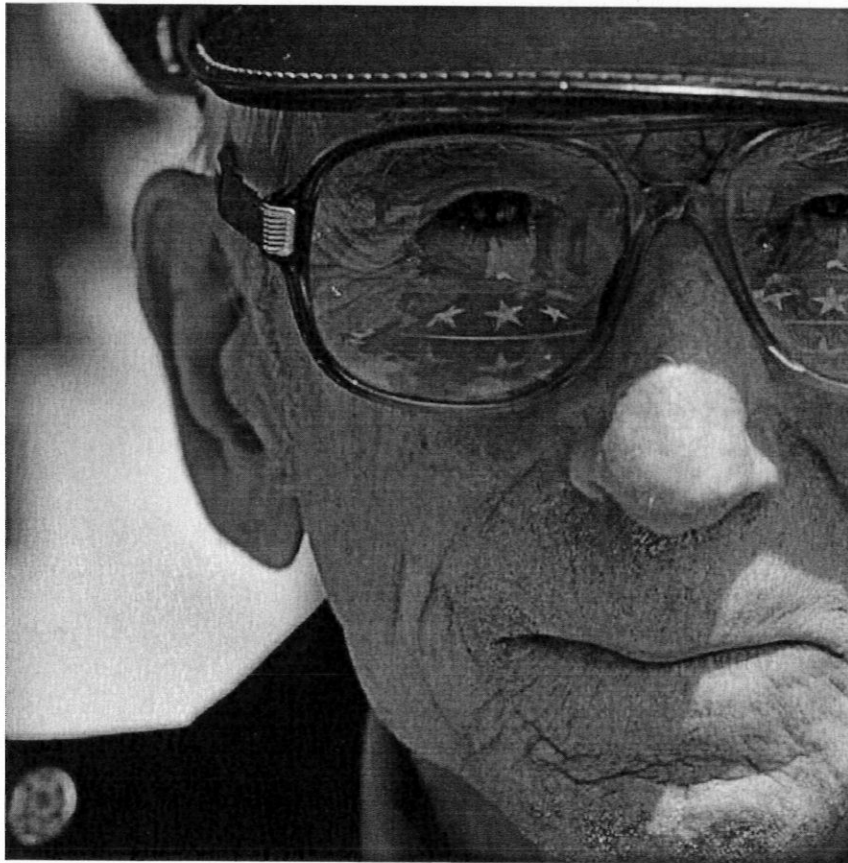
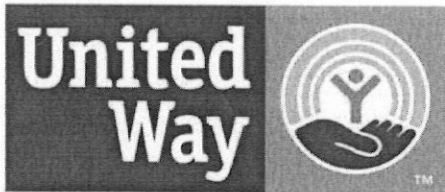


THE NEEDS OF OUR AGING VETERANS AND THEIR CAREGIVERS 2014



RESOURCE GUIDE



United Way of Long Island



VETERANS HEALTH ALLIANCE OF LONG ISLAND
MENTAL HEALTH ASSOCIATION OF NASSAU COUNTY



INTRODUCTION TO THE AGING VETERANS RESOURCE GUIDE (October 25, 2014)

The end of World War II marked the start of the “baby boom” generation. In the year 2000, there were 35 million Americans age 65+; that number is expected to double to over 70 million by the year 2030. Those figures include WW II veterans, Korean War Veterans, and now, an increasing number of Vietnam Veterans. The average age of veterans in New York State is 62 years of age.

Today’s conference entitled: ***Caring for the Aging Veteran and their Caregiver*** is designed to highlight the needs of aging veterans and their families. The goal is to help veterans, their caregivers and other stakeholders better understand what services available through the VA, the Long Island State Veterans Home, Assisted Living, and through Nassau and Suffolk Counties.

Some older veterans and their spouses may struggle with both health and financial challenges that make it difficult to “age in place”. Sometimes adult children find themselves “sandwiched” between providing care for an older parent along with responsibilities to family and to their employer. Caregivers themselves can be under tremendous stress due to their own health and financial challenges.

Help is available at every step of the journey, including when the veteran passes away. We encourage you to use the information you learn at today’s conference, and in this guide to proactively plan and prepare to provide care to our aging veterans.

John A. Javis
Veterans Health Alliance of Long Island

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ELIGIBILITY INFORMATION:

WHO IS ELIGIBLE?

