

**RESOURCES FOR ADULTS WITH DEVELOPMENTAL DISABILITIES  
IN TOMPKINS COUNTY**

Prepared by Caregivers' Resource Ctr., Office for the Aging  
10/2003

**ADVOCACY and LEGAL ASSISTANCE**

- Advocates for the Disabled, NYS** 1-800-522-4369  
Informs people with disabilities of their rights and helps them obtain appropriate assistance.
- Broome Legal Assistance Corp.** 723-7966  
Legal help for people with mental, physical, learning, and developmental disabilities.
- Finger Lakes Independence Center(FLIC)** 272-2433  
Information and referral, and advocacy for people with disabilities and their families.

**SERVICE COORDINATION**

Service Coordinators can help individuals to access necessary services, develop an individual service plan, manage resources, and coordinate and monitor quality of service providers. Agencies that can provide case management services to adults with developmental disabilities are:

- Challenge Industries** 272-8990  
**Dept. of Social Services - Protective Services** 274-5323  
**Developmental Disabilities Services** 273-0811  
**Groton's Services for Adults with Devel. Disab.** 898-5701  
**Unity House** 272-1741  
**Franziska Racker Centers** 277-8020

**DAY PROGRAMS**

- Day Treatment Program; Devel. Disabilities Svc** 273-0811  
Individualized skill development program for persons with moderate to profound levels of disability.
- DayBreak - Groton Community Health Care Ctr.** 898-5876  
Social model day program for older adults.
- Longview's Adult Day Community** 375-6323  
Social model day program for older adults.

**Challenge Industries****272-8990**

Supported work, day training, sheltered employment, and job placement services.

**Habilitation Services**

Personalized day activities are available under the Home and Community Based Waiver, and can be provided through the following agencies: Challenge Industries, Unity House, Developmental Disabilities Svc, and Franziska Racker Centers.

**EQUIPMENT PURCHASE OR LOAN****Equipment Loan Fund for the Disabled****1-800-342-3715**

NYS Department of Social Services provides low interest loans to disabled New York residents to purchase equipment to assist daily living, i.e. wheelchairs, ramps, van lifts, TDD's, etc. Amounts available range from \$500 to \$4,000.

**Finger Lakes Independence Center****272-2433**

A free loan closet for wheelchairs, canes walkers, portable ramps, TDD, closed caption decoders, phone amplifiers, etc. Also provides consultation on home modifications and accessibility.

**Traid-In****1-800-522-4369**

Advertises previously-used adaptive equipment and devices for individuals with disabilities.

**VESID****1-800-888-5020**

NYS Office of Vocational & Educational Services for Individuals with Disabilities (VESID) may provide financial help with hearing aides, assistive devices, ramps, minor home remodeling to improve accessibility, etc., as part of a vocational plan or for persons with a goal of homemaking. Financial need must also be demonstrated.

**FAMILY CAREGIVER SERVICES****Caregivers' Resource Center****274-5482**

Provides counseling, information and referral, training workshops, support groups, and a lending library for caregivers of older adults and those with disabilities. The Office for the Aging also facilitates a support group

for caregivers of adults with developmental disabilities, CADD. This group meets once month in evening, 6-8 PM. Contact Trina Schickel, 274-5491for more information.

**NYSARC**

**1-518-439-8311**

Formerly the Association for Retarded Children, NYSARC provides services to children and adults who are mentally retarded and their families. Although Tompkins County has no local ARC chapter, information can be accessed through the State office, or from offices in neighboring counties.

**FINANCIAL ASSISTANCE**

**Department of Social Services (DSS)**

<b>Food Stamps</b>	<b>274-5343</b>
<b>Home Relief</b>	<b>274-5345</b>
<b>Medicaid</b>	<b>274-5328</b>

Through the above programs and others, DSS provides a variety of financial programs to assist individuals. Most programs are income-based, although protective services are based on need.

**Developmental Disabilities Service**

**273-0811**

The Resource Network program provides financial services to families for equipment, short-term contracts for services, etc.

