

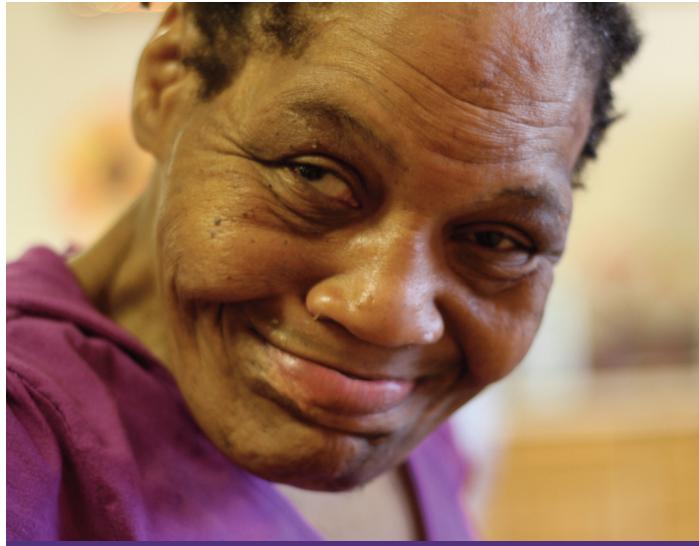
44 Holland Avenue  
Albany, NY 12229-0001



Office for People With  
Developmental Disabilities



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Developmental Disabilities



## Aging Services



(866) 946-9733 | [www.opwdd.ny.gov](http://www.opwdd.ny.gov)

At OPWDD, our motto is “putting people first.” With that in mind, we are committed to providing a variety of supports and services for aging adults with developmental disabilities. This brochure provides a brief overview of the many programs we offer, both individually and in partnership with other state and voluntary agencies. Each is designed to give aging adults and their families high quality, individualized care.

Kerry A. Delaney, Acting Commissioner

### Elder Care/Aging Supports

#### Senior Day Programs/Services

These social-activity programs are operated by developmental disabilities services offices (DDSOs), and private not-for-profit agencies, and open to adults with developmental disabilities. Entry ages vary by agencies based on an individual’s needs. Many operate as specialty retirement activity programs, much like senior centers; others are social model day programs. Individuals are directly involved in their communities through volunteer activities and charitable organizations.

#### Senior Center Integration Services

These are special efforts on the part of community senior centers, to include adults with developmental disabilities. Open to individuals age 60 or older, these select programs are usually supported by OPWDD or a local voluntary agency. OPWDD provides support staff to help seniors with developmental disabilities participate in center activities.

### Residential Supports

#### 24-Hour Nursing Residences for the Medically Frail

These are 24-hour supervised, small group homes that may be certified as Intermediate Care Facilities for the Developmentally Disabled (ICF/DD) or Individualized Residential Alternatives (IRAs). In addition to enriched direct support staffing, they include either a Registered Nurse (RN) or Licensed Practical Nurse (LPN), and 24-hour on-call RN support. These homes are fully accessible; can provide for most types of chronic nursing needs, with the exception of ventilator care; and offer a more individualized alternative to a nursing home.

#### Supervised Group Homes for Aging Individuals

These are IRA’s or ICF’s that primarily serve aging individuals, but may include enriched staffing and clinical supports. Residences range from fully to partly accessible, and direct support staff may be trained to provide certain health care procedures. Nursing staff may be enriched, but nursing is not available on a 24-hour basis.



## Integrated Group Homes

Certified residential IRA's and ICF's that serve both aging and younger individuals in an integrated setting.

## Supported Living

Direct support assistance provided for those who wish to continue living somewhat independently. Available services include, apartment maintenance and medication management. Agencies often provide clusters of supported apartments. Many individuals in supported living continue to work at competitive jobs and attend day programs or other activities for seniors.

## Other Senior/Aging Supports

### Senior Companion Program

Senior companions offer friendship to individuals with developmental disabilities, frail and elderly adults and people with terminal illnesses. Companion activities include field trips, visits to senior centers and sporting events, walks, group games and shopping. Participants must be 60 years or older and volunteer between 15 and 40 hours per week.

### Retirement Assistance Services

These individualized services help older adults with developmental disabilities access services in their communities. Activities can range from senior center visits to recreational activities. Often these activities are done in the company of a senior companion.

## Additional Elder Care Options in New York State

**New York State Office For The Aging Programs** The New York State Office for the Aging (SOFA) has a variety of programs and services available to seniors with developmental disabilities. Local offices for aging offer supportive services which include: transportation, information and referral,

outreach, in-home services, adult day care and legal services.

- **Social Day Services** are structured, comprehensive programs that provide a variety of stimulation and assistance in a protective setting. The programs offer assistance with personal care, nutrition, socialization, supervision and monitoring, and may provide transportation, caregiver assistance and therapeutic activities. The goal is to help participants remain in their communities as long as possible. The program is coordinated through local offices for the aging.
- **SOFA** also offers a network of support for grandparents who are raising grandchildren with developmental disabilities. Resources include assistance navigating the legal, educational and health systems, as well as workshops covering discipline and youth and teen issues.

## Other State Agency Supports

- **Enriched housing:** Offers a package of services to seniors living in apartment housing. Services may include meals, housekeeping, shopping, transportation, social activities and some personal assistance. These buildings are licensed and regulated by the New York State Department of Health (DOH).
- **Assisted living programs:** Available in some adult homes and enriched housing programs, these combine residential and home care services and serve as an alternative to nursing homes. The programs are designed for individuals who have historically been admitted to nursing facilities for primarily social, rather than medical, reasons.
- **Dementia care:** Housing that is physically designed and programmatically geared for those with dementia; care can be accessed in a discrete facility, special wing, or in a residential care facility.

## Other New York State agencies that provide services to seniors with developmental disabilities:

Office for the Aging.....(800) 342-9871  
Department of Transportation.....(518) 457-6400  
Office of Mental Health.....(518) 474-6540  
Department of Health.....(518) 474-7354  
Division of Housing and  
Community Renewal.....(518) 473-2526  
For further information about OPWDD services for aging individuals with developmental disabilities, contact OPWDD's Coordinator of Aging Services at (518) 473-5436 or visit the Aging Information Corner on the OPWDD Web Site, [www.opwdd.ny.gov](http://www.opwdd.ny.gov).

To learn more about the Senior Companion Program, phone (518) 474-8652.

Information is also available through the toll free OPWDD Information Line at (866) 946-9733 voice, or (866) 933-4889 TTY; OPWDD's Web Site, [www.opwdd.ny.gov](http://www.opwdd.ny.gov); or through OPWDD's regional DDSOs. A listing of regional DDSOs is included on the back of this brochure. Ask for the Aging contact.

This brochure is published by the OPWDD Communications Office, located at 44 Holland Ave., Albany, N.Y. 12229.



To learn more about OPWDD services contact the Regional Office nearest you:

### Region 1, Western NY

Rochester.....585-241-5700  
West Seneca.....800-487-6310

### Region 2, Central NY

Syracuse.....315-473-6978

### Region 3, Capital District & Hudson Valley

Capital District.....518-388-0431  
Poughkeepsie.....845-473-5050  
Thiells.....845-947-6100

### Region 4, NYC and Metropolitan Area

Brooklyn.....718-642-6000  
Bronx.....718-430-0885  
Manhattan.....646-766-3222  
Queens.....718-217-5890  
Staten Island.....718-983-5233

### Region 5, Long Island

Long Island.....631-434-6100

