

**DUTCHESS COUNTY OFFICE FOR THE AGING/
DUTCHESS NY CONNECTS**

DIRECTORY OF SENIOR SERVICES

William R. Steinhaus, County Executive

John A. Beale, Director



MISSION STATEMENT

The Dutchess County Office for the Aging/DUTCHESS NY Connects plans, coordinates and provides an array of community based services to the elderly and persons who require assistance in the long term care system, in an effort to promote independence, dignity and quality of life.

Through its distinctive role of committed advocate and community partner, the agency strives to ensure clients needs will continue to be met now and in the future.

Dutchess County Office for the Aging
DUTCHESS NY Connects

Directory of Senior Services

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Dutchess County Office for the Aging/
DUTCHESS NY Connects (845) 486-2555
Toll-free number (866) 486-2555

or on the web at www.dutchessny.gov



Seniors are vital members of our community. This Directory of Senior Services, developed through our Office for the Aging, provides seniors as well as service providers a wealth of useful and valuable information about available programs and services.

This resource directory is designed to enhance access to senior services provided by Dutchess County Government agencies, not-for-profit agencies and area businesses. We hope you find it to be a useful tool!

William R. Steinhaus
Dutchess County Executive



Maintaining the dignity and autonomy of senior citizens is the primary goal of the Dutchess County Office for the Aging. The Directory of Senior Services is a tool that outlines programs and services vital to the accomplishment of this goal.

I present this handbook to consumers of services and their families in the hope that it will improve the quality of life for senior citizens and those who care for them.

John A. Beale, Director
Dutchess County Office for the Aging

The Dutchess County Office for the Aging offers services designed to maintain the quality of life of those age 60 and over. DUTCHESS NY Connects, the long term care division of the Office for the Aging, serves people of all ages in need of Long Term Care Services. The Office for the Aging provides:

- ◆ Direct community-based services to senior citizens.
- ◆ A point of entry into the service delivery system through DUTCHESS NY Connects for those eligible for all types of long-term care.
- ◆ A source of referral to other programs, information and services available in the general community.

This handbook is organized following the continuum of care model, a tool utilized by health care professionals to ensure that the full range of needs required by those 60 years of age and over are met. The handbook is organized starting with community-based services: the nutrition, recreational, and educational opportunities that support seniors in the maintenance of independent living. The handbook then proceeds to the next level of care: sources of in-home care services and programs that support those who wish to avoid institutional placement. The last pages of the booklet contain information about institutional arrangements for those seniors who need a higher level of care.

Dutchess County Office for the Aging serves all Dutchess County residents 60 years of age and older. Residents may access Office for the Aging services at:

**27 High Street, 3rd Floor
Poughkeepsie, NY 12601
845-486-2555**

Business Hours: Mon-Fri 9AM-5PM

Office for the Aging maintains a toll-free line for those who live outside our local calling area: 1-866-486-2555. The Office for the Aging also accepts collect calls.

DUTCHESS COUNTY OFFICE FOR THE AGING FRIENDSHIP CENTERS serve a hot, nutritious meal and offer informational, educational and recreational programs. The sites operate Monday through Thursday from 10:00 am to 2:00 pm at 9 locations as follows:

Beacon	845-838-4871	Forrestal Heights Senior Housing
East Fishkill	845-226-3605	East Fishkill Community Center
Fishkill	845-896-4914	First Reformed Church
Millerton	518-789-3081	Village Hall Community Room
Pawling	845-855-4409	American Legion Hall
Poughkeepsie	845-486-2804	First Evangelical Lutheran Church*
Rhinebeck	845-876-8134	Church of the Good Shepherd
South Amenia	845-373-4305	South Amenia Presbyterian Church
Tri-Town	845-486-6363	American Legion Hall, Poughkeepsie

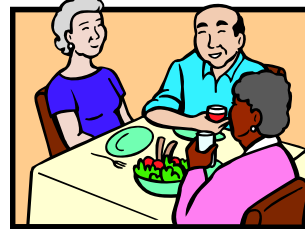


*also open on Fridays

Meal reservations are required. A \$3.00 suggested voluntary confidential contribution is requested. Transportation is available. The Office for the Aging also provides congregate meals once a week to residents of Interfaith Towers, Admiral Halsey, Maplewood, St. Simeon, St. Anna's senior housing complexes.

