

Bridges to Change

SIXTH EDITION

*Updated April 2008
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**A ROCKLAND COUNTY DIRECTORY
OF
COMMUNITY SUPPORT SERVICES
SENIOR RESIDENCES
ADULT HOMES
ASSISTED LIVING
AND
RESIDENTIAL HEALTH CARE FACILITIES**

Editions One through Six of Bridges to Change were conceived and executed by The National Council of Jewish Women, Rockland Section. Following is their mission statement and the names of those who served on the Sixth Edition Committee. The only changes made to their exemplary Sixth Edition were to update facility information and contact numbers.

NATIONAL COUNCIL OF JEWISH WOMEN

MISSION STATEMENT

The National Council of Jewish Women (NCJW) Inc., is a volunteer organization, inspired by Jewish values, that works through a program of research, education, advocacy and community service to improve the quality of life for women, children and families and strives to ensure individual rights and freedoms for all.

We thank all the NCJW women who have volunteered their time and energies to develop the previous editions of this directory. Their work has saved us time and effort. The National Council of Jewish Women, Rockland Section, would like to extend a special thank you to the staff of the Rockland County Office for the Aging for technical assistance and ongoing support in updating "Bridges to Change".

SIXTH EDITION COMMITTEE

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THINGS TO CONSIDER

Rockland County has a variety of services for older adults. Someone who is able, mentally and physically, to manage with activities of daily living or just needs a little help should be encouraged to continue to live at home. When it becomes apparent that a change is necessary, new options must be explored. There are many long-term services designed to meet these needs. The key is to match the person with the type of care and services needed. Finding the right kind of services requires gathering many facts to help in the decision-making process.

This directory provides you with alternatives to explore including agencies that provide assistance with meals, housekeeping, personal care, home delivered meals, senior centers, and homemaker/chore services. A mix of services and programs may provide an appropriate alternative to institutional care. When this is no longer a viable option, where do you go?

If the individual is currently hospitalized, it is suggested that you arrange to meet with the attending physician and the Home Care/Discharge Planning Department of the hospital as soon as possible to determine the patient's post-hospital needs. With the help of this health care team, the best possible care can be selected. You can become familiar with available services by using this directory.

ASSESSMENT OF NEEDS

In order to seek appropriate services, it is useful to assess the individual's functional and medical problems. People who are experiencing difficulty in performing certain daily tasks may require more care than the family can provide. Suitable care depends on understanding the person's needs and whether their needs can be met in the home setting.

The "Checklist for Assessing Needs" that follows on the next page is intended to offer some guidance to determine the appropriate level of care. Proper geriatric assessment also includes a physical examination by a physician.

CHECKLIST FOR ASSESSING NEEDS

Instructions for using checklist

Under **Activities of Daily Living** (Column A), and **Instrumental Activities of Daily Living** (Column B), check number 1, 2, or 3.

The Value of

- 1. = Can usually manage alone
- 2. = Can manage with intermittent assistance
- 3. = Cannot manage alone without constant assistance

Under **Other Care Factors** (Column C) check Yes or No. Each "yes" has a value of 3 and each "no" a value of 0.

| A. Activities of Daily Living (ADL) | B. Instrumental Activities of Daily Living | C. Other Care Factors | | |
|---|--|--|--------------------------|--------------------------|
| <u>Activity</u> | <u>Activity</u> | <u>Factor</u> | <u>Yes</u> | <u>No</u> |
| 1 2 3 | 1 2 3 | | 3 | 0 |
| Bathing <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Housework <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Lives Alone <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> | <input type="checkbox"/> |
| Personal Hygiene <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Finances <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Incontinent <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> | <input type="checkbox"/> |
| Dressing <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Laundry <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Wanders <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> | <input type="checkbox"/> |
| Mobility <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Appointments <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Forgetful <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> | <input type="checkbox"/> |
| Transfer <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Shopping <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Disorientation <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> | <input type="checkbox"/> |
| Toileting <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Telephone Use <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Poor Judgment <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> | <input type="checkbox"/> |
| Eating <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Prepare Meals <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | Visually Impaired <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> | <input type="checkbox"/> |
| Total Column A Score _____ | Total Column B Score _____ | Total Column C Score _____ | | |

Add the scores for Column A, B, and C. **TOTAL SCORE for all three columns:** _____

A score of **20 or less** indicates an individual who should be able to remain at home with occasional support from family, friends and community services. A score of **20 to 30** indicates an individual who may need consistent care to remain at home. A score of **30 or more** usually indicates an individual who needs a higher level of services that may best be provided in a long-term care facility.

