

All the questions you've had about Long Term Care but were afraid to ask.

Washington County CARES, your link to NYConnects has assembled comprehensive information and service resources on home and community-based care for Washington County residents.

There are many benefits to planning ahead. Washington County CARES can help you get the services you need so that you may live safely in the most appropriate setting.

Whatever your needs might be now, or may become in the future, it is our goal to aid you in exploring various levels of care, their cost, and programs that you may qualify for to assist you.

As difficult as this subject is for many people, it is important for you to know that we are here to help you help yourself.



We are available online, on the phone and in person.

Please save (or pass on) this brochure for our contact information.

www.washingtoncountycares.com

First fold #2

Website
www.washingtoncountycares.com

Email
info@washingtoncountycares.com

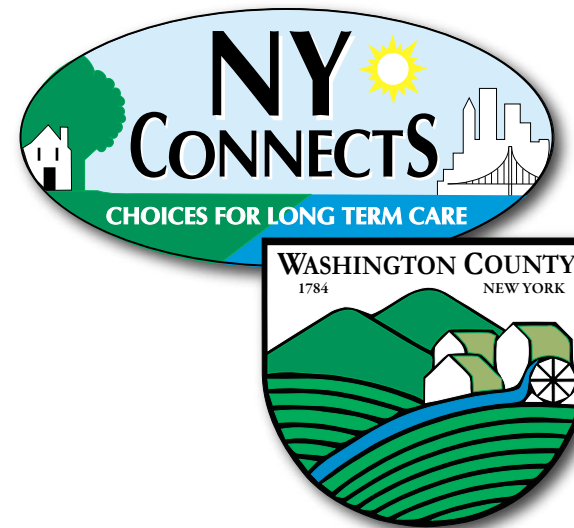
Phone
(518) 746-2420
1-800-848-3303

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Washington County CARES is a joint initiative between the Washington County Office for the Aging and the Washington County Department of Social Services.

Back Panel #3



Washington County CARES



Aging and Disability Resource Center



Plan For Your Future Needs Now

We Can Help!

Front Panel #1

QUESTIONS WE CAN ANSWER

“My mom is 86 and lives alone. She has trouble walking. She needs help with getting meals prepared, shopping, and transportation to the doctor.

What kind of help can she get?”



“My 10 year old son has Spinabifida and needs 24 hour care. We have nursing care at home, but sometimes my wife and I feel like we just need a break.

Is there anyone that could help us?”



“I’m a counselor for a 34 year old man who suffers from a Traumatic Brain Injury as a result of a car accident. He uses a wheelchair and has some short term memory loss. He lives with his parents and would like to live on his own again, but his parents are concerned about him living without the proper supports.

Are there any resources that might be able to help him?”

Inside Panel #4

UNDERSTANDING LONG TERM CARE

Long-term care is a variety of services and supports to meet health or personal care needs over an extended period of time.

The goal of long-term care services is to help you maximize your independence and functioning at a time when you are unable to be fully independent.

Long-term care is needed when you have a chronic illness or disability that causes you to need assistance with Activities of Daily Living.

While most people who need long-term care are age 65 or older, a person can need long term care services at any age. Forty (40) percent of people currently receiving long-term care are adults 18 to 64 years old.

If you need long-term care, you may need one or more of the following:

Care or assistance with activities of daily living in your home from an unpaid caregiver who can be a family member or friend.

Services at your home from a nurse, home health/home care aide, or therapist.



Care in the community; and/or Care in any of a variety of long-term facilities.

Generally, services provided by caregivers who are family or friends are unpaid. This is sometimes called informal care.

Paid services are sometimes referred to as formal services. Paid services often supplement the services provided by family and friends.

Inside Panel #5

WHAT KIND OF HELP CAN YOU GET?



Washington County CARES can provide information on many services, some of which include:

- Home Delivered Meals
- Transportation
- Respite Care
- Home Care
- Counseling and Support
- Health Insurance Counseling
- Residential Housing Options and Supports
- And more



Whatever your needs,
call us first.

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Inside Panel #6