Home Delivered Meals, including frozen meals, may be arranged through the Office for the Aging at 845-486-2555 or toll free at (866) 486-2555. A listing of other home delivered food options is also available. The following Meals-on-Wheels organizations also arrange for meal delivery to homebound seniors.

Hyde Park	845-229-5896	Millbrook	845-677-3485	Wappingers Falls	845-297-2800
Poughkeepsie	845-452-2245				



HEALTH PROMOTION AND RECREATION PROGRAMS

Brain Games is a mental fitness program with locations around the county. Participants stimulate their minds with fun games and challenging puzzles. Call 486-2555 to volunteer to lead a class or find one near you.

Nutrition Education includes presentations and a monthly newsletter prepared by the Registered Dietitian.

Nutrition Counseling with the Registered Dietitian is available at Friendship Centers and by appointment.

The Dutchess County Senior Exercise Program to improve strength and balance is offered by trained volunteers at some Office for the Aging Friendship Centers and several other locations throughout Dutchess County. To enroll, call 486-2555.

Summer Picnics are held in cooperation with municipalities, businesses and civic organizations. Music, socialization, lunch, and outreach by the Office for the Aging staff come together to provide fun for residents.

The Senior Prom is an annual Fall senior dance usually held the first Monday in November.

The Senior Friendship Centers hold special events (Country-Western Day, Hawaiian Luau, USO Party, etc.) several times a year. Call the Senior Friendship Center near you for more information about upcoming events.



TRANSPORTATION

Transportation Services Funded wholly or in part by the Dutchess County Office for the Aging:

Community Resource Service Center provides medical transportation to Pawling area seniors (855-3459).

Dutchess County Office for the Aging's Vans and Busses transport seniors to our ten Friendship Centers (listed on previous page) along with shopping expeditions and recreational trips that the centers offer.

Dial-a-Ride is provided by the Dutchess County Loop System and is available in Beekman, Castle Point, Dover, East Fishkill, Fishkill, Hyde Park, LaGrange, Pleasant Valley, City & Town of Poughkeepsie, Red Hook, Union Vale and Wappinger. Service is available to those 60 years of age and older or disabled who are registered and hold a card. For information on registration and reservations, call 452-7433 or toll-free at (800) 924-8702.

The Martin Luther King Cultural Center offers transportation for Beacon residents (831-9887).

Friends of Seniors provides transportation services to seniors (485-1277).

North East Community Center provides transportation services for residents of North East, Millerton, Amenia, Dover, and Wassaic (518-789-4259 or 373-7742).

Other Transportation Services:

Northern Dutchess Caregivers Coalition provides medical and shopping transportation (876-5683).

Castle Point will transport veterans to medical appointments at Veterans hospitals (831-2000 x5145).

Dutchess County Paratransit is operated by Dutchess County LOOP and provides transportation services in a number of locations from a rider's home to his or her destination. Reservations are required and service availability may be limited. (473-0813). In addition, ADA Complimentary Paratransit Service (473-0171) is available for qualified individuals who live within 3/4 mile of a regularly scheduled LOOP bus route.



SUPPORTIVE PROGRAMS

Senior Citizen ID Cards are a useful form of picture I.D. that verify the holder is 60 years of age or older and may entitle holders to discounts from some merchants and service providers. The cards are distributed at the Office for the Aging in Poughkeepsie on the second Wednesday of each month from 9:30 a.m. - 11:00 a.m. Cards are also made available at events such as the Golden Gathering, and the Office for the Aging picnics. Persons with special needs may obtain a card by appointment by calling the Office for the Aging. Those wishing to obtain an I.D. card must present proof of their birthdate, such as a driver's licence, birth certificate, or passport. There is a suggested contribution of \$2.00.

"Are You Okay?" Program is a joint effort between the Dutchess County Sheriff's Office and the Dutchess County Office for the Aging. The "Are You O.K.?" program provides a computer generated call to homebound or disabled individuals. If there is no reply, steps are taken to check that the individual is safe from harm. To arrange for this free service call 845-486-2555.