- If you entered the military before 9-7-80 and received an Honorable or General Under Honorable Conditions discharge.
- If you entered the military after 9-7-80, you must have served 24 consecutive months of active duty. If you were discharged due to a disability, injured or hardship, you are exempt from the 24-month rule.
- If you only served in the Reserves/National Guard and were called to active duty by a Presidential Executive Order and have a DD214 showing this completed assignment.
- If you were exposed to Agent Orange, Ionizing Radiation, Environmental Contaminants-Toxins in the Gulf War.

WHO IS NOT ELIGIBLE?

- If you received an Other than Honorable discharged, Dishonorable or Undesirable discharge (see exceptions below).
-You may contacted a Veteran Service Officer to find out about the possibility that you could get an upgrade. This could be a DAV, VFW, American Legion, State or County representative.
- If you only served in the Reserves and National Guard and were not called to active duty by Presidential Executive Order.
- If you served active duty for training purposes only, which is usually located in the REMARKS section of your discharge paper.

EXCEPTIONS:

- If you have an Other Thank Honorable Discharged but were awarded a 0% service-connected disability, you may be treated for treat condition **ONLY**. You may also be eligible for combat related conditions. No other care excepted for humanitarian emergencies can be provided unless you get your discharge upgraded to at least a General Under Honorable Conditions.
- If you entered the service after 9-7-80 and do not have 24 consecutive months of active duty but file a claim within 180 days of discharge from the military, we can treat you for the conditions that you filed the claim on. This would require proof of the date of the claim and the conditions that you applied for. However, if your claim is not approved, you will be billed for any past visits for those conditions at the ineligible rate, which is well over \$200 per visit.

Eligibility regulations can change at any time so if you have questions concerning whether you would qualify for VA care, please call our Eligibility Section for assistance. Northport VA – 631-261-4400 x2657

Long Island State Veterans Home
At
Stony Brook University

The Long Island State Veterans Home is a 350-bed skilled nursing facility with a 40 slot medical model Adult Day Health care program dedicated to providing compassionate nursing care to honorably discharged veterans of the United States Armed Forces, their spouses, as well as, Gold Star Parents. We are Long Island's premier provider of Adult Day Health Care, Short Term Rehabilitation, Long-Term Skilled Nursing Care, Alzheimer's/Dementia Care, and End-of-Life Care.

The Long Island State Veterans Home is located on the campus of Stony Brook University and operates under the auspices of Stony Brook Medicine. It is one of the few nursing homes in the nation that is fully integrated into the academic mission of a major teaching and research university. The home serves as a clinical training site for many geriatric health care professionals including physicians, physician assistants, nurses, certified nursing assistants, physical therapists, occupational therapists, speech therapists, recreation therapists, social workers and dietitians.

Our mission is to provide our veterans with compassionate care and the highest quality of life possible in a world-class healthcare facility during their time of need without regard to race, gender, religion, disability, and ability to pay. In addition, we strive to serve as a model site for research and the education and training of health care professionals in long term care. Our goal is to advance methods and standards of care for the elderly and continue to be a resource for training tomorrow's long term and geriatric health care professionals.

The Home offers veterans and their spouses a comprehensive array of services using a fully integrated interdisciplinary care team approach. Our approach combines the skills of a variety of health care professionals including board certified geriatricians, nurses, physical, occupational, recreation and speech therapists, social workers, dietary counseling, and multi-faith pastoral care, each of whom are committed to helping the residents to maximize their abilities and independence. The Long Island State Veterans Home provides full time, on-site physicians with Board Certification in Geriatrics, Internal Medicine & Palliative Care, an in-house pharmacy, on-site medical services including palliative/hospice care, audiology, ophthalmology, podiatry, urology, dentistry, psychiatry and psychology. In addition, the Home also operates a 55-bed respiratory care unit and a 55-bed specialty unit caring for those with Alzheimer's disease and other dementia related disorders.

The Long Island State Veterans Home also operates a 40-slot medical model Adult Day Health Care Program that is open to honorably discharged veterans, their spouses or widows, and Gold Star parents. Adult day health care provides comprehensive outpatient healthcare services, therapeutic services, and social activities for older adults who are cognitively and/or physically impaired with Alzheimer's disease and related dementia, chronic illnesses, traumatic brain injuries, developmental disabilities and other disorders that increase their care needs. Participants in the adult day health care program are provided with door to door transportation from their home, enabling loved ones to receive the medical, personal care and rehabilitation they require while continuing to live in the community.

