



**Free and Discounted Services Available For Seniors on Long Island provided by the [Long Island Chapter of the National Aging In Place Council](#) in conjunction with [StuffSeniorsNeed.com](http://StuffSeniorsNeed.com)**

Most seniors these days are living on limited incomes from sources that may include Social Security, a small pension or maybe some other form of government assistance. With few resources at their disposal, finding services for free or discounted prices is vital.

There are likely many of these types of services available through your local Office for the Aging (the name of this government agency may be different in your local area, i.e. Division of Senior Services) or local charities such as Lions Club or Meals-on-Wheels, or on the Internet through sites like ElderCare.gov.

However, in my opinion, the most rewarding of these freebies for seniors and their caregivers – things like free hearing aids and free dentures – will be more difficult to come by. From my experiences as a caregiver, I have compiled a list of these types of services and provided a roadmap and examples for how to find them.

This list, which I have put together at the request of the NAIPC, will deal exclusively with the resources that are available for seniors on Long Island, NY.

# Adult Day Care

## Nassau County

Adult day service is a community-based program of day care, conducted in a supervised social setting, for frail older people to enable them to continue to live at home. Such persons may be socially isolated; mentally, physically and/or emotionally frail; and may require certain individualized services not found at a local senior center.

Programs providing adult day service are usually described as either social or medical model programs. Social model programs provide socialization, support services, and recreation in a supervised setting. Medical models are designed to meet the needs of those elderly who require medical and rehabilitative services in addition to the services offered by social model programs.

Based on an interview and assessment, an individualized plan of care is developed by the staff and by the participant's own physician. For most programs the person must be ambulatory and able to care for personal toileting needs.

Some programs accept participants accompanied by home health aides. Programs, resources, and services vary with each adult day service program. Services include therapeutic recreation and social activities adapted to the abilities of the participants, as well as cultural and educational programs.

Other services which may be included are medical supervision, transportation, information, and referral for social services, personal and family counseling, nutritional counseling, and rehabilitative services such as physical, recreational, speech, and occupational therapies.

In addition to the specialized care of the older person, families receive daytime respite which enables them to continue to be supportive in a caring way.

Please contact the programs listed below for specific information.

**ADULT DAY SERVICE PROGRAMS - FRAIL ELDERLY**

Cold Spring Hills Center for Nursing and Rehabilitation

Adult Day Health Center (Medical Model)

378 Syosset-Woodbury Road

Woodbury, NY 11797 (516) 622-7771/70

**Doubleday Babcock Senior Center, Inc. - Daybreak Program**

45 East Main Street

Oyster Bay, NY 11771 (516) 922-1770

**Farmingdale Adult Day Care Center**

United Methodist Church

407 Main Street

Farmingdale, NY 11735 (516) 293-8928

**Forest View Adult Day Care Center (Medical Model)**

457 Doughty Boulevard

Inwood, NY 11096 (516) 239-1111

**Franklin Square Senior Center**

1182 Martha Place

Franklin Square, NY 11010 (516) 328-3010

Sponsored by the Town of Hempstead Department of Senior Enrichment

**Glen Cove Adult Day Care Program**

130 Glen Street

Glen Cove, NY 11542 (516) 759-2345

Partially funded by Nassau County Office for the Aging

**Green Acres Senior Center**

400 Flower Road, Building 10

Valley Stream, NY 11581 (516) 872-8810

Sponsored by the Town of Hempstead Department of Senior Enrichment

**JCC of the Greater Five Towns Come Alive - Social Day Care**

207 Grove Avenue

Cedarhurst, NY 11516 (516) 569-6733

**Merrick Senior Center**

2550 Club House Road

Merrick, NY 11566 (516) 868-4777

Sponsored by the Town of Hempstead Department of Senior Enrichment

**Nassau Extended Care Facility**

(Medical Model)

One Greenwich Street

Hempstead, NY 11550 (516) 565-4800

**North Shore LIJ Health System – Orzac Center**

For Extended Care and Rehabilitation

Adult Day Health Care (Medical Model)

900 Franklin Avenue

Valley Stream, NY 11580 (516) 256-6730

**Park Avenue Extended Care Center**

(Medical Model)

