.nyc.gov/aging Call 311 and ask for Aging Services	Contains broad range of information of interest to seniors in the 5 boroughs of NYC with referrals to senior centers, senior housing, caregiver resources, etc.; current news on issues affecting seniors; <i>QuickCheck</i> , an easy to use internet tool to determine eligibility for certain benefits; links to other aging sites; aging trends; volunteer, job and training opportunities. Some features and publications available in Spanish, Chinese, Russian.
NYCCaregiver - a service of the New York City Department for the Aging	www.nyccaregiver.org Call 311 and ask for Caregiver Services	Contains information on many general caregiver issues. Click on <i>Find Your Local Caregiver Resource Center</i> for referral to local caregiver resources in the City of New York. Spanish, Russian, Chinese.

Access to Benefits Coalition	www.accesstobenefits.org	An on-line service that simplifies identifying, selecting, and enrolling in the best combination of Medicare discount cards, state assistance plans, and drug manufacturers' savings plans.
ADEAR - Alzheimer's Disease Education and Referral Center (a service of the National Institutes of Health)	www.alzheimers.org/ 1-800-438-4380	Contains info and referral service, research news, Alzheimer's disease publications, events calendar, and answers questions via e-mail.
Administration on Aging	www.aoa.gov/alz/	Offers information on Alzheimer's disease and other aging issues. Chinese, German, Spanish, French, Italian, Japanese, Korean, Portuguese.
Alzheimer's Association, New York City Chapter	www.alzheimernyc.org 1-212-983-0700	Contains Chapter's mission statement, current events, disease information, professional and caregiver education calendars, support groups and referral to services. Spanish.
Alzheimer's Association, National Office	www.alz.org 1-800-272-3900	Referral to local chapters, disease information, caregiver resources, public policy issues, current news and research. Materials in Spanish, Chinese, Korean. "Safe Return" application in Chinese, Korean, Polish, Russian, Spanish, Vietnamese.

ADI - Alzheimer's Disease International	www.alz.co.uk	Information on disease and caregiver issues, global impact of the disease, calendar of worldwide Alzheimer's conferences. Links to Alzheimer's Associations in 70+ countries and resources in 27 languages.
Alzheimer Research Forum	www.alzforum.org/	Compendium of information for researchers, physicians, and the general public. Site includes news, articles, discussion forums, interviews, diagnostic and treatment guide, directory of drugs and clinical trials, and research advances. Provides access to such unique tools as directories of genetic mutations, antibodies, patents, and conferences.
AlzInfo - a service of the Fisher Center for Alzheimer's Research Foundation	www.alzinfo.org 1-800-ALZINFO	Provides information on current research, treatments, disease management, and referrals to local resources and services.
The Alzheimer's Store	www.alzstore.com 1-800-752-3238	On-line shop providing items in categories such as wandering, safety, incontinence, activities, gifts, caregiving, falls, forgetfulness and books.

Centers for Medicare & Medicaid Services - a federal agency within the U.S. Department of Health and Human Services	www.cms.hhs.gov	Provides information, statistics, regulations and news releases for professional, government and consumer audiences regarding Medicare, Medicaid, State Children's Health Insurance Program (SCHIP), Health Insurance Portability and Accountability Act (HIPAA), Clinical Laboratory Improvement Amendments (CLIA).
Counseling and Diagnosis in Dementia CANDID - a service of The National. Hospital for Neurology and Neurosurgery in London	www.dementia.ion.ucl.ac.uk	Provides information on Alzheimer's disease and links to information on Pick's disease and dementia with Lewy bodies.
Clinical Trials.gov - a service of the National Institutes of Health	www.clinicaltrials.gov	Provides regularly updated information about federally and privately supported clinical research. Gives information about a trial's purpose, who may participate, locations, and phone numbers for more details.
Eldercare Locator - a service of the U.S. Administration on Aging	www.eldercare.gov 1-800-677-1116 TDD/TTY—access local relay service or dial 711 and ask operator to connect you to 1-800-677-1116	Links those who need assistance with state and local area agencies on aging and community based organizations that serve older adults and their caregivers. For non-English or limited English speakers, full language line service for 150 languages is available by calling 1-800-677-1116.

Elderweb	www.elderweb.com	On-line eldercare sourcebook for the elderly, their caregivers, providers and advisors.
Leeza Gibbon's Memory Foundation	www.leezasplace.org	Information on stress management, alternative health, nutrition, exercise, recreation and creative memory programs, and education and support programs. From home page, click on <i>Leeza's Place Locations</i> for local referrals.
Mayo Clinic	www.mayoclinic.com	Click on <i>Alzheimer's</i> in the Health Center menu. Articles on Alzheimer's disease and caregiving issues. Free e-mail service for questions.
Medicare - the official U.S. Government site for people with Medicare	www.medicare.gov 800-MEDICARE (800-633-4227) TTY – 877-486-2048	Extensive site with plan choices, eligibility tool, billing and claim forms, appeal process, nursing home and home health comparisons by locality, participating physician directory, and much more. Spanish, Chinese.
MedlinePlus - a service of the National Library of Science and the National Institutes of Health	www.medlineplus.gov	Health information from the world's largest medical library. News, health topics, drug information, medical encyclopedia and dictionary, directories, and links to other resources. Spanish.
The Merck Manual of Geriatrics	www.merck.com/pubs	Free, on-line, comprehensive review of geriatric medicine and care of the elderly.

National Academy of Elder Law Attorneys	www.naela.org 520-881-4005	Assists lawyers, and the elderly or disabled, and their families regarding long term care planning and health care planning primarily through education. Does not provide legal services. Referrals to elder law attorneys by locality.
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FIRST STEP: A DIFFERENTIAL DIAGNOSIS

Alzheimer's disease is characterized by dementia, the loss of intellectual capacity severe enough to interfere with daily functioning. However, dementia and Alzheimer's are not synonymous. Many other conditions can cause dementia or mimic dementia—including hydrocephalus, depression, brain tumors, thyroid disorders, nutritional deficiencies, alcoholism, infections (meningitis, syphilis, AIDS), head injuries and drug reactions. Some of these conditions are treatable or reversible. Whether or not the patient has Alzheimer's can be determined only by careful medical examination.

There is no single diagnostic test for Alzheimer's disease, except the neuropathological examination of brain tissue that is usually done at autopsy. Therefore a comprehensive clinical evaluation must be performed if Alzheimer's disease is suspected. The evaluation may require several appointments with professionals from different disciplines. It is not usually completed in one day.

A differential diagnosis requires a complete medical, neurological and psychiatric evaluation as well as neuropsychological tests. A complete history from the patient's family, including a description of the symptoms and progression, is also very valuable. According to a work group convened by the National Institute of Neurological and Communicative Disorders and Strokes and the Alzheimer's Association, the evaluation should include:

- A complete history and physical examination, including neurological examination and evaluation of mental status
- A battery of laboratory tests: blood tests, including metabolic screens such as thyroid, B-12 and folate tests, and a serology test; urinalysis; and electrocardiogram (EKG); and chest X-ray
- Some of the following: a computerized scan of the brain (CT Scan); Magnetic Resonance Imaging (MRI), which may be helpful in distinguishing between Alzheimer's disease, multi-infarct dementia and normal pressure hydrocephalus; a Positron Emission Transaxial Tomography (PET) scan, although this research technique's use in diagnosis is limited at this time; and a Single Positron Emission Computed Tomography (SPECT) analysis, which is a computer-enhanced X-ray technique that can focus on specific areas of the brain

- An electroencephalogram (EEG)
- A psychiatric evaluation to exclude various psychiatric disorders
- A battery of neuropsychological tests
- A lumbar puncture (or spinal tap) if infection is suspected

The evaluation may be obtained by a geriatrician or by the family physician in collaboration with an internist, neurologist or psychiatrist, or may be initiated by any one of these specialists who may have been consulted. Most work-ups are performed on an outpatient basis. It is very important that the patient be accompanied to the work-up by someone who can describe recent behavioral changes as well as past history.

Understanding the diagnostic process, the length of time it takes, the procedures involved, and the newest technologies can be daunting. The diagnostic centers have support groups, counselors and social workers who can help with understanding the diagnostic work-up and assist with filling out the insurance forms.

DIAGNOSTIC FACILITIES

New York City is rich in medical schools and medical institutions with expertise in diagnosing dementia. Many of these centers have active research programs where diagnosis is free for participating patients. Many centers also have family counseling services and support groups, co-sponsored by the Alzheimer's Association, which help families understand the complexity of the diagnostic work-up. Almost all centers accept Medicare, Medicaid and insurance payments.

The programs vary in scope of services, eligibility criteria and fee structure. Medical facilities that offer services to Alzheimer's patients and families are listed alphabetically, by borough, starting on the following pages.

BRONX

Albert Einstein College Of Medicine

Department of Neurology

1550 Blondell Avenue, Suite 220, Bronx, NY 10461

718-405-8140

(Diagnosis)

Gerontology Center, Rousso Building, Third Floor

1165 Morris Park Avenue, Bronx, NY 10461

718-430-3888

(Research)

Staff/Services: Complete multi-disciplinary staff with expertise in every aspect of dementia. Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call from patient, family member or medical practitioner. Medical referral not required.

Waiting List: Variable.

Eligibility Criteria: Criteria for participation in research programs determined on a case-by-case basis.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological, multi-disciplinary counseling, advisement, information and referral on all aspects of dementia.

Research/Treatment: The Center conducts extensive basic research on Alzheimer's disease. As part of the Einstein Aging Study, sponsored by the National Institutes of Health, the Gerontology Center also has a number of clinical studies for people aged 65 and over, including studies in normal aging, memory and dementia. Studies of gait disorders, mobility and falls as related to the onset of dementia are ongoing. An autopsy program for persons with dementia is available. For information on eligibility for these studies, phone 718-430-3888.

Related Services: Family/patient counseling
Support groups
Information and referral services
Follow-up contact with patient and family
Autopsy program

Fees: There are no fees for patients involved in the research programs. Fees for diagnostic work-up and other treatment vary with service. The Center accepts Medicare and insurance.

Montefiore Medical Center
Division of Geriatric Medicine
Geriatric Ambulatory Practice
3400 Bainbridge Avenue. Bronx, NY 10467

718-920-6723

Staff/Services: Multi-disciplinary staff. Geriatric ambulatory practice.
Translation services available.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: 2–3 weeks, depending on availability.

Eligibility Criteria: 65 and over.

Diagnostic Work-up: Medical, psychiatric screening,
neurological, social service. Structured family interview.

Research/Treatment: Primary and consultative medical
services, Geriatric psychiatric evaluation and treatment.
Research program in conjunction with Albert Einstein College
of Medicine and other projects.

Related Services: Geriatric assessment
Patient Review Instrument evaluation for nursing home
application
Family and individual counseling
Dementia assessment
Closely affiliated with home care agencies
Affiliated nursing homes

Fees: Medicare, Medicaid, insurance.

**Mount Sinai/Bronx Veterans
Administration Medical Center
Psychiatric Services
Alzheimer's Disease Research Center
Department of Psychiatry
130 West Kingsbridge Road, Bronx, NY 10468**

**718-584-9000
(ext. 5179)**

Staff/Services: Diagnostic evaluation and treatment of dementia and second opinion for previously diagnosed Alzheimer's disease patients and other dementia patients. Board-certified specialists in psychiatry, neurology, internal medicine. Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: Variable.

Eligibility Criteria: Patient must be a veteran for screening.

Diagnostic Work-up: Medical, psychiatric, neurological, laboratory evaluation, EKG, CT, MRI, neuropsychological testing.

Research/Treatment: Designated by the National Institute on Aging as an Alzheimer's Disease Research Center with particular expertise in clinical drug trials and the study of biology and genetics of Alzheimer's disease. Participation in experimental drug trials is available for eligible Alzheimer's disease patients. Treatment of insomnia, agitation and other symptoms related to dementia. Referral to other medical specialists as needed.

Related Services: Nurse and social worker for consultation
Referral and education
Family support groups
Autopsy planning and counseling
Transportation available

Fees: Medicare, Medicaid, private pay on a sliding fee scale. No fee for eligible veterans and patients participating in research studies.

BROOKLYN

The Brookdale University Hospital and Medical Center

718-240-5622

Department of Neurology
Brookdale Medical Association Building
2460 Flatbush Avenue, Brooklyn, NY 11212

Staff/Services: Complete multi-disciplinary staff with expertise in dementia and psychiatric illnesses in the elderly.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: None.

Eligibility Criteria: Patients under age 60 may be accepted based on their medical history, current symptoms, and diagnostic evaluation. Admission to the program is on a case-by-case basis.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological, laboratory evaluation, EKG, CT, MRI, EEG, SPECT as needed.

Research/Treatment: Outpatient treatment including psychotherapy, group psychotherapy, pharmacological treatment, and coordination of community services with referrals to other medical specialists as needed. The clinic conducts extensive memory testing, cognitive assessments and ongoing evaluation. Treatment of insomnia, agitation and other symptoms related to dementia. Basic research through all stages of Alzheimer's disease.

Related Services: Family/patient interview
Family support groups
Early/middle stage patient groups
Information and referral services
Coordination with community agencies
Follow-up contact with patients and families
Assistance with nursing home placement

Fees: Medicare, Medicaid, insurance, private pay on a sliding fee scale.

Brooklyn Alzheimer's Disease Assistance Center **718-287-4806**
at State University of New York
Downstate Medical Center
Memory Disorders Clinic and Geriatric Psychiatry Clinic
370 Lenox Road, Brooklyn, NY 11226

Staff/Services: Multi-disciplinary staff, psychiatrist, neuropsychologist and social worker. Russian, French Creole, Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: None.

