

# CC OFA Programs & Services

Columbia County Office for the Aging  
325 Columbia Street, Suite 231  
Hudson, NY 12534

In 1975, the Board of Supervisors created the Office for the Aging as a unit of local government to serve and be the focal point in Columbia County for matters related to aging. Through advocacy, services and planning and coordination, the Office for the Aging addresses the priority needs of our older residents.

We offer a range of community-based and home care services. While some individuals need assistance for only a short period of time, others become increasingly frail and will require aid on a regular, ongoing basis. Intake staff can help you select the most appropriate type of assistance to meet your individual needs.

**Hours:** Monday - Friday 8:00am - 4:00pm

**Phone:** (518) 828-4258

**Email:** [OFA@ColumbiaCountyNY.com](mailto:OFA@ColumbiaCountyNY.com)

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## Home-Delivered Meals

The program provides home-delivered meals to older adults who cannot prepare meals due to health or mobility issues and lack informal support to assist. Participants may receive hot, nutritious meals up to five days a week, wellness information, and access to private nutrition counseling with a registered dietician. Frozen meals are available for weekends. Participants must be present at delivery and have a working refrigerator or freezer to store the meals.

<b>Program</b>	<b>Home-Delivered Meals</b>
<b>Eligibility</b>	Columbia County residents who are: <ul style="list-style-type: none"><li>• 60 years old or older</li><li>• Unable to prepare meals independently</li><li>• Unable to receive assistance from friends or family</li></ul> This is not an income-based program.
<b>Cost</b>	There is no charge for the meals, but voluntary contributions are welcomed. All contributions are used locally to help serve more Columbia County residents.

## Senior Community Centers

We have seven locations across the county offering nutritious meals and social activities to older adults up to five days a week! Throughout the year, presentations and cooking demonstrations are held at our Senior Community Centers to promote healthy eating habits and a better understanding of overall wellness. We may provide transportation for those who need help getting to one of the meal locations.

- Canaan Town Hall
- Copake Recreation Center
- Hudson’s Central Fire Station
- Elizaville Fire Department
- Albert L. Tripp Center (Philmont)
- St. Joseph’s Parish Hall (Stuyvesant)
- St. Luke’s Lutheran Church (Valatie)

**PLEASE CALL AT LEAST 24-HOURS IN ADVANCE FOR LUNCH RESERVATIONS**

<b>Program</b>	<b>Senior Community Centers</b>
<b>Eligibility</b>	Columbia County residents who are: <ul style="list-style-type: none"> <li>• 60 years old or older</li> </ul> This is not an income-based program.
<b>Cost</b>	There is no charge for the meals or to attend a Senior Community Center, but voluntary contributions are welcomed. All contributions are used locally to help serve more Columbia County residents.

## Farmers’ Market Coupons

Once a year, the Senior Farmers' Market Nutrition Program (SFMNP) gives eligible, low-income older adults \$25.00 in coupons to buy locally-grown fresh fruits and vegetables at participating farmers' markets in New York State. Booklets are available in July and may be used through November. They are given out on a first-come, first-served basis.

Farmers’ markets provide up-to-date information about healthy eating and have cooking demonstrations using local produce. Adding more fruits, vegetables, and whole grains to the meals we eat helps make us healthier. This program also helps support farming, which is a major part of the state's economy.

<b>Program</b>	<b>Farmers’ Market Coupons</b>
<b>Eligibility</b>	Columbia County residents who: <ul style="list-style-type: none"> <li>• Are 60 years or older</li> <li>• Are, or affirm that they are, low-income based on income standards</li> </ul>
<b>Cost</b>	There is no cost for the coupon booklet. Farmers markets may accept Supplemental Nutrition Assistance (SNAP) benefits, and many markets accept the Electronic Benefits Card (EBT).

## NY Connects

Your trusted place to go for free, unbiased information about long term care services and supports in Columbia County for people of all ages or with any type of disability. This program is coordinated in partnership with The Healthcare Consortium.

