

**Not sure what you need,  
just call us at 585-244-8400  
and ask to speak to one  
of our advisors.**

- Our specialty is providing non-biased information and guidance. We can also link you to other providers.
- Learn more about our services at [www.lifespanrochester.org](http://www.lifespanrochester.org)  
Email us at [info@lifespanrochester.org](mailto:info@lifespanrochester.org)
- Lifespan is an independent nonprofit not aligned with any health care system.
- Our main office is at  
**1900 S. Clinton Avenue, Rochester, 14618**



[www.lifespanrochester.org](http://www.lifespanrochester.org)  
585-244-8400

All of Lifespan's services are available in Monroe County. Many of our services, including Financial Management, Ombudsman, fall prevention, Future Care Planning, RSVP, The Finger Lakes Alzheimer's Caregiver Institute and Home-Safe-Home, are now available in additional counties.

Lifespan is nationally recognized as a leader in the growing issue of elder abuse prevention. Lifespan's Upstate Elder Abuse Center provides intervention services in Monroe and these additional counties: Genesee, Livingston, Ontario, Orleans, Schuyler, Seneca, Wayne, Wyoming, and Yates. The center also provides education and training throughout New York state, and oversees the work of multi-disciplinary teams which focus on financial exploitation of older adults.

Lifespan manages two statewide coalitions: The NYS Coalition on Elder Abuse and The NYS Respite & Caregiving Coalition.



#### **ABOUT US**

Lifespan was founded in 1971.

The organization employs 160 people in six locations.

Lifespan is partially funded by the United Way of Greater Rochester, Monroe County Office for the Aging and New York State.

Lifespan is a member of the American Society on Aging, Leading Age NY, the State Society on Aging, the Greater Rochester Area Partnership for the Elderly, the National Council on Aging and the NYS Senior Action Council.

# Lifespan's Services

for Older Adults  
and Caregivers



*Save this reference guide!*

These are some of our more than 30 services that can help you take on both the challenges and opportunities of longer life.

For your **Medicare questions**, we provide monthly Medicare 101 workshops and one-on-one consultations about your Medicare health insurance options.

If you no longer drive, we can help you find transportation options and help you make a transportation appointment.

If you are caring for a loved one with **Alzheimer's disease**, we have new and enhanced services like respite, family consultation, peace of mind planning, and training and education.

**Housing options** for older adults are confusing. Our care managers can help you assess a situation, provide information and guide you.

Many people have **questions about eldercare and/or in-home care**. Our care coordinators can provide the guidance you need.

**Prevent a fall** – Our Home-Safe-Home service does minor home modifications and safety assessments. And our **Matter of Balance workshops** are proven to increase activity levels and reduce the fear of falling.

We can help you **plan for the future care** of a loved one with a developmental or other disability in our Future Care Planning service.

**Coordinating medical care** can be challenging. Our Healthcare Coordinators are LPN nurses who schedule appointments, advocate and be with patients at appointments.

It's possible to live better with a chronic disease. We provide ongoing **Living Healthy workshops** around our community.

Concerns about **elder abuse or financial exploitation or scams** can be investigated by our elder abuse prevention team.

Our bonded and trained volunteer financial managers can visit you at home to **help with bill paying tasks** and ensure you have the right state and federal benefits.

Do you know an older adult who is **abusing alcohol or prescription drugs**? Our geriatric addictions program provides in-home care management and counseling.

**Concerns about care in a nursing home** can be handled by our Ombudsman program. Our trained volunteer Ombudsmen visit every nursing home to advocate for residents.

We can help you find a **fulfilling volunteer role** at Lifespan or in many other nonprofit organizations.

Our vibrant older adult centers within the Penfield, Gates, and Maplewood YMCAs and our downtown center in the Sibley Square feed your mind, body and spirit with **new friendships and engaging activities and classes**.

Go to [www.lifespanrochester.org](http://www.lifespanrochester.org) for a complete listing of our ongoing workshops and classes like fall prevention, Medicare 101, Living Healthy, Tai Chi and more!

**Call us** to speak to your group about Lifespan or about topics like housing, ID theft/scam prevention, Medicare, caregiver services and many more.

More than **30 resource lists** for older adults are available at [www.eldersource.org](http://www.eldersource.org)

*Examples: Assisted Living, Elder Law Attorneys, Geriatricians, Hearing Resources, Home Support Services, Meal Delivery, Pharmacy Delivery, Transportation.*



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