Telephone Reassurance is provided by Friends of Seniors, an organization that trains volunteers to offer reassurance to those who live in isolation. Volunteers provide telephone reassurance to homebound elders, free of charge. This service may be accessed by calling 845-485-1277. Volunteers willing to participate in the program by calling seniors are always welcome.

DUTCHESS NY Connects



DUTCHESS NY Connects, the long term care division of the Dutchess County Office for the Aging, provides access to anyone, regardless of age and payment source, to long term care services. Case Managers and Public Health Nurses assess the clients in their home, nursing home or in the hospital, establish a realistic plan of care, and provide advice on available funding sources. They may also make suggestions regarding other alternatives such as Adult Day Care, Adult Homes, Assisted Living, Foster Care, Home Health Care, Respite Services, and Nursing Home placement.

DUTCHESS NY Connects helps to arrange for the provision of Long Term Care Services which may include home care services such as homemaking and personal care. Homemaking tasks include light housekeeping, laundry, shopping, and meal preparation. Personal care tasks include assistance with bathing, dressing, grooming, toileting, and feeding. When indicated, nursing care may be arranged.

DUTCHESS NY Connects will:

- ◆ **Provide** information and referral on available programs. Some examples are Medicaid Personal Care, Expanded In Home Services for the Elderly Program, Case Management, Long Term Home Health Care Program, Foster Care, and the prescription drug plan EPIC.
- ◆ **Refer** clients to agencies providing services such as medical transportation, telephone reassurance, and equipment like wheelchairs, hospital beds, walkers, and canes.
- ◆ **Review** the needs of the client and his or her family and explore alternatives for care and financing.
- ◆ **Assign** a Case Manager or Public Health Nurse who will visit the home to create an impartial plan of care.
- ◆ **Arrange** for and monitor delivery of services and provide ongoing case management.
- ◆ **Assist** with information and the paperwork for nursing home placement, including arranging for the completion of the Patient Review Instrument (PRI) by a registered nurse.
- ◆ **Maintain** client confidentiality.

Other **DUTCHESS NY Connects** services include:

Discharge Planning assistance is provided by a **DUTCHESS NY Connects** Public Health Nurse (PHN), who acts as hospital liaison. The PHN visits all area hospitals regularly to assess hospitalized clients and screen newly referred clients. The PHN participates in discharge planning, acting as an extension of the hospital's discharge process. The PHN is also involved in family conferences regarding care planning. This service is also available to clients receiving rehabilitation services in Skilled Nursing Facilities and who will need home care services upon discharge.

Personal Emergency Response System (PERS) is an emergency medical alert system that helps people to live active, independent lives by linking them to assistance 24 hours a day, 365 days a year. PERS can be used for FIRE, POLICE, and MEDICAL emergencies.

Overnight Respite for caregivers who need to be away for short periods of time can be arranged.

Adult Day Care Programs assist families and dependent adults by providing daytime supervision.

Call **845-486-2555** to arrange for **DUTCHESS NY Connects** services or information on long term care.



**Dutchess County Office for the Aging/
DUTCHESS NY Connects**
Toll-free number

(845) 486-2555
(866) 486-2555

or on the web at www.dutchessny.gov

DUTCHESS COUNTY OFFICE FOR THE AGING INFORMATION AND REFERRAL

Office for the Aging offers assessment, information, advocacy, case assistance, and referral services to all individuals 60 years of age and older and their caregivers. Office for the Aging staff assess a senior citizen's eligibility for financial assistance and entitlement and benefit programs. Assessment visits may be made in the home, at a nutrition center, or in the Poughkeepsie office.

Assessment of eligibility for programs such as Medicaid, Medicare Savings Programs, Elderly Pharmaceutical Insurance Coverage (EPIC), Food Stamps, HEAP, and the IT-214 Income Tax Credit.

Information about programs, benefits, and health insurance is available from Office for the Aging staff.

