

COMMUNITY SERVICE INFORMATION AND REFERRALS

Riverhead offers a variety of senior services and programs including "Meals-On-Wheels", Homebound services, bus transportation, respite and day care services.

RIVERHEAD TOWN HALL	727-3200
RIVERHEAD FREE LIBRARY	727-3288
RIVERHEAD SENIOR CENTER	722-4444
RIVERHEAD RECREATION	722-4444
RIVERHEAD TRANSPORTATION	722-4444 ext 290
RIVERHEAD POST OFFICE	722-1019
TTY (HEARING Assisted)	800-877-7833
CALVERTONS POST OFFICE	722-0067
MEDICARE	800-633-4227
RIVERHEAD PUBLIC ASSISTANCE	852-3500
HEAP (HOME HEATING HELP)	853-8326
SUFFOLK COUNTY OFFICE OF THE AGING	852-1420
VISITING NURSE OF ASSOCIATION OF LI	516-739-1270
RIVERHEAD MEALS ON WHEELS	722-4444 ext 304
NUTRITION CENTER FLANDERS/RIVERHEAD	722-4444

HELPFUL INTERNET SITES FOR SENIORS

- www.abledata.com Provides objective information about assistive technology products and Rehabilitation equipment.
- www.acl.gov Administration for Community Living Website directs you to local and regional agencies for senior services. It connects you to your local area agency on aging
- www.adrcinc.org The Alzheimer's Disease Resource Center provides a variety of programs and services for people with Alzheimer's Disease or for families, direct care professionals and health care professionals.
- www.alz.org Alzheimer's Association. Information about caring for a loved one with Alzheimer's. Tips available on coping, bathing, financial planning, and medical insurance. Site can be translated into several languages.
- www.benefitscheckup.org National Council on the Aging (NCOA) website. Benefits Checkup is a free, easy-to-use service that identifies federal and state assistance programs for older Americans. Older adults and family members can quickly identify programs and learn what benefits are available. Information given is completely confidential.
- www.brightfocus.org BrightFocus Foundation is a nonprofit organization supporting research and providing public education to help educate brain and eye diseases, including Alzheimer's disease, macular degeneration, and glaucoma. We are working to save mind and sight.
- www.caregiver.org The Family Caregiver Alliance website features specialized information on Alzheimer's disease, stroke, traumatic brain injury, Parkinson's disease, ALS and other disorders and long-term care concerns. A Resource Center includes an online support group and online caregiver consultation. The site provides support to family caregivers.

- www.caregiverslibrarv.org One of the most extensive libraries for caregivers that exist today.
- www.caregiving.org This National Alliance for Caregiving site was recognized by Modern Maturity magazine as one of the best online resources for family caregivers and was chosen to be a "Hot Site" by USA Today Online. The site currently has six online support groups. Informative website assisting caregivers in getting through the "phases" of caregiving. Caregiver Survival Kit and Caregiver Newsletter are available through this site.
- www.eldercare.gov... Eldercare Locator a public service of the US Administration on Aging. Local information, referral resources and contact information for state and local agencies.
- www.gmhfonline.org The Geriatric Mental Health Foundation was established by the American Association for Geriatric Psychiatry to raise awareness of psychiatric and mental health disorders affecting the elderly, eliminate the stigma of mental illness and treatment, promote healthy aging strategies, and increase access to quality mental health care for the elderly.
- www.healthfinder.gov When making decisions about your health, it's important to know where to go to get the latest, most reliable information. healthfinder.gov has resources on a wide range of health topics selected from approximately 1,400 government and non-profit organizations to bring you the best, most reliable health information on the Internet.
- www.health.ny.gov Information about services available in New York State including: Nursing Home and Hospital Profiles, Medicaid, Medicare Part-D, EPIC (Prescription Protection for Senior's), forms, and links to other information sites.
- www.homemods.org This web site, a university-based and non-profit effort, is dedicated to promoting aging in place and independent living for persons of all ages and abilities. It offers training and education opportunities for professionals who wish to respond to the increasing demand for home equip professionals and consumers with a comprehensive inventory of resources such as a National Directory of Home Modification and Repair Resources.

- www.longtermcarelink.net Valuable information regarding long term care, including additional topics and links to other websites.
- www.medicare.gov Offers a complete guide on Medicare, including Nursing Home Compare, which posts national survey reports on all homes and allows you to compare them, and a comparison guide on managed care plans.
- www.benefits.ny.gov My Benefits is the fast and easy way to find out about many health and human services programs and how to apply for them. Information on programs such as Food Stamps, HEAP, WIC, Medicaid, EPIC, and Veterans Affairs
- www.nyconnects.ny.org Finding the right long-term services and supports to help you can be very Confusing. NY Connects: choices for long term care is your trusted place for information and assistance about long term services and supports whether you are paying for services yourself, through insurance or eligible for a government program. The website provides the tool to search for general information on different types of long term services and supports.
- www.nextstepincare.org Provides information and advice to help family caregivers and health care providers plan safe and smooth transitions for patients.
- www.nfcares.org National Family Caregivers Association website provides information and education; support and validation; public awareness and advocacy. Family caregivers are invited to write short stories about their experiences as caregivers as part of the Family Caregiver Story Project. Caregivers are able to read other caregivers' stories and have a voice that can be heard by legislators, the media and health care professionals.
- www.nvhousccalls.org Offers doctor referral services for house calls in Brooklyn, Queens, Bronx, Nassau County, and Suffolk County, New York. They do not provide emergency services. Offers in-home x-rays, EKGs, lab services, ultrasounds, neurology, cardiology and family medicine. Accepts Medicare and senior discounts may be provided.

www.nyspltc.org

Comprehensive information about long term care insurance, and the New York State Partnership program.

www.sageli.org

Provides services and advocacy for Gay, Lesbian, Bisexual, and Transgender Elders.

www.ssa.gov

Social Security Administration website includes information on Social Security Retirement, Survivor's Benefits, Disability Insurance, and Supplemental Security Income (SSI). Website answers many questions.

www.va.gov

The US Department of Veterans Affairs website. This website describes a full range of benefits, eligibility and contact information. It also has descriptions of medical services.

www.wellspouse.org

This is a nonprofit organization that provides services to spousal caregivers: husbands, wives or partners - current or former - of persons with chronic illness and/or disability. For a membership fee of \$30.00 you will receive a quarterly newsletter called Mainstay, written for and by well spouses. In this newsletter are helpful articles, information and letters written by others in similar situations. To contact Well Spouse Association call: 1-800-838-0879.
E-mail: info@wellspouse.org
Support groups: support@wellspouse.org