



## HOW TO AGE WELL AND STAY SAFE AT HOME

We are fortunate to live in a beautiful town, in a wonderful county and state. As we grow older, many of us wish to continue to live in our own homes. In order to do this successfully, we must KNOW what we need and where and how to get it.

Thinking and planning are critical in order to meet our essential needs, maintain our independence and assure a good quality of life.

The following **information and resources** are for us and our friends and neighbors here in Gallatin, New York. While everyone is unique, as we age we all have common concerns for **healthy meals and shopping assistance, homecare services, transportation, chores and home maintenance, accident avoidance, legal services, healthcare, abuse prevention, and money management.**

**The Columbia County Office for the Aging (OFA)** is a major resource and support for older residents of our community. It is

committed to helping older citizens remain in their own homes and actively participate in family and community life.

OFA services include community-based programs such as **nutrition centers, and in-home programs such as personal care support**. An individual may need assistance for a short period of time or may require ongoing support. The OFA is an important resource and first call for many needs. Call 518-828-4258. Visit their web site

<https://sites.google.com/a/columbiacountyny.com/columbia-county-office-for-the-aging/>

### **Nutritious Meals**

At age 60 or over, you don't have to eat alone. You can eat and socialize at several senior community centers in Columbia County. Closest to us is: the **Livingston Area Senior Community Center at the Elizaville Fire Department**. It is open Tuesday and Friday from 10:30 am to 1:30 pm. Menus and event calendars are available on the OFA website. Please call 518-828-7538, 24 hours in advance, to make a lunch reservation.

If you are homebound, unable to prepare your own meals, and are age 60 or over, you may be eligible for the **OFA home-delivered meals** known as **the Meals on Wheels program**. Hot meals are delivered Monday through Friday. Frozen meals may also be provided for weekends. The OFA does not charge a fee for these

services but does accept voluntary contributions toward the cost. Call 518-828-4258 for more information.

### **Shopping Assistance**

Did you know that if you are homebound or unable to walk and lift groceries in the market, you could get your shopping done on a biweekly basis? You provide a shopping list and a check. The shopper will even be available to help put the groceries away. Call the OFA 518-828-4258 to request this service.

### **Homecare Services**

Do you need **long-term care and support**? For information, referrals, and help to understand your options, call the **Health Care Consortium's NY Connects** 518-828-CARE (2273) Visit their website

[www.columbiahealthnet.org](http://www.columbiahealthnet.org)

Do you need **short-term personal homecare services** to help you because bathing, washing your hair, or dressing is getting harder?

Call **OFA** 518-828-4258 and ask for an intake manager for information about the **Expanded in-home services for the Elderly Program (EISEP)**. There may be a cost for these services depending on your income and household expenses.

### **Transportation**

Do you need **transportation to medical services**? When you know the date and time, call as early as possible to the **Health Care Consortium** to make an appointment for this door-to-door service.

Call 518-822-8020. Visit their website [www.columbiahealthnet.org](http://www.columbiahealthnet.org)

Do you need **transportation to a non-medical service**? If you would like to visit a friend? Go shopping? Go to a senior community center for an activity or lunch? Call the **OFA** 518-828-4258.

### **Home Maintenance and Safety**

Has your home been checked to prevent slips and falls? Would grab bars, non-skid floors and comfortable handles on doors or faucets help? You can get a free home safety check through the **Columbia County Department of Health**. Call 518-828-3358 to set up a visit with the Healthy Neighborhoods educators and learn about free health and safety items.

Do you need a **ramp or other modest exterior repair** to make your home safe? Call **Columbia County Habitat for Humanity's A Brush with Kindness Program** 518-822-0707.

If you need **general home repairs or improvements** call **Galvan Housing Resources** at 518-822-0707 ext. 12. Visit their website [www.galvanfoundation.org](http://www.galvanfoundation.org)

**How are you managing in the winter cold or summer heat?** The Columbia Opportunities' **Weatherization Assistance Program** helps income-eligible seniors with energy efficiency tools to **reduce heating and cooling costs** and address **health and safety** issues in your home. Call **Columbia Opportunities** at 518-828-4611. Visit their website [www.columbiaopportunities.org](http://www.columbiaopportunities.org)

Do you need help with your **home heating and energy costs**? You may be eligible for the **Home Energy Assistance Program (HEAP)**. Call the **OFA before or during the heating season and an application will be mailed to you**. OFA can help you complete the application form.