Eligibility Criteria: Patient must be 50 years of age or older.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological, laboratory evaluation, CT, MRI scans.

Research/Treatment: The center conducts extensive memory testing, cognitive assessments and ongoing evaluation.

Related Services: Psychotherapy

Inpatient care provided for severe and chronic cases

Information and referral services

Follow-up contact with patient/family

Family support groups

Educational forums

Opportunity for patient to participate in drug treatment

Social services

Fees: Medicare, Medicaid, insurance.

Maimonides Medical Center
4802 10th Avenue, Brooklyn, NY 11219

718-283-7470
718-283-6000

Staff/Services: Complete multi-disciplinary staff.

Patient Treatment:

Referral Procedure: Telephone call or physician referral.

Waiting List: None.

Eligibility Criteria: None.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological.

Research/Treatment: Psychopharmacological treatment on an inpatient and outpatient basis.

Related Services Support group referrals
Information and referral services
Follow-up contact with patient/family
Day care center
Full-time nursing specialist

Fees: Medicare, Medicaid, insurance, private pay on a sliding fee scale.

University Hospital of Brooklyn
Alzheimer's Disease and Memory Disorders Center
450 Clarkson Avenue, Box 1213
Brooklyn, NY 11203

718-270-6388

Staff/Services: Multi-disciplinary staff. Spanish, German speaking staff.

Patient Treatment

Referral Procedure: Telephone call.

Waiting List: 1-2 weeks.

Eligibility Criteria: Minimum age 50 years.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological, laboratory evaluation, CT, MRI.

Research: Opportunity to participate in clinical trials.

Fees: Medicare, Medicaid, insurance, private pay.

MANHATTAN

Beth Israel Medical Center

212-420-4135

POSA Clinic

2nd Floor, Bernstein Pavillion

First Avenue and 16th Street, New York, NY 10003

Staff/Services: Complete multi-disciplinary staff with expertise in dementia and psychiatric illnesses of the elderly. Translation services available.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: None.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological, neuropsychological, neuropsychiatric.

Research/Treatment: Psychotherapy, group therapy, psychopharmacological treatment, and coordination of community services.

Related Services: Inpatient treatment on a case by case basis
Family/patient counseling

Fees: Medicare, Medicaid and insurance.

**Beth Israel Satellite
Meltzer Geriatric Practice**

212-677-2157

94 East First Street, Apartment 1H, New York, NY 10009

Staff/Services: Multi-disciplinary staff, certified in geriatric care, providing primary health care to older adults. Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: None.

Diagnostic Work-up: Medical, psychiatric, psychological, laboratory evaluation, EKG, referral to Beth Israel for neurological, CT, MRI, EEG.

Research/Treatment: Psychopharmacological treatment on an outpatient basis.

Related Services: Podiatry, nutritional assessment, nursing intervention
Information and referral
Coordination with community agencies
Follow-up with patients and family
Family/patient counseling
Community education

Fees: Medicare, Medicaid, insurance, some HMOs.

**Columbia University Medical Center
at The New York State Psychiatric Institute
Memory Disorders Center**

212-305-6939

1051 Riverside Drive (at 165th Street), New York, NY 10032

**For Midtown, upper East and
West side Manhattan residents:**

212-326-8545

Columbia University Eastside Memory Clinic

Department of Neurology

16 East 60th Street, Suite 330, New York, NY 10022

Staff/Services: Multi-disciplinary staff including neurologists, psychiatrists, psychologists. Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: Average 4 - 8 weeks. No wait for emergencies for patients in program.

Eligibility Criteria: Minimum age 45 years.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological.

Research/Treatment: Variety of research programs, including evaluation of symptoms, predictors of disability, neurophysiology and neuropsychology, drug trials.

Related Services: Information and referral services

Follow-up contact with patient/family

Family studies

Genetic testing and counseling on case-by-case basis

Fees:

Center visits are free. Medical work-up (CAT scan, MRI, laboratories, etc.) is patient's responsibility but may be billable to Medicare, Medicaid or insurance.

Cornell University Medical College

212-746-2344

Memory Disorders Program

428 East 72nd Street, Suite 500, New York, NY 10021

Staff/Services: Multi-disciplinary staff including behavioral neurologists, neuropsychologists.

Patient Treatment:

Referral Procedure: Telephone call; physician referral preferred.

Waiting List: One to two months.

Eligibility Criteria: Prior diagnosis of a memory disorder.

Diagnostic Work-up: Neurological, laboratory evaluations, SPECT, CT, MRI, EEG as needed.

Research/Treatment: Participation in experimental drug trials available for eligible Alzheimer's disease patients. Treatment of cognitive loss and other symptoms related to dementia.

Related Services: Information and referral services

Follow-up with patient/family

Alzheimer's disease genetic testing and counseling for research candidates only.

Social work services

Fees:

Medicare, insurance. Preferred providers for several managed care programs. No fee for eligible patients participating in research studies.

Lenox Hill Hospital
Outpatient Center For Mental Health
1430 Second Avenue, Suite 103, New York, NY 10021

212-434-3362

Staff/Services: Staff includes board certified geriatric psychiatrists, psychologists, psychiatric nurse practitioners, and social workers.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: Two weeks.

Eligibility Criteria: None.

Diagnostic Work-up: Psychiatric, laboratory, liaison with existing internist or referral for medical evaluation or neurological evaluation as indicated, CT, MRI, EKG. as needed.

Related Services: Support groups
Individual and family therapy

Fees: Medicare, Medicaid, insurance.

Mount Sinai Medical Center
Department of Psychiatry,
Alzheimer's Disease Research Center

Box 1230, One Gustave Levy Place, New York, NY 10029

212-241-9832
(Diagnosis)

212-241-8329
(Research)

Staff/Services: Board certified specialists in psychiatry, neurology and internal medicine.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: One week.

Eligibility Criteria: None.

Diagnostic Work-up: Medical, psychiatric, neurological, laboratory evaluation, EKG, CT, MRI, PET, neuropsychological testing.

Research/Treatment: Designated by the National Institute on Aging as an Alzheimer's Disease Research Center with particular expertise in the area of clinical drug trials and new medicines for the treatment of AD. Eligible Alzheimer's disease patients may participate in drug trials. Treatment is available for insomnia, agitation and other symptoms related to dementia. Referral to other medical specialists as needed.

Related Services: Nurse and social worker consultation
Referral and education
Family support groups
Autopsy planning and counseling

Fees: Medicare, Medicaid and private pay on a sliding fee scale. No fee for patients participating in research studies.

New York University School of Medicine
The Silberstein Aging and Dementia Research Center
Tisch Hospital, Room THN 314
550 First Avenue, New York, NY 10016

212-263-5756

Staff/Services: Physicians, psychologists and family counselors with expertise in all aspects of diagnostic testing and research, clinical treatment and caregiver counseling. Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call or letter from patient, family member, physician or health care provider. Medical referral not required. Pre-screening based on comprehensive application form. Application must be submitted.

Waiting List: None.

Eligibility Criteria: Medical history, current symptoms and diagnostic evaluation will determine eligibility.

Diagnostic Work-up: Medical, psychiatric, neurological, laboratory evaluation, neurological exams (MRI, PET), neuropsychological testing.

Research/Treatment: NIA-Alzheimer's Center conducts research on all aspects of normal aging, Alzheimer's disease and related dementias. Specific areas include studies of experimental drugs for cognitive improvement, treatment of behavioral symptoms. Use of brain-imaging techniques (MRI, PET), longitudinal research and autopsy studies, and development of caregiver interventions.

Related Services: Long term follow-up evaluation
Clinical trials
Family/patient counseling
Support groups
Information and referral services
Autopsy

Fees:

Medicare and insurance accepted for diagnostic services.
Diagnostic evaluation provided without cost to those accepted
in clinical trials.

Saint Vincent's Senior Health at Penn South
365 West 25th Street, New York, NY 10001

212-463-0101

Staff/Services: Diagnostic evaluation of dementia with medical, psychiatric, nursing, and social work components. Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: 2 –3 weeks.

Eligibility Criteria: Minimum age 65 years, exceptions made case-by-case based on medical history, current symptoms and diagnostic evaluation.

Diagnostic Work-up: Medical exam, psychiatric exam, nursing exam and psychosocial intervention exam, laboratory evaluation, CT, MRI, neurological referral and SPECT as needed.

Research/Treatment: Supplements primary medical care with evaluation and consultation.

Related Services: Information and referral
Family/patient counseling

Fees: Medicare, Medicaid, insurance.

QUEENS

Elmhurst Hospital Center
Mental Hygiene Department
Memory Disorders Clinic

718-334-3893

Building H, Third Floor, 79-01 Broadway, Elmhurst, NY 11373

Staff/Services: Multi-disciplinary staff. Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: None.

Eligibility Criteria: None.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological, laboratory evaluation, EKG, CT, blood, urine.

Research/Treatment: Psychometric test, psychopharmacological studies, biological studies, family studies and gene research.

Related Services: Community education
Follow-up with patient/family, phone support
Information and referral services
Psychosocial evaluation
Support group—English and Spanish
Transportation available

Fees: Medicare, Medicaid, insurance.

North Shore Long Island Jewish Health System **718-470-8140**
Zucker Hillside Hospital of Long Island
Jewish Medical Center
Geriatric Psychiatry Outpatient Center
75-59 263rd Street
Glen Oaks, NY 11004

Staff/Services: Geriatric psychiatrists, psychologists, social workers, neuropsychologists geriatric medicine and neurology consultants. Translation available.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: Variable – 1 to 2 weeks.

Eligibility Criteria: Over 65.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological, laboratory evaluations as needed.

Research/Treatment: Patients entered into appropriate drug studies when available. Center also conducts research into caregiver needs and support structures.

Related Services: Psychotherapy (individual and group for early/mild patients)
Geriatric psychiatry inpatient unit as needed
Supportive psychosocial services
Assessment of mental health needs of family members/caregivers
Family/caregiver's support group

Fees: Medicare, Medicaid, private pay on a sliding scale.

**The Parker Jewish Institute for Health Care
and Rehabilitation**

516-586-1700

Community Health Center

1 Delaware Drive, Lake Success, NY 11042

Staff/Services: Complete multi-disciplinary staff. Spanish speaking staff.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: Up to 4 weeks.

Eligibility Criteria: Over 65.

Diagnostic Work-up: Medical, psychiatric, neurological, psychological, special diagnostic clinic.

Research/Treatment: Individualized psychopharmacological treatment provided on outpatient basis. Other services include occupational and physical therapy, dentistry, podiatry, and ophthalmology services.

Related Services: Information and referral services
Follow-up with patient/family

Fees: Medicare, Medicaid, insurance, private pay.

STATEN ISLAND

Saint Vincent's Catholic Medical Center
Bayley Seton Campus
Geriatric Primary Care

718-818-5037

75 Vanderbilt Avenue, Staten Island, NY 10304

Staff/Services: Comprehensive ambulatory health care for older adults coordinated by a certified geriatric nurse practitioner
Referrals to a team of medical and nursing professionals.
Translation available.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: None.

Eligibility Criteria: Older adults.

Diagnostic Workup: Health screening.

Research/Treatment: Medical treatment for acute illness, health maintenance.

Related Services: Caregiver support group
Information and referral
Health counseling and education
Nutritional guidance

Fees: Medicare, Medicaid, insurance.

Staten Island University Hospital
Division of Geriatric Medicine
475 Sea View Avenue, Staten Island, NY 10305

718-226-4374

Staff/Services: Complete multi-disciplinary staff. Translation available.

Patient Treatment:

Referral Procedure: Telephone call.

Waiting List: Variable.

Eligibility Criteria: No age minimum for dementia assessment.

Diagnostic Work-up: To be determined by evaluating physician.

Research/Treatment: Psychopharmacological treatment, inpatient care available.

Related Services: Information and referral services
Family/patient counseling
Follow-up contact with patient/family
Community education
Home visit services
Support group

Fees: Medicare, Medicaid, insurance, private pay on a sliding fee scale.

WESTCHESTER COUNTY

Burke Rehabilitation Hospital
Memory Evaluation and Treatment Service
785 Mamaroneck Avenue, White Plains, NY 10605

914-597-2307

Staff/Services: Multi-disciplinary staff.

Patient Treatment:

Referral Procedure: Telephone call from family or physician.

Waiting List: Variable.

Eligibility Criteria: None.

Diagnostic Work-up: Medical, neurological, psychological, consultation with social worker, evaluation (some testing may be referred off site).

Research/Treatment: Psychopharmacological treatment on an outpatient basis. Clinical drug studies.

Related Services: Family/patient counseling
Support groups
Information and referral services
Follow-up contacts with patient/family
Community education

Fees: Medicare, Medicaid, private pay.

GENETIC TESTING AND COUNSELING FOR ALZHEIMER'S DISEASE

The understanding of the genetics of Alzheimer's disease is changing everyday as researchers continue to probe the causes of the disease. At this time, four genes have been identified as influencing the risk of developing the disease – three linked to early-onset Alzheimer's disease and one to late-onset Alzheimer's.

Tests are available for each of the genetic markers. However, knowing the test results may significantly affect the psychological well being of the individual and the family. Other concerns that may arise could include employment status, health and long term care insurance, and legal issues.

For that reason, if a person is considering undergoing genetic testing, they should utilize genetic counseling. Counseling before undertaking the testing enables the individual to fully understand the process and the possible consequences of knowing the results. After testing, the results need to be explained and interpreted.

Genetic counseling alone, without testing, is available for those who may have questions about family history of dementia, risk for dementia in other family members, options for genetic testing, or current genetic research.

