

Dutchess County Office for the Aging

Case Management
Information, Referral and Advocacy
Continuing Care
Nursing Home Information
NY Connects
Caregiver Support
Senior Friendship Centers
Home Delivered Meals
Nutrition Education
Summer Senior Picnics
Nutrition Counseling
Benefit & Entitlement Counseling
Health Insurance Counseling & Assistance
Legal Assistance
Housing Information
Home Energy Assistance
Medical Transportation
Volunteer Opportunities
Brain Games
Senior Exercise Program
A Matter of Balance
Tai Chi
Successful Aging presentations
Scam Prevention presentations

The Dutchess County Office for the Aging is a County Agency funded under Title III of the U.S. Older Americans Act, the New York State Office for the Aging, and the County of Dutchess.

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Dutchess County Office for the Aging

114 Delafield St • Poughkeepsie, NY 12601
(845) 486-2555 • (866) 486-2555

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County Executive



Todd N. Tancredi
Director
Office for the Aging

Office for the Aging Services

Dutchess County Office for the Aging
(845) 486-2555 • (866) 486-2555

Email: ofa@dutchessny.gov

**NEW LOCATION
IN 2019**

**114 Delafield Street
Poughkeepsie**



www.dutchessny.gov/aging

Dutchess County Office for the Aging Services

Community Service Workers

- Assist with applying for benefit programs including Medicaid, SNAP (food stamps), Elderly Pharmaceutical Insurance Coverage (EPIC), Medicare Savings Program, housing applications, and more
- Advocate and explain benefits

Continuing Care at OFA

- Provides access to anyone, regardless of age and payment source, to long term care services.
- Case Managers and Public Health Nurses can assess the clients in their home, the nursing home or in the hospital, establish a realistic plan of care, and provide advice on funding sources. They may also make suggestions regarding alternatives like adult day care, adult homes, assisted living, foster care, home health care, respite services, and placement at skilled nursing facilities (nursing homes).
- Provides in-depth Alzheimer's Care Consultations to caregivers. This is a personalized service for those who are facing many decisions and challenges associated with Alzheimer's disease and related disorders.

Contact Us

(845) 486-2555

(866) 486-2555 (outside 845 area code)

email: ofa@dutchessny.gov

Health and Wellness

- Brain Games
- Diverse senior exercise programs
- 12 countywide summer picnics
- A Matter of Balance classes
- Senior Seminars
- Senior Prom
- Tai Chi
- Celebration of Aging

Health Insurance Information and Counseling (HIICAP)

- Counsels people regarding Medicare information
- Assist with applying for EPIC
- Monthly workshops on Medicare

Home Energy Assistance Program (HEAP)

- Helps people 60 and over with applications for HEAP and related energy programs

Informative presentations

- Topics include successful aging, scam prevention, senior housing, nutrition, and Medicare/Medicaid

Legal services

- For those over 60, with emphasis on simple legal issues such as wills, powers of attorney and health care proxies

Nutrition

- Home delivered meals for qualifying seniors
- 8 Senior Friendship Center sites
- Counseling and group presentations

NY Connects

- Your link to long term services and supports, providing information, assistance and referrals for anyone who needs it, regardless of age. Contact us at (845) 486-2555 for more information. Outside the 845 area code, call (866) 486-2555.

Transportation Resources

- Transportation to non-emergency medical appointments may be available through Office for the Aging partner organizations

Volunteering Opportunities

- Home Delivered Meals delivery
- Health Insurance counseling (HIICAP)
- Assist at Senior Friendship Centers
- Assist at Senior Picnics and Events
- Exercise Classes and Brain Games
- A Matter of Balance class leaders
- Office Help

The Office for the Aging's Goal...

...is to promote the independence, dignity, safety, and quality of life of seniors and those who require assistance with long term services and supports throughout Dutchess County, and to help their families and caregivers reach that goal.

It can be hard to meet the challenges of aging on your own - and we're ready to lend a hand when you need it.