Honorably discharged veterans are entitled to a federal per diem benefit to offset the cost of nursing home care and adult day health care. In addition, veterans may be entitled to other federal benefits such as enhanced aid & attendance and the 70% Service Connected Disabled Veterans – Full Cost of Care Benefit at State Veterans Homes.

For more information about the Long Island State Veterans Home, please call (631) 444-VETS or visit us on the web at www.listateveteranshome.org.

Aid and Attendance

Aid and Attendance is a Pension issued by the VA for needy War Time Veterans or their immediate surviving spouse. A War Time Veteran is any Veteran who was on active duty for at least 90 days with at least one of those days being during a declared period of war.

Qualifying Military Service

WWII- December 7, 1941- December 31, 1946

Korean War- June 25, 1950- January 31, 1955

Vietnam War-February 28, 1961- May 7, 1975 for IN COUNTRY VETERANS

August 5, 1964- May 7, 1975 for those veterans not in country.

Gulf War-August 2, 1990 - the present

QUALIFICATIONS: Less than 80,000 in liquid assets, monthly medical expenses need to outnumber monthly income.(the entire cost of your assisted living counts as a monthly medical expense), VA FORM 21-2680 filled out by an M.D. showing your need for help with activities of daily living such as cooking meals, medication management and assistance with bathing and other hygiene needs.

Spouse of a deceased Veteran who remarries another after the Veterans death and has that marriage end after November 1, 1990, is no longer eligible for Aid and Attendance.


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Northport VA Medical Center



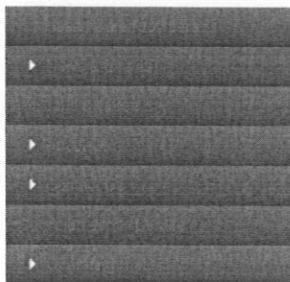
A to Z List of Services

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Homeless Veterans

Returning Service Members

Women Veterans



Extended Care and Rehabilitation

For the following programs, patients must meet the eligibility criteria for long term care and will be assessed regarding LTC co-payment prior to evaluation for the program. An exception may be made for patients requiring Palliative Care.

The Geriatric Evaluation and Management Program (GEM)

The GEM program utilizes an interdisciplinary approach to evaluate and treat problems of the elderly. Its goals are to improve the veteran's level of physical and psychological function and to find and treat previously undetected problems. The veteran must have the mental capacity to learn new skills. Emphasis is placed on meeting all the veteran's needs and discharging patients to home. The usual length of stay on the GEM unit is 4 weeks or less.

Short Stay Unit (SSU)

The Short Stay Unit program uses an interdisciplinary approach to the treatment of the elderly. Its goals are to improve the veteran's level of function, to complete initiated treatment, palliative care, and implementation of discharge plan. Emphasis is on discharging patients to home or a facility other than a Skilled Nursing Facility (SNF). The usual length of stay on the Short Stay Unit is 60-90 days.

Respite Program

The Respite program provides chronically ill veterans with short-term stays in a nursing home unit in order to support and relieve their caregivers and help the veteran to continue to live at home. Contact the Nurse Manager, NHCU IV, (631) 261-4400, ext. 7449, or your Primary Care team's social worker.

Palliative Care Unit

The Palliative Care program provides terminally ill patients who have completed desired and definitive treatment, with a supporting, understanding, and sustaining setting. Its goal is to help patients to live free from pain and symptoms.

Nursing Home Care

If you need more intensive care than can be provided at home or by family members, you may require care in a nursing home where physicians, nurses, social workers, physical therapists and other professionals provide specialized care. Your stay may be long or short term, depending upon your needs.

Nursing home placements include:

- VA Nursing Home Units: Service-connected veterans are given priority status for these placements. VA facilities in the New York area include the Bronx, St. Albans and Northport.
- VA Contract Nursing Homes: The VA may pay for up to 31 days of care for non-service connected veterans when the veteran is transferred from an

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CONTACT INFO

Location

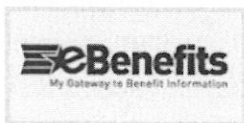
Northport VA Medical Center

Contact Number(s)

631-261-4400

Hours of Operation

Mon-Fri 8:00am-4:30pm



inpatient unit at the VA Medical Center. For service-connected veterans, the contract may be indefinite. You will need to apply for Medicaid to cover the cost of care following expiration of the contract. To allow sufficient time for their processing, Medicaid applications need to be initiated before you are accepted into the home. Non service-connected veterans and non-compensable zero percent service-connected veterans may be subject to co-payments when the placement is paid by the VA contract.