For further information, contact:

**Columbia University Medical Center
Memory Center's Genetic Counseling Program
for Familial Dementia**

212-305-4655

**Cornell University Medical College
Memory Disorders Program**

212-746-2344

MOBILE CRISIS TEAMS

In cases where the Alzheimer's patient poses an immediate threat to him/herself or others, the caregiver should call 911 for prompt assistance. Inform the dispatcher that the person has Alzheimer's disease.

Mobile Crisis Teams are designed to provide rapid, **not immediate**, response to crisis situations. They can assist families by providing in-home assessments of patients who are unwilling or unable to leave the house. The teams consist of psychiatrists, psychiatric nurses, social workers, and mental health technicians, under the supervision of a program coordinator. All team members are skilled at working with people suffering from emotional crises and putting them in touch with appropriate community resources.

Caregivers and community providers can directly contact the numbers listed below. A team member will evaluate the situation over the phone and determine the most effective course of action: a visit from the team or a referral to another community agency.

MOBILE CRISIS TEAM DIRECTORY

BRONX

Bronx Lebanon Hospital (CPEP) 718-901-8223

Hours: Mon. - Fri. 8:00am - 7:00pm
Sat. - Sun. 9:00am - 5:00pm

Catchment: Bronx CD's 3,5,6

Lincoln Medical & Mental Health Center 718-579-4627

Hours: Mon. - Fri. 9:00am - 5:00pm

Catchment: Bronx CD's 1,2,3,4,5,6

Visiting Nurse Service/Homecare 718-319-7330

Hours: Mon. - Fri. 8:30am - 4:30pm **718-319-7338**

Catchment: Bronx CD's 7,8,9,10,11,12 (Geriatrics)

BROOKLYN

Brookdale Medical Center (CPEP) 718-240-6249

Hours: Mon. - Fri. 9:00am - 9:00pm
Sun. 9:00am - 9:00pm

Catchment: Brooklyn CD's 5, 7, 8, 18

Coney Island Hospital 718-616-4478

Hours: Mon. - Fri. 8:30am - 5:00pm

Catchment: Brooklyn CD's 10, 11, part of 12, 13, 15, 18

Interfaith Medical Center 718-613-6618

Hours: Mon. - Thurs. 9:00am - 9:30pm 718-613-6499
Fri. 9:00am - 5:00pm

Sat. - Sun. 10:00am - 6:00pm
Catchment: Brooklyn CD's 3,5,6,7,8,9,14,16, 17

Kings County Hospital (CPEP) 718-245-2350

Hours: Mon. - Fri. 9:00am - 10:00pm
Sat. 10:00am - 6:00pm
Sun. 11:00am - 7:00pm

Catchment: Brooklyn CD's 5,8,9,14,16,17,18

Woodhull Medical Center 718-260-7725

Hours: Mon. - Fri. 8:30am - 5:30pm
Sat. 8:30am - 4:30pm

Catchment: Brooklyn CD's 1,2,4,5,16

MANHATTAN

Bellevue Hospital Center (CPEP) 212-562-4330

Hours: Mon. - Sun. 10:00am - 6:00pm

Catchment: Manhattan CD's 5,6

Columbia Presbyterian Medical Center (CPEP) 212-342-5797

Hours: Mon. - Fri. 8:00am - 7:00pm
Sat. - Sun. 9:00am - 5:00pm

Catchment: Manhattan CD 12
(West 155th St. to 220th St. and Marble Hill)

Gouverneur Hospital **212-238-7529**
Hours: Mon. - Fri. 9:00am - 5:00pm
Catchment: Manhattan CD's 1,3

Project H.E.L.P.
Homeless Outreach Team **212-238-7777**
Hours: Mon - Fri. 9:00am - 12 Midnight
Weekends/ holidays 12 Noon - 8:00pm
Catchment: Citywide Homeless

Harlem Hospital Center (CPEP) **212-939-3016**
Hours: Mon. - Fri. 8:00am - 6:00pm
Sat. 8:00am - 4:00pm
Catchment: Manhattan CD's 9,10,11
(96th St. River to River; North to 155th St.)

St. Luke's - Roosevelt Medical Center (CPEP) **212-523-6711**
Hours: Mon. - Fri. 8:00am - 7:00pm
Sat. - Sun. 10am - 7pm
Catchment: Manhattan CD's 4,7,9, part of 10
(34th-125th Sts., West of Central Park)

Visiting Nurse Service/Homecare **212-609-7799**
Hours: Mon. - Fri. 9:00am - 9:00pm
Sat. 9:00am - 5:00pm
Sun. 10:00am - 6:00pm
Catchment: Manhattan CD's 2,4,7,8

QUEENS

Builders for Family and Youth **718-337-6800**
Hours: Mon. - Fri. 9:00am - 10:00pm **718-327-5267**
Sat. - Sun. 2:30pm - 10:00pm (After 5:00pm;
Catchment: Rockaways; Broad Channel Sat. - Sun.)

Creedmoor Psychiatric Center Mobile Crisis Team **718-264-4025**
Hours: Mon. - Sat. 12:00pm - 8:30pm
Catchment: Queens CD's 7,11,13

Elmhurst Hospital Center (CPEP) 718-334-3443

Hours: Mon. - Thurs. 9:00am - 9:00pm
Fri. - Sat. 9:00am - 5:00pm

Catchment: Queens CD's 1,2,3,4,5

MTA/Connections (Transit/Subway Outreach) 646-252-1216

Hours: Mon. - Fri. 24 hours/day
Sun. 7:00am - 3:00pm

Catchment: All transit subway lines; Grand Central Station, Long Island Railroad

Visiting Nurse Service 718-463-9660

Hours: Mon. - Fri. 8:30am - 8:30pm
Sat. - Sun. 9:00am - 5:00pm

Catchment: Borough wide (except Rockaways)

Queens Hospital Center CPEP 718-883-3522

Hours: Mon., Tue., Wed., Fri. 9:00pm-4:30 pm
Thurs 11:00am - 7:00pm

Catchment: Queens CD's 6,7,8,9,10,12, parts of 13 - Flushing, north of Union Turnpike

STATEN ISLAND

St. Vincent's Medical Center Program (CPEP) 718-818-6900

Hours: Mon. - Fri. 8:00am - 8:00pm
Sat. 11:00am - 5:00pm
Sun. 10:00am - 6:00pm

Catchment: Borough wide

LIFENET

1-800-LIFENET is a free, confidential crisis information and referral network provided by the Mental Health Association of New York City, Inc. and the New York City Department of Health and Mental Hygiene. An experienced referral specialist will listen to the problem, assess the situation, and make a recommended referral in the local area.

Call 1-800-LIFENET (1-800-543-3638-English)

1-877-AYUDESE (1-877-298-3373-Spanish)

1-877-990-8585 (Asian LifeNet)

1-212-982-5284 (TTY)

www.800lifenet.com.

LEGAL AND FINANCIAL ISSUES

Managing and preserving the property of the person with Alzheimer's disease and protecting the financial well-being of the family in the face of catastrophic long term care costs, are major problems confronting many Alzheimer's families. As the patient loses the ability to make decisions on medical and financial issues, the family must take a more active role.

To intelligently prepare for this transition, the patient and family should develop a plan, in consultation with an attorney, soon after the condition is diagnosed. Planning ahead helps ensure that the patient's financial affairs and future care will be managed according to his or her wishes, and it allows for the most efficient use of the patient's assets. A well developed plan also helps to ensure that the patient and family will be legally protected.

Developing a practical plan requires that the patient and family educate themselves in a number of areas. Given the high cost of long term care, it is important that the patient and family be aware of the eligibility requirements for all available public benefit programs (such as Medicaid). It is also important to understand the various surrogate decision-making options available. The planners will have to consider several other legal issues, depending on the patient's circumstances. These may include the transfer of real and/or personal property, the creation of joint or in-trust-for bank accounts, the use of trusts for asset preservation, the payment of inheritance or gift taxes, and the need for a will to govern final asset distribution and funeral arrangements.

The New York City Chapter of the Alzheimer's Association holds regularly scheduled presentations on legal and financial planning for Alzheimer's patients and their families. These seminars are conducted by elder law attorneys, and are free of charge. For schedule and pre-registration information, call the Association at **212-983-0700** or visit www.alzheimernyc.org. For seminars on Staten Island, contact the Staten Island Alzheimer's Foundation, Inc. at **718-667-7110**. For sponsoring organizations in other areas, see page 12.

The New York City Department for the Aging has available a publication called "Preparing for Long Term Care: A Legal and Financial Guide for New Yorkers" and can provide legal and financial information on issues associated with long term care. Call **311** and ask for Caregiver Services.

The following explanation of legal terms will help you in the planning process.

Power of Attorney: This is a legal form that an individual (the principal) uses to give another person (the agent, or attorney-in-fact) the power to act on the principal's behalf. The power may be general, giving the agent unlimited control over the principal's affairs, or it may be limited to a certain area (such as access to a bank account) or even to a specific transaction (such as the sale of a house or car). For the power of attorney to be valid, the principal must be competent when he or she signs it; that is, the principal must have the mental capacity to understand the nature and significance of the power he or she is granting. Do not assume that just because a person has Alzheimer's disease, he or she is incapable of understanding legal issues, especially in the early stages of the disease.

There are several different types of powers of attorney. The most relevant for a person with Alzheimer's disease is the **durable power of attorney**. A non-durable power of attorney is automatically revoked by law when the principal loses mental capacity. Since this is precisely what the Alzheimer's patient wishes to avoid, he or she must use the **durable** power, which specifically states that the power continues in effect even if the principal becomes incapacitated after signing.

Living Will/Health Care Proxy: A living will allows an individual to leave instructions to family and friends explaining his or her preferences for medical treatment. It only takes effect if the individual cannot express an opinion due to incapacity. A living will can be used to indicate that the individual does or does not want extraordinary measures used to prolong his or her life. The instructions can be as general or specific as the individual wants.

Like a living will, the health care proxy allows one to leave instructions regarding treatment wishes. But the proxy document goes beyond the living will. With this document, the individual appoints another person (the proxy) to make health care decisions in the event of incapacity. The document states that the proxy understands the incapacitated person's wishes, and will act accordingly. The proxy has the power to authorize or withhold treatment.

In addition, the health care proxy form is legally binding in New York State, while the living will is not. Medical practitioners are required by law to follow the instruction of the proxy. The living will does not carry the same legal weight. Although the individual's wishes expressed in a living will are usually followed,

the only way to be sure is to use a health care proxy. Instructions in the living will and on the health care proxy should be consistent with one another.

Trusts: A trust is an agreement whereby an individual (the grantor or settlor) appoints another person (the trustee) to hold and manage the grantor's assets on behalf of a beneficiary.

Trusts can be very useful instruments, but they are also somewhat complicated. Before entering into an agreement, be sure to have the documents reviewed by an attorney who is a specialist in trust law.

Wills: A will specifies how the assets of an individual (the testator) are to be distributed. It may also include other instructions, such as the testator's wishes regarding funeral arrangements. The will becomes effective at the time of death. It has no effect on the testator's assets while he or she is living. In the will, an executor is appointed who is responsible for carrying out the testator's wishes.

As with a trust, a will can be written to account for many circumstances. However, there are certain rules that must be followed when preparing the will to ensure its legal effectiveness. An attorney should be consulted to ensure that the will is properly drawn and to review the wills of other family members to ensure that any death and inheritance does nothing to disrupt the financial status of the person with Alzheimer's disease. For example, someone with Alzheimer's disease who is in a nursing home may lose his or her Medicaid benefit upon receiving an inheritance.

Guardianship: In situations where an incapacitated individual has not drawn up any advance directives (health proxy and/or power of attorney) but there is a need to act on his or her behalf, concerned family members are often forced to go to court to seek guardianship. In this proceeding, the court appoints a guardian to assist the incapacitated person (also known as the ward). The guardian's actual powers are determined by the court, and can range from managing the ward's financial affairs (such as paying bills, making investment decisions, or transferring assets) to making health care decisions (such as supervising home care, institutionalizing the ward, and deciding treatment options). Like the previously described instruments, the guardianship can be tailored to the specific needs and circumstances of the individual, but unlike the other tools, the guardianship is very expensive and time-consuming. For this reason, a guardianship may be the option of last resort.

Adult Protective Services (APS): This public agency is mandated to assist individuals who have no one else able or willing to do so. Services are provided to persons 18 year of age and older, without regard to income. The person must meet the following criteria:

- Because of mental or physical impairment, he or she must be unable to:
 - Meet essential needs for food, shelter, clothing or medical care;
 - Secure benefits to which they are entitled; or
 - Protect themselves from physical or mental injury, neglect, maltreatment or financial exploitation.
- Must be "at risk," that is, in need of protection from actual or threatened harm.
- Must have no other person or agency willing and able to assist him or her responsibly.

If necessary, APS may go to court to seek appointment of a guardian. The decision-making capacity of an individual will be carefully evaluated and the court may determine that the individual is lacking capacity for decision-making in some areas of his or her life but not in others. In this case, a guardian may be appointed only to act in certain areas. If you know someone who may need these services, telephone **APS's Central Intake at 212-630-1853** for assistance in any of the five boroughs.

Representative Payee: This is an alternative to bringing a guardianship action, but it is limited to certain public benefit programs (Social Security, VA Benefits, and SSI, among others). These programs will allow a third party to apply for representative payee designation, which gives the third party the right to receive and manage the incapacitated person's benefits checks.

