Call us !

The Nassau County Office for the Aging will:

- ♦ Help you find a resource or program in your community.

- ♦ Give you information about services and help you access them.

- ♦ Assist you in understanding the eligibility requirements and any costs that may be involved.

- ♦ Provide you with information and assistance with Social Security, Medicare and Medicaid.

- ♦ Follow up to ensure you receive the assistance you need.

NASSAU*NYCONNECTS
HELP-LINE
227-8900

EDWARD P. MANGANO
County Executive

NASSAU COUNTY LEGISLATURE

Kevan Abrahams District 1	Howard J. Kopel District 7	Joseph V. Belesi District 14
Robert Troiano, Jr. District 2	Vincent T. Muscarella District 8	Dennis Dunne, Sr. District 15
John J. Ciotti District 3	Richard J. Nicolello District 9	Judith A. Jacobs District 16
Denise A. Ford District 4	Judi Bosworth District 10	Rose Marie Walker District 17
Joseph K. Scannell District 5	Wayne H. Wink, Jr. District 11	Diane V. Yatauro District 18
Francis X. Becker, Jr. District 6	Peter J. Schmitt District 12	David W. Denenberg District 19
	Norma L. Gonsalves District 13	8/11

HELPFUL RESOURCES

Nassau County Office for the Aging   227-8900
   www.nassaucountyny.gov/agencies/Seniors/index.html
   —Caregiver Resource Center   —Case Management
   —Day Care Services   —Meals on Wheels
   —Publications: ● *Caregivers Practical Help*
                           ● *Directory of Services*
                           ● *Guide to Long Term Care*

Nassau County Department of Social Services
   —Food Stamps   227-8523 or 227-8000
   —Medicaid   227-8000

Administration on Aging   www.aoa.gov

Aging Well   1-800-342-9871
                      www.aging.ny.gov/Health/index.cfm

Alzheimer's Services: www.alz.org
—Alzheimer's Association of Long Island   935-1033
—Long Island Alzheimer's Foundation   767-6856

EPIC (Elderly Pharmaceutical Insurance Coverage)
                                    1-800-332-3742
                www.health.state.ny.us/health_care/epic

Medicare   1-800-633-4227
—Center for Medicare Services: www.cms.hhs.gov
—Empire Medicare: www.empiremedicare.com

Mental Health Association   489-2322
                                       www.mhanc.org

Nassau County Dental Society   227-1112

Nassau County Medical Society   832-2300

Nassau/Suffolk Law Services   292-8088
   Committee, Inc.   www.nslawservices.org

National Council on Aging
—Benefits Checkup   www.benefitscheckup.org

National Eldercare Locator   1-800-677-1116
                                     www.eldercare.gov

National Family Caregivers Assn.   1-800-896-3650
                          www.thefamilycaregiver.org

National Respite Locator   www.respitelocator.org

Sr Financial Counseling/Health Insurance   485-3425
   www.aging.ny.gov/HealthBenefits/HIICAPIndex.cfm

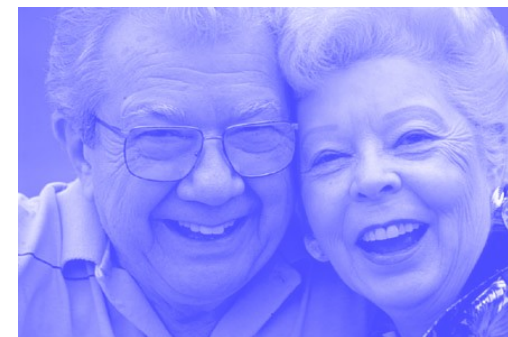**Social Security Administration**   1-800-772-1213
                                          www.ssa.gov

US Department of Health and Human Services
                          www.healthfinder.gov

Nassau County Office for the Aging

Time to Care

Help for an ElderCaregiver

ARE YOU A CAREGIVER?

YES, if you are providing care that enables a frail or disabled elderly person to remain at home.

PROBLEMS YOU MAY FACE WITH YOUR LOVED ONE

Physical difficulties caused by:

- Acute or chronic medical conditions (stroke, cancer, etc.)
- Changes in sensory abilities, i.e. vision, hearing, touch, smell and taste

Changes in thinking or attitude as a result of:

- Organic causes
- Emotional reactions to a loss or physical illness
- Poor nutrition
- Drug reactions

Reluctance to accept help because of:

- Desire to remain independent and not be a burden
- Fear of having strangers in the home
- Feeling that care is too expensive

KNOW THE FACTS

Ask your doctor or health care professional about:

- Behavioral signs and medical symptoms (for example, confusion, minor forgetfulness, or memory loss)
- Length of time anticipated for illness or disability
- Changes you can expect in your responsibilities (will the amount or type of care or supervision increase over time)

INVOLVE YOUR LOVED ONE

- Voice your concerns and provide examples
- Give your loved one an opportunity to be part of the decision-making process
- Acknowledge your loved one's fears and anxieties
- Discuss options to explore

SEEK HELP

Helpful support services include:

- Counseling and case management
- Home delivered meals
- Transportation
- Adult day care
- Senior center programs
- Legal services
- In-home services: home health aides, homemakers and visiting nurses
- Friendly visitors
- Respite programs
- Information and assistance

CAREGIVER TIPS

- PLAN ahead as it will make caregiving easier in the future.
- INVOLVE others, including your loved one, in the decision-making process.
- ASK for and ACCEPT help from family, friends, professionals and other agencies.
- LEARN about available resources, and your loved one's illness, disease or condition.
- MAINTAIN and UPDATE important information such as your loved one's income, assets, Social Security number, physicians, medication listing, medical condition, and insurance coverage, and keep it nearby.
- REST as much as possible and EAT properly. Take care of yourself.
- MAKE TIME for leisure and utilize other resources to provide help in your absence.
- MAKE your HEALTH a priority. The healthier you are, the better care you will provide.
- SHARE your feelings with others, including your loved one.
- DEVELOP contingency plans for vacations, illness and emergency situations.
- TAKE ONE DAY AT A TIME!