

Resources for the Homebound in the New York City Metropolitan Area



Below is a list of frequently used local services and programs for the homebound. Divided into disciplines, this list provides direct phone numbers for services that reach across all five boroughs including transportation, legal services, adult protective services, food services, housing services, community services, home care services and specialized services.

Transportation

AAR – Access-A-Ride

<http://www.mta.info/nyct/paratran/guide.htm#intro>

877-337-2017

718-393-4999

AAR provides transportation for people with disabilities who are unable to use the public bus or subway service for some or all of their trips. It offers shared rides and door-to-door paratransit services. AAR operates 24 hours a day, 7 days a week. Call 877-337-2017 to reserve a trip. New York City Transit (NYC Transit) administers AAR.

Legal Services

LegalHealth

www.legalhealth.org

212-613-5080

212-613-5083

LegalHealth partners with medical professionals to address the non medical needs of low-income people with serious health problems. LegalHealth complements health care with legal care - providing free legal services at medical facilities and training healthcare professionals to understand the legal issues their patients face.

LawHelp

www.lawhelp.com

LawHelp helps low and moderate income people find free legal aid programs in their communities, and answers to questions about their legal rights. LawHelp provides referrals to local legal aid and public interest law offices, basic information about legal

rights, self-help information, court information, links to social service agencies, and more about each users individual state.

Adult Protective Services

APS – Adult Protective Services

<http://www.nyc.gov/html/hra/html/directory/adult.shtml>

212-630-1853

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Adult Protective Services (APS) is a state-mandated case management program that arranges for services and support for physically and/or mentally impaired adults who are at risk of harm. APS seeks to promptly resolve the risks faced by eligible clients with service plans that will enable these individuals to live independently and safely within their homes and communities.

Food Services

Citymeals-On-Wheels

www.citymeals.org

212-687-1234

Citymeals-on-Wheels provides home-delivered meals to New York’s homebound elderly. Citymeals funds 30 community-based agencies that bring weekend, holiday and emergency meals to homebound elderly New Yorkers who can no longer shop or cook for themselves. To qualify for home-delivered meals, a person must be at least 60 years old and have a chronic physical or mental disability preventing them from shopping for food or preparing meals for themselves

Food Pantries Hotline

866-888-8777

Food Pantries Hotline offers referrals to food pantries throughout the city. It will also give the option of accessing the Human Resources Administration “info line,” which gives out information on food stamps, Medicaid, public assistance, home care, child care, adult protective services and other emergency services. Agents are available Monday through Friday from 8am – 5pm automated information is available 24/7.

Food Stamps

718 – 557-1399

Food Stamps are a resource based on income to supplement the cost of food and groceries.

Housing Services

HDC - New York City Housing Development Corporation

<http://nychdc.com/>

212-227-5500

The New York City Housing Development Corporation (HDC) is responsible for financing housing within the five boroughs of New York City. The financing provided by HDC is in the form of low-cost mortgages offered through the sale of tax-exempt and taxable bonds. These mortgages are provided to developers for the construction and preservation of affordable housing.

NYCHA - New York City Housing Authority

<http://www.nyc.gov/html/nycha>

Borough Management Office – 212-427-8542

Application Office – 212-828-7100

The New York City Housing Authority (NYCHA) provides affordable housing in a safe and secure living environment for low and moderate-income residents throughout the five boroughs. NYCHA also administers a citywide Section 8 Leased Housing Program for rental apartments. NYCHA offers residents opportunities to participate in a multitude of community, educational and recreational programs, as well as job readiness and training initiatives.

SCRIE - Senior Citizen Rent Increase Exemption

http://www.nyc.gov/html/dof/html/property/property_tax_reduc_taxreductions.shtml

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The Senior Citizen Rent Increase Exemption (SCRIE) offers eligible tenants an exemption from rent increases. The owner of the building receives a credit against their real estate taxes from the City of New York. For SCRIE eligibility, applicants must be 62 years of age or older; rent an apartment that is regulated by the Division of Housing and Community Renewal (DHCR) (i.e. rent controlled or rent stabilized apartments or hotel stabilized); and have an annual household income of \$29,000 or less.

Community Services

Selfhelp

www.selfhelp.net

1-866-735-1234

Selfhelp is a non-sectarian, not-for-profit, organization dedicated to maintaining the independence and dignity of seniors and at-risk populations through a spectrum of housing services, home health care services and social services. Selfhelp will continue to serve as the “last surviving relative” to its historic constituency, victims of Nazi persecution. *Senior Source*, a comprehensive and personal private care management program, provides access to the full range of Selfhelp’s services. *Senior Source* enables seniors to manage their immediate senior care needs and plan for the future.