A LISTING OF RESOURCES

The Association of the Bar of the City of New York	212-626-7373
Legal Referral Services	212-626-7374
42 West 44th Street, New York, NY	(Español)
Catchment: All boroughs	

Bet Tzedek Legal Services, Cardozo Law School	212-790-0240
55 Fifth Avenue, New York, NY 10013	
Catchment: All boroughs	

BLS Legal Services Corp., Senior Citizen Law Office One Boerum Place, 3rd Floor, Brooklyn, NY 11201 Catchment: Manhattan	718-488-7448
Bronx Legal Services, Office of the Elderly 2605 Grand Concourse, Bronx, NY 10468 Catchment: All boroughs	718-220-0030
The Legal Aid Society Community Law Offices 230 East 106th Street, New York, NY 10029 Catchment: Manhattan – East Side above 96 th Street West Side above 110 th Street	212-426-3000
The Legal Aid Society, Bronx Neighborhood Office 953 Southern Boulevard, Bronx, NY 10459 Catchment: The Bronx	718-991-4600
The Legal Aid Society, Brooklyn Office for the Aging 111 Livingston Street, 7 th Floor, Brooklyn, NY 11201 Catchment: Brooklyn, senior citizens 60 years and over	718-645-3111
The Legal Aid Society, Greater Harlem Office 2006-2016 Madison Avenue, New York, NY 10035 Catchment: Manhattan above 96 th Street	212-360-4700
The Legal Aid Society, Lower Manhattan Neighborhood Office (LMNO) 199 Water Street, 5 th Floor, New York, NY 10038 Catchment: Manhattan south of 34 th Street, East River to Hudson River	212-577-3300
The Legal Aid Society, Queens Neighborhood Office 120-46 Queens Boulevard, Kew Gardens, NY 11415 Catchment: Queens, except Rockaway	718-286-2450
The Legal Aid Society, Rockaway Neighborhood Office 1600 Central Avenue, Far Rockaway, NY 11691 Catchment: Zip codes 11414, 11416, 11417, 11420, 11422, 11691, 11692, 11693, 11694, 11695, 11697	718-337-4900

Legal Aid Society, Staten Island Neighborhood Office 718-273-6677
60 Bay Street, Staten Island, NY 10301
Catchment: Staten Island

Legal Services for the Elderly in Queens 718-286-1500
97-77 Queens Boulevard, Suite 600, Rego Park, NY 11374
Catchment: Queens

New York Legal Assistance Group, Inc. 212-750-0800
130 East 59th Street, 14th Floor, New York, NY 10022
Catchment: All boroughs

SERVICE AGENCIES CASEWORKERS & LAWYERS MAY CONSULT:

Legal Services for the Elderly 212-391-0120
130 West 42nd Street, 17th Floor, New York, NY 10036

Samuel Sadin Institute on Law
Brookdale Center on Aging of Hunter College 212-481-2076
425 East 25th Street, New York, NY 10010

CARE MANAGEMENT

One service that is vital to managing the complexity of care required for a person with Alzheimer's disease is called geriatric care management. Geriatric care managers are professionals who are trained to assess, plan, coordinate, monitor and provide services for the elderly and their families. Care managers may have a private practice and charge a fee for their service or they may work for a community agency offering services free of charge or on a sliding scale. Some HMOs use care managers on a limited basis to coordinate services for their clients. Advocating for older adults is a care manager's primary function.

Engaging the services of a professional geriatric care manager may be an ideal solution for someone dealing with a long distance caregiving situation.

Services provided by care managers may include:

- Assessment
- Arrangements for home care
- Care management and long term monitoring
- PRI and screening for nursing home placement
- Counseling
- Consultation
- Placement
- Information and referral
- Crisis intervention
- Access to entitlements and services
- Financial management
- Psychotherapy, including family therapy
- Arrangements of services nationwide

The New York City Department for the Aging can suggest low or no-cost options and can refer caregivers to care managers throughout the five boroughs. Call **311** and ask for Caregiver Services.

For further information on New York City area private geriatric case managers and their services, contact:

The Greater New York Chapter of Professional Geriatric Care Managers

212-222-9163

www.nygcm.org

For referrals in another area of the country, call:

The National Association of Professional Geriatric Care Managers

520-881-8008

www.caremanager.org

The **Elder Care Locator** is a public service of the Administration on Aging, U.S. Department of Health and Human Services. They can identify information resources nearest to the person requiring care. This is particularly useful for a caregiver who does not live in the same area as the person needing assistance. When calling, be prepared with county and city name or the person's zip code. Call between 9:00 am and 8:00 pm, Eastern Standard Time.

The Eldercare Locator

800-677-1116

www.eldercare.gov

For TDD/TTY Service: Access your local relay service or dial **711** for your relay operator. Instruct the relay operator to connect you to the Eldercare Locator at 1-800-677-1116.

THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

The National Family Caregiver Support Program (NFCSP) is a program funded by the United States Department of Health and Human Services' Administration on Aging, working in partnership with the New York City Department for the Aging and local community based agencies to provide five basic services for caregivers. They include:

- Information to caregivers about available services.
- Assistance to caregivers in gaining access to supportive services.
- Individual counseling, organization of support groups, and training to caregivers to assist them in decision making and problem solving relating to their roles.
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities. Care available on an intermittent, occasional or emergency basis may be in-home care, adult day services, or residential respite. In the case of grandparent caregivers, it includes sleep away camp or summer day camp.
- Supplemental services on a limited basis, such as home modifications, assistive technologies, emergency response systems, equipment/supplies, and transportation.

Eligible populations: Family caregivers of any age for older adults (age 60 and older) who are physically frail or cognitively impaired; and in the case of grandparents (age 60 and over) who are primary caregivers of children not more than 18 years of age.

Visit www.nyccaregiver.org and click *Caregiver Resource Center/Locator* to locate a program in your neighborhood or call **311** and ask for Aging services.

SUPPORT GROUPS

Families coping with Alzheimer's disease or a related disorder in their relative may often feel overwhelmed by the impact of the illness on their lives. In response to the needs of caregivers, support groups have been established throughout New York City.

Support groups are families, caregivers, friends and others who meet to share information, give and receive mutual support and exchange coping strategies in relation to caring for people with Alzheimer's disease. With the help of trained and competent leadership, members learn ways of dealing with similar problems. Leaders are carefully trained and groups meet in many settings such as Alzheimer's diagnostic centers, nursing homes, day care centers, and other public and private community-based agencies, including the New York City Alzheimer's Association and Staten Island Alzheimer's Foundation, Inc.

Groups have also been organized for individuals who have learned they have a diagnosis of probable Alzheimer's disease. They acknowledge their memory loss, and can communicate their feelings and experiences. Professional leaders will offer information and support.

For assistance in finding an appropriate group, contact the **Alzheimer's Association, New York City Chapter** at **212-983-0700**. On Staten Island, contact the **Staten Island Alzheimer's Foundation, Inc.** at **718-667-7110**. The Staten Island Alzheimer's Foundation also operates the **Hand in Hand Television Support** group; call the above number for further information. In Nassau and Suffolk counties and parts of Brooklyn and Queens, contact the **Alzheimer's Association, Long Island Chapter** at **516-935-1033** or **631-580-5100**, or the **Long Island Alzheimer's Foundation** at **516-767-6856**.

Support groups organized by the Alzheimer's Association are free of charge.

WANDERING & “SAFE RETURN”

One of the most emotionally wrenching and potentially life-threatening behaviors associated with dementing illnesses is the wandering of patients who then become lost and are unable to ask for help or find their way home.

Each year, thousands of such cases are reported. Some are quickly found while others remain lost for days, weeks, even months. In too many cases, the patient is never recovered.

In order to more quickly respond to these persons with Alzheimer’s disease, the Alzheimer’s Association’s **Safe Return**, a nationwide, community-based program enables the police, hospital workers, ambulance personnel, other community agencies, and private citizens to identify people through an identification bracelet or necklace and clothing identifiers. The participant’s personal code number, description, and other pertinent information are kept in a central registry to help reunite patient with family.

There is a registration fee for the program. **Registration** can be done in the following ways:

By mail: Get a registration form from your local Alzheimer’s Association chapter office, nearest police precinct or print one off the internet at www.alzheimernyc.org . Mail it with a photo of the registrant and your payment to the address indicated on the form.

By phone: Call toll free **1-888-572-8566** (weekdays 8 am – 8 pm CST) with registration and credit card information, For TDD service call **1-888-500-5759**.

Online: Visit www.alzheimernyc.org and click on *Safe Return*.

For more information, call the Alzheimer’s Association, New York City Chapter at 212-983-0700.

While Safe Return registration is strongly urged for every person with Alzheimer's disease, other devices and systems are available to prevent wandering before it happens. Speak to the Alzheimer's Association for tips and products that may assist in this, visit www.alzstore.com, or call **1-800-752-3238**.

HOME CARE

Most families choose to manage the person with Alzheimer's disease at home for the first four to seven years after the diagnosis is made. This takes an enormous toll on the caregiver. Therefore, arranging for in-home assistance is an essential consideration in planning for the care of an Alzheimer's patient.

There are various types of home care service. For most Alzheimer's families, the types of home care break down into those needs which 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. If the individual with Alzheimer's disease qualifies financially, an application can be made for Medicaid, or the family may need to pay privately. A combination of types of care may need to be put in place.

The kind of service you choose will depend on the amount of assistance required and the finances you have available. Also, you will need to understand what kind of service is necessary at a particular stage of the patient's disease.

The New York City Department for the Aging provides the following:

- Information on home health care agencies and the services they offer
- Limited home care services for non-Medicaid elderly on a cost-sharing basis. There is often a waiting list. (See EISEP, below)
- Information on Medicaid eligibility and application procedures

The Alzheimer's Association works with Medicaid-funded and private home care agencies to train aides as dementia specialists. The program is designed to equip home and personal care workers with the skills and knowledge they need to provide the highest quality of dementia care.

For further information on how to obtain the services of one of these special aides, contact the Alzheimer's Association at **212-983-0700**.

Expanded In-Home Services For The Elderly Program (EISEP)

This program provides limited amounts of personal care and nonmedical services to persons over 60 who are **not** eligible for Medicaid. EISEP is funded by the State of New York and administered by local Offices for the Aging. Fees are based on financial need. Although the demand for this program is great, limited funding has resulted in long waiting lists for services.

Call **311** and ask for Aging Services to get a referral to the community agency that serves the applicant's geographic area.

Long Term Home Health Care Program (LTHHC) or Lombardi Program

This program, also known as the "Nursing Home Without Walls" program, is regulated by the New York State Department of Health. It provides health care and support services to disabled or chronically ill persons who are medically eligible for admission to a hospital or nursing home, but who prefer to remain at home. It does not pay for home care for a person with Alzheimer's disease who requires only custodial care. However, if the patient has skilled nursing needs due to very advanced Alzheimer's disease or another medical condition, they may qualify for up to eight hours a day of home health aide services. In addition, a broad range of services is provided, including skilled therapies, day care, medical supplies and equipment, transportation and other services. The applicant must qualify for Medicaid.

For information and assistance on home care services, call **311** and ask for Aging Services.

Consumer-Directed Personal Assistance Program (CDPAP)/Concepts Of Independence

Another home care option for Alzheimer's patients is the Consumer-Directed Personal Assistance Program (CDPAP), which allows enrolled families to recruit, hire, train and dismiss their own personal assistants (aides). Two important requirements are the Medicaid eligibility of the person affected by Alzheimer's and the family's willingness and ability to become employers. Families can choose to hire certain relatives, neighbors, friends or any other person interested in becoming

a personal assistant (regardless of their training and experience). However, the family is also responsible for recruiting back-up workers. Personal assistants will be paid and receive benefits through Concepts of Independence, Inc., a special home attendant vendor agency which acts as the fiscal agent for the workers.

For more information, call:

Concepts of Independence at 212-293-9999

311 and ask for Human Resources Administration.

SHORT TERM IN-HOME RESPITE CARE

In-home respite gives the primary caregiver a break by providing a replacement who will supervise the patient in the home. The caregiver is then free to do other things, such as attend a support group, go to a medical appointment, or go to a movie with a friend. The programs listed here are limited in time and scope and will not serve in place of regular home care. A discussion of home health care is found on page 66.

An assessment of the home situation and of the person needing care is required. Therefore, prior planning is needed to utilize the programs listed below. If you have an emergency situation, you can try calling a home health agency located near you. Depending on circumstances, they may be able to send a nurse in to do an assessment and provide services fairly quickly. This would be done at the agency's regular private pay rates.

The following agencies may be able to give you guidance in an urgent situation:

311 and ask for Caregiver Services

Alzheimer's Association, New York City Chapter
212-983-0700

Staten Island Alzheimer's Foundation, Inc.
718-667-7110

Long Island Alzheimer's Foundation
516-767-6856

A LISTING OF RESOURCES

BRONX, BROOKLYN, MANHATTAN, QUEENS

New York Foundation for Senior Citizens **212-962-7559**
Respite Care Program
150 Nassau Street
New York, NY 10038

Provides short-term care for frail elderly, 60 years or older. Services include personal care, meal preparation, shopping, escort services, assistance with light housekeeping and laundry. Services are provided for three months maximum. Minimum services are twice a week, four hours per visit. Fees range between \$6.00 and \$6.40/hour, plus carfare.

QUEENS, NASSAU COUNTY

Long Island Alzheimer's Foundation **516-767-6856**
Alzheimer's Companions
5 Channel Drive
Port Washington, NY 11050

Provides three hours of respite care every other week for Alzheimer's caregivers in Queens and Nassau County. An individual in-home assessment is required. Private pay on a sliding scale.

STATEN ISLAND

Staten Island Alzheimer's Foundation, Inc. **718-667-7110**
Caregivers Time Out Program
460 Brielle Avenue
Staten Island, NY 10314

Provides four hours of respite, one time a month to any Alzheimer's disease caregiver in Staten Island. An individual assessment is needed which may require several days. Services are provided free of charge.

