

Out-of-Home Placement Facilities

Adult Homes:

Clare Bridge of Manlius, Fayetteville

The Heritage, E. Brighton Ave., Syracuse

Park Terrace, Baldwinsville

The Nottingham, Jamesville

Sedgwick Heights, James St., Syracuse



Nursing Homes:

James Square Health & Rehabilitation Centre, James St., Syracuse

Loretto Health & Rehabilitation Center, E. Brighton Ave., Syracuse

Rosewood Heights Health Center, S. Crouse Ave., Syracuse

St. Camillus Health & Rehabilitation Center, Fay Rd., Syracuse

Sunnyside Care Center, E. Syracuse

Syracuse Home Association, Baldwinsville

What Respite Families Have to Say:

"This program was a tremendous help in enabling me to keep my mother out of a nursing home. I was the primary caregiver and was desperately in need of some time off to renew my strength and continue to care for my mother in my home."

"We need this time for ourselves to be able to cope with Alzheimer's in our home. I do not know what we would have done without this special program."

Home Aides of Central New York

723 James Street, Syracuse, NY 13203

P: 315-476-4295 F: 315-476-0538

E: services@eldercareny.org

As a family caregiver, your days are spent fulfilling the needs of a loved one who is no longer able to manage certain activities in his or her daily life. Whether you're helping maintain the household or assisting with personal care, your time is devoted to this person, leaving little occasion for your own rest and rejuvenation.

We understand your personal dedication to caregiving. Perhaps you're hoping to keep your loved one at home for as long as possible, or maybe you're trying to avoid the need for a paid caregiver. Whatever your reason, it is important to remember to strike a balance between caring for others and caring for yourself.

Taking time for yourself, so that you are better able to care for your loved one, is the purpose of respite. Through the support of the New York State Office for the Aging and the Onondaga County Department of Aging & Youth, our Respite Program can offer you relief from the demands of your caregiving responsibilities.

Respite Care



*Providing a needed break
for caregivers like you*

HomeAides
of Central New York

315.476.4295

Types of Respite Care

The type of respite care depends upon your need:

1. If you wish to leave home for a short break each week, an aide can provide up to four (4) hours of service per week on an ongoing basis. One of our registered nurses will assist you in developing the best plan of care for your loved one, which may include services such as:

- ☞ Companionship
- ☞ Escorts to medical appointments
- ☞ Escorts to/from bedroom or bathroom
- ☞ Changing of bed linen
- ☞ Assistance to/from bed or chair
- ☞ Medication Reminders

2. If you wish to leave home for a few days, aide service, under the supervision of a registered nurse, can be arranged for up to 24 hours per day, for more than one day at a time. In addition to providing basic housekeeping assistance, home health aides can provide a full range of services from bathing, dressing, and grooming, to medication reminders, transfers and assistance with walking.

3. If you require a longer respite period, a temporary out-of-home placement in an adult home or nursing home (see list) enables you to leave home for an extended period of time. Emergency respite is also available when you are unable to provide care due to an unforeseen circumstance, such as a sudden illness.



Arranging for Respite Care

Respite care is easily arranged through a phone call to Home Aides of Central New York at 315.476.4295. Our Respite Coordinator will work with you to determine the type of care that best fits your needs, and we will facilitate the arrangements for your service.

Call 315 - 476 - 4295
for more information,
or visit
www.eldercarecny.org

Frequently Asked Questions

How Do I Qualify for Respite Care?

If you are an Onondaga County resident who provides full-time care for a person over the age of 60 or, alternatively, you are over the age of 60 and provide full-time care for a chronically ill or disabled individual, you qualify.

Why Request Respite Care?

Maybe you are going out of town on business, planning a vacation, or recovering from recent surgery. Or perhaps you're simply looking for some quiet time to tend to your own personal needs. Whatever your reason, all that truly matters is the peace of mind that comes from knowing your loved one is well cared for in your absence.



How is Respite Care Provided?

There are several types of respite care, which can be provided either in the home or outside the home. The type to be offered in any particular case is determined by you and our Respite Coordinator, with assistance from our nurses and other professionals when needed.

What is the Cost of Respite Care?

Payment for respite services is based upon your loved one's ability to pay. Participants are asked to make a voluntary contribution based upon financial ability; the remaining costs are covered by Respite Program grants. Costs will be explained to you prior to the initiation of service.

How Much Respite Service Can I Receive?

In-home and out-of-home respite care can be provided up to 24 hours a day for a maximum of 42 days (six weeks) per year. Alternatively, you can receive up to four (4) hours of in-home respite care per week on an ongoing basis. The actual amount of service depends on the availability of federal, state, and local funding.

*Funding for this program is provided by:
New York State Office for the Aging
Onondaga County Department of Aging & Youth*