Resources Include: Nazi Victim Services Program, Senior Centers, Senior Housing, NORCs, Selfhelp Alzheimer’s Resource Program (SHARP), Case Management, Evelyn Frank Legal Resources Program (EFLRP), Community Guardian Program

JASA – Jewish Association for Services for the Aged

www.jasa.org

212-273-5272

JASA develops innovative programs for a rapidly expanding generation of seniors. JASA offers nutritious meals, stimulating learning experiences for homebound seniors, home care management, legal guardianship and group Seders, JASA is a vital partner in the lives of more than 55,000 senior citizens in the New York region.

Resources Include: Benefits & Entitlements, Case Management, Mental Health, Decluttering & Pet Care, Social Adult Day Care, Elder Abuse, Meals on Wheels, Group Meals, Passover Seders, Sundays at JASA, NORCs, Senior Centers, JPAC, Insitute for Senior Action, Legal Services in Queens, Adult Protective Services, Community Guardian, Elder Abuse

SPOP- Service Program for Older People, Inc.

www.SPOP.org

212-787-7210

SPOP is a non-profit community based mental health center that supports older people in coping both with their mental health problems and with the practical challenges of aging. It provides older people with the emotional support, counseling and connections they need to continue to live full and healthy lives within their community.

Doula

www.shiraruskav.org/doula/html

212-399-2685

The Doula Program provides companionship and comfort for people whose life expectancy is 18 months or less. When approaching death, people often experience fear, loneliness and isolation. Well-prepared Doulas minimize this sense of isolation, provide emotional comfort and assist with practical concerns.

OSSP (One Stop Senior Support Project)

www.onestopseniorservices.org

212-864-7900

One Stop Senior Services is a unique walk-in agency where compassionate professionals help older people to solve their problems. One Stop seeks to improve the quality of life of older New Yorkers, age 60 and above, and their families by providing services and access to rightful entitlements in one neighborhood location. An integral part of their mission is to enable seniors to continue to live safely, independently, and with dignity in their own homes for as long as possible

Jewish Home Lifecare

www.jewishhome.org

800-544-0304

Jewish Home Lifecare provides healthcare services and assistance for elders. Recognizing each person as a unique individual, their care supports independence and

respects human dignity. Jewish Home Lifecare serves New Yorkers with many programs including short-stay rehabilitation, skilled nursing, homecare, solutions at home, kittay house, and adult day programs.

Search and Care

www.searchandcare.org

212-289-5300

Search and Care strives to help Yorkville, Carnegie Hill and East Harlem older adults to age safely and independently in their own familiar homes with dignity. Search and Care provides useful information and personalized services to best address individual needs or concerns.

Home Care Services

Partners in Care

www.PartnersInCareNY.org

888-9-GET-HELP

Partners in Care, a non-for-profit organization is a trusted licensed home care agency in New York City. They have the training, on-the-job expertise, and personal touch to accommodate most home care needs. They carefully match the client with a highly trained, certified home health aide, or a team of aides, depending on how many hours and days of service are needed.

Isabella Home Care

www.isabella.org

212-342-9200

Isabella provides a unique medical-mental health model of care for residents living at home providing a full range of professional and paraprofessional services. Isabella provides a continuum of services from Home Care, Caregiver Services, Case Management, Adult Day Care, Child Day Care, Short-stay Rehabilitation, Skilled Nursing Home, Independent Housing and other services meeting community needs.

Specialized Services

Lighthouse International

www.lighthouse.org

800-829-0500

Lighthouse International empowers people of all ages who are visually impaired to lead safe, active and independent lives. For more than 100 years, Lighthouse International has been a leader in meeting the evolving needs of people who are dealing with, or are at risk for, vision loss and blindness.

Geriatric Care Management

<http://www.caremanager.org/>

<http://www.nygcm.org/>

For further information, here are comprehensive search engines we recommend, to search for various social and health services.

HITE – Health Information Tool for Empowerment

www.hitesite.org

HITE (Health Information Tool for Empowerment) contains a listing of thousands of government, non-profit, and privately sponsored programs and services particularly for uninsured and under-insured New Yorkers. HITE allows individuals to search for resources by zip code, services offered, medical conditions treated, and language spoken. HITE also provides information about public health insurance programs and enrollment instructions.

Resources Include: Health Care Services, Social Services, Health Insurance, Dental and Optical, Immigrant Support, Prescription Drugs, Mental Health & Substance Abuse, Transportation, Financial Assistance, Legal Assistance, Food Services

DFTA – NYC Department for the Aging

www.nyc.gov/aging

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The Department for the Aging (DFTA) promotes the independence, health and well-being of older New Yorkers through a broad range of services and initiatives. DFTA contracts with more than 400 local agencies to provide a wide array of services throughout the five boroughs. The Department is the place to turn for questions about benefits and services, assistance with government program applications, and for special services to help older New Yorkers and their caregivers.

Resources Include: Abuse Prevention, Caregiver, Case Management, Employment, Health Promotion Service, Home Care, Home Delivered Meals Program, Legal Services, NORC, Senior Center, Social Adult Day Care, Social Adult Day Service, Transportation, WRAP

Directory Updated July 1st 2010

*If you have any updates for future versions please e-mail katherine.ornstein@mssm.edu
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