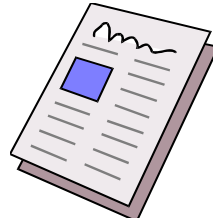
Case Assistance and Advocacy can be provided by Office for the Aging staff for those who require assistance in accessing benefits and entitlements.

Referral is provided to the appropriate agency that assists individuals who are eligible for Supplemental Security Income (SSI), Veteran's Benefits, Real Property Tax benefits, and other support services. For information, assistance, and referral about benefits and entitlements, call 845-486-2555.

EDUCATIONAL OPPORTUNITIES

- ◆ **The Informational Forum Series** is held at the Poughkeepsie Galleria. Monthly programs are presented in the Community Room at the Galleria on the third Wednesday of each month. Topics include Medicare Choices, Long-Term Care Insurance, Eating Well, Consumer Scams, Crime Prevention, and others.
- ◆ **Medicare 101** and **Orientation to Medicare** are informational workshops covering Medicare benefits, supplemental insurances, Medicare Advantage Plans, Long Term Care insurance and prescription programs. Sessions are held regularly at various locations. Visit our website for the latest schedule.
- ◆ **Nutrition Education Programs** that focus on the nutritional needs of older individuals can be arranged by contacting the Registered Dietitian. Nutrition talks on topics of interest to senior citizens are held on a regular basis at the Senior Friendship Centers. Call your local center for more information.
- ◆ **Other Topics**, times and locations will be considered for the educational series. Speakers for your group are available.

Call (845) 486-2555 or (866) 486-2555 to obtain information about our workshops and to make suggestions for other topics. Visit the "Calendar of Events" at www.dutchessny.gov for the latest schedule of seminars.



The Health Insurance Information, Counseling and Assistance Program (HIICAP) is made up of trained volunteer insurance counselors and staff. HIICAP counselors assist with Medicare explanations, claims and appeals, and provide information on Medicare supplemental policies, Medicare Advantage Plans, Medicare Drug Plans, Long-Term Care Insurance, and other entitlements and benefits available to seniors. Counselors are available for personal appointments to review insurance issues by calling toll free at 1-800-701-0501, (845) 486-2555 or (866) 486-2555. Volunteers meet monthly for continuing education. New volunteers are invited to call us to find out more about becoming an HIICAP Insurance Counselor.

Telephone Coverage by Office for the Aging & NY Connects staff provides information, referral and intake.

Spotlight on Seniors, our newsletter, is published quarterly. It contains information about general topics of interest to seniors and specific programs offered by Dutchess County Office for the Aging. Call 486-2555 to be added to the mailing list. Ask to be added to the email list to receive news of interest to seniors more often.

Brochures and Flyers on Office for the Aging programs and services and a host of other topics of interest to seniors are available for mailing and emailing.

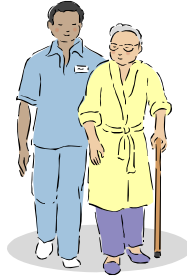
Senior News, a weekly news column published each Monday in the *Poughkeepsie Journal* and other local publications, contains timely information about issues of interest to senior citizens and can also be emailed.

CAREGIVER SUPPORT GROUPS

A complete list of **Caregiver Services** provided by the Office for the Aging can be found on page 12.

Alzheimer's Support Groups, educational workshops and other services for family members and caregivers of those with Alzheimer's or related dementia are offered by the Alzheimer's Association. Support groups, which are informational and non-judgmental, are held at several locations throughout Dutchess County. An early stage Alzheimer's support group is also sponsored by the Alzheimer's Association. To obtain more information, call 845-471-2655.

The Parkinson's Support Group meets monthly (except November and December) on the 4th Friday of the month from 10 AM to noon at the Unitarian Fellowship at 67 South Randolph Avenue in Poughkeepsie. Call 845-471-0075 for information.



RESPIRE PROGRAMS

Dutchess County Office for the Aging contracts with the Vassar Warner Home to offer overnight respite to those who care for elderly relatives or friends at home. Arrangements can be made through **DUTCHESS NY Connects**.