ADULT DAY SERVICES

Adult day service is another important resource that allows caregivers to take time off, with the security of knowing that a patient 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 patient can attend anywhere from three to 12 hours a day, as many as seven days a week. Most programs also provide lunch.

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

- The social model, which provides supervision and socialization activities such as games or dancing or services, such as memory-orientation exercises. Most of these programs do not have a medical component. They may be located at senior citizen centers, churches or other community settings. Payment is usually private pay or insurance; Medicaid will pay for a person enrolled in the Lombardi Program. Transportation may or may not be provided depending on the program.
- The medical model, which provides both social activities and medical care such as administration of medication and routine medical monitoring or treatment. These are usually affiliated with nursing homes and are regulated by the Department of Health. Payment can be through Medicaid, if the client qualifies, private insurance or private pay. A few programs can accept Medicare if the client requires certain rehabilitation services. Transportation is usually provided.

The patient's functional ability, need for service, and financial resources will determine which adult day program is appropriate for the patient.

A growing number of adult day programs in the New York area are specifically designed for persons with Alzheimer's disease and related disorders. A number of other programs, while not intended for the cognitively impaired, will accept early-stage Alzheimer's patients whose care needs are not extensive.

Bear in mind that as the person with Alzheimer's progresses through the disease, the time will come when they will no longer be able to attend an adult day

program. When applying for any program, find out what the criteria are for that person to remain in the program.

For more information on day programs, you may either call the program directly or call:

311 and ask for Caregiver Services

Alzheimer's Association New York City Chapter
212-983-0700

Staten Island Alzheimer's Foundation, Inc.
718-667-7110

Long Island Alzheimer's Foundation
516-767-6856

A LISTING OF RESOURCES

Abbreviation key:

DS	Dementia specific
MF	Mentally frail
PF	Physically frail
VI	Visually impaired
SD	Sundowning program
PSY	Psychiatric
MS	Multiple sclerosis
TBI	Traumatic brain injury

Note: "Populations served" refers to those currently attending the program. The programs are open to everyone.

Riverdale Adult Day Services	Phone:	718-884-5900
Riverdale Senior Services	Fax:	718-796-9624
2600 Netherland Avenue		
Bronx, NY 10463		
Programs:	DS	
Populations served:	Caucasian, Latino, Afro-American, Asian	
Fee structure:	Daily donation, private pay	

BRONX

Medical Models

Bainbridge Adult Day Health Care Center	Phone:	718-653-2273
3518 Bainbridge Avenue	Fax:	718-882-6610
Bronx, NY 10467		
Programs:	DS, MF, PF, VI, PSY	
Populations served:	Caucasian, Latino, Afro-American	
Fee structure:	Medicaid, private pay	

Day Center for the Frail Elderly	Phone:	718-881-8084
Mosholu-Montefiore Community Center	Fax:	718-882-6369
3450 Dekalb Avenue		
Bronx, NY 10467		
Programs:	PF, PSY	
Populations served:	Caucasian, Latino, Afro-American, Asian, Russian	
Fee structure:	Medicaid	

ElderServe Adult Day Services Center	Phone:	800-567-3646
Hebrew Home for the Aged		
5901 Palisades Avenue		
Riverdale, NY 10471		
Programs:	DS, MF/PF, Night program	
Populations served:	Caucasian (Jewish), Latino, Afro-American	
Fee structure:	Medicaid, private pay, sliding scale	

Note: "Populations served" refers to those currently attending the program. The programs are open to everyone.

ElderServe at Night **Phone: 800-567-3646**
Hebrew Home for the Aged at Riverdale
5901 Palisades Avenue
Riverdale, NY 10471
Programs: DS, PF
Populations served: Caucasian (Jewish), Latino, Afro-American
Fee structure: Medicaid, Lombardi program, private pay

Jewish Home and Hospital Day Center **Phone: 718-579-0220**
Bronx Division **Fax: 718-579-0355**
100 West Kingsbridge Road
Bronx, NY 10468
Programs: DS, PF/MF
Populations served: Caucasian (Russian), Latino, Afro-American, Asian
Fee structure: Medicaid, private pay

Martin Cherkasky Adult Day Care Health **Phone: 718-519-5901**
Beth Abraham Health Services **Fax: 718-654-7229**
612 Allerton Avenue
Bronx, NY 10467
Programs: MF/PF
Populations served: English, Spanish, Korean
Fee structure: Medicaid, private pay

Matthew B. Rosenhaus ADC Program **Phone: 718-293-1500**
Daughters of Jacob Geriatric Center **(ext. 576)**
1175 Findlay Avenue **Fax: 718-681-6735**
Bronx, NY 10456
Programs: MF/PF
Populations served: Caucasian, Latino, Afro-American, Korean
Fee structure: Medicaid, private pay, sliding scale

Note: "Populations served" refers to those currently attending the program. The programs are open to everyone.

BROOKLYN

Medical Models

Adult Day Care Center **Phone: 718-230-0200**
CNR Health Care Network **Fax: 718-230-3555**
707 Franklin Avenue
Brooklyn, NY 11238
Programs: MF, PF
Populations served: Afro-American, Caucasian (Jewish), Latino
Fee structure: Medicaid, private pay, sliding scale

Adult Day Care Center **Phone: 718-346-2040**
CNR Health Care Network **Fax: 718-346-2904**
5506 Church Avenue
Brooklyn, NY 11203
Programs: PF
Populations served: Afro-American, Latino, Haitian, Caribbean (West Indian, Jamaican, Trinidadian)
Fee structure: Medicaid, private pay, sliding scale

Adult Day Health Care Program **Phone: 718-342-4210**
Wartburg Lutheran Home **Fax: 718-485-9236**
50 Sheffield Avenue
Brooklyn, NY 11207
Programs: DS, MF, PF, VI, PSY, SD
Populations served: Caucasian, Afro-American, Latino, Haitian
Fee structure: Medicaid

Bainbridge Adult Day Care Center **Phone: 718-891-2345**
Bainbridge Nursing Home **Fax: 718-891-6633**
3093 Ocean Avenue
Brooklyn, NY 11207
Programs: MF, PF
Populations served: Caucasian (Russian)
Fee structure: Medicaid, private pay, private insurance

C & D Day Program **Phone: 718-283-8008**
Maimonides Mental Health Center **Fax: 718-635-7006**
 920-48 48th Street
 Brooklyn, NY 11219
 Programs: DS, MF, PF, VI, PSY
 Populations served: Caucasian (Italian, Jewish), Latino, Afro-American,
 Haitian, Asian, Asian Indian
 Fee structure: Medicare, Medicaid, private pay

Fairview Adult Day Center **Phone: 718-251-5600**
 144 East 99th Street **Fax: 718-251-9070**
 Brooklyn, NY 11236
 Programs: DS, PF, MF, VI, PSY, TBI
 Populations served: Caucasian (Russian), Afro-American, Native
 American, Latino, West Indian
 Fee structure: Medicaid

Four Seasons Nursing Home **Phone: 718-688-8800**
Lakeside ADHC Center **Fax: 718-649-6460**
 945 East 108th Street
 Brooklyn, NY 11236
 Programs: DS, MF, PF, VI, Deaf and Hearing Impaired
 (American Sign Language and Russian Sign
 Language)
 Populations served: Russian, Caucasian, Afro-American, Latino, others
 Fee structure: Medicaid, private pay

Four Seasons Nursing Home **Phone: 718-272-5913**
Sunrise ADHC Center **Fax: 718-272-7492**
 9517 Avenue J
 Brooklyn, NY 11236
 Programs: DS, MF, PF, SD, VI, PSY, MS
 Populations served: Caucasian, Latino, Afro-American, Haitian, Asian,
 Asian Indian
 Fee structure: Medicaid, private pay, sliding scale

Note: "Populations served" refers to those currently attending the program. The programs are open to everyone.

**Haym Salomon Home
for Nursing & Rehabilitation
Adult Day Health Care Program**

2340 Cropsey Avenue
Brooklyn, NY 11214

Programs: PF, MF, Russian language program
Populations served: Caucasian (Russian)
Fee structure: Medicaid, private pay

Phone: 718-373-1700
Fax: 718-372-4781

**Jacquelyn Hernandez ADHC
at Cobble Hill Health Center**

380 Henry Street, Brooklyn, NY 11201

Programs: DS, MF, PF, VI
Populations served: Caucasian, Latino, Afro-American
Fee structure: Medicaid, private pay, private insurance

Phone: 718-855-2050
Fax: 718-852-5992

**L'Chaim Adult Day Health Care Center
The Sephardic Home Skilled Nursing Center**

2266 Cropsey Avenue
Brooklyn, NY 11214

Programs: DS, MF, PF, VI
Populations served: Caucasian (Jewish)
Fee structure: Medicaid, private pay, sliding scale

Phone: 718-266-6100
ext. 322
Fax: 718-333-0868

**Lowenstein Alzheimer's Adult Day Care
CNR Health Care Network, Inc.**

596 Prospect Place
Brooklyn, NY 11238

Programs: DS, MF, PF, SD
Populations served: Afro-American, Latino, Haitian, Caucasian
Fee structure: Medicaid, private pay, sliding scale

Phone: 718-362-1440
Fax: 718-362-1441

**Metropolitan Jewish Health System
Adult Day Health Center**

6202 16th Avenue
Brooklyn, NY 11204

Programs: DS, MF, PF, VI
Populations served: Caucasian (Russian, Jewish, Italian), Afro-American
Fee structure: Medicaid, private pay, HMO - Elderplan

Phone: 718-621-3600
Fax: 718-621-1280

ARC XVI Social Adult Day **Phone: 212-781-5700**
ARC XVI Ft. Washington, Inc. **Fax: 212-781-5701**
411 Broadway
New York, NY 10033
Programs: DS, MF, PF, VI
Populations served: Caucasian, Latino, Afro-American, Asian
Fee structure: None

ASPA **Phone: 212-977-5200**
Alzheimer's Senior Persons Association
Stephen Wise Synagogue
30 West 68th Street
New York, NY 10023
Programs: DS
Fee structure: Contribution requested

Care Program of Lenox Hill Neighborhood House **Phone: 212-744-5022**
and Brookdale Center on Aging **Fax: 212-772-2036**
112 East 75th Street
New York, NY 10021
Programs: DS
Populations served: Caucasian (Jewish, Italian)
Fee structure: \$45.00/day

Caring Community Social Adult **Phone: 212-675-3120**
Day Program **Fax: 212-691-6728**
Caring Community
487 Hudson Street
New York, NY 10014
Programs: DS
Populations served: Caucasian (Jewish), Latino, Afro-American
Fee structure: \$5.00 donation per session/ \$1.00 lunch

Note: "Populations served" refers to those currently attending the program. The programs are open to everyone.

Central Harlem Senior Citizens Coalition, Inc. **Phone:** **212-926-4465**
120 West 140th Street **Fax:** **212-926-4911**
New York, NY 10030
Programs: DS
Populations served: Latino, Afro-American
Fee structure: No fee

Community Care Giving **Phone:** **212-927-5600**
Ft. Washington Houses Services for the Elderly **Fax:** **212-927-5612**
99 Ft. Washington Avenue
New York, NY 10032
Programs: DS, MF, PF
Populations served: Latino, Afro-American
Fee structure: Suggested contribution

C V Starr Burden Center **Phone:** **212-249-0704**
Hebrew Home for the Aged at Riverdale **Fax:** **212-249-0852**
445 East 85th Street
New York, NY 10028
Programs: DS, MF, PF, VI
Populations served: Caucasian (Jewish), Latino, Afro-American
Fee structure: \$60.00/day

Educational Alliance Social Adult **Phone:** **212-358-8489**
Day Care Program **(ext. 310)**
The Educational Alliance, Inc. **Fax:** **212-358-8494**
465 Grand Street, Basement Level
New York, NY 10002
Programs: DS
Populations served: Caucasian (Jewish, Italian), Latino
Fee structure: Sliding scale, maximum fee \$40.00/day

Note: "Populations served" refers to those currently attending the program. The programs are open to everyone.

ElderServe at the Y **Phone: 800-567-3646**
Hebrew Home for the Aged at Riverdale

54 Nagle Avenue, 2nd Floor
New York, NY 10040

Programs: MF, PF, Spanish speaking, Russian speaking
Populations served: Caucasian (Jewish and non-Jewish), Latino, Afro-American
Fee structure: \$40.00/day plus transportation, Medicaid through Lombardi (Long Term Home Health Care) program, private pay

Group Activities and Respite Program **Phone: 646-366-1009**

Brookdale Center on Aging of Hunter College **Fax: 212-481-5069**

Congregation Rodeph Shalom

7 West 83rd Street, 2nd Floor
New York, NY 10024

Programs: DS
Fee structure: Donation requested \$35.00/session

Health Enhancement Partnership (HEP) **Phone: 212-744-5022**
Lenox Hill Neighborhood House **(ext. 291)**

331 East 70th Street **Fax: 212-772-2036**
New York, NY 10021

Programs: MF, PF
Populations served: Caucasian (Jewish, Italian), Afro-American
Fee structure: Sliding scale, contribution requested

Hearthstone Alzheimer's Day Care **Phone: 212-799-7100**

Hearthstone at the Esplanade **Fax: 212-799-7283**

305 West End Avenue
New York, NY 10023

Programs: DS, VI
Populations served: Caucasian (Jewish, Italian), Afro-American, Haitian
Fee structure: Private pay

Note: "Populations served" refers to those currently attending the program. The programs are open to everyone.