**HEAP** also offers a **furnace Clean and Tune Program** and an **Emergency Furnace Repair/Replacement Program**. If you have certain medical conditions, you may be eligible for a free air conditioner. Contact the **Columbia County Department of Social Services** 518-828-9411 for details.

### **Legal Services**

Do you need **legal assistance**? An attorney at the OFA offers in-office appointments to provide legal advice, consultation and representation in most civil cases. Call the OFA 518-828-4258. The **Legal Aid Society of Northeastern New York** also offers free legal services to people with low income. Call 800-462-2922. Visit their website [www.lasny.org](http://www.lasny.org)

### **Health Care**

Do you need assistance with **health care decisions and insurance**? Are you receiving Medicare benefits? Do you have questions about how to choose an insurance carrier or file Medicare forms? Contact the **OFA** 518-828-4258 for help with these questions, and to make informed decisions on health insurance options.

Do you take medications? Prescription drugs can be costly, especially for those who have little or no insurance. The **Healthcare Consortium's Prescription Access and Referral Program** helps address this need. Call 518-822-8820 X328. You can also call the **OFA**, 518-828-4258 to speak with a HIICAP coordinator who will review the best prescription drug coverage options for you, including the NYS Elderly Pharmaceutical Program (EPIC).

Do you have a hearing loss? You may qualify for a no-cost internet-based CapTel captioned telephone Contact the outreach worker at 518-681-9445.

### **Safety**

Are you concerned about your general well-being and do you need a daily "check-in call?" If you do not have regular contact with others, you are eligible for **Senior Safety Net – My Daily Call Program**, that is a collaboration between **Columbia County Sheriff's Office and the Columbia County Office for the Aging**. Call 518-828-4258 for a registration form and Yellow Dot Card.

### **Abuse**

Are you concerned about financial exploitation or other form of elder abuse? Contact the **Columbia County Sheriff's Office** 518-828- 3344.

You can also contact the **Columbia County Department of Social Services** at 518-828-9411 if you or someone you know may be impaired, at risk of harm, abuse, neglect or financial exploitation.

## **Money Management**

Do you need assistance with managing your resources, making good financial decisions, keeping utility costs at a minimum? Contact **Cornell Cooperative Extension Family and Resource Management Program Work Team** for information about classes where you can learn new skills. Call 518-622-9820. Visit their website [www.ccecolumbiagreene.org](http://www.ccecolumbiagreene.org)

Do you need help to understand your **local taxes** and find out if you are eligible for tax relief? Contact the **Gallatin Assessor** to learn whether you are eligible for school tax relief (STAR) and senior citizen property tax relief. Call 518-398-1566.

For free help in filing your NYS and Federal income tax returns, contact the **AARP Tax Aide Program**. This service is offered at the Roeliff Jansen Community Library and other locations. Call the OFA at 518-828-4258 for more information.

Did you know that the **New York State Lifeline Discounted Telephone Service** is a program offered by many telephone providers, including some wireless and cable companies to help income-eligible consumers save money on their phone bills? Talk to your local phone company for more information.

## **What else can you do to stay and age safely at home?**

Stay as active as possible through regular exercise. Exercise makes you stronger and improves your balance and coordination.

Stay in touch with your family, friends, and neighbors who can be your biggest source of help and referrals.

Engage in some social activities. Share a book, share some music and share a meal. Check out the **Roe Jan Young at Hearters** for social activities. Call 518-329-1921. Learn about courses and programs at the **Columbia Greene Community College Adult Learning Institute** at 518-828-4184 X3431.

Did you know that the **Pine Plains Free Library** (518-398-1927 or ppflibrary@gmail.com) and the **Roeliff Jansen Community Library** (518-325-4101 or RJCL9091@gmail.com) offer interesting programs, opportunities to meet others, and exercise programs to stay fit?

Consider volunteering for your church, your neighbor, a local organization, a food pantry, your library or your town. Doing good often makes us feel good!

**Remember** you have the experience and wisdom to overcome obstacles.

This resource booklet “**How to AGE Well and Stay Safe at Home**” has been prepared by Gallatin’s Town Committee, Office of the Aging Advisory Council. For any further information about the committee and assistance you may need, please contact our Town Clerk at 518 - 398-7519 or email her at gallatinclerk@yahoo.com.