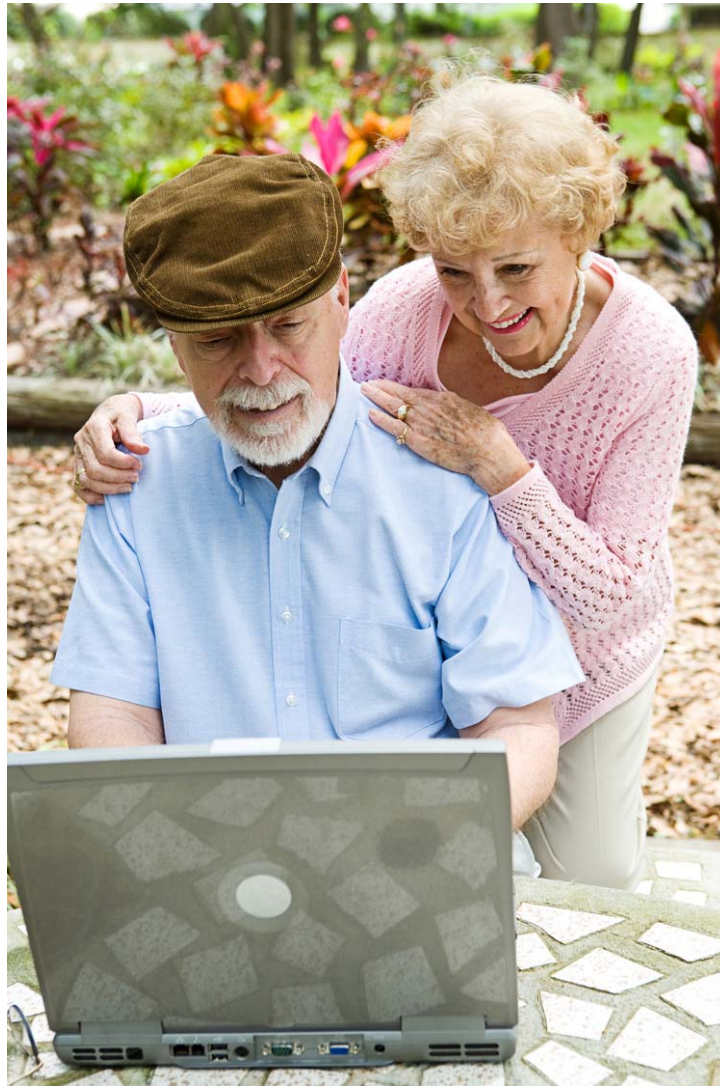


Web Resources for Seniors



Schenectady County Public Library
99 Clinton Street * Schenectady, New York 12305
www.scpl.org * 388.4511

Web Resources for Seniors

Schenectady County Public Library

These sites are available through our web site at www.scpl.org. They can be found under Resources & Services >> Reference & Research >> Selected Internet Links >> Retirement Years

Capital District

Schenectady County Department of Senior and Long Term Care Services

Web Address: www.schenectadycounty.com -- Go to Departments tab at the top, and then scroll down to Senior and Long Term Care Services

Phone: 518.382.8481

From the web site: "Some of the many services we offer to the Schenectady community include: caregiver support; casework; community nursing; long-term care; nutrition services; and protective services for adults. You will find more information on our services throughout this web site. We provide these services without regard to race, color, sex, religion, national origin, marital status and/or handicapping conditions."

Capital Area Consortium on Aging and Disability

Web Address: www.cacad.org; Phone: 518.423.1624

From the web site: "CACAD is devoted to empowering people who are elderly or disabled to maintain health, independence, dignity and life satisfaction - - and to enabling those who are concerned about providing aging and disability opportunities and services. These include caregivers, provider-agencies, researchers, and advocates, among others."

Umbrella of the Capital District

Web Address: www.theumbrella.org; Phone: 518.346.5249

This is a non-profit agency that helps senior citizens and the disabled with household maintenance work. Fee based.

