

# 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

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# Office for the Aging Services

Dutchess County Office for the Aging  
114 Delafield St., Poughkeepsie NY 12601  
(845) 486-2555 • (866) 486-2555

Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov)



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**Marcus J. Molinaro**  
County Executive



**Todd N. Tancredi**  
Director  
Office for the Aging



[www.dutchessny.gov/aging](http://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](mailto: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 and powers of attorney

## 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 NY Connects for more information at (845) 475-3511. 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.