425 National Boulevard

Long Beach, NY 11561 (516) 431-2600

**Parker Jewish Institute for Health Care and Rehabilitation**

Adult Day Health Care

1 Delaware Drive (516) 586-1623

Lake Success, NY 11042 or (516) 586-1608

**Senior Citizens of Westbury, Inc. - “The Friends” Group**

360 Post Avenue

Westbury, NY 11590

Partially funded by Nassau County Office for the Aging (516) 334-5886

**Sid Jacobson Jewish Community Center**

Friendship Circle Program

300 Forest Drive

East Hills, NY 11548 (516) 484-1545 Ext. 135

Partially funded by Nassau County Office for the Aging

**Uniondale-Hempstead Senior Center**

840 Uniondale Avenue

Uniondale, NY 11553

Sponsored by the Town of Hempstead Department of Senior Enrichment

(516) 292-1313

**ALZHEIMER'S ADULT DAY SERVICE PROGRAMS**

**Barry and Florence Friedberg South Shore YJCC**

Early Stage Program

15 Neil Court

Oceanside, NY 11572      (516) 766-4341

**Herricks Community Center - Alzheimer's Day Care Program**

999 Herricks Road

New Hyde Park, NY 11040

Partially funded by Nassau County Office for the Aging    (516) 742-0851

**Highfield Gardens Center of Great Neck**

Adult Day Program (Medical Model)

199 Community Drive

Great Neck, NY 11021      (516) 365-9229

[www.highfieldgardens.com](http://www.highfieldgardens.com)

**Jewish Association Serving the Aging - Alzheimer's Opportunity for Respite and Socialization (AZORS/Help)**

Temple Emanu-El

455 Neptune Boulevard

Long Beach, NY 11561 (516) 432-0570

**Long Island Alzheimer's Foundation, Inc. (LIAF)**

Memory Lane Club

50 Channel Drive

Port Washington, NY 11050 (516) 767-6856

**Parker Jewish Institute for Health Care and Rehabilitation**

The Granat Alzheimer Center (Medical Model)

271-11 76th Avenue

New Hyde Park, NY 11040 1-718-289-2100

[www.parkerinstitute.org](http://www.parkerinstitute.org) (516) 247-6500

Ext. 2105

**Peninsula Counseling Center Frail Elderly and**

Alzheimer's Day Care Center "The Club"

St. Joseph's School

1355 Noel Avenue

Hewlett, NY 11557 (516) 374-9253

Partially funded by Nassau County Office for the Aging.

## **Suffolk County**

### **SENIOR ADULT DAY CARE**

Programs are supported by federal, state, county and town funds, and private funding.

#### **Birchwood Assisted Living Social Day Care Center**

423 Clay Pitts Road

East Northport, NY 11731

Phone: 631-368-5252

#### **Community Programs Center of Long Island**

##### **Frail Elderly Program & Specialized Alzheimer's Program**

400 Sheep Pasture Road

Port Jefferson, NY 11777

Phone: 631-476-9698

2210 Smithtown Avenue

Ronkonkoma, NY 11779

Phone: 631-585-2020

#### **St. Johnland Social Adult Day Care Program**

395 Sunken Meadow Road

Kings Park, NY 11754

Phone: 631-663-2421



**Town of Brookhaven Adult Day Programs**

Phone 631-451-9142 or 631-451-9191

Centereach Adult Day Care

New Village Recreation Center

20 Wireless Road

Centereach, NY 11720

Mt. Sinai Adult Day Care

Rose Caracappa Senior Center

739 Route 25A

Mt. Sinai, NY 11766

**Yaphank Adult Day Care**

Sweezey-Avey House

Mill Road

Yaphank, NY 11980

**Town of East Hampton Intergenerational Day Care**

328 Accabonac Highway

East Hampton, NY 11937

Phone: 631-324-6449

**Town of East Hampton/Montauk Adult Day Care**

240 Edgemere Road

Montauk, NY 11954

Phone: 631-668-3778

**Town of Huntington Senior Day Care**

423 Park Avenue

Huntington, NY 11743

Phone: 631-351-3293

**Town of Southampton Adult Day Care**

25 Ponquogue Avenue

Hampton Bays, NY 11949

Phone: 631-728-1235

**Town of Southold Senior Adult Day Care**

750 Pacific St.

Mattituck, NY 11952

Phone: 631-298-4470

## Dentists That Accept Medicaid

Due to the problems of billing and getting paid by the government, there aren't many dentists that accept Medicaid, but a few do. This means that a senior with no dental insurance may still be able to get the dental care needed...you just might have to travel to get it.

To find a dentist in your state that accepts Medicaid, contact the New York State Department of Health.