SUPPORT SERVICES

Protective Services to Adults is a state-mandated program which is provided without regard to income to assist adults 18 or older who, because of mental or physical impairments, can no longer provide for their basic needs for food, clothing, shelter or medical care, or protect themselves from neglect, abuse or hazardous situations, and who have no one willing and able to help in a responsible manner. Help for impaired adults who are abused, neglected or exploited is available through the Department of Social Services at 845-486-3300 or call the toll-free number 1-800-342-3009.

The Senior Community Service Employment Program provides temporary work experience for people age 55 and older with limited financial resources. Call 845-485-8030 for more information.

A Legal Services Program funded by the Dutchess County Office for the Aging is designed to provide legal advice, and in some cases, representation, to Dutchess County residents age 60 and over. Call the office for an appointment or a brochure on all legal services available to seniors in Dutchess County (845-486-2555).

The Mediation Center of Dutchess County offers conflict resolution services for senior issues through a program called "Wise Talk." Call 471-7213 for more information.

A Tax Assistance Service is offered in conjunction with the IRS and AARP's Tax-Aide program. The Tax-Aide volunteers are knowledgeable about federal, state, and local income taxes, and provide free assistance to low or moderate-income taxpayers age 60 and over at locations throughout Dutchess County. Call the Office for the Aging for the location nearest you at 845-486-2555.

In Home Contact & Support Services include friendly visiting, shopping assistance and telephone reassurance. For information, call Friends of Seniors at 485-1277.

The Association for Senior Citizens offers three Senior Citizen Drop-in Centers, two Social Model DAYBREAK Adult Day Care Centers and Medical Transportation. Call them at 845-473-1265.

Loan Closets are run by some churches, recue squads, service organizations, etc. Two of the more popular loan closets are the Medequip Loan Closet at the Reformed Church, 70 Hooker Avenue, Poughkeepsie (452-0968 Wednesday Mornings) and the Jewish Community Center Lending Closet, 110 Grand Avenue, Poughkeepsie (471-9817 Mon., Wed., & Fri.).



HOUSING SERVICES AND ASSISTANCE

HEAP - Home Energy Assistance Program

Through an agreement with the Dutchess County Department of Social Services, HEAP provides assistance with home energy needs for low income, older individuals, and families. Services include financial assistance with fuel bills, emergency financial assistance for fuel/utility terminations, and weatherization service.

W.R.A.P. - Weatherization Referral and Packaging Program

The W.R.A.P. program helps senior citizens with energy related problems or needs. W.R.A.P. representatives provide linkages to weatherization, energy, and other human services programs.

Reverse Mortgage Counseling

Free counseling is provided by a trained counselor for those elders who wish to investigate the possibility of converting home equity into spendable cash and retain independent living arrangements.

Housing Information and Counseling

There are many senior housing complexes in Dutchess County. Senior housing may be subsidized using Federal income guidelines, Low Income Tax Credit, Section 8 criteria, senior citizen discount, and other options. A detailed brochure that outlines subsidized senior housing, legal rights, and age discrimination in housing, is available from the Office for the Aging; call 845-486-2555. Assistance is provided with information and referral regarding subsidized housing, and advocacy is offered to seniors who have housing concerns.

Senior Citizen Owner-Occupied Property Rehabilitation Program

This program can provide assistance to low and moderate income seniors to who must complete code-violation rehabilitation on owner-occupied homes. To find out if you are eligible, call 486-3600.

VOLUNTEER OPPORTUNITIES

Aging Services provides plentiful opportunities for volunteerism. Recruitment of volunteers is on-going for the following organizations that provide services to senior citizens.

<i>Service</i>	<i>Agency</i>	<i>Contact</i>
Home Delivered Meals, Exercise & Brain Games Leaders	Dutchess County Office for the Aging	845-486-2555
Health Insurance Information and Counseling Assistance Program (HIICAP)	Dutchess County Office for the Aging	845-486-2555
Advocacy for long-term care facility residents	Hands On the Hudson Valley Ombudsman Program	845-229-4680
Respite, Telephone Reassurance and Transportation Services	Friends of Seniors	845-485-1277
Various	Retired Senior and Volunteer Program Hands on the Hudson Valley	845-452-5104 845-229-4680
Friendship Center Volunteers	Dutchess County Office for the Aging	845-486-2555
Transportation Services	Northern Dutchess Caregivers Coalition Community Resource Service Center North East Community Center	845-876-5683 845-855-3459 518-789-4259