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- Medicare/Medicaid or Private Payment Nursing Home Care: The nursing home costs are paid through either of these means depending on your situation.
- State Veteran's Homes: In our immediate NY downstate area, State homes are located in Stony Brook, and on the VA campuses at St. Albans, Queens and Montrose, NY. State Nursing Homes are certified to accept Medicare and Medicaid payment.



CONNECT

Veterans Crisis Line:
1-800-273-8255 (Press 1)

Social Media



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- VA 2013 Budget Submission

RESOURCES

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- Adaptive Sports Program

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- Veterans Benefits Administration
- National Cemetery Administration

U.S. Department of Veterans Affairs | 810 Vermont Avenue, NW Washington DC 20420
LAST UPDATED APRIL 16, 2013





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Northport VA Medical Center



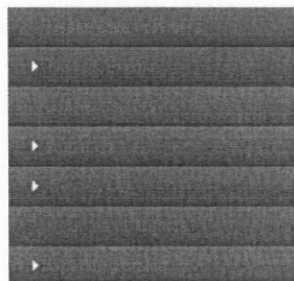
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Home Based Primary Care (HBPC)

Home Based Primary Care (HBPC) is an Extended Care interdisciplinary program which provides primary health services to veterans in their place of residence, in conjunction with family and community support. It provides eligible veterans with a connection to the VA and home visits by members of the HBPC team for patients with multiple chronic long-term diagnoses (physical, social, psychological and spiritual) who are often cared for by a fragile caregiver or live alone. HBPC is a replacement for veterans attending Northport VAMC or a community based outpatient clinic (CBOC) for Primary Care services. Specialty appointments are not available in HBPC. HBPC Interdisciplinary team located at the Northport campus serving part of Suffolk and Nassau county. HBPC team located at the Riverhead CBOC serves a rural population.

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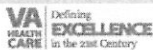
Contact Number(s)

631-261-4400 Ext. 7903

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Hospice and Palliative Care

The VA NY/NJ Healthcare Network (VISN 3) includes 5 VA hospitals and 5 nursing homes and is a leader in VA and among health care organizations across the country. On July 23, 2010, the VISN 3 Palliative Care Program received the prestigious American Hospital Association 2010 Circle of Life Award. This award recognizes 3 programs from across the nation who demonstrate innovative programs in the delivery of palliative and end of life care. VISN 3 is the first organization in the Veterans Health Administration to receive this award.

VISN 3 has been building a palliative and end-of-life care program since 2003 characterized by a network-wide, standardized and interdisciplinary approach to care. The network has established a Palliative Care Team which includes a VISN Palliative Care (PC) Medical Director, VISN Palliative Care Advanced Practice Nurse Program Manager and consultation team members at each of the sites. The core team members of the PC teams include an Advanced Practice Nurse Coordinator, Physician, Social Worker, Chaplain and Psychologist.

Each Palliative Care Team's goal is to ensure that veterans with life-limiting illness and their families receive care in which their comfort is a priority and their values and choices for end of life care are respected. Psychological, social and spiritual needs are addressed and practical and bereavement support are provided.

While each facility has an inpatient Hospice and Palliative Care Unit, palliative care is available in all venues of care in VISN 3, including intensive and acute care, community living centers and at home through collaboration with local hospice agencies.

How can Palliative Care help?

- Symptom management
- Psychosocial and spiritual support for patients and families
- Educational and emotional support for staff
- Continuity and coordination of care
- Communication with patients and families

Ask your physician or nurse if you would like to see a member of our Palliative Care Team. Palliative Care is not just for patients at the end of life. Palliative Care is for everyone with serious illness.

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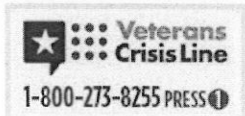
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CONNECT

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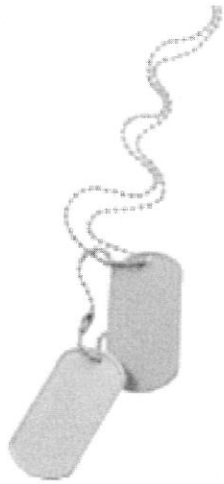
For additional info, please call your local

Caregiver Support coordinator

1-855-260-3274 or visit www.caregiver.va.gov

Caregivers of eligible veterans may qualify for:

Skilled Nursing Care, Home Health Aides, Home Based Primary Care, Medical Equipment, Home Modification, vehicle modification, Aid and Attendance, Individual and group support, telehealth, Respite care, education and training on being a Caregiver



When a Veteran Passes Away

One of the more difficult tasks a survivor may face after the death of a beloved veteran is identifying, securing and completing the numerous claims forms to obtain the VA survivors' benefits. The anxiety and fear of the unknown—who to call, what to do or where to go for help—can be a daunting experience.

