



2021 Virtual Elder Law Fair

May 20, 2021

J. Ryan McMahon, II
County Executive

Caregiving Supports and Services

Kimberly Connell, MSW
Caregiver Services/Supports Specialist

Onondaga County Department of Adult &
Long-term Care Services
Lisa D. Alford Commissioner

Caregiver Services/Supports Specialist: My Role

- Help the caregiver to be more confident in their ability to care for their loved one
- Empower the caregiver become an advocate for their own needs and those of the care receiver
- Connect caregivers to a larger community of support



Caregiver Services/Supports Specialist: My Role

- Information & Referral
- Caregiver counseling
- Caregiver education
- Caregiver discussion/support groups

Provide ongoing connection & support as needed

Caregiver Services/Supports Specialist: My Role

Information & Referral : A broad term that relates to speaking with caregivers or family members of caregivers and providing **counseling**

- ✓ Listen/ask lots of questions/learn
- ✓ Assess needs and prioritize
 - Immediate needs
 - Long-term needs
- ✓ Help devise a plan: includes providing referrals to assist and linking them to services at the County and across service systems

Referral Sources

within the County Offices

- NY Connects
- Nutrition Services
- Transportation Services

NY Connects

Information & Assistance on Long-Term Care Services - Any Age, any disability and Caregivers



NY Connects Onondaga County, a single resource providing information and assistance, needs screenings, and public education to potential consumers of long term care and their caregivers.

NY Connects

Long-term Services and Supports

- Medicaid Managed Care
- Medicaid Managed Long-term Care programs (MLTCs)
- Consumer directed services
- Respite services
- Care Management services



Onondaga County Resource Guide



NEW YORK STATE

NY Connects
Your Link to Long Term Services and Supports

of ONONDAGA COUNTY

(800) 342-9871 (315) 435-1400



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County Executive

Onondaga County Resources



Onondaga County Department of Adult & Long Term Care Services

315- 435-2362
J. Ryan McMahon, II, County Executive

www.ongov.net/nyconnects
Lisa D. Alford, Commissioner

Revised July 2020

<http://www.ongov.net/nyconnects/>

Nutrition Services~~ Meals on Wheels

- Home delivered meals (*hot lunch and cold dinner*) to people of ALL ages that are unable to prepare their own meals
- Provides not only nutrition but peace of mind for the caregiver
- Meals are delivered Monday through Friday by dedicated, caring volunteers who check on loved ones each day



Meals on Wheels

Hot	Hot	Hot	Hot	Hot
ENTRÉE & SIDES Salisbury Steak with Mushroom Gravy with Tarragon Egg Noodles & Lemon Glazed Carrots	ENTRÉE & SIDES Parmesan Crusted Chicken with Seasoned Potatoes and Green Beans Almandine	ENTRÉE & SIDES Baked Ziti with Italian Sausage with Zucchini Medley and Zesty Garlic Bread	ENTRÉE & SIDES Ham and Scalloped Potatoes with California Blend Vegetables and Fresh Blueberry Cobbler	ENTRÉE & SIDES Crispy Fish Fillet with Homemade Tartar Sauce with Carnival Rice and Caramelized Acorn Squash Wedges
				
ALTERNATE ENTRÉE & SIDE Cheesy Stuffed Peppers with Lima Beans	ALTERNATE ENTRÉE & SIDE Breaded Veal Cutlet with Brown Sauce and Beets Marinated in Vinaigrette	ALTERNATE ENTRÉE & SIDE Chicken Patty Sandwich with Cranberry Mayonnaise and Escalloped Apples	ALTERNATE ENTRÉE & SIDE Buffalo Chicken Pizza with Petite Peas	ALTERNATE ENTRÉE & SIDE Swedish Meatballs with Scandinavian Vegetables
Cold	Cold	Cold	Cold	Cold
ENTRÉE & SIDES Grilled Chicken Flatbread Sandwich with Black Bean & Corn Salad and Applesauce and Chocolate Pudding Oreo Parfait	ENTRÉE & SIDES Ham and Provolone on a Kaiser Roll with Honey Mustard and Tomato Cucumber Salad & Pineapple Tidbits and Rice Krispie Treat	ENTRÉE & SIDES Egg and Olive on Indian Naan Bread with Tangy Carrot Salad and Plump Peaches and Cinnamon Streusel Cake	ENTRÉE & SIDES Pastrami on Rye with Russian Dressing and Munich Style Sauerkraut & Home-Style Macaroni Salad and Banana	ENTRÉE & SIDES Crab Salad on a Croissant with Crispy Broccoli Salad and Mandarin Oranges and Raisin Oatmeal Cookies
				
Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested
Alternate	Alternate	Alternate	Alternate	Alternate
ENTRÉE & SIDE Cheese Sandwich with Mandarin Oranges	ENTRÉE & SIDE Peanut Butter and Jelly Bagel with Banana	ENTRÉE & SIDE Roasted Red Pepper Pinwheel with Confetti Coleslaw	ENTRÉE & SIDE Sliced Turkey on White Bread with Lettuce and Tomato with Fruit Cocktail	ENTRÉE & SIDE Bologna Sandwich on Italian Bread with Mustard and Red Grapes

Nutrition Services

Nutrition Counseling - on-on-one counseling with a Registered Dietitian.

Monthly **nutrition education programs** are offered on a virtual platform

For more information contact our

Nutrition Services Coordinator

Call Heather Hudson: 315-435-2362 ext. 4961

Transportation Services



Onondaga County's Office for Aging provides funding, through the **United We Ride, and other partnerships**, to meet the unique needs of those aged 60 and older and persons with disabilities.

United We Ride is supported by the New York State Department of Transportation, the New York State Office for Aging and the Onondaga County Office for Aging in cooperation with the Syracuse Metropolitan Transportation Council (SMTC)

Larry Matthews
Transportation Coordinator
315-435-2362 ext. 5650

Caregiver Discussion/Support Groups

Whether you are a full-time, part-time or long-distance caregiver, support groups can provide **validation, encouragement, understanding and advice** from others who have gone through similar experiences with their loved ones.

Caregiver Services/Supports

Caregiver Discussion/Support Groups

Brookdale Manlius Group: **meets the 1st Wednesday of each month** from 2:00-3:30 pm

Park Terrace at Radisson Group: **meets the 3rd Wednesday of each month** from 2:30-4:00 pm

Brookdale Summerfield Group: **meets the 2nd & 4th Thursday of each month** from 6:00-7:30 pm

Open to all caregivers professional or informal

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Please reach out directly with any questions about the Caregiver Groups to: **Kimberly Connell, MSW**

315-435-2362 Ext. 4693

# Caregiver Education

## **Institute for Caregivers Classes (I Care)**

Supports & empowers current and future caregivers through education and training.



- No cost/free classes for caregivers/families and care receivers
- Provides education and training broad enough to pertain to various illnesses and disabilities but comprehensive enough to provide many tools.



# Caregiver Education

## Institute for Caregivers Classes

### 2021 Classes:

- Oral Health and the Caregiver
- Medicaid in 2021: an overview

\*\* Recordings of these and other classes can be found on our [website](#) and [YouTube Channel](#) \*\*

### • Upcoming classes:

- Managed Long-Term Care Programs (MLTCP's)
- Technology to aid the Caregiver
- Alzheimer's series: communication
- Caregiver forums series

# Joy for All Animatronic Companion Pets



# Thank you

**Caregiver Services/Support Specialist**

Kimberly Connell, MSW

315-435-3355 ext. 4693

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