

We are here
for caregivers.

We are here
for older adults.

We are here
*to help you
take it on!*

Call us.
(585) 244-8400

VP 340-2313

Visit our website
www.lifespan-roch.org

Take it on.

Photos: Marten Czamanske

Lifespan provides:

- **Personalized Service...**

from this area's most trusted name in elder services.

- **Convenience...**

Lifespan is your one-stop for more than 30 services for older adults and caregivers. We offer help by phone, at our office and in your home.

- **Knowledge...**

Lifespan has more expertise in aging issues and more experience under one roof than anywhere else.

- **Confidential Guidance...**

your privacy is guaranteed.

Not many communities have a resource like Lifespan. Our more than 100 professionals in the field of aging provide more than 30 services. In fact, the most often heard comment after a visit to our office is, "I didn't know you did all that!"

Lifespan's Service Overview

For Caregivers

Do you need help taking on an eldercare situation?

Call Eldersource* at 325-2800. Our Eldercare Specialists in Eldersource can provide information and guidance while talking with you on the phone. They are experienced social workers who know what questions to ask.

If you need more than telephone-based assistance, an Eldersource Care Manager can meet with you and/or your family members. A care manager is a social worker who is trained in geriatrics and the ins and outs of our community's complex eldercare system. A care manager can assess your situation, discuss a care plan, link you to services or assist with a move to a higher level of care.

Eldersource simplifies eldercare.

*A service of Lifespan and Catholic Family Center.

Are you overwhelmed by having to handle a parent's finances?

Ask about CheckIt!, our bonded, "we do all the work" bill payer service at reasonable rates. We can help with a financial "housecleaning" and/or provide day-to-day financial oversight. We can even take over responsibility for the sale of a house!

Do you have questions about Medicare or other health insurance?

Our highly trained, expert counselors can help you with complex insurance choices and questions about Medicare coverage.

Do you have questions about your family's finances and paying for nursing home care?

Lifespan provides a fee-based consultation that will help your family understand Medicaid, long-term care financing, and what you need to do to plan.



Do you need someone to help you advocate for a nursing home resident?

Ask about Lifespan's Ombudsman Program. We train volunteers to advocate for residents of nursing and adult homes in six counties. They tackle issues of care with compassion and knowledge.

Do you know an older adult who is struggling with alcohol and/or drug addiction/misuse?

Ask about our Geriatric Addictions Program. This unique program provides one-of-a-kind, in-home supportive counseling and intensive geriatric case management.



For Vulnerable Older Adults

Do you know of a possible elder abuse situation?

Call Lifespan's Elder Abuse Prevention service. We investigate and intervene in cases involving physical, emotional and verbal abuse, and in instances of financial exploitation—one of the fastest growing forms of elder abuse. We work in ten area counties.

Do you know an older adult who needs a guardian?

Lifespan can become the court-appointed guardian of an incapacitated older adult, taking on medical, legal, financial and housing decisions. Lifespan does not initiate guardianships.

For Midlife Women

Do you need help and guidance to return to the paid workforce after spending years in the home?

Ask about Lifespan's Women in Transition Service. We can provide the job search and self-development assistance you need and want.



For Lower-Income Older Adults

Do you need assistance with bill paying, budgeting or benefits?

Ask about our in-home bill paying/budgeting service provided by our trained volunteers.

Do you need a part-time job for extra income?

If you are 55 or older, we can subsidize on-the-job training in part-time jobs in other non-profit organizations. You must meet income guidelines for program eligibility.

Could you benefit from minor home modifications to prevent falls?

Ask about our Home-Safe-Home service that installs grab bars, railings and other safety equipment. Must meet income requirements.

Do you need help paying for heating costs?

The Home Energy Assistance Program (HEAP) for people age 60 or older is located at Lifespan.

For Older Adults Who Want to Work or Volunteer

Are you looking for a fulfilling volunteer activity?

Ask about RSVP, our volunteer placement service. Our personalized placement process can help you find the perfect volunteer role anywhere in the community. See page 11 for volunteer opportunities at Lifespan.

Are you seeking a part-time job in “retirement?”

Lifespan helps retirees find part-time jobs — either for fulfillment or for extra cash.

For Older Adults Who Want to Plan

Do you want to ensure that your personal affairs are in place for your family should the unexpected happen?

Our planning coach will help you organize your legal, financial and health information. We'll ensure that the necessary documents are in place, tell you what is missing, and we will give you recommendations for future action.

Does your family include a person with a disability and an aging caregiver?

Has your family planned for the future care of the person with the disability?

Don't wait for a crisis. Ask about our Future Care Planning Service*. We will help you develop a plan for the legal, health, housing and financial well-being of the person with the disability.

*A service of Lifespan, Al Sigl Community of Agencies and Arc of Monroe



For Older Adults with Intellectual and Developmental Disabilities

Are you looking for a home-like day program for an older person with a developmental disability?

Lifespan's home-like Group Day Habilitation Program helps older adults with Intellectual and Developmental Disabilities take on retirement.

Do you need help finding services for an older person with a developmental disability?

Ask about our NYS certified, comprehensive service coordination for adults age 45 and older.

Do you know an older person with a developmental disability who would benefit from participation in a senior center?

Ask about our unique "integration" service that enables those 60 and older to participate in activities at Monroe County's senior centers and in the community.

The Wolk Older Adult Center at Lifespan Downtown

Are you looking for new friends and activities?

Ask about Lifespan's Wolk Older Adult Center, located on the first floor of the former Sibley Building in downtown Rochester. The center is a welcoming environment for adults (age 60 and older) who want to make new friends and participate in creative educational and social activities. At the center you can take an oil painting class, learn to quilt, take a group trip to the Butterfly Museum, learn about computers, surf the Net and get a hot meal. The center is open 365 days a year, and meals are served seven days a week. Call Lifespan's Wolk Older Adult Center at 232-3280 or just stop in!





Community Education and Business Services

Do you want to know more about gerontology?

Ask about the Gerontology Certificate Program managed by Lifespan in conjunction with St. John Fisher College. This 120-hour certificate program will give you the knowledge you need to work with the older adult population.

Would you like to book an educational workshop for your organization?

Ask about the more than 30 workshops and trainings provided by Lifespan's professional staff. Topics range from "The Emotional Aspects of Caregiving" to "Aging & Sexuality."

Do you need to provide interpreters for deaf customers?

Lifespan provides this area's largest non-profit American Sign Language interpreting service. Call us for great rates and expert service.

Volunteer Opportunities at Lifespan

Give-a-Lift: Volunteer to drive older adults to medical and other appointments.

Financial Management: Volunteer to visit an older adult once a month to help with bill paying tasks. Training provided.

Ombudsman: Volunteer as an advocate in a nursing or adult home. Training provided.

Partners in Caring: Volunteers help older adults with shopping, yard work, light housekeeping, meal preparation, transportation, etc. Volunteers also needed for friendly phone calls.

Health Insurance Consultant: Help older adults with choices regarding Medicare and associated health insurance. Training provided.



age

*We'll
help you
take it on.*

Lifespan will help you **take on** both the challenges and the opportunities of longer life.

Since 1971, Lifespan has earned the trust of thousands of older adults and caregivers with expert, caring and practical guidance and services.



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