NY Connects, Columbia County provides:

- Information on services currently available such as home care, transportation, home-delivered meals, counseling and support, housing options, and more
- Referrals to agencies that may help in the care of your loved one. The NY Connects staff can assist with these referrals, avoiding duplication of efforts
- Assistance by making an initial general assessment of needs to determine appropriate referrals

**Call 828-CARE today!**  
**(518) 828-2273 OR 1-877-260-9244**

## Shopping Assistance

This service is available for those who are homebound or physically unable to perform the walking and lifting required in the market and need assistance with their shopping. Family, friends, physicians, and other agencies representing older citizens and prospective clients can refer clients to this service.

Shopping is done bi-weekly. The client provides a shopping list and payment for the staff shopper to purchase groceries from the closest supermarket. Once the items have been purchased, the shopper is available to put the groceries away if help is required. Both the shopper and the client sign a receipt when the groceries are delivered. The shopper will call a day or two before the shopping trip to see if there are any changes to the original shopping list.

<b>Program</b>	<b>Shopping Assistance</b>
<b>Eligibility</b>	Columbia County residents who are: <ul style="list-style-type: none"><li>• 60 years old or older</li><li>• Unable to prepare meals independently</li><li>• Unable to receive assistance from friends or family</li></ul> This is not an income-based program.
<b>Cost</b>	There is no additional cost for the program, participants need only to cover the cost of their groceries.

## EISEP

The Expanded In-home Services for the Elderly Program (EISEP) provides frail older adults with access to a well-planned, coordinated package of in-home and other supportive services designed to support and

supplement informal care. The overall goal of the program is to improve access to and availability of appropriate and cost effective non-medical support services for older adults with functional impairments. This program maximizes the individual’s ability to age in their community and avoid higher levels of care.

The following services are provided under EISEP:

- Case Management
- In-home Services
  - *Personal Care Level I* - Assistance with Instrumental Activities of Daily Living (e.g., housekeeping, cooking, and shopping).
  - *Personal Care Level II* - Assistance with both Instrumental Activities of Daily Living and Activities of Daily Living (e.g., dressing, bathing, and transferring in/out of bed/chair).
- Ancillary Services
- Non-Institutional Respite

Program	EISEP
<b>Eligibility</b>	Columbia County residents who are at least 60 years old and: <ul style="list-style-type: none"> <li>• In need of assistance with at least one Activity of Daily Living or two Instrumental Activities of Daily Living;</li> <li>• Able to be maintained safely at home; and</li> <li>• Not be eligible for the same services under Medicaid</li> </ul> <p>Participants must complete a comprehensive assessment, a thorough process that ensures we understand your needs, to enroll in the program.</p>
<b>Cost</b>	This program is a private-public partnership, which includes a cost-sharing element so that those who can afford to pay toward the cost of their services do so. All clients have their income protected up to approximately 150 percent of the poverty level. Clients whose monthly income exceeds this threshold are required to cost-share in accordance with the NYS established sliding scale.

## Caregiver Respite & Support

When family caregivers are well supported, receivers of their care are able to stay in their homes longer and can have a better quality of life. The goal of the The National Family Caregiver Support Program (NFCSP) is to support informal caregivers so they may continue to carry out their caregiving roles and responsibilities.

The following services are provided under NFCSP:

- Case Management
- Counseling, Support Groups & Training
- Respite & Supplemental Services

<b>Program</b>	<b>The National Family Caregiver Support Program (NFCSP)</b>
<b>Eligibility</b>	<p>Columbia County residents who are:</p> <ul style="list-style-type: none"> <li>• Adult family members or other informal caregivers aged 18 and older providing care to individuals 60 years of age or older*;</li> <li>• Adult family members or other informal caregivers aged 18 and older providing care to individuals of ANY age with Alzheimer’s disease and related disorders*;</li> <li>• Older relatives (not parents) age 55 and older providing care to children under the age of 18; and</li> <li>• Older relatives, including parents, age 55 and older providing care to adults ages 18-59 with disabilities.</li> </ul> <p>*In these caregiving situations, there are other requirements that must be met for the caregiver to receive respite care and/or supplemental services. In these situations, the person being cared for must need assistance with at least two of the following Activities of Daily Living (ADLs) – eating, dressing, bathing, toileting, mobility, personal hygiene and/or transferring from bed or chair.</p>
<b>Cost</b>	These services require an in-home assessment to determine eligibility.

### Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) helps income eligible households in paying their energy bills with a one-time benefit. **The amount of the benefit depends on income, energy source and whether heat is included in the rent. Income eligibility guidelines and benefit amounts vary from year to year.** If you received HEAP assistance through our office last year, you should automatically receive an application in the mail in September or October.

If you did not receive the HEAP last year, please call us and ask to be placed on the mailing list for first-time applications which are mailed in November.

If you are in receipt of SNAP benefits (formerly known as food stamps) through the Department of Social Services, you are automatically eligible for HEAP benefits through that agency.

### Senior Home Repair Fund

The Senior Home Repair Fund is made possible by a grant received from The Bank of Greene County Charitable Foundation. **This fund provides emergency assistance to individuals age 60 or older with low-income and limited resources.** Prior to submitting this form, applicants must seek assistance from alternative agencies/organizations outlined below. Documents, such as cost estimates, will be required. The Senior Home Repair Fund also requires financial

information from all applicants. Forms must be returned within 14 days from the date of issuance to be considered.

## Health Insurance Information, Counseling and Assistance Program (HIICAP)

HIICAP works directly with Medicare beneficiaries to educate them about the Medicare Program, Medigap policies, Medicaid, Medicare Advantage Plans, Long-term Care Insurance, Low-Income Subsidy Programs, employer-sponsored insurance, and other health insurance programs that are available in New York State.

**During the open enrollment period, October 15th-December 7th, we can provide you with current information to help you make informed decisions regarding your health insurance options.**

There are programs to help pay some of the costs of Medicare for people who qualify:

- Medicare Savings Program (MSP) assists with paying the Medicare Part A and B premiums. It can also help pay deductibles, co-pays and coinsurance depending on the level you qualify based on your income.
- Extra Help is a federal program that helps pay Part D prescription coverage and sometimes the premium depending on income for those with limited resources and income.
- EPIC is a NYS program administered by the Department of Health that provides secondary drug coverage and premium assistance to supplement out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC at any time of the year.

## Legal Assistance

This Service provides legal advice, representation and consultation on most civil cases. Our attorney provides assistance in our office and appointments are required. **These legal services are specifically targeted to older individuals with economic or social needs.**

## Non-Emergency Medical Transportation

The Children and Adults Rural Transportation Service (CARTS) provides free door-to-door, non-emergency medical transportation to Columbia County residents.

- Availability is limited, so be sure to call the Healthcare Consortium at 518-822-8020 as soon as your health related appointment is scheduled.

## Non-Medical Transportation

The Office for the Aging (OFA) offers transportation services primarily to shopping facilities, banks, pharmacies and nursing homes for visits, county agencies and congregate meal site locations.

- Rides are provided to individuals that are 60 and over and reside in Columbia County.
- Rides are primarily provided to and from locations within Columbia County.
- The OFA also offers special trips to other locations and events, i.e.) Colonie Center Mall, museums, restaurants, Columbia County Senior Day, the Golden Gathering, fairs and Lake George cruises. Rides are provided at no cost.
- Disabled individuals needing assistance are required to travel with a companion who can provide such assistance. **OFA staff cannot provide assistance, such as pushing wheel chairs or aiding individuals with walkers through stores or other locations.** Riders should be able to load and unload their packages when shopping.

## Animatronic Pets

The lifelike animatronic pets are designed to make realistic sounds and motions, providing comfort and companionship to older adults who are socially isolated and lonely. Data shows that the pets are making a positive impact. NYSOFA found that 75 percent of older adults receiving these pets reported a reduction/significant reduction in loneliness as well as a 75 percent decrease in pain.

Individuals who are interested can contact our office to be screened for eligibility.

Pets are also available to anyone at a discount using the NYS Discount Code NYS20 at <https://joyforall.com/>

## Senior Stars

The Senior Stars Program provides emergency assistance as funding of a last resort to individuals age 60 or older. Applicants must first apply for assistance with other agencies listed within this form and denote the outcome. The program provides a limited amount of financial assistance on a once in a lifetime basis to households. Documents, such as cost estimates, may be required. The Senior Stars Program may also require financial information from applicants. Forms must be returned within 30-days from the date of issuance to be considered.