LEVELS OF CARE

Once you are clear about your needs for care, you can consult with your physician, your family and other care providers to decide on the most appropriate place in which to receive care. Your ability to pay will also influence your decision.

There is a wide spectrum of services in Rockland County beginning with the less intensive, less restrictive community support services to 24-hour residential health care facilities.

- **Community Support Services** – Community support services help keep the frail elderly at home. There is a concerted effort by governmental agencies as well as private agencies to provide support services to assist the frail elderly in their efforts to remain in their own homes as long as possible.
- **Senior Residences** – Senior residences offer some supportive services for those in good health, still active and able to live independently. Most offer housekeeping, dining rooms for congregate meals and planned activities.
- **Adult Care Facilities** – Adult care facilities provide personal care for those who need help with daily tasks due to physical infirmities caused by age or cognitive disabilities. Medical care is not provided. However, supervised medication management is available if needed. Note that there are broad variations in atmosphere and services within adult care facilities due to sponsorship, administration, staff and the character of the resident population. As of September 2007, the Adult Care Facilities listed in this directory have met licensing requirements of the New York State Department of Health.
- **Assisted Living Program (ALP)** – **ALP** serves persons who are medically eligible for nursing home placement but serves them in a less medically intensive, lower cost setting. **ALP** provides personal care, room, board, housekeeping, supervision, and case management services. **ALP** residents must **not** require continual nursing care, be chronically bedfast or chairfast, or be impaired to the degree that they endanger the safety of other **ALP** residents. As of September 2007, the Assisted Living Programs (**ALP**) listed in this directory have met licensing requirements of the New York State Department of Health.
- **Residential Health Care Facilities** -- A residential health care facility provides nursing and medical care. It is often referred to as a “nursing home”. Care of the resident is carried out under the orders of an attending physician with a registered nurse on duty 24 hours a day. All of these facilities operate under the strict regulations of the federal government and the New York State Department of Health. An evaluation, called a Patient Review Instrument (PRI), is required in order to apply for admission to a Residential Health Care Facility. Contact the hospital Discharge Planner or the Public Health Nursing Department at **364-2534** for further information about the PRI.

WAYS TO MEET COST OF CARE

Individuals may meet the cost of **Community Support Services**:

- from their own income, assets or health insurance
- by being eligible for a lowered “sliding scale” fee from non-profit and governmental agencies
- by receiving benefits for “medically necessary” expenses approved by Medicare
- by being eligible for the governmental assistance program, Supplemental Security Income (SSI).
- By being eligible for Medicaid

Medicaid **may** cover:

- home health care services including homemaker, home nursing and home health aide services if ordered by a physician.
- approved cost of physicians, dentists, hospitals, x-ray and lab services, outpatient or clinic services, podiatry, optometry and chiropractic services, physical therapy, occupational therapy, speech pathology and audiology, home care and psychiatric care, as well as drugs, eyeglasses, hearing aids, medical supplies and equipment
- approved transportation services, respite care and adult day care.

Individuals may meet the cost of **Senior Residences**:

- from their own income and assets

Individuals may meet the cost of **Adult Care Facilities**:

- from their own income and/or assets
- by meeting income and resource eligibility requirements for Supplemental Security Income (SSI)

Individuals may meet the cost of **Assisted Living Program**:

- from their own income/assets and/or long term care insurance
- by being eligible for Medicaid

Individuals may meet the cost of **Residential Health Care Facilities**:

- from their own income, assets, health insurance or long-term care insurance
- when short-term rehabilitation is indicated, costs may be met by Medicare
- by being eligible for Medicaid

MEDICARE (information)

1-800-442-8430

MEDICAID

364-3040

SUPPLEMENTAL SECURITY INCOME FOR THE AGED (SSI)

1-800-772-1213