People with intellectual and developmental disabilities are living longer than ever before.

We can help with both the challenges and opportunities associated with longer life.

Lifespan as an organization:
- Is staffed by more than 120 professionals in the field of aging;
- Has more than 45 years’ experience in aging services;
- Provides more than 30 services for older adults and caregivers;
- Provides information and guidance related to aging.

Lifespan has a combination of unique services for older adults with intellectual and developmental disabilities including service coordination and day services options. Participants in all of Lifespan’s services for older persons with intellectual and developmental disabilities must be age 40 or older and have a documented (prior to age 22) developmental disability. Our services are overseen by the New York State’s Office of People with Developmental Disabilities (OPWDD).

Lifespan provides information, guidance and services that help older adults take on both the challenges and opportunities of longer life.

Eldercare Services
- Care coordination through Eldersource*
- CheckIt!, a full bill payer service
- In-home financial management assistance
- Guidance on financing long-term care related to Medicare and Medicaid
- Guidance about long-term care insurance
- Guidance on Medicare & Medicare Part D
- Elder abuse prevention & scam intervention/education
- Home modification for fall prevention
- Advocacy for nursing home residents
- Geriatric addictions program
- Guardianship for incapacitated older adults

Employment & Volunteerism
- Job training for low income adults (55 and older)
- Volunteer placement for adults (55 and older) in area non-profits
- Volunteer recruitment for transportation programs
- Fulfilling volunteer opportunities at Lifespan

Training & Education
- Workshops in aging issues
- St. John Fisher Geriatric Certificate Program
- Elder Aware training for businesses

Health & Wellness
- Walk Older Adult Center at Lifespan Downtown
- Lily Cafe at the Maplewood YMCA
- Older Adult Resource Center at the Eastside YMCA
- MVP Healthcare Living Well Center at the Westside YMCA
- Healthcare Coordination
- Fall prevention workshops
- Living Healthy — chronic disease management workshops

Sign Language Interpreting
- Interpreter service

* in partnership with Catholic Family Center
** in partnership with Al Sigl Center and the Arc of Monroe

Se habla Español.

Lifespan’s Specialized Services for Older Persons with Intellectual and Developmental Disabilities

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Se habla Español.

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- Has more than 45 years’ experience in aging services;
- Provides more than 30 services for older adults and caregivers;
- Provides information and guidance related to aging.
Our specialized services for older adults with intellectual and developmental disabilities include:
- Service Coordination
- Group Day Habilitation
- Social Inclusion
- Health Care Coordination
- Retirement Options Planning
- Evening Recreation
- Future Care Planning

Service Coordination
Lifespan’s Medicaid service coordinators are uniquely qualified to assist older adults with intellectual/developmental disabilities and their caregivers with issues such as planning for the future and transitioning from work to retirement. Our service coordinators have extensive training in aging-specific topics, and we provide unbiased advocacy, information and guidance. We access OPWDD and other community services to help individuals live in a home of their choice and participate in meaningful daily activities. This is a Medicaid reimbursed service, or private pay options can be discussed.

Group Day Habilitation
Lifespan’s bright, home-like group Day Habilitation program opens doors to new relationships in a warm and supportive environment by encouraging creative expression, self-confidence and social wellness. We promote a sense of belonging. We take on volunteerism. We take on education. We take on fun! This is a non-medical day habilitation program. Members must be free of socially disruptive behaviors and require minimal support/assistance with personal hygiene needs. This is a Medicaid reimbursed service. We also offer full and half day private pay rates. Transportation is always included. Members decide which days to attend, but must commit to a schedule.

Social Inclusion Service
Our unique Social Inclusion service links older adults with intellectual and developmental disabilities with older adult centers and volunteer opportunities. We pair most members with trained senior companions who assist with successful inclusion. Those who choose this program must be free of socially disruptive behavior and need minimal support/assistance with personal hygiene needs. Social inclusion helps members take on new experiences, make new friends, and provides an opportunity to engage in our community.

Healthcare Coordination
Lifespan’s Healthcare Coordination service is for adults (40 and older) with intellectual and developmental disabilities. In our healthcare coordination role, we:
- Schedule medical, dental and vision appointments.
- Arrange transportation to and from appointments.
- Assist with filling out medical forms.
- Advocate for patients during medical appointments.
- Make sure prescriptions are properly and promptly filled and patients know when to take them.
- Act as a liaison with medical providers.

Retirement Options Planning
This service helps people with intellectual and developmental disabilities retire. We help explore options with a focus on personal goals, talents and interests. Members must be age 55 or older, OPWDD-eligible and enrolled in Medicaid.

Evening Recreation
Our members gather monthly and enjoy an opportunity to engage in a socially inclusive dinner event. Members enjoy good food, friends and entertainment in a supportive setting. Any person 45 or older who is OPWDD-eligible, has independent daily living skills, lives with a family member in Monroe County and has an interest in organized activities may attend. Caregivers also are welcomed at a small extra cost. Meal and transportation costs are included for members. Caregivers are welcome to attend at a small extra cost.

Future Care Planning Services
Future Care Planning Services is a collaborative program of Lifespan, the Al Sigl Community of Agencies and the Arc of Monroe.

Future Care Planning Services ensures any person with a disability will be cared for according to his/her wishes. We work with families to identify options for every aspect of the future including living arrangements, legal guardianship, health care, finances and other facets that contribute to quality of life. There is a fee for this service.

For more information about Lifespan’s services for older adults with intellectual or developmental disabilities, call (585) 244-8400.