To avoid such a situation, and to ensure that those who have proudly served our nation take advantage of all the benefits to which they are entitled, veterans and their families are encouraged to organize their personal and military records as part of their regular estate planning. While your funeral director can assist you with the necessary paperwork, gathering and storing these important documents **now** will help ease the burden and be helpful to your family at the time of need.

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the U.S. Department of Veterans Affairs (VA). Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions. Reservists and National Guard members, as well as their spouses and dependent children, may also be eligible for VA burial and memorial benefits if they were entitled to retirement pay at the time of death, or would have been if they had been over age sixty (60).



IMPORTANT DOCUMENTS

The following documents will be needed when applying for benefits related to a veteran's death:

1. Veteran's Discharge Certificate (DD Form 214) or DD Form 1300 "Report of Casualty" (provided by your Service Casualty Office)
2. Veteran's Social Security Number
3. Veteran's Death Certificate, with the cause of death listed (If the veteran did not die in a VA healthcare facility)
4. Veteran's Birth Certificate (to determine parent's benefits)
5. Marriage Certificate
6. Divorce Decree(s) (if any)
7. Each child's birth certificate, adoption and /or custody documents
8. Social Security Numbers/Cards for all family members
9. Wills and Deeds of Trust
10. Government life Insurance policies

FEDERAL (VA) VETERANS' BURIAL BENEFITS

The VA offers certain benefits and services to honor America's deceased veterans. These include:

- **Burial in a VA National Cemetery:** Eligible veterans, their spouses and dependents can be buried in a VA National Cemetery at no cost to the family.

- **Headstones and Markers:** Eligible veterans are provided a headstone or marker at no cost.

- **Presidential Memorial Certificates:** Issued upon request to recognize the military service of honorably discharged deceased veterans.

- **Military Funeral Honors:** At the family's request, the U.S. Department of Defense (DOD) will provide military funeral honors consisting of folding and presentation of the US flag and the playing of "Taps".

- **Burial Flags:** Funeral directors will provide an American flag, made available by the VA, to drape an eligible veteran's casket.

- **Reimbursement of Burial Expenses:** Generally, the VA will pay a burial allowance up to \$2,000 if the veteran's death is service-related. For certain other veterans, the VA will pay a \$300 burial and funeral allowance and a \$300 plot allowance.

MILITARY FUNERAL HONORS

"Honoring Those Who Served" is the national program for providing dignified military funeral honors to veterans who have defended our nation. Upon the family's request, every eligible veteran may receive a military funeral honors ceremony, to include folding and presenting the United States burial flag and the playing of Taps. A military funeral honors detail will consist of two or more uniformed military persons, with at least one being a member of the veteran's parent service of the armed forces; veterans' service organizations or volunteer groups may help provide honors.

Your funeral director will request military funeral honors on behalf of the veteran's family from the U.S. DOD, NYS Division of Military and Naval Affairs (DMNA) or the NY National Guard. It is important to advise your funeral director immediately if a Military Honors Ceremony is desired because it often takes 48 hours to process and implement a request for such services.

BURIAL FLAGS

A United States flag is provided, at no cost, to drape the casket or accompany the urn of a deceased veteran who honorably served in the U.S. Armed Forces. It is furnished to honor the memory of a veteran's military service to his or her country. Generally, the flag is given to the next-of-kin, as a keepsake, at the conclusion of the funeral service following its use.

Your funeral director will assist you in obtaining a flag from your regional VA office or local U.S. Post Office.

REIMBURSEMENT OF BURIAL EXPENSES

If veteran's death was service-related, the VA will pay up to \$2,000 toward burial expenses for deaths on or after September 11, 2001. VA will pay up to \$1,500 for deaths prior to September 10, 2001. If the veteran is buried in a VA national cemetery, some or all of the cost of transporting the veteran's remains may be reimbursed. There is no time limit for filing reimbursement claims in service-connected death cases.

