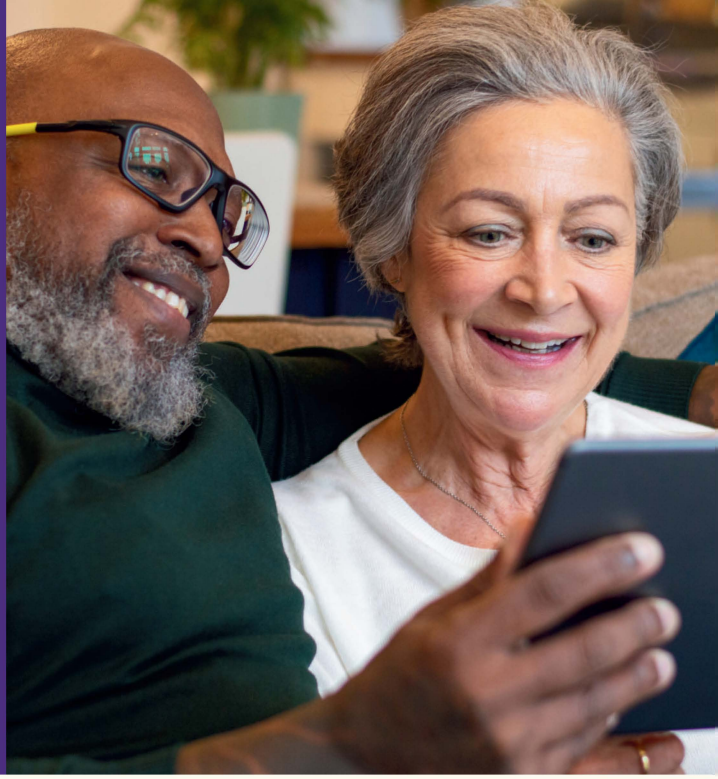
Free Resources for Older Adults & Families

NYSOFA invests in technologies to combat isolation, support caregivers and bridge the digital divide



Free Access to NY Caregiver Portal

If you provide unpaid care to a loved one, visit newyork-caregivers.com to access free resources, personalized training, and tools to support your caregiving journey.

Free: Discover Your 'Caregiver Intensity' Score

The ARCHANGELS Caregiver Intensity Index (CII) helps validate your caregiving experience and connects you to tailored resources.

Free Online Classes and Connections Through GetSetUp

Older adults in NYS have free access to online classes through GetSetUp. Classes are designed for older adults and taught by older adults. Get help using digital devices and find support for physical, mental, and social health.

Free Access to Virtual Senior Center (VSC)

Get free access to the Virtual Senior Center (VSC), which includes 400+ monthly live programs and other features, such as email, news, games, and self-directed “channels.”

SCAN THE QR CODE TO EXPLORE

www.aging.ny.gov

NEW YORK STATE | Office for the Aging

NEW YORK STATE | Office for the Aging

Office for Aging Services and Supports for You

Offices for the Aging support **2 million older New Yorkers** – and those who care for them – annually. Below are some of the services provided in your community through local offices and partners. Find your local office at **https://aging.ny.gov/local-offices**.

Nutrition & Health

- **Home-delivered meals** — bringing food to eligible individuals at home
- **Congregate meals** — a meal at community dining sites
- **Nutrition counseling & education**
- **Health promotion and wellness**
- **Falls prevention and chronic-disease self-management**

Social Services & Supports

- **Volunteer opportunities and employment assistance**
- **Respite for caregivers**
- **Senior center programming**
- **Transportation** to medical appointments, services & activities
- **Social adult day services**

Information, Assistance, Counseling, & Advocacy

- **Information and assistance** on benefits you may be eligible for
- **Application assistance**
- **Objective Medicare counseling** (HIICAP)*
- **Advocacy for residents of nursing homes & other facilities** (LTCOP)*
- **Legal services**

In-Home Supports

- **Personal care** (help to bathe, toilet, eat, shop & prepare meals, pay bills)
- **Ancillary services,** such as PERS and assistive devices
- **Home modifications, repairs**
- **Case management**

*__LTCOP__: Long Term Care Ombudsman Program | __HIICAP__: Health Insurance Information, Counseling and Assistance Program

NEED HELP? There's just one phone number to remember. Call NY Connects and name the county where you need assistance.

1 (800) 342-9871
www.aging.ny.gov