

LIVE WELL And AGE WELL PLANNING RESOURCE GUIDE

TOPIC	RESOURCE	DESCRIPTION	WEBSITE	PHONE #	
MY AGING PLAN	Westchester County Dept. of Senior Programs and Services	Step-by-step guide on how to age successfully starting in your 20's and following through to your 80's and beyond.	https://seniorcitizens.westchestergov.com/images/stories/pdfs/2018map.pdf	914-813-6300	
HOUSING					
	Westchester County Dept. of Senior Programs and Services	Senior Housing Guide	https://seniorcitizens.westchestergov.com/housing	914-813-6300	
<i>Assistance with Rent Arrears</i>	Westchester County Dept. of Social Services	Assistance with Rent Arrears	https://socialservices.westchestergov.com/temporary-assistance/homeless-services	914-995-3333	
	Catholic Charities Community Services (Westchester)		https://cccsny.org/services/neighborhood-centers-westchester-county	888-744-