LINC **Phone: 212-799-7205**
(Lunch, Interaction, Nurturing & Companionship) **Fax: 212-799-7283**
Council Senior Center of the National Council
of Jewish Women, NY Section
241 West 72nd Street
New York, NY 10023
Programs: DS
Populations served: Caucasian, Latino, Afro-American
Fee structure: \$50.00/year (center membership) plus lunch and special activities fees, \$10.00 for members, \$15.00 for non-members per session

New York Services Program for Older People **Phone: 212-787-7120**
SPOP **Fax: 212-787-1230**
188 West 88th Street, Amsterdam Avenue
New York, NY 10024
Programs: DS, MF, PSY
Populations served: Caucasian (Jewish, Italian), Latino, Afro-American, Haitian
Fee structure: Donation, \$50.00/day, \$65.00/day with transportation

Open Door **Phone: 212-927-5600**
Ft. Washington Houses Services **Fax: 212-927-5612**
for the Elderly
99 Washington Avenue
New York, NY 10032
Programs: Developmentally Disabled
Populations served: Caucasian, Latino, Afro-American
Fee structure: Sliding scale, full cost \$55.00/day includes transportation

Penn South Program for Seniors **Phone: 212-243-3670**
Social Adult Day Center **Fax: 212-243-2375**
290 Ninth Avenue
New York, NY 10001
Programs: DS
Populations served: Caucasian
Fee structure: Sliding scale, \$45.00/day

SAFE (Safe Activities for the Frail Elderly) **Phone:** **212-360-7620**
Stanley M. Isaacs Neighborhood Ctr. **Fax:** **212-360-7629**
415 East 93rd Street
New York, NY 10128
Programs: DS, MF, PF
Populations served: Caucasian, Latino, Afro-American, Asian
Fee structure: None

MANHATTAN

Medical Models

Amsterdam Adult Day **Phone:** **212-316-7735**
Health Care Center **Fax:** **212-280-2768**
Amsterdam Nursing Home, Inc.
1070 Amsterdam Avenue
New York, NY 10025
Programs: DS, PF, VI
Populations served: Caucasian (Jewish), Latino, Afro-American, Haitian,
Asian Indian
Fee structure: Medicaid, private pay

Club Isabella **Phone:** **212-342-9813**
Isabella Geriatric Center **Fax:** **212-342-9805**
514 Audubon Avenue
New York, NY 10040
Programs: DS, MF, PF, VI, PSY
Populations served: Latino, Afro-American, Asian
Fee structure: Medicaid, private pay

Chelsea Adult Day Health Center **Phone:** **212-337-9260**
121 West 20th Street **Fax:** **212-337-9299**
New York, NY 10011
Programs: DS, MF, PF
Populations served: Afro-American, Latino, Caucasian
Fee structure: Medicaid, private pay

Center at Brookdale Village **Phone: 718-868-4570**
JASA **Fax: 718-337-1628**
 131 Beach 19th St.
 Far Rockaway, NY 11691
 Programs: DS
 Fee structure: \$47.50 a day

Forest Hills Community House **Phone: 718-592-5757**
LIFT (Living Independently through **Fax: 718-592-2933**
Friendship & Togetherness)
 108-25 62nd Drive
 Forest Hills, NY 11375
 Programs: MF, PF
 Populations served: Caucasian (Jewish, Italian, Turkish), Latino, Afro-American, Haitian,
 Fee structure: Contribution \$8.00/session or \$10.00 with transportation

Forest Hills Community House **Phone: 718-592-5757**
Tyme Away **Fax: 718-592-2933**
 108-25 62nd Drive
 Forest Hills, NY 11375
 Programs: DS, PF
 Populations served: Caucasian (Italian, German, Jewish), Latino, Afro-American
 Fee structure: Contribution \$8.00/session or \$10.00 with transportation

Granat Alzheimer Center **Phone: 718-289-2105**
Parker Jewish Institute for **Fax: 718-289-2199**
Health Care and Rehabilitation
 271-11 76th Avenue
 New Hyde Park, NY 11040
 Programs: DS
 Populations served: Caucasian, Latino, Afro-American, West Indian, Asian
 Fee structure: Private pay, hourly rate

**Self Help Alzheimer's Resource Program
(SHARP) Selfhelp Community Services** **Phone: 718-631-1886**
Fax: 718-505-4245
69-61 Grand Avenue
Maspeth, NY 11378
Programs: DS
Populations served: Caucasian (Italian, Irish)
Fee structure: Private pay, sliding scale

Sunnyside Adult Day Services **Phone: 718-786-9273**
Sunnyside Community Services **(ext. 137)**
43-31 39th Street **Fax: 718-784-7266**
Sunnyside, NY 11104
Programs: DS
Populations served: Caucasian (Jewish, Italian, German, Greek), Latino,
Afro-American
Fee structure: Private pay, sliding scale, Department for the Aging

QUEENS

Medical Models

Adult Day Care Center **Phone: 718-297-4700**
CNR Health Care Network **Fax: 718-297-5922**
143-31 101st Avenue
Jamaica, NY 11435
Programs: DS, MF, PF
Populations served: Caucasian, Latino, Afro-American, Haitian
Fee structure: Medicaid, private pay, sliding scale

Adult Day Health Care **Phone: 718-734-2742**
Peninsula Center for Extended Care & Rehab **Fax: 718-734-2726**
50-15 Beach Channel Drive
Far Rockaway, NY 11691
Programs: MF, PF, VI, PSY, Spanish language program
Populations served: Caucasian (Jewish, Italian, German), Afro-American,
Latino, Haitian, Asian (Korean, Chinese)
Fee structure: Medicaid, private pay

Adult Day Health Care **Phone: 718-526-1000**
St. Alban's Campus **(ext. 2536)**
New York Harbor Health Care System **Fax: 718-298-8520**
U.S. Veterans Administration
 179-00 179th Street & Linden Boulevard
 St. Albans, NY 11425
 Programs: DS, PF
 Populations served: Veterans: Caucasian (Jewish, Italian) Latino, Afro-American
 Fee structure: Based on veterans eligibility status

Chapin Home Adult Day **Phone: 718-739-3990**
Health Care Center **Fax: 718-291-0989**
Chapin Home for the Aging
 165-01 Chapin Parkway
 Jamaica, NY 11432
 Programs: DS, MF, PF, VI, PSY
 Populations served: Caucasian, Latino, Afro-American, Indian
 Fee structure: Medicaid, private pay

Dry Harbor Adult Day **Phone: 718-424-3169**
Dry Harbor Nursing Home **Fax: 718-424-3896**
 61-35 Dry Harbor Road
 Middle Village, NY 11379
 Programs: DS, PF, VI
 Populations served: Caucasian (Russian, Jewish), Latino, Afro-American
 Fee structure: Medicaid, private pay

Elmhurst Care Center **Phone: 718-205-8100**
Adult Day Health Care **(ext. 199)**
 100-17 23rd Avenue **Fax: 718-507-2800**
 E. Elmhurst, NY 11369
 Programs: DS, MF, PF, VI, PSY
 Populations served: Caucasian (Russian), Latino
 Fee structure: Medicaid

Note: "Populations served" refers to those currently attending the program. The programs are open to everyone.

RESIDENTIAL RESPITE

Residential respite provides temporary, time-limited care for an Alzheimer's patient in a residential or institutional setting. This type of support may be appropriate when family members or other service providers are temporarily unavailable. The Alzheimer's person must have a stable and safe home to return to at the end of the respite stay. These programs usually require advanced reservations. Some require a Patient Review Instrument (PRI—see page 106 under Nursing Homes), and the application procedure can take several weeks to complete. Respite can be paid by Medicaid, the Lombardi program, or private pay. Some facilities offer a sliding scale fee program. Call the individual facility and ask to speak to the admissions department.

If you are facing an emergency situation, call the following:

- **311 and ask for Caregiver Services**
- **The Alzheimer's Association New York City Chapter, 212-983-0700**
- **The Alzheimer's Foundation of Staten Island, Inc., 718-667-7110**
- **The Long Island Alzheimer's Foundation, 516-767-6856**

RESIDENTIAL RESPITE PROGRAMS

BRONX

Atria Riverdale

3718-3726 Henry Hudson Parkway
Riverdale, NY 10463

718-432-6666

Hebrew Home for the Aged at Riverdale

5901 Palisade Avenue
Bronx, NY 10471

800-567-3646

**Hebrew Home for the Aged at Riverdale
Baptist Division** **800-567-3646**
3260 Henry Hudson Parkway
Bronx, NY 10463

**Hebrew Home for the Aged at Riverdale
ElderServe Residential Respite Care** **800-567-3646**
5901 Palisade Avenue
Bronx, NY 10471

Hebrew Hospital Home, Inc. **718-239-6444**
801 Co-op City Boulevard
Bronx, NY 10475

The Judith Lynn **718-379-4400**
1800 Waring Avenue
Bronx, NY 10469

Methodist Church Home for the Aged **718-548-5100**
4499 Manhattan College Parkway
Bronx, NY 10471

Providence Rest **718-931-3000**
3304 Waterbury Avenue
Bronx, NY 10465

BROOKLYN.

Ditmas Park Care Center **718-462-8100**
2107 Ditmas Avenue
Brooklyn, NY 11226

Four Seasons Nursing and Rehabilitation Center **718-927-6300**
1555 Rockaway Parkway
Brooklyn, NY 11236

Harbor View Assisted Living for Adults **718-769-9700**
3900 Shore Parkway
Brooklyn, NY 11235

Palm Beach Home for Adults 718-891-8400
2900 Bragg Street
Brooklyn, NY 11235

Shorefront Jewish Geriatric Center 718-266-5700
3023 West 29th Street
Brooklyn, NY 11224

The Thomas Jefferson 718-649-0700
650 East 104th Street
Brooklyn, NY 11236

MANHATTAN

Castle Senior Living at 80th Street 212-717-8888
430 East 80th Street
New York, NY 10021

Bialystoker Nursing Home 212-475-7755
228 East Broadway
New York, NY 10002

Hearthstone at the Esplanade 212-799-7100
305 West End Avenue
New York, NY 10023

Isabella Geriatric Center 212-342-9225
515 Audubon Avenue
New York, NY 10040

QUEENS

Atria Kew Gardens 718-441-0300
117-01 84th Avenue
Kew Gardens, NY 11418

Ridgewood-Bushwick Respite Program 718-366-5591
59-04 Decatur Street
Ridgewood, NY 11385

STATEN ISLAND

Clove Lakes Health Care and Rehabilitation Center 718-289-7900
25 Fanning Street
Staten Island, NY 10314

Eger Health Care and Rehabilitation Center 718-979-1800
140 Meisner Avenue
Staten Island, NY 10306

NASSAU COUNTY

Amber Court 516-334-3838
3400 Brush Hollow Road
Westbury, NY 11590

Belair Care Center 516-826-1160
2478 Jerusalem Avenue
North Bellmore, NY 11710

United Presbyterian Residence 516-921-3900
378 Syosset-Woodbury Road
Woodbury, NY 11797

WESTCHESTER COUNTY

The Nathan Miller Center for Nursing Care 914-686-8880
37 DeKalb Avenue
White Plains, NY 10605

Sarah Neuman Center For Healthcare & Rehabilitation 914-777-6021
Home Away from Home Program
845 Palmer Avenue
Mamaroneck, New York 10543

ALTERNATIVE RESIDENTIAL SERVICES

In New York State, there are many options for people who are either unable to continue living at home or who no longer wish to do so. Housing alternatives for people with Alzheimer's disease can be those that provide skilled nursing services or those that do not.

Housing services range from rental units providing limited personal care services to nursing homes providing full nursing and all personal care services.

HOUSING WITHOUT NURSING OR MEDICAL ASSISTANCE

Adult Home

Services: Provides long-term residential care, room, board, housekeeping, limited personal care (including bathing and dressing assistance) and supervision to five adults not akin to the service provider.

Eligibility: Can be mentally and/or physically impaired, must be continent, ambulatory and able to transfer from bed to chair. While some homes provide security for wanderers, some do not.

Regulation: Adult homes are licensed by the New York State Department of Health.

Fees: Private pay ranges from \$1,200/monthly for a shared room to \$2,000+ for a single. Some facilities accept Social Security (SSA), Social Security Disability (SSD) or Supplemental Security Level II (SSI Level II).

Family Type Home for Adults

Services: Provides meals, housekeeping, personal care and activities for one to four adults.

Eligibility: Must be ambulatory, continent and able to transfer from bed to chair. This setting is not safe for wanderers.

Regulation: Family type homes are licensed by the New York State Department of Health, Office of Housing and Adult Services.

Fees: Private pay determined by the provider and is usually compatible with SSI. If resident is on a fixed income, SSI, SSA or SSD is accepted.

HOUSING WITH NURSING OR MEDICAL ASSISTANCE

Assisted Living

Assisted living is a type of residential setting in New York where, in addition to assistance with medications and personal care, amenities such as organized social programs, meal service, transportation, recreational activities and access to health care and shopping facilities are available. This type of residence may serve well for an individual who is otherwise medically eligible for nursing home, but with the above listed supports, can function well in a less restrictive and more homelike setting. For a person who is not eligible for Medicaid and must pay privately for care, assisted living may be much less expensive than a nursing home.

Assisted Living takes two different forms in New York State--the Assisted Living Program, which exists only in state licensed adult homes or enriched housing settings (see description below) or a private pay residence, which must meet government housing codes and New York State Department of Health codes, if providing personal care, but otherwise is unregulated.

Some assisted living facilities have developed special care units specifically designed for individuals with dementia. This type of unit should feature safety measures that prevent a wanderer from leaving the unit, but also provide spaces which can accommodate pacing and encourage independent movement. There should be common spaces for group activities and smaller, quiet spaces. Staff should receive special training and should be able to recognize and support the resident's remaining capacities. The setting should be homelike and stimulating to the senses but avoiding over stimulation.

