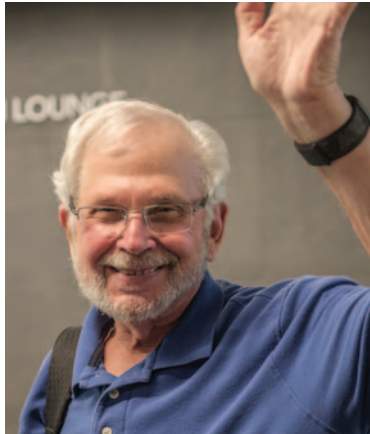


**Not sure what you need,
just call us at 585-244-8400**
and ask to speak to one
of our advisors.

Our specialty is
providing non-biased
information and
guidance. We can
also link you to
other providers.



Lifespan is an
independent
nonprofit
not aligned with
any health care
system.

Learn more about our services at
www.lifespanrochester.org
Email us at info@lifespanrochester.org

Our main office is at
1900 S. Clinton Avenue, Rochester, 14618

All of Lifespan's services are available in Monroe County. Many of our services, including Financial Management, Ombudsman, fall prevention, Future Care Planning, AmeriCorps Seniors, The Finger Lakes Alzheimer's Caregiver Institute and Home-Safe-Home, are now available in additional counties.

Lifespan is nationally recognized as a leader in the growing issue of elder abuse prevention. Lifespan's Upstate Elder Abuse Center provides intervention services in Monroe and these additional counties: Genesee, Livingston, Ontario, Orleans, Schuyler, Seneca, Wayne, Wyoming, and Yates. The center also provides education and training throughout New York State, and oversees the work of multidisciplinary teams which focus on abuse, neglect and exploitation of older adults.

Lifespan manages two statewide coalitions:
The NYS Coalition on Elder Abuse and
The NYS Respite & Caregiving Coalition.

ABOUT US

Lifespan is funded in part by the United Way of Greater Rochester, Monroe County Office for the Aging, NYS Office for the Aging, US Administration on Aging, and participant contributions.

Lifespan is a member of the American Society on Aging, Leading Age NY, the State Society on Aging, the Greater Rochester Area Partnership for the Elderly, the National Council on Aging, the National Adult Protective Services Association, the National Network of State Elder Justice Coalitions, and the NYS Senior Action Council.



www.lifespanrochester.org 585-244-8400



Lifespan's Services

for Older Adults
and Caregivers



Save this reference guide!

MORE THAN
30
SERVICES

These are some of our more than 30 services that can help you take on both the challenges and opportunities of longer life.

For your **Medicare questions**, we provide monthly Medicare workshops and one-on-one consultations about your Medicare health insurance options.

If you **no longer drive**, we can help you find transportation options.

If you are caring for a loved one with **Alzheimer's disease**, we can help with services like respite, caregiver consultation/guidance and workshops like Powerful Tools for Caregivers.

Housing options for older adults are confusing. Our care managers can help you assess a situation, provide information and guide you.

Many people have **questions about eldercare and/or in-home care**. Our care managers can provide the guidance you need.

Prevent a fall – Our Home-Safe-Home service does minor home modifications and safety assessments. And our Matter of Balance and tai chi workshops are proven to increase activity levels and reduce the fear of falling.

We can help you **plan for the future care** of a loved one with a developmental or other disability in our Future Care Planning service.

Feel safer at home with fire, accident & poison education. Provided for older adults, persons with disabilities and children.

Coordinating medical care can be challenging. Our healthcare coordinators are LPN nurses who schedule appointments, advocate and be with patients at appointments.

It's possible to live better with a chronic disease. We provide ongoing **Living Healthy workshops** around our community.

Concerns about **elder abuse or financial exploitation or scams** can be investigated by our elder abuse prevention team.

Our bonded and trained volunteer financial managers can visit you at home to **help with bill paying tasks** and ensure you have the right state and federal benefits.

Do you know an older adult who is **abusing alcohol, opioids or prescription drugs**? Our Recovery & Wellness service provides in-home care management and counseling.

Concerns about care in a nursing home can be handled by our Ombudsman program. Our trained volunteer Ombudsmen visit every nursing home to advocate for residents.

We can help you find a **fulfilling volunteer role** at Lifespan or in many other nonprofit organizations.

Our vibrant older adult centers within the Maplewood YMCA, the JCC and our downtown center in Sibley Square feed your mind, body and spirit with **new friendships and engaging activities and classes**.



Go to **lifespanrochester.org** for a complete listing of our ongoing workshops and classes like fall prevention, Medicare 101, Living Healthy, tai chi and more!



Call us to speak to your group about Lifespan or about topics like housing, ID theft/scam prevention, Medicare, caregiver services and many more.

More than 30 resource lists for older adults are available at www.lifespanrochester.org

Examples: Assisted Living, Elder Law Attorneys, Geriatricians, Hearing Resources, Home Support Services, Meal Delivery, Pharmacy Delivery, Transportation.

Not sure what you need, just call us at 585-244-8400 and ask to speak to one of our advisors.

 **Lifespan** Take it on! www.lifespanrochester.org