PATIENT REVIEW INSTRUMENT (PRI)

The **Patient Review Instrument (PRI)** is part of the nursing home application process and is a requirement in New York State. The PRI is an evaluation to determine the level of care a client needs as well as the most appropriate placement setting. During the evaluation, community-based programs, which may forestall nursing home placement, are reviewed in relation to the client's needs. The PRI is normally valid for 90 days. NY Connects provides PRI's for clients with NYS Medicaid.

It is recommended that the family and patient meet with DUTCHESS NY Connects staff to discuss options available, so that the most appropriate and cost-effective care can be provided.

ADVOCACY FOR LONG-TERM CARE FACILITY RESIDENTS

The **Long Term Care Ombudsman Program**, a service funded by the Office for the Aging and administered by Hands On! the Hudson Valley, provides advocacy services for all residents in Dutchess County nursing homes and adult homes. The Ombudsman program is a resource for information about choosing a Long Term Care Facility. Ombudsman Volunteers are trained to offer advocacy services. The Ombudsman Program can be reached at Hands On! the Hudson Valley: 845-229-4680.

The Dutchess County Office for the Aging is a County Agency funded under Title III of the United States Older Americans Act, the New York State Office for the Aging, and the County of Dutchess.

ADULT DAY CARE PROGRAMS provide supervision, care, and companionship for elders who cannot be left alone during the day and can benefit from socialization. Adult Day Care Programs offer activities and a meal. Transportation may sometimes be arranged. This service is especially helpful for families who care for a dependent adult but must work during the day.

MEDICAL MODEL ADULT DAY CARE

Medical Adult Day Care features specialized programming, including medical supervision and therapies.

Lutheran Care Center

965 Dutchess Turnpike
Poughkeepsie, NY 12603
845-486-9494

River Valley Care Center

140 Main Street
Poughkeepsie, NY 12601
845-454-7600 x4160

Ferncliff Nursing Home

21 Ferncliff Drive
Rhinebeck, NY 12572
845-876-2011

SOCIAL MODEL ADULT DAY CARE

Social Adult Day Care programs serve frail, older or disabled adults. Those who are ambulatory and able to function with supervision in a social setting are eligible for Adult Day Care.

OASIS

The Manor at Woodside
168 Academy Street
Poughkeepsie, NY 12601
845-473-1943



ADULT HOMES

Adult Home Facilities

Dutchess Care 845-471-7930
186 Washington Street
Poughkeepsie NY 12601
92 beds

Green Briar Adult Home 845-677-9997
26 Old Route 82
Millbrook NY 12545
48 beds

Hedgewood 845-831-6000
355 Fishkill Avenue
Beacon NY 12508
175 beds

Kings Heights Rest Home 845-876-6398
136 Corning St.
Rhinecliff NY 12574
20 beds

**McClelland's Home
for Adults** 845-831-1909
126 Old Castle Pt. Rd
Beacon NY 12508
71 beds

Morningside Manor 845-896-9171
RD#1, 135 Cooper Rd.
Fishkill NY 12524
22 beds

The Avalon Assisted Living & Wellness Center
1915 Route 376
Wappingers Falls, NY 12590
845-463-0500
57 beds

Vassar-Warner Home 845-454-6620
52 South Hamilton St.
Poughkeepsie NY 12601
58 beds

Assisted Living Program

Dutchess Care (see listing above)

Hedgewood (see listing above)

The Avalon (see listing above)

Vassar Warner Home (see listing above)

The Fountains of Millbrook 845-905-8000
560 Flint Road, Millbrook, NY 12545

Family Care Homes

Dutchess County Department of Social Services maintains a list of family care homes currently in operation. Call 845-486-3000 for the current list.