[You can access the link for the NY State Department of Health here.](#) Currently there are about 45 dentists listed that cover the entire state. Only two dentists for Suffolk and Nassau are listed...however, if you call the Department of Health at 1-866-881-2809 they may be able to provide additional information.

## Free Dentures...Or At Least Cheaper

While there is no dedicated program in the state of NY for free dentures other than the Dental Medicaid listed above, there are several options you may wish to consider...

There is a program entitled Donated Dental Services (DDS) which provides dental care free of charge to applicants who meet the guidelines of the program. To see if you qualify for DDS you may contact Caroline Montero at [212-598-9000](tel:212-598-9000) or [cmontero@dentallifeline.org](mailto:cmontero@dentallifeline.org).

There are also several dental schools in your area. They normally do not provide treatment free of charge, but their fees are usually less than a private dental office. The dental schools are: Stony Brook University, [631-632-8989](tel:631-632-8989); NYU College of Dentistry, [212-998-9856](tel:212-998-9856); and Columbia University, [212-305-4511](tel:212-305-4511).

# Elderly Pharmaceutical Assistance Program (EPIC)

EPIC is the name of the State Pharmaceutical Assistance Program in New York. New York is one of the 23 states that have such a program to assist seniors with their prescription drug costs (the other 27 canceled their programs after the Federal Government instituted Medicare Part D).

The links for information, eligibility requirements and the application are below...

[http://www.health.ny.gov/health\\_care/epic/](http://www.health.ny.gov/health_care/epic/)

[http://www.health.ny.gov/health\\_care/epic/eligibility.htm](http://www.health.ny.gov/health_care/epic/eligibility.htm)

<http://www.health.ny.gov/forms/doh-3409.pdf>

## Low Cost Prescription Drugs

Despite the advent of Medicare Part D, and certain state run assistance programs such as EPIC (outlined above), there are still many seniors that cannot afford their medications.

This is why most manufacturers of prescription drugs provide assistance for those who cannot afford their medications. A comprehensive list of these programs is provide by the Partnership for

Prescription Assistance as well as the steps to follow to apply for assistance.

You can search for Patient Assistance programs at: <https://www.pparx.org/en/gethelp>

Another cost saving strategy is to make the switch to generic drugs.

As the Food and Drug Administration says: "Generic drugs are important options that allow greater access to health care for all Americans. They are copies of brand-name drugs and are the same as those brand name drugs in dosage form, safety, strength, route of administration, quality, performance characteristics and intended use."

Generic drugs cost about 50%-80% less than their brand name equivalents, so it makes all the sense in the world to speak with your doctor about making the switch.

Finally, another option for those with no insurance is to option a prescription drug discount card. These cards, which should be free (I have seen some organizations charge for them) provide savings from 45%-80% on your prescription drug costs and are ideal for those with no insurance.

To obtain your free card go to <http://www.StuffSeniorsNeed.com/card>

## **Family Caregiver Support Programs**

These programs are often offered through the government, or volunteer organizations. The best way for you to locate them on Long Island is through the Offices of the Aging that I mentioned at the top of this report.

Either way, as a caregiver, you can be provided with respite care by volunteers, as well as counseling and support groups to ensure your physical and emotional wellbeing. These services are designed to supplement, not replace, the efforts of the family in caring for a loved one.

# Free Cell Phones or Discounted Phone Service

LifeLine is a federal government program for qualifying low-income consumers designed "to ensure that all Americans have the opportunities and security that phone service brings, including being able to connect to jobs, family and emergency services."

LifeLine assistance provides one free or discounted phone (either landline or wireless cell phone) per household. To qualify, seniors will likely have to be on some form of government assistance, such as:

- Medicaid
- Food Stamps
- Supplemental Social Security
- Temporary Assistance for Needy Families
- Low Income Home Energy Assistance Program

Visit [LifelineSupport.org](http://LifelineSupport.org) to see if you qualify and to find participating companies in your state.

The link for the companies that operate in NY is:

<http://www.lifelinesupport.org/ls/companies/CompanyListing.aspx?state=NY&stateName=New%20York>

I was able to get my mother a free cell phone within five days of her being approved for Medicaid, after providing a picture of my mother's Medicaid award letter (yes, I know it is shocking for the government to move that quickly).

The only drawback to the program is the type of phone that you are sent. My mother can use it but it has smaller buttons that can make it confusing. I would prefer for her to have a larger handset with larger buttons, but this is working for the moment.

