

In-Home Services

Expanded In-Home Services for the Elderly Program (EISEP)

EISEP assists older adults who want to remain at home, yet need assistance with daily activities such as dressing, bathing, personal care, light housekeeping or meal preparation. Customer cost sharing may apply based on income.

Medicaid Personal Care Services

Personal care services are available to Medicaid-eligible chronically ill or physically disabled individuals who have a medical need for help with daily activities such as meal preparation, housekeeping and shopping.

Personal Emergency Response System (PERS)

Personal Emergency Response System (PERS) units allow an individual to contact emergency help by pushing a single button. PERS units provide peace of mind for individuals who may live alone or be at risk of falling.

Nutrition Services

Home Delivered Meals

For seniors who are unable to attend a local dining center or are unable to prepare a meal for themselves, 5-8 frozen meals are available for weekly delivery directly to their home. This service is available to those who may only need it for a short time (i.e. while recovering after a recent hospital stay) or long term.

Congregate Dining

Senior dining centers are located at 7 sites across the county and provide a nutritious lunch and socialization to residents age 60 and older.

Nutrition Counseling

A registered dietitian is available to provide individualized nutrition assessment and counseling, and can work with individuals to create a plan based on specific needs.

Farmers' Market Coupons

Coupons are available between July and October to allow income-eligible seniors to purchase locally grown fruits and vegetables at area Farmers' Markets.

Senior Dining Centers

Reservations are required. Please call the center of your choice 24 hours in advance to reserve your meal. A suggested contribution of \$3.50 is requested for seniors age 60 and older. Guests of seniors may also enjoy a meal for \$8.60.

Cherry Valley Community Center

2 Genesee Street, Cherry Valley, NY
(607) 547-6454
Mondays and Wednesdays at 12pm

New Lisbon Town Hall

908 County Hwy 16, Garrattsville, NY
(607) 547-6454
3rd & 4th Wed of the month at 11:30am

Milford United Methodist Church

113 N. Main St., Milford, NY
(607) 547-6454
4th Wednesday of each month at 12pm

Elm Park Methodist Church

401 Chestnut Street, Oneonta, NY
(607) 441-5460
Monday through Friday at 12pm

Nader Towers

2 Mitchell Street, Oneonta, NY
(607) 441-5470
Monday through Friday at 11:30am

Richfield Springs Veterans Club

13 Lake Street, Richfield Springs, NY
(315) 858-0630
Monday through Friday at 11:30am

Unadilla Neighborhood Apartments

71 Clifton Street, Unadilla, NY
(607) 369-2787
3rd Wednesday of the month at 12pm

Otsego County OFFICE *for the* AGING

*Promoting independence &
quality of life for older
adults in Otsego County*



Meadows Complex, Suite 5
140 County Hwy 33W
Cooperstown, NY 13326
Phone: (607) 547-4232
Toll Free: (855) 547-4390

Elm Park Methodist Church
403 Chestnut Street
Oneonta, NY 13820
Phone: (607) 432-9041



Community-Based Services

Medicare Counseling

Certified counselors provide accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance and related health coverage plans, including Part D.

Legal Services

Provides legal advice, counseling and assistance preparing legal documents. Appropriate referrals are made to attorneys with Legal Aid Society of Mid New York.

Home Energy Assistance Program

HEAP provides heating benefits to supplement a household's annual energy cost. The program also offers an emergency benefit for households in a heat or heat-related energy emergency.

AARP Foundation Tax Aides

Offers individualized tax preparation for low to moderate income taxpayers, especially those age 50 and older.

Language Interpretation Services Available

Community-Based Services

Transportation

Non-emergency medical transportation is available to and from pre-scheduled medical appointments. Limited transportation is also available for grocery shopping, prescription pick up or necessary non-medical appointments.

NY Connects

NY Connects is a trusted place for individuals, families, caregivers and professionals to go for unbiased information about long term services and supports for people of all ages or with any type of disability. NY Connects staff can help link people to long term services and supports such as home care, transportation and meals to help them maintain independence and quality of life.

Caregiver Support

Services, information and education are available to assist caregivers (spouses, adult children, other family members, friends and neighbors) in their efforts to care for older persons who need help with everyday tasks. Respite can be provided in the home, through social adult day programs or short-term facility respite.

Health and Wellness

Tai Chi for Arthritis

Tai Chi for Arthritis is an evidence-based program developed for people with arthritis and older adults with balance problems, and is known to increase strength and flexibility, decrease pain in joints, reduce high blood pressure and improve balance.

Senior Swim

Senior Swim is available at the Oneonta YMCA to allow participants to work with water weights, swim or simply enjoy the therapeutic water; open to YMCA members and non-members.

Exercise Program

This moderate intensity, progressive exercise strength training program is designed for mid-life and older adults and includes strength and balance training to improve muscle strength, dynamic balance and flexibility.



Eligibility

Otsego County Office for the Aging assists residents age 60 and older and their caregivers by providing services and support to help seniors live independently in the community.

In addition, NY Connects is available to people of any age with a disability, their caregivers and professionals to navigate long term services and supports.

Individuals receiving services shall be given the opportunity to confidentially and voluntarily contribute towards the cost of the service(s). All contributions shall be used to expand the services offered.

No one will be denied service based on their inability or unwillingness to contribute. Participants with income at or above 185% of Federal Poverty Level will be encouraged to contribute at the level equal to the cost of the service.

Services Funded by the Administration for Community Living (ACL), New York State Office for the Aging and Otsego County