Leisure, Learning, Travel

Schenectady County Public Library Outreach Services

Web Address: http://www.scpl.org/resources_services/outreach_services.html

Phone: 518.388.4521

From the web site: "Schenectady County Public Library's Outreach Services provides recreational and educational library materials to Schenectady County residents of any age who are not able to come to the library due to physical or institutional limitations. This includes those living in senior apartments, assisted living facilities, and nursing homes as well as the homebound. Regular and large print books, audio books, films on VHS, and music CDs are delivered to these individuals by personal visits, by family or friends, by mail, or through the Meals on Wheels office. Themed Bi-Folkal Kits and Visiting Kits as well as a Large Print catalog are also available." The Themed Bi-Folkal Kits, the Visiting Kits, and the Large Print Catalog are available online.

New York State Talking Book and Braille Library

Web Address: www.nysl.nysed.gov/tbbl; Phone: 518.474.5935

Find information on how qualified people can borrow Braille and recorded books.

AARP

Web Address: www.aarp.org; Phone: 1.888.687.2277

Information on health (variety of medical conditions explained; illustrated health encyclopedia; fitness tips); money (various calculators; gas saving tips; money news); and leisure

Exploritas (formerly known as Elderhostel)

Web Address: www.exploritas.org; Phone: 1.800.454.5768

From the web site: "Discover more than 8,000 educational tours in all 50 states and more than 90 countries with Exploritas, the not-for-profit leader in educational travel since 1975. Alongside local and renowned experts, experience in-depth and behind-the-scenes learning opportunities, from cultural tours and study cruises to walking, biking and more."

Free catalogs can be ordered online.

Senior Drivers

Web Address: www.seniordrivers.org/home

Topics covered include: driving safely; giving up the keys; travel tips; and emergencies.

Senior Corps

Web Address: www.seniorcorps.gov/about/programs/index.asp

Information on service opportunities available in communities. The programs include:

- The Foster Grandparent Program connects volunteers age 60 and over with children and young people with exceptional needs.
- The Senior Companion Program brings together volunteers age 60 and over with adults in their community who have difficulty with the simple tasks of day-to-day living.
- RSVP offers "one stop shopping" for all volunteers 55 and over who want to find challenging, rewarding, and significant service opportunities in their local communities." Check out the local RSVP web site at www.albany.edu/aging/RSVP

Society for Accessible Travel & Hospitality

Web Address: www.sath.org Phone: 212.447.7284

This organization's mission is to raise awareness of the needs of all disabled travelers, to remove the physical and attitudinal barriers to free access, and to increase travel opportunities for the disabled in the United States and abroad.

Housing & Relocation

General Information

Web Address:

www.oag.state.ny.us/bureaus/real_estate_finance/pdfs/Senior_Housing_Guide.pdf

This is the web site of the New York State Office of the Attorney General

Covers alternative housing; age discrimination in housing; cooperatives; condominiums; electric and gas utilities; in-home assistance, and more.

Best Places

www.bestplaces.net

This is an ideal site for those looking to resettle elsewhere. Just type in a city, town, or zip code and get detailed information on that area, including an overview, people, climate, crime rate, education, and transportation.

Albany Guardian Society Housing Directory

Web Address: www.albanyguardiansociety.org; click on the Housing Options for Senior Adults link; Phone: 518.434.2140

A listing of the housing options available in the Capital Region including adult homes, subsidized housing, assisted living, retirement living, and nursing homes.

General questions about senior housing options in Schenectady County can be directed to the Schenectady County Department of Senior and Long Term Services at 518.382.8481

Health & Long Term Planning

Medline Plus for Older Adults

Web Address: www.nlm.nih.gov/medlineplus/seniorshealth.html

Find health-related information on everything from arthritis to x-rays in this valuable resource. Includes information on drugs and supplements.

In-home Care

Web Address: www.caremanager.org

The National Association of Professional Geriatric Care Managers provides information that will help those who are caring for older relatives. Those using the site will be able to locate a professional who can guide them through the process of caring for an elderly loved one, whether they live close by or far away.