# Free Phone for Hearing Impaired

A new service that is (at least temporarily) being funded by the FCC, called Caption Call, provides free phones to those with medically recognized hearing loss.

The way that this phone works is simple. A screen on the phone instantly takes the words being spoken and puts them onto a screen on the phone so that hearing impaired individuals can read what is being said.

You can learn more at [CaptionCall.com/Caregiver](http://CaptionCall.com/Caregiver) (and click on Promotions) for more information.

# Supplemental Nutritional Assistance Program (SNAP)

This used to be called Food Stamps, but is now known as the Supplemental Nutritional Assistance Program (SNAP). You can apply through your state Office for the Aging, or Elder Affairs Department.

Each state has slightly different requirements based upon income, but what I have found is that most states have a website (<http://www.mybenefits.ny.gov> in New York) where you can set up an online account and, based upon your age, zip code, income and residence status, you are then directed to all of the benefits that you are eligible for.

Once you are approved, the maximum monthly benefit depends upon the size of your family, from \$200 all the way up to \$1,500.

## Other Free Food Services

In addition to programs such as SNAP, there are many nutrition programs, offered either by local charities or local governments that can provide seniors with a nutritious meal (typically lunch) and the opportunity to socialize.

Check with your local Office for the Aging to see what programs are available in your area. The link below will send you to a listing of sites.

<http://www.suffolkcountyny.gov/Portals/0/countyexecutive/Office%20for%20the%20Aging/ProgramsAndServicesGuide/2012-version-final.pdf>

In Nassau County, the link for 14 such sites is here:

<http://www.nassaucountyny.gov/agencies/seniors/SeniorCenters.html#lunch>

There are also websites that have listings of local food banks where qualifying individuals can receive free food. The best food bank search engine is at Feedingamerica.org. Simply plug in your state and a listing of locations and the types of services offered at each food bank will pop up.



# Free Hearing Aids

Buying a new hearing aid can run into the thousands of dollars, so it's no wonder that seniors are hard pressed to pay for these devices. But I have found that there are a few ways to obtain free hearing aids. Some will be new, and others may be used, but they will all be free.

First, try your local Lion's Club. Most chapters either operate or know of a local hearing aid bank that can match needy seniors with recycled hearing aids.

Another approach is to seek out clinical trials of new hearing aids. Contact hearing aid manufacturers and see if you can volunteer for a trial. When the trial is over, you typically get to keep the hearing aid. I recently saw a commercial from one hearing aid manufacturer that was advertising for people to participate in trials, so they are open to this idea.

You will have to medically qualify for the trial and you may have to contact several manufacturers until you find one that works for you. You may also get put on a waiting list. Regardless, this can be a powerful way for very low income seniors to receive a free hearing aid.

# Free Legal Help

When my mother had her heart attack and I started the Medicaid application process, I quickly realized that there would not be any money to pay our mounting bills. So I called my local Office for the Aging and they put me in touch with a local law school that operated a Senior Law Center for low income seniors like Mom.

This was the Senior Law Center at Tuoro College located at 225 Eastview Drive, Central Islip, NY 11722 and is available for residents of both Suffolk and Nassau County.

You can call them at 631-761-7470

They wrote a letter to the creditors on my behalf asking for the debts to be forgiven. With this letter I attached a letter from the nursing home detailing Mom's prognosis. That was 14 months ago, and I haven't heard from the creditors since, so I guess that 'no news is good news.' I did receive one confirmation letter, from Wal-Mart, that the debts were forgiven. The others have not contacted me yet, so I am hopeful that they've written the debts off as bad debt.

These types of law centers won't represent you in a large scale, but they can be invaluable in drafting a simple will, certifying a POA or health care proxy, or drafting a letter to creditors.

If your Office for the Aging is unaware of a local resource for such help, another place to look would be the Lion's Club. Many of the members of the Lion's are attorneys and local business leaders who may be able to help you find a pro bono attorney to handle something like this.

## **Free Medical Alert System**

We have all seen the television commercial with the elderly woman in the bathroom saying, "Help, I've fallen and I can't get up!" That's what a medic alert system is for. It is a waterproof pendant that is worn around the neck or wrist, that works in conjunction with a wireless phone attachment. In an emergency, the wearer presses the button to be connected with the monitoring service and speaks into the pendant.

The actual system is totally free, even the shipping. The monitoring service does have to be paid for, but that is normally around \$30 a month.

