

Here Come the Boomers

A Community Forum on the Future of Aging in Southern Saratoga County



Resources and Links

Below you will find the links to key websites containing resources pertaining to the topics discussed at the May 18, 2023 community forum. Other excellent resources may exist and were not intentionally excluded. It is simply impossible to include all the resources that exist out there!! We hope these are helpful to you.

Needs, Resources & Gaps, Planning for the Future

Livable New York is a New York State initiative meant to help foster livable communities across the State. The [Livable New York: Resource Manual | Office for the Aging \(ny.gov\)](#) is a community resource manual for future-based, inclusive planning; livable communities; aging-in-place, and sustainable neighborhoods.

GetSetUp – [New York State Office for the Aging · GetSetUp](#) brings 900 courses and classes into the homes of older adults and provides an economic opportunity for older adults to teach classes on the platform and supplement their income by getting paid for their skill. Free for anyone over 50.

Pets Together - [Pets Together - Virtual Video Chats with Pets!](#) combats isolation by connecting individuals to volunteers using the power of pet therapy to combat loneliness and isolation. Free.

Federal, State and Local Benefits - Video Tutorials to assist in applying for a range of services –[Video Tutorials All in One Place: Help Older Adults in Your Community Apply for Benefits | Office for the Aging](#)

New York StateWide Senior Action Council - is a resource for assistance with exploring options for [Medicare, health and prescription drug coverage](#). Their website is www.nysenior.org

Navigating the System

VivaLynx - www.vivalynx.com is a fee for service, mobile app that enables clients, caregivers and their professional team to manage care in the home.

Everhome www.everhomecareadvisors.com is a fee for service organization offering Aging Life Care Coordinators to assist with managing care options, coping with health and age-related changes, exploring insurance entitlements, navigating the legal, insurance and financial aspects of caregiving, finding local caregiving resources, and using automation as a tool to help organize a plan of care.

New York Connects www.nyconnects.ny.gov can help link you to long term services and supports, such as home care, transportation and meals.

Transportation

CareLinks - [Care Links](#) | [CAPTAIN CHS \(captaincares.org\)](http://CAPTAIN CHS (captaincares.org)) provide supportive services, such as transportation, at no cost to persons 60+ in the towns of Ballston (including Burnt Hills), Charlton, Clifton Park, Halfmoon, Malta, the village of Ballston Spa, and the city of Mechanicville.

CDTA Flex – Flex | www.cdta.org is a fee for service, on-demand system that provides connections to: Mechanicville, Halfmoon, and Clifton Park.

GoGoGrandparent - <https://get.gogograndparent.com> provides on-demand services such as rides, meals, groceries and prescription delivery on a fee for service basis.

Senior Express Clifton Park - [Senior Transportation \(cliftonpark.org\)](http://Senior Transportation (cliftonpark.org)) transports individuals 50 years and older who are residents of the Town of Clifton Park to medical appointments as requested to the following areas: Albany, Schenectady, Troy, Ballston Spa, Saratoga, Mechanicville and Latham.

Senior Express Halfmoon - [Senior Express | Halfmoon NY \(townofhalfmoon-ny.gov\)](http://Senior Express | Halfmoon NY (townofhalfmoon-ny.gov)) transports seniors 55 years of age living in the town of Halfmoon to doctor appointments, hair appointments, post office, grocery shopping and senior center activities.

Waterford Medical Transport Van Seniors - Town of Waterford, NY operates Monday thru Thursday. For more information on this service please call [518-527-4589](tel:518-527-4589).

Wellness Express - [Wellness Express Transportation | CAPTAIN CHS \(captaincares.org\)](http://Wellness Express Transportation | CAPTAIN CHS (captaincares.org)) provides transportation for residents to medical appointments to residents 60+ in the towns of Ballston, Charlton, Galway, Malta, Milton, Providence, and the Village of Ballston Spa.

Caregivers

Arch Angels Caregiver Intensity Index. - <https://archangelscii.me/3EwYLBz> helps caregivers identify with and feel honored in their role, gives them an Intensity Score, and navigates them to free resources for their unique needs.

ALZConnected - Home - ALZConnected is a free online community designed for people living with dementia and those who care for them. Members can post questions about dementia-related issues, offer support, and create public and private groups around specific topics.

Alzheimer's Association - [Alzheimer's Association | Alzheimer's Disease & Dementia Help](#) – provides help support and local resources for individuals and caregivers affected by Alzheimer's. They also provide a 24/7 Helpline: 800-272-3900.

Caregiver-Directed Respite Voucher Program <https://www.nyscr.org/respice-voucher-program>
Caregivers can apply for a respite voucher in the amount of \$600 and choose the provider, which can be family members or friends. For Kinship families, the voucher can pay for programs/classes for the kids

- Caregiver is considered the employer and must act as such (hiring, firing training, etc.)
- NYSRCR, managed by Lifespan acts only as a Fiduciary

LifePath – [LifePath](#) provides the highest quality of services to people needing specialized supports through the blending of professional knowledge, arts and skills in an environment of unconditional respect and dignity.

Tualta - [NYSOFA, AgingNY and Tualta Provide Free Web-Based Support Platform for All Family Caregivers in NYS | Office for the Aging](#) is evidence-based training and support platform for all caregivers in NYS. This is free for anyone who provides care to a loved one.

- The [Caregivers In the Workplace Guide](#) with partner agencies, public and private employers.
- The newly released [Caregiver Guide Video](#) that helps individuals self-identify as caregivers and directs them to supports and other resources.
- **NYS Employees Only** - The [working caregivers survey](#) with colleagues, friends, family and employees.
- **All other employees** - Send the working caregivers survey to all of your contacts, including colleagues, friends, family and employees at <https://aging.ny.gov/help-working-caregivers>
- Caregiver Intensity Index with all caregivers, including working and non-working caregivers.
- The [Evidence-Based Caregiver Education and Training Portal](#), which is available free of charge for any caregiver in New York through a partnership between Tualta and the State Office for the Aging.

New York Care Connects Statewide Resource Directory – the [Connects Statewide Resource Directory](#) helps individuals search for local services by zip code or service area.

New York Caregiving Portal <http://newyork-caregivers.com> – is a customizable portal that provides information and resources on a variety of health and aging topics.

New York Caregiving and Respite Coalition www.nyscr.org - is a partnership of dedicated organizations and individuals committed to supporting the millions of our state's family caregivers. NYSRCR members understand the unique needs of caregivers. Through training and education, they focus on increasing caregivers' access to respite resources.

Staying at Home

Association on Aging in New York - [Non-Profit Organizations In New York - Association on Aging in New York \(agingny.org\)](#) works to support and enhance the capacity of New York's local Area Agencies on Aging and to work in collaboration with the aging network to promote independence, preserve dignity and advocate on behalf of aging New Yorkers and their families.

Home Instead - [In Home Senior Care | Home Instead | Gansevoort, NY](#) provides in-home care services and works with families to develop personalized care plans tailored to meet their specific needs.

Umbrella - [Umbrella of the Capital District \(theumbrella.org\)](#) is a fee membership organization. For an annual fee, Umbrella members have access to a screened, skilled group of handy persons who provide a variety of services, including home repairs, housekeeping, lawn and gardening and shopping.