Long Term Care

New York Connects

Web Address: www.nyconnects.org Phone: 518.474.6096

This site offers information on support services in these areas: Medical Services (health insurance and health programs); Non-medical services (senior centers, family caregiver support, respite services, social adult day services, and other matters)

Nursing Home Comparisons/Quality Ratings

Web Address: www.nyhealth.gov/facilities/nursing

From the Web Site: “Use this site for information about nursing homes in New York State and the quality of care they provide. The quality measures data are from the Centers for Medicare & Medicaid Services. These quality measures are among the most reliable, but measuring quality is difficult because of the variation among nursing homes in the complexity of residents they care for. Use this information to ask questions of nursing home representatives and health care professionals, as well as family members and friends who may have direct experience with a particular nursing home. After reviewing this important information, we urge you to visit nursing homes in which you are interested. You may also wish to explore alternatives to nursing homes.”

Lighthouse International

Web Address: www.lighthouse.org; Phone: 800.829.0500

This non-profit organization’s mission is to preserve vision and to provide critically needed vision and rehabilitation services to help those of all ages who have vision loss.

Look here for information on: macular degeneration; cataracts; low vision; eye disorders; tips to prevent vision loss; confident living; and accessible print material.

Law

Senior Advocacy

Web Address: www.aging.ny.gov/ResourceGuide/LegalAssistance.cfm

A guide for seniors to help with various legal issues, including age discrimination, consumer issues, estate planning, guardianship, Medicaid eligibility, powers of attorney, and more. Seniors may contact their local office for the aging to gain access to the state's legal system. In Schenectady County, call the Schenectady County Senior and Long Term Care Services Office at 518.382.8481.

LawHelp Seniors

Web Address: <http://lawhelp.org/NY>

Scroll down to 60+ Seniors link near the bottom of the web page: Find information on elder abuse, grandparenting issues, wills and estates, and more.

Ombudsman

Web Address: www.ltombudsman.ny.gov; Phone: 1.800.342.9871

New York State Office of Long Term Care has an ombudsman program that protects those living in nursing homes and adult care facilities. A certified Long Term Care ombudsman is professionally trained to resolve issues with long-term care facilities on behalf of residents and their families.

Elder Abuse, Neglect and Exploitation

National Center on Elder Abuse. Web Address: www.ncea.aoa.gov; Phone: 1.800.677.1116.

The National Center on Elder abuse provides links to useful information including types of elder abuse, the warning signs of such abuse, how to report elder abuse, neglect, or exploitation, and much more.

Finance

Money Matters

Web Address: www.aarp.org/money

Part of AARP's web site, this link includes money news, financial calculators for home budgets, retirement, social security, and more useful personal finance information.

The Pension Rights Center

Web Address: www.pensionrights.org; Phone: 202.296.3776

Question on pensions? Check here to see if it can be answered.

Women's Retirement

Web Address: www.wiserwomen.org/portal

This is the web site for the Women's Institute for a Secure Retirement.

Topics include caregiving, social security, retirement plans, divorce and widowhood; health care; saving and investing, and more.

End of Life

Caring Connections

Web Address: www.caringinfo.org; Phone: 1.800.658.8898

Covers end-of-life issues including planning ahead (healthcare power of attorney, talking to others regarding end-of-life wishes); advice on caregiving; living with an illness; and grieving a loss.

Community Hospice

Web Address: www.communityhospice.org; Phone: 518.724.0242

Provides an overall view of hospice services.

WidowNet

Web Address: www.widownet.org

Topics covered include grief, bereavement, recovery, and other information helpful to people, of all ages, religious backgrounds and sexual orientations, who have suffered the death of a spouse or life partner.

More Resources

AARP'S Internet Resources

Web Address: www.aarp.org/internetresources

Senior Citizens Resources

Web Address: www.usa.gov/Topics/Seniors.shtml

Last updated: March 2010