If the death was non-service-related, the VA will pay up to \$300 toward burial and funeral expenses and a \$300 plot-interment allowance for deaths on or after December 1, 2001. The plot-interment allowance is \$150 for deaths prior to December 1, 2001. If the death happened while the veteran was in a VA hospital or under VA contracted nursing home care, some or all of the costs for transporting the veteran's remains may be reimbursed. ***In non-service-related death cases, claims must be filed within two years of burial or cremation.***

To apply for reimbursement of burial expenses, complete VA Form 21-530 (Application for Burial Benefits), which is available for download at <http://www.va.gov/vaforms1>. You will need to attach a copy of the veteran's military discharge document (DD 214 or equivalent), death certificate, and funeral and burial bills marked "paid in full."

MISCELLANEOUS BENEFITS

Veteran Administration service representatives can answer questions about benefits eligibility and application procedures. A veteran's family may be entitled to benefits such as:

- Dependency & Indemnity Compensation (DIC) for spouse or dependent child(ren)
- Death Pension for spouse or dependent child(ren)
- VA Burial Benefits
- National Service VA Life Insurance

Contact the nearest VA benefits office at 1-800-827-1000 for more information.

VETERANS' ORGANIZATIONS

If your loved one was a member of a veterans' organization such as the Vietnam Veterans of America (VVA), the American Legion, Disabled American Veterans (DAV), or Veterans of Foreign Wars (VFW), ask your funeral director to contact the organization's service representative to arrange for a ritual service and casket bearers. The post representative should also be informed if the family wishes to have the flag presented to the next-of-kin during the graveside service.

MILITARY RECORDS

Veterans and next-of-kin of deceased veterans have the same rights to full access to military records. Next-of-kin are the widow or widower, who has not remarried, son or daughter, father or mother, brother or sister of the deceased veteran. You may now use vetrecs.archives.gov to order a copy of your military records.

Your Personal Records

You will need a variety of information as you begin your journey of obtaining help, some of which include:

1. Military records
2. Medical Insurance (Plan & Numbers)
3. Savings and Checking Accounts
4. Certificates of Deposit
5. U.S. Government Bonds
6. Securities
7. Safe Deposit Box
8. Pension & Profit-Sharing Plans
9. Retirement Plans
10. Motor Vehicles
11. Real Estate
12. Description & Location of Personal Property (Jewelry, furs, collections, etc.)
13. Life & Home Insurance
14. Location of Tax Records
15. Credit Cards
16. Major Creditors
17. Will and Health Care Proxy and Power of Attorney
18. Personal Information:
19. Location of Other Documents:
20. Medical Information

Helpful Websites

www.aging.ny.gov New York State Office of Aging programs, services & information.

www.aarp.org Go to family, then to caregiving.

www.alz.org Alzheimer's Association. Information and services.

www.benefitscheckup.org Benefits and services you may be entitled to.

www.caps4caregivers.org Children of Aging Parents (CAPS) has information helpful to caregivers as well as links to other useful websites.

www.caregiving.org National Alliance for Caregiving. Publications, resources, support group information.

www.dorotusa.org University Without Walls. Group telephone classes.

www.eldercare.gov Local information, referral sources, caregiver resources from the US Health and Human Services Department.

www.health.state.ny.us NYS Department of Health information about obtaining birth, death, marriage certificates, health care proxy forms.

www.helpstartshere.org National Association of Social Workers website. Go to "Seniors and Aging" for caregiving and other topics.

www.liaf.org Long Island Alzheimer's Foundation. Support groups, social model adult day program, respite, workshops.

www.wnyc.com/health/entry/114/ All about MTLC.

www.nymedicaidchoice.com Information about MLTC/MAP/PACE Programs.

<http://wnylc.com/health/entry/169/> Tools for Choosing a MLTC Plan.

<http://www.wnyc.com/health/entry/184/> Appeals and grievances for MLTC programs.

www.medicare.gov Medicare programs including comparison guides for nursing homes.

www.naela.org National Academy of Elder Law Attorneys.

www.nyspltc.org Information about long term care insurance and the NYS Partnership program.

www.responsehotline.org Response of Suffolk County. Crisis intervention and suicide prevention hotline. (631) 751-7500.

www.ssa.gov Social Security Administration website. Information about programs, eligibilities, and forms.

www.suffolkcountyny.gov For information and services, go to: Health and Human Services; Office for the Aging, and Program and Services Guide for SCOFA.

www.unitedwayli.org Information and referral about health and human service agencies and services.

www.va.gov Veteran's Administration. Benefits, eligibilities and services.