Assisted Living Program

- Services:** Usually provides same services as adult home or enriched housing but residents may also receive the services of a home health aide, nurse, physical, speech or occupational therapist, as well as some adult day health care and use of medical equipment.
- Eligibility:** Same as for adult home or enriched housing but must be medically eligible for a nursing home. Resident must be medically stable, voluntarily participate in activities and not be a threat to him or herself or to others.
- Regulation:** Regulated by the New York State Department of Health, Office of Continuing Care.
- Fees:** Rent is paid privately or through SSI Level II benefits. Home care services are paid privately or through Medicaid for those who qualify.

Supportive Housing, Congregate Housing, and Supportive Independent Living

- Services:** Can range from subsidized low-income to private pay residence for higher incomes. Minimal to full range of social services and meals are provided.
- Eligibility:** Some are based on income; some on frailty or disability and some on service needs.
- Regulation:** The building is regulated by government housing agencies; home care, if provided, is regulated by the State Department of Health.
- Fees:** Rents range from 30 percent of the resident's income to some private pay rents set by the provider. Some facilities have additional charges for services.

Continuing Care Retirement or Life Care Communities

Services: Provides the full range of supportive, personal, and medical needs. Facilities range from independent living to skilled nursing facilities.

Eligibility: Must be well elderly at time of entry, but will remain a resident until death as long as monthly fee is paid. A diagnosis of Alzheimer's disease may disqualify an individual.

Regulation: Approved by the New York State Life Care Community Council.

Fees: Entrance fees range from \$70,000 to \$350,000 with monthly fees from \$1,500 to \$2,500 or more. Monthly fees do not vary after entry, regardless of services rendered.

Note: Currently no continuing care retirement or life care communities are located in New York City.

For further information and listings, call **311** and ask for Aging Services.

NURSING HOMES

Although most families prefer to keep the Alzheimer's patient at home as long as possible, nursing home placement often becomes their most appropriate and responsible care option. This is particularly true in the later stages of a disease like Alzheimer's when the care the patient requires is too extensive and too skilled for the family or community agencies to provide.

If you are considering nursing home placement for an Alzheimer's patient, the following information can be useful for planning and decision making.

Start planning early. Do not wait until a crisis develops to begin thinking about nursing home placement. Finding a bed in a facility you feel comfortable with may take time.

Nursing home care is very expensive. Figure out how you will finance the needed care. Although some families can pay privately for care on a short-term basis, few can afford an extended nursing home stay without exhausting family assets. Private health insurance plans rarely provide adequate coverage for nursing home costs. Medicare does not cover the cost of a nursing home except in the short term for rehabilitation or restorative care. Ultimately most families will have to turn to Medicaid, which determines eligibility based on income, assets, and financial need. Medicaid is the largest payer of nursing home costs in the city, state and nation.

A discussion of Medicaid financing of nursing home costs is beyond the scope of this guide. The laws and regulations governing the Medicaid program are complex and constantly changing. The listing at the end of this section provides numbers to call for further information regarding Medicaid and nursing homes.

If the family has sufficient assets to privately finance nursing home care for an extended period of time, or if the family is considering transferring assets, it is advisable to see an attorney who specializes in elder law about how best to manage these resources. Call **311** and ask for Caregiver Services, visit the National Academy of Elder Law's website at www.naela.org, or call them at **520-881-4005** to obtain a listing of elder law attorneys. Please note that Medicaid regulations protect the community spouse from impoverishment when placing the other spouse in a nursing home.

Have your relative evaluated for level of care. Medical eligibility and level of nursing home care, whether in a proprietary (privately owned), voluntary (not for profit), or public facility is determined through completion of a Patient Review Instrument (PRI) and a SCREEN form. These forms must be completed by a professional who is certified by the New York State Department of Health.

The manner in which this form is completed is the most significant factor in determining whether your relative will be admitted to the facility of your choice. It is vital, therefore, for the caregiver who spends the most time with the patient to be present when the PRI is completed. Be sure to emphasize how much care the dementia patient actually needs. The reimbursement system in New York State pays facilities according to the level of nursing care needed, which makes it harder to get ambulatory dementia patients admitted. Call **311** and ask for Caregiver Services to be directed to a nurse who is qualified to complete the PRI form.

Decide which facilities you prefer. Many nursing homes have opened special care units for patients with Alzheimer's disease and related dementias. These facilities may be more willing to accept and more able to meet the needs of these patients. It is important to choose a facility that is easy for you to visit.

A LISTING OF RESOURCES

The New York City Department for the Aging

The Department offers individual counseling to those facing the issue of nursing home placement for elderly family members. It assists families with the variety of concerns that arise before, during and after the placement of an elderly relative in a residential care facility. This includes evaluating the nursing home needs of the patient, obtaining a PRI, determining the level of care required, recommending the appropriate facilities, and helping family members cope with the legal, financial and emotional challenges of placement. The Department also assists with placing non-dementia clients in alternative residential settings, such as adult homes and enriched housing.

The Department can provide a list of nursing homes in the five boroughs and send a booklet called "Placing Your Relative with Dementia in a Nursing Home." Call **311** and ask for Caregiver Services.

The Bridge Program**212-983-0700**

The Bridge Program is a program of the New York City Alzheimer's Association. The program is designed to easing the transition from home to nursing home for caregivers and Alzheimer's patients through weekly symposia. Topics covered include making the decision to place the patient in a nursing home, choosing the right facility, completing the application, adjustment expectation and other concerns.

Friends and Relatives of the Institutionalized Aged (FRIA)**212-732-4455**

An advocacy group dedicated to improving the lives of institutionalized elderly.

**New York City Substate
Long Term Care Ombudsman Program****212-962-7817**

An agency mandated by the government to assure rights and quality of care for residents in long term care facilities.

HOSPICE

The goals of hospice are to keep the patient as comfortable as possible by relieving symptoms as they enter the terminal stage of Alzheimer's disease, and by supporting the family with help in understanding and managing what is happening. Hospice care is usually in the patient's home but some New York City area nursing homes do have special hospice units. Home hospice care relies on a family member, paid professional caregiver or friend to serve as the primary caregiver. A specially trained hospice team of physicians, nurses, social workers, spiritual leaders and volunteers provides medical and nursing care, emotional support, information, instruction and practical assistance as needed. A member of the team is available 24 hours a day by telephone to answer questions, discuss concerns or handle problems. Hospice services are covered by Medicare and Medicaid and by many private insurers.

For more information or to find a hospice program:

Call 311 and ask for Caregiver Services or contact one of the following:

Hospice & Palliative Care Association of New York State

1-800-431-8988 or visit www.hpcanys.org

Alzheimer's Association - New York City Chapter

212-983-0700

HOSPICES

Cabrini Hospice

227 East 19th Street
New York, NY 10003

Catchment: Bronx, Brooklyn, Manhattan, Queens, Staten Island

212-995-6480

Calvary Hospital Hospice

1740 Eastchester Road
Bronx, NY 10461

Specialty: Palliative care for adult advanced cancer patients

718-518-2465

Care Alternatives of NY, LLC **718-836-3663**
33 Bay Ridge Avenue
Brooklyn, NY 11220
Catchment: Brooklyn
Specialty: Non-denominational, multi-cultural

**Comprehensive Community Hospice
of the Parker Jewish Institute** **516-586-1575**
1 Delaware Drive
Lake Success, NY 11042
Catchment: Queens, Nassau County

Continuum Hospice Care **212-420-2844**
(Formerly Jacob Perlow Hospice)
1775 Broadway, Suite 300
New York, NY 10019
Catchment: Bronx, Brooklyn, Manhattan, Queens, Staten Island

Hospice Care Network **516-832-7100**
99 Sunnyside Boulevard
Woodbury, NY 11797
Catchment: Queens, Nassau, Suffolk Counties

Hospice of New York **718-472-1999**
45-18 Court Square, Suite 500
Long Island City, NY 11101
Catchment: New York City, Nassau County

**Metropolitan Hospice
of Greater New York** **718-921-7900**
6323 Seventh Avenue
Brooklyn, NY 11220
Catchment: Brooklyn, Manhattan, Queens, Nassau County

**The Jewish Hospice
of Greater New York**

718-921-7900

6323 Seventh Avenue
Brooklyn, NY 11220

Catchment: Brooklyn, Manhattan, Queens, Nassau County

Specialty: A program of the Metropolitan Hospice that serves the specialized needs of the diverse cultural and religious Jewish community, including Holocaust survivors, immigrants, and adherents to Halacha.

Pax Christi Hospice

718-876-1022

355 Bard Avenue
Staten Island, NY 10305

Catchment: Staten Island

Prospect Hospice

718-787-0439

1650 Coney Island Avenue
Brooklyn, NY 11230

Catchment: Brooklyn, Queens

University Hospice

718-226-6450

256 Mason Avenue
Staten Island, NY 10305

Catchment: Staten Island, Brooklyn, Queens

VNSNY Hospice Care

212-609-1910

1250 Broadway
New York, NY 10001

Catchment: Bronx, Brooklyn, Manhattan, Queens

AUTOPSY

Most autopsies will confirm the diagnosis of Alzheimer's disease, while in a few cases the autopsy will reveal a misdiagnosis or another disorder. Alzheimer's disease is still not recognized as a primary cause of death. Confirmed diagnosis of the condition will aid in accurate documentation of the disease which in turn will help guide public policy, allocation of research funds and provision of services for patients and caregivers. For the family, it will provide valuable medical history for future generations.

Plans for an autopsy should be made in advance because of the coordination it requires between the family, physician, funeral home and the institution performing the autopsy. The next-of-kin or guardian can legally request an autopsy. When a person with dementia dies and advanced planning for autopsy has not been done, ask the attending physician, medical director or administrator on duty at the facility where the death occurred if they can help in facilitating an autopsy.

The cost of an autopsy varies with each hospital. If the diagnosed person dies in the hospital, that hospital may provide the autopsy at no charge.

There are research facilities in the metropolitan region that have brain donation and autopsy programs. For further information, contact the Alzheimer's Association at **212-983-0700**, or e-mail questions to **helpline@alz.org**.

PROBLEM SOLVING – BEING PREPARED

Many emergencies can arise while caring for a person with Alzheimer's disease. Here are a few suggestions for preparing ahead for these situations.

Keep Information Together

Keep a notebook about the person for whom you are caring. It should include the patient's current address, date of birth, marital status, citizenship status, Social Security number, diagnosis, current medications and doses, current care needs and services being received in the community, a brief medical history including surgeries, major illnesses, depressive episodes, etc., insurance information including policy/Medicare/Medicaid numbers, name, address and phone number of physicians, and the name and phone number of a reliable person to be reachED in an emergency.

If either the person with Alzheimer's disease or the primary caregiver has an emergency, this vital information will be available and invaluable.

Establish An Emergency Protocol

Have a written emergency plan describing procedures to be followed in case of a medical emergency, fire, or if the person with Alzheimer's disease wanders away from home. The plan should be posted near the telephone, along with the phone numbers of "Safe Return", the police and fire departments, the local poison control center, the family doctor, work phones of family caregivers and phone numbers of other involved family members. All informal and paid caregivers should be familiar with the plan.

Keep a recent photo of the person with Alzheimer's disease on hand and provide them with an identification bracelet (see "Safe Return", page 65). Tell neighbors, local merchants and the local police precinct about your relative and the nature of his/her illness. Often caring neighbors are instrumental in returning a wanderer home.

Medical or Behavioral Emergencies

In cases where the Alzheimer's patient poses an immediate threat to him/herself or others, the caregiver should call 911 for prompt assistance. Inform the dispatcher that the person has Alzheimer's disease.

If the Alzheimer's patient's condition changes significantly within a few hours, consider it a medical emergency. Call the family physician for advice on whether to take the person to the emergency room or if it is a situation that can be handled in the physician's office. If you cannot reach the physician and decide to take your relative to the hospital or if the doctor tells you to do so, go prepared. Take your emergency information notebook, snacks, picture albums, glasses, pads for incontinent patients and whatever else might help both of you endure what may be a long wait.

If the behavioral change which the caregiver is unable to handle is more gradual, the following may help:

- Check to see if there is a reason for the change. Was there a change in environment, routine, medication or caregiver? Too much stimulation crowds, unfamiliar places or people, fatigue, or medication changes may cause agitation or withdrawal.
- Consult your physician. If your physician is not readily available for consultation or if the patient is uncooperative about visiting a physician and the situation is becoming increasingly serious for the patient or if the caregiver can no longer cope, consider the following:
- Mobile Geriatric Crisis Team: Designed to provide rapid, not immediate, response to crisis situations through home visits by psychiatrists and/or other mental health professionals. See page 50.

- Geriatric Psychiatric Inpatient Units: Special psychiatric units for the older patient. Emphasis is placed on assessing the older patient with behavioral problems and stabilizing them on medication, without putting him/her in with younger mental patients. For information, call the Alzheimer's Association, New York City Chapter (**212-983-0700**), Staten Island Alzheimer's Foundation, Inc. (**718-667-7110**) or the Long Island Alzheimer's Foundation (**516-767-6856**).

If the problem is less serious, but you would like to talk it over with someone, consider calling the **24-Hour Telephone Helpline** of the Alzheimer's Association **800-272-3900**. Just remember, the Helpline is not a substitute for calling **911** in an emergency.

Driving

Driving is a highly complex task involving vision, hearing, decision making and rapid reflex actions. The decision to stop driving can be a very difficult one; the individual may resist giving up his or her independence or the caregiver may be relying on the driver for transportation for medical appointments, shopping, etc.