RESIDENTIAL HEALTH CARE FACILITIES

The Baptist Home
46 Brookmeade Drive
Rhinebeck NY 12572
(845) 876-2071

**Dutchess Center for
Rehabilitation and
Healthcare**
9 Reservoir Road
Pawling NY 12564
(845) 855-5723

Elant at Fishkill*
22 Robert Kasin Way
Beacon NY 12508-1199
(800) 501-3936

Elant at Wappingers Falls
37 Mesier Avenue
Wappingers Falls NY 12590
(800) 501-3936

Ferncliff Nursing Home
21 Ferncliff Drive
Rhinebeck NY 12572
(845) 876-2011

**Lutheran Care Center
at Concord Village**
965 Dutchess Turnpike
Poughkeepsie, NY 12603
(845) 486-9494

**Northern Dutchess Residential
Healthcare Facility—
The Thompson House**
6525 Springbrook Avenue
PO Box 514
Rhinebeck NY 12572
(845) 871-3760

**The Pines at
Poughkeepsie***
100 Franklin Street
Poughkeepsie NY 12601
(845) 454-4100

**Renaissance Rehabilitation and
Nursing Center***
4975 Albany Post Road
Staatsburg NY 12580
(845) 889-4500

River Valley Care Center
140 Main Street
Poughkeepsie, NY 12601
(845) 454-7600

**Victory Lake
Nursing Center**
419 North Quaker Lane
Hyde Park NY 12538
(845) 229-9177

Wingate at Dutchess
3 Summit Court
Fishkill NY 12524
(845) 896-1500

Wingate at Beacon
10 Hastings Drive
Beacon, NY 12508
(845) 440-1600

* Has a Dementia/Alzheimer's Unit on site.

Caregiver Services

The Dutchess County Office for the Aging Family Caregiver Support Program offers and funds a variety of services designed to assist caregivers of aging relatives.

Caregiver Resource Center

Located at the Arlington Branch of the Adriance Library, featuring books and informational materials that are available through all Dutchess County libraries. For more information call 845-454-9301.

Caregiver Training and Support

Workshops in such areas as practical tips, stress management, coping skills and legal issues for caregivers. Call Saint Francis Home Care at 483-5551.

Monthly Caregiver Support Groups

Saint Francis Home Care runs a monthly caregiver support group and a yearly conference with topics of interest to caregivers. Call 483-5528 for more information.

Adult Day Care

Call DUTCHESS NY Connects: 486-2555

Overnight Respite

Call DUTCHESS NY Connects: 486-2555

Case Management

Call DUTCHESS NY Connects: 486-2555

Alzheimer's Counseling, Support Group & Educational Programming

Call the Alzheimer's Association: 845-471-2655

Personal Emergency Response Systems

Call DUTCHESS NY Connects: 845-486-2555

Home Care

Homemaking/Personal Care services are available.

Call DUTCHESS NY Connects: 486-2555

Services for Grandparents

Raising Grandchildren

Day Camp tuition is available as respite. Ongoing support groups are held in Fishkill and Hyde Park.

Counseling and a service directory are also available.

Call Cornell Cooperative Extension at 845-677-8223

x137 for information. Parenting A Second Time

Around workshop series offered occasionally.

Minor Home Modifications

Safety improvements such as grab bars, railings, toilet risers, wireless doorbell, etc, may be available. Call

Rebuilding Together: 845-454-7310

IMPORTANT NUMBERS

Budget Counseling, Dutchess County Cooperative Extension Service	845-677-8223 x119
Dutchess County Department of Consumer Affairs	845-486-2949
Dutchess County Department of Health	845-486-3400
Dutchess County Department of Mental Hygiene (24 hour Helpline)	845-485-9700
Dutchess County Office of Veteran's Affairs	845-486-2060
Eldercare Locator	1-800-677-1116
Hands On! The Hudson Valley—Ombudsman & Hire-A-Teen Programs	845-229-4680
Medicare	1-800-633-4227
Northern Dutchess Hospital	845-876-3001
Patient Hotline for Nursing Homes	1-888-201-4563
Department of Social Services - Main Number	845-486-3000
Saint Francis Hospital	845-483-5000
Sharon Hospital	860-364-4141
Social Security	1-800-772-1213 845-452-3584
United Way Health & Human Services Helpline	211
Vassar Brothers Medical Center (Hospital)	845-454-8500