One thing I would advise you to consider when choosing a medic alert company. Make sure that the company you choose does NOT outsource its central station monitoring service.

When your loved one hits that button, you want a trained, competent professional who can calmly contact emergency services and stay on the line with your parent until help arrives.

There are many medical alert products out there, such as, Life Station and Rescue Alert, that offer this type of service.

## **Free Walkers or Rollators**

A walker will run you around \$40 (rollators are a little more expensive). That can be a lot of money for a cash-strapped senior. If you are looking for a discounted or free walker, here are places you should start your search:

a) Thrift stores such as Goodwill, which operates outlet stores throughout the country and has very reasonable prices

b) Hospitals and nursing homes may periodically dispose of reliable, used equipment that may be ideal for you.

# **Home Energy Assistance Program (HEAP)**

Through your local or state Office for the Aging, you can apply for assistance either in the form of weather upgrades to your residence - such as added insulation in the attic to improve the energy efficiency of your home (this is known as the Weatherization Assistance Program) – as well as direct cash assistance based upon your income level.

One not widely known fact about HEAP is that it is available to both homeowners and renters, making it more widely accessible for low-income seniors.

You can apply anywhere in NY by calling the NY HEAP hotline at 1-800-342-3009

## **Ombudsman Services**

For caregivers of nursing home patients, the state ombudsman's office is there to address issues with the care of their loved ones. You can think of the ombudsman as similar to a union rep. They will investigate complaints on your behalf to insure that nursing home residents are being treated fairly.

To ask for the Ombudsman's help with an issue or file a complaint call the Senior Citizens Help Line at 1-800-342-9871

## **Residential Repair Services**

Need some minor work done around the house, but can't afford the labor? Many Offices of the Aging run a residential repair service where seniors can have minor work done to their home or rental at no labor cost.

NOTE: You will have to pay for supplies, but the labor is free from the volunteers.

# Silver Alert Program

Caregivers of seniors with dementia are often concerned about a loved one getting lost while wandering - especially if they are driving with dementia. There are many ways to combat this. One way is through a Silver Alert program, which (as defined on Wikipedia) "is a public notification system in the United States to broadcast information about missing persons – especially seniors with Alzheimer's Disease, dementia, or other mental disabilities – in order to aid in their return."

Silver Alert and similar programs vary greatly by state. The way the Silver Alert program works in my local area is as follows:

- The caregiver will contact the local police department and fill out a form identifying the senior, giving a physical description, as well as any medical information you wish to disclose.
- Your parent will then be issued a Silver Alert bracelet that will have a unique ID number and instructions for anyone who locates them to call a police non-emergency number. This way they can be safely returned home without compromising any personal information on the part of the senior or caregiver.

Check with your local Police Department for more information.

# **Benefit Counseling**

How many times have you, either as a senior or as a caregiver, wrestled with trying to figure out what type of help was available to you? There is free counseling available through your local Office for the Aging that can provide this type of assistance and point you in the right direction to receiving the help you need. The contact information for the Suffolk and Nassau branches is below...

## **SUFFOLK COUNTY OFFICE FOR THE AGING**

H. LEE DENNISON BUILDING - 3RD FLOOR

P.O. BOX 6100

HAUPPAUGE, NEW YORK 11788-0099

RIVERHEAD COUNTY CENTER OFFICE

COUNTY ROAD 51

RIVERHEAD, NEW YORK 11901-3397

INFO LINES:

Hauppauge

(631) 853-8200

## **COUNTY OF NASSAU OFFICE FOR THE AGING**

MAIN OFFICE:

60 Charles Lindbergh Boulevard (516) 227-8900

Uniondale, NY 11553-3691 Fax: (516) 227-8972

E-Mail: [seniors@hhsnassaucountyny.us](mailto:seniors@hhsnassaucountyny.us)



## About the Author:

Tony Rovere became an unprepared caregiver following his mother's heart attack. His website, [StuffSeniorsNeed.com](http://StuffSeniorsNeed.com), has become a listing of all of the free help and services that are available for seniors and their caregivers.

You can visit my website at [StuffSeniorsNeed.com](http://StuffSeniorsNeed.com) and connect with me through [Facebook](#) and [Google +](#) as well as through [my newsletter](#), where I share information that is vital to seniors and their caregivers.

And if you found the information worthwhile, I would ask for one small favor which will take you 15 seconds (I promise, just 15 seconds). Just fill out a brief survey for Google to let them know you found my site valuable.

You can find the survey by [clicking here](#).