While a diagnosis of Alzheimer's disease does not mean a person is automatically incapable of driving, careful, ongoing monitoring of skills is necessary to determine whether the individual is putting himself or others at risk. Some hospitals offer clinical driving assessments through their rehabilitation department. Ask your physician for a referral or call your local hospital to inquire about this service.

One program, which requires a physician referral, is at:

Burke Rehabilitation Hospital	914-948-0050
Outpatient Occupational Therapy Department	ext. 2326
785 Mamaroneck Avenue	
White Plains, NY 10605	

The evaluation is done in two parts, one of which may be paid by insurance.

In New York City, there are many alternatives to driving a personal car, such as private car service, Access-A-Ride (see page 121), or senior center transportation services. Call **311** and ask for Aging Services.

For more information about driving and tips to deal with the situation, call the Alzheimer's Association at **212-983-0700**.

SAFETY GUIDE FOR MANAGING AT HOME

The environment in which a person with Alzheimer's disease lives is extremely important to him or her. Home should be a place of safety and security in which familiar objects remind the individual of who and where they are.

The following checklist, which has been excerpted from the Department for the Aging's publication "Caring: A Family Guide to Managing the Alzheimer's Patient at Home," will help you assess the safety, simplicity and consistency of your home in terms of caring for someone with Alzheimer's disease.

Use it as you walk through and evaluate every room in your house or apartment. Make modifications in the environment as necessary. This is an important first step in creating an appropriate environment for an Alzheimer's patient. It will help you eliminate the major safety hazards from your home.

It is essential that the environment be tailored to the unique needs of the person you are caring for, as well as to his stage of the illness. By carefully observing daily functioning, and noting problems as they arise, you will be better able to modify the home environment to make it safe and manageable. Keep in mind that what worked yesterday may not be helpful today, as the individual's condition changes over time. It is important to be flexible and creative in your efforts to safeguard the person.

CHECKLIST

Throughout the Home

_____ Has the house or apartment been cleared of clutter and simplified as much as possible? You want to create an environment that has what the Alzheimer's patient needs in it, but as few other objects as possible.

_____ Are furnishings and often-used items always kept in the same place?

_____ Are constant noise and confusion avoided? Are the television and radio shut off when not in use? A person generally does better in a quiet, calm environment, although soft music may be calming.

- _____ Have area rugs been removed or fastened down?
- _____ Are electric and extension cords in good condition and secured in a way that minimizes the possibility of someone tripping over them?
- _____ Is the house or apartment well lit? Are shiny floors with busy patterns avoided? If the patient bumps into walls or furniture despite good lighting, placing reflector tape on furniture corners or along baseboards may help.
- _____ Are there working night lights in the hallways? Are they turned on at night?
- _____ Are stairs and hallways free of clutter that could cause a fall?
- _____ Is the top of each stairway protected with a safety gate to prevent falls? Such gates may only be needed at night.
- _____ Is there adequate space for the patient to pace and otherwise move freely?
- _____ Have all tools and appliances the person cannot safely use been removed or locked up? Such tools and appliances may include an iron, hair dryer, razor, electric mixer or food processor, sewing machine, lawn mower, electric knife, heating pad, and power tools.
- _____ Have all firearms been locked up?
- _____ Are the car keys kept in a place where the person can't find them?
- _____ Have all paints, solvents, insecticides and poisons been locked up?

_____ Are all doors secured in such a way that the person can't get out without assistance? Wandering is a common symptom of Alzheimer's disease and can be dangerous if the patient becomes lost or disoriented outdoors. Locks can help prevent wandering, but must be installed so that the house can still be entered and exited quickly in the event of an emergency. Installing a new and unfamiliar lock or placing an old lock in a different place on the door may be enough to prevent the patient from opening the door.

_____ Are all windows secured in such a way that the person can't get out without assistance? It is essential that the windows be easily opened in the event of a fire. If you have any questions about the safest way to secure your windows, contact the Fire Department.

_____ Have all radiators been blocked off or covered with radiator guards? What about exposed hot water pipes?

_____ Are the use of cigarettes and matches either prohibited or carefully supervised? Cigarettes and matches handled by a cognitively-impaired person are a major fire hazard.

_____ Have interior doors been altered to prevent the person from accidentally locking himself in a room? This can be done by removing the locks or taping the door latch open.

Kitchen

_____ Is the stove inoperable when not in use? Improperly operated stoves are a major cause of accidental injury and fire. For the safest and most effective way to make the stove inoperable, consult the dealer, your repairman, the gas company or an electrician.

_____ Have all sharp kitchen knives been removed?

_____ Have all cleaning products, polishes, bleaches and detergents been removed or locked up?

Patient's Bedroom

- _____ Has everything the person doesn't need and use regularly been removed from the room to make it as simple and uncluttered as possible? Remember to go through all closets and drawers, removing everything except the clothes the patient uses on a day-to-day basis.
- _____ Is there a sturdy lamp by the person's bed that he can operate easily without knocking it over? A remote control on/off switch with a simple push button control may be helpful.
- _____ Have all area rugs been removed from around the person's bed? These are easy to slip on, particularly when getting out of bed at night or when in a hurry.
- _____ Is there a clear and unobstructed path between the person's bed and the bathroom?
- _____ Is the person's room well lit?
- _____ Is there a working night light in the person's room? Is it turned on at night?

Patient's Bathroom

- _____ Has everything been removed from the bathroom except such essentials as a towel, a bar of soap, a toothbrush and some toothpaste? It is best to keep the bathroom as simple as possible and to provide the person with shampoo, an extra towel, denture cases, shaving cream, etc., only when needed. As the disease progresses, even the towel, soap, toothbrush and toothpaste may be used inappropriately if left out.
- _____ Have all medications both over-the-counter and prescription and toiletries been removed from the bathroom? Remember to clear out or lock up the medicine cabinet. You should dispense all medications.
- _____ Are there non-slip decals or a non-skid mat in the tub or shower?

- _____ Are there bars in and near the tub and shower for the person to hold onto while getting into the tub and while taking a bath or shower? Make sure that they are bolted to the wall and that they are installed at a height and in a location convenient for the patient to use.
- _____ If the person has difficulty using the bathtub, is the bathroom equipped with a bathtub bench and a hand-held shower?
- _____ If the person has difficulty using the toilet because of physical stiffness or unsteadiness, is the bathroom equipped with grab bars around the toilet and with an elevated toilet seat? These items are available through most medical supply houses.
- _____ If the bathroom is far from the bedroom, is a portable commode kept in the bedroom?
- _____ Are small rugs and bath mats removed except when the person is exiting the tub or shower? Do the rugs or mats have non-skid bottoms? Rugs and bath mats should be used only to keep the patient from getting the floor wet and making it slippery.
- _____ Does the bathroom have a working nightlight? Is it turned on at night?

GENERAL RESOURCE GUIDE

In addition to the many resources available to the Alzheimer's patient, his or her family and caregiver, the following agencies provide services that may be helpful. Many, but not all, of these programs have asset and income requirements that change from year to year. Contact the appropriate agency for the latest information.

For some of these programs, use the Department for the Aging's *Quick Check* tool to determine eligibility. Visit www.nyc.gov/aging and click on *QuickCheck*. This tool is available in English, Spanish and Russian. Some applications can be printed off the Department's website under *16 Benefits for Seniors*.

Access-A-Ride

New York City Transit

<http://www.mta.info/nyct/paratran/guide.htm>

877-337-2017

646-252-5252

646-252-5104

(TTY)

Press "1" when you hear the recorded message.

Access-A-Ride is a shared ride, door-to-door, paratransit service for people with disabilities. Access-A-Ride provides transportation for people who are unable to use public bus or subway service for some or all of their trips. The New York City Transit Authority administers Access-A-Ride; private carriers under contract to NYC Transit provide service. It operates 24 hours a day; 7 days a week.

Area Agencies on Aging

Offer services, information and referral on many aspects of aging.

New York City Department for the Aging

2 Lafayette Street

New York, NY 10007

www.nyc.gov/aging

Call 311 ask for

Aging Services

Nassau County

www.co.nassau.ny.us/srciti/index/html

516-571-5814

Rockland County

914-364-2110

Westchester County

914-665-5920

<http://Westchestergov.com>

EPIC

800-332-3742

Elder Pharmaceutical Insurance Coverage Program

Helps seniors save more than half the cost of most prescription drugs. Medicaid recipients are not eligible. Income restrictions apply. Eligibility may be determined using the *QuickCheck* link at www.nyc.gov/aging. Applications may also be printed from the website by clicking the *16 Benefits for Seniors* link.

Emergency Assistance

**Call 311 ask for
HRA**

Human Resources Administration (HRA)

Provides cash to pay certain expenses in approved emergency situations such as eviction prevention or discontinuance of utilities. Cash can also be provided for unpaid rent when a patient is hospitalized. With certain restrictions, eligibility is based on resources and income.

Food Stamps

**Call 311 ask for
HRA**

Human Resources Administration (HRA)

Allowances issued on a monthly basis that are used in place of cash to purchase food items at participating stores and supermarkets. With some exceptions, citizenship is required.

Home Energy Assistance Program (HEAP)

**Call 311 ask for
Aging Services**

New York City Department for the Aging

Provides cash for paying utilities or energy bills. Payment may be for basic and/or emergency expenses. Income restrictions apply. Eligibility may be determined using the *QuickCheck* link at www.nyc.gov/aging. Applications may also be printed from the website by clicking the *16 Benefits for Seniors* link.

**Life Line Telephone Service
Verizon**

800-799-6874

Reduces the cost of basic telephone service for low-income persons. Participants must be receiving benefits from at least one of the following: Food Stamps; Medicaid, HEAP; SSI; Public Assistance; Veterans Disability Pension; Veterans Surviving Spouse Pension. If your provider is other than Verizon, check for similar service. Applications in English, Spanish, Russian, Korean, and Chinese at www.pulp.tc/html/verizon.html.

**Medicare Savings Program
Human Resources Administration (HRA)**

**Call 311 ask for
HRA**

Three programs (QMB, SLIMB, QI-1) assist low-income seniors and disabled persons with Medicare premiums, co-payments and deductibles. Eligibility restrictions apply.

**New York State School Tax Relief Program
(STAR)**

**Call 311 ask for
STAR**

Provides exemptions from the school portion of property taxes for all owner-occupied primary residences. Those 65 and older may qualify for **Enhanced STAR**. Income restrictions may apply.

**Public Assistance
Human Resources Administration (HRA)**

**Call 311 ask for
HRA**

Cash benefits provide essential food, clothing and shelter to low-income persons. Benefits vary depending on resources, income, housing status, work-related expenses and/or other special needs.

**Real Property Tax Credit (IT-214)
Taxpayer Assistance Bureau**

**Call 311 ask for
Aging Services**

Provides a tax credit or cash payment of up to \$375.00 to homeowners or renters for part of the previous year's rent or real property tax. Limits on market value and/or property rental income apply, but no restriction on income or assets. Eligibility may be determined using the *QuickCheck* link at www.nyc.gov/aging. Applications may also be printed from the website by clicking the *16 Benefits for Seniors* link.

Reduced Fare**New York City Department for the Aging**

All those 65 and older may ride public transportation for half the regular fare. No income or asset restrictions apply. When using this program, individuals must show any one of the following: Reduced Fare MetroCard, Medicare card; New York City Department for the Aging ID card or Access-A-Ride identification card. If under 65 and disabled, contact the NYC Transit Authority.

**Call 311 ask for
Aging Services****Senior Citizen Homeowners Exemption Program (SCHE)****New York City Department for the Aging**

Provides savings of up to 50 percent to qualified property and co-op apartment owners. Property title must have been held for at least 12 consecutive months, must be applicant's legal residence, must be used exclusively for residential purposes and have no more than three units. Income restrictions apply. Eligibility may be determined using the *QuickCheck* link at www.nyc.gov/aging. Applications may also be printed from the website by clicking the *16 Benefits for Seniors* link.

**Call 311 ask for
Aging Services****Senior Citizen Rent Increase Exemption (SCRIE)****New York City Department for the Aging**

Exempts rent-controlled/stabilized, Mitchell-Lama and hotel tenants from various rent increases. Rent must be at least one-third of net monthly income. Rent-stabilized tenants must have one or two-year lease. Income restrictions apply. Eligibility may be determined using the *QuickCheck* link at www.nyc.gov/aging. Applications may also be printed from the website by clicking the *16 Benefits for Seniors* link.

**Call 311 ask for
Aging Services****Veterans Benefits****U.S. Department of Veterans Affairs
NY Regional Office**

Pensions for low-income and disabled veterans, health care, vocational training, rehabilitation, education, home loans, disability compensation, life insurance, burial and other benefits. Medical benefits include care in VA hospitals, nursing homes and outpatient services. Dependents and survivors may also be eligible for certain benefits. Online applications can be filled out at www.va.gov.

**800-827-1000
212-807-7229**

New York State Division of Veterans Affairs

**800 VETS-NYS
(888-838-7697)**

Assists with benefits and advocates for New York State veterans, active duty military, dependents and survivors. Offices and counselors available in each county of the state. www.veterans.state.ny.us.

**Weatherization Referral And Packaging Program
(WRAP)**

**Call 311 ask for
WRAP**

New York City Department for the Aging

Helps low-income homeowners and renters weatherize their homes. No resource restrictions apply, but participants are subject to the same income restrictions of the HEAP program.

The staff of the New York City Department for the Aging
hope you have found this guide helpful in finding
assistance for your relative with Alzheimer's disease and for yourself.

Please call us at **212-442-3086** with any
needs, questions or comments you may have.

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