**Social Security Administration 256-3651, 1-800-772-1213**

Supplemental Security Income (SSI), Social Security Disability (SSD), Social Security and Medicare provide financial assistance to elderly and disabled persons.

**Franziska Racker centers**

**272-5891**

The Family Reimbursement Program offers financial reimbursement for family members providing respite care to adults and children with developmental disabilities.

**Veterans Affairs, NYS Division**

**272-1084**

Information, referrals, and counseling concerning veterans' benefits, and assistance applying for benefits. Disabled dependents of veterans may be eligible for pension, compensation, and education benefits.

**INFORMATION**

**Developmental Disabilities Services**

**273-0811**

Provides a wide range of information on developmental

disabilities.

**Finger Lakes Independence Center**

**272-2433**

The **Finger Lakes Independence Center** provides services for people with disabilities and their families: information and referral, advocacy, accessible housing lists, lists of interpreters, scribes and attendants, accessibility consultation, independent living skills instruction, peer counseling and education as well as information and counseling from the Student Services Coordinator regarding the transition process from school to the adult world.

**National sources of information**, as well as newsletters and periodicals, are attached at the end of this handout.

**IN-HOME CARE**

In-home care, if not covered by Medicare or Medicaid, may be purchased privately or from home health care agencies.

**Women's Opportunity Center**

**277-7686**

Links households needing in-home help with independent nurses, homemakers, companions, personal care aides, cleaning personnel, drivers, errands, and yardwork.

**Long Term Care Coordinating Service**

**274-5278**

Provides free, in-home evaluations and assistance in planning and coordinating in-home services. Also assists with applications to nursing homes.

**Home care agencies** covering Tompkins County are:

<b>Classen Home Health Associates, Inc</b>	<b>277-1342</b>
<b>Community Health and Home Care, Inc.</b>	<b>273-7780</b>
<b>Family &amp; Children's Service</b>	<b>277-8081</b>
<b>Gentiva</b>	<b>1-800-477-8793</b>
<b>Public Health Nursing Division</b>	<b>274-6656</b>
<b>Stafkings Healthcare Systems</b>	<b>273-5335</b>
<b>Visiting Nurse Svc of Ithaca &amp; Tompkins Co.</b>	<b>273-0466</b>

Home care agencies which can provide services covered by **Medicare** are:

<b>Public Health Nursing Division</b>	<b>274-6656</b>
<b>Visiting Nurse Svc. of Ithaca &amp; Tompkins Co.</b>	<b>273-0466</b>

Home care agencies or programs which can provide services covered by **Medicaid** are:

<b>Long Term Care Unit - Dept. of Soc. Svcs.</b>	<b>274-5278</b>
--	-----------------

## RECREATION

- Recreation Mainstreaming Services** **273-8364**  
Recreation activities for adults with developmental disabilities. Supervised activities including dances, coffeehouses, community outings. Supportive friendship program.
- Special Olympics** **273-0566**  
**Jan and Dick Krizek, Coordinators**  
Athletic opportunities in our region and also the Chance to travel to other cities in New York state.

## RESIDENTIAL OPTIONS

- Developmental Disabilities Service** **273-0811**  
IRA's (Individual Residential Alternatives), Community Residences, family care program, and individualized housing under the Home and Community Based Waiver.
- Unity House** **272-1741**  
Community residences, supportive apartments, housing under Individualized Support Services (ISS) and Home and Community Based Waiver programs. Unity House. serves adults with developmental and psychiatric disabilities.
- Franziska Racker Centers** **272-5891**  
There are currently eleven residential houses in the county with an expectation of developing more based on the needs of individuals on the waiting list. You are encouraged to call Pat Montanez at ext. 204 for more information.

## TRANSPORTATION

- Gadabout Transportation Service** **273-1878, 898-4661**  
Demand-response transportation for people 60 and over, and those with a disability.

Additionally, transportation is offered for many of the programs listed in this handout by the programs themselves.

- ADA Paratransit Service** **277-9388**  
The ADA Paratransit Service is specialized Transportation to serve persons with disabilities which prevent them from riding a fixed bus route.

## VOCATIONAL SERVICES

### **Challenge Industries**

**272-8990**

Employment counseling, vocational training, and job placement for people with physical and developmental disabilities, sheltered employment, remedial education.

### **VESID**

**1-800-888-5020**

Services designed to develop, improve, and restore a disabled person's ability to work, job counseling, job training, job placement and referral, physical rehabilitation.

## **Local Agencies Serving Developmentally Disabled Adults**

### **Dept. of Social Services**

320 W. State Street  
Ithaca, NY 14850  
(607) 274-5211

### **Advocates for the Disabled, NYS**

1-800-522-4369

### **Developmental Disabilities Service**

1257 Trumansburg Road  
Ithaca, NY 14850  
(607) 273-0811

### **Broome Legal Assistance Corp.**

30 Fayette Street  
Binghamton, NY 13901  
(607) 723-7966

### **Equipment Loan Fund for the Disabled**

NYS Dept of Social Services  
Office of Financial Mgmt., 13D  
40 North Pearl Street  
Albany, NY 12243  
1-800-342-3715

### **Caregivers' Resource Center**

Office for the Aging  
320 North Tioga Street  
Ithaca, NY 14850  
(607) 274-5482

### **College for Life Long Learning**

Educational Opportunities for  
adults with developmental  
disabilities. 274-5491,  
320 N. Tioga Street, Ithaca

### **Challenge Industries**

402 E. State Street  
Ithaca, NY 14850  
(607) 272-8990

**Finger Lakes Independence  
Center (FLIC)**  
**215 Fifth Street**  
Ithaca, NY 14850  
(607) 272-2433

**Gadabout Transportation  
Service**  
737 Willow Avenue  
Ithaca, NY 14850  
(607) 273-1878

**Groton's Services for Adults  
with Developmental  
Disabilities**  
Groton Community Health Care  
Center  
120 Sykes Street  
Groton, NY 13073  
(607) 898-5876  
(607) 898-3034 Fax

**Unity House**  
408 E. State Street  
Ithaca, NY 14850  
(607) 272-1741

**Longview**  
1 Bella Vista Dr.  
Ithaca, NY 14850  
(607) 375-6323

**Long Term Care Coordinating  
Service**  
320 W. State Street  
Ithaca, NY 14850  
(607) 274-5278

**Reconstruction Home**  
318 S. Albany Street  
Ithaca, NY 14850  
(607) 273-4166

**Recreation Mainstreaming,  
SvcS.**  
Ithaca Youth Bureau  
1 James Gibbs Drive  
Ithaca, NY 14850  
(607) 273-8364

**Social Security Administration  
Center Ithaca**  
Ithaca, NY 14850  
1-800-772-1213  
(607) 256-3651

**Franziska Racker Centers**  
21 Wilkins Road  
Ithaca, NY 14850  
(607) 272-5891

**Office of Vocational and  
Educational Services for  
Individuals with Disabilities  
(VESID)**  
Elmira Unit  
110 W. 2nd Street  
Elmira, NY 14901  
1-800-888-5020

**Veteran's Affairs, NYS  
Division**  
VFW Building  
423 West State Street  
2<sup>nd</sup> Floor  
Ithaca, NY 14850  
(607) 272-1084

**NATIONAL RESOURCES ON  
DEVELOPMENTAL  
DISABILITIES**

**National Program Office on Self-  
Determination, University of New  
Hampshire, Institute on Disability  
Web**

**site: [www.selfdetermination.org](http://www.selfdetermination.org)**

**7 Leavitt Lane, Suite 101**

**Durham, New Hampshire 03824**

**Phone: 603-862-4810**

**E-mail: [mry@hopper.unh.edu](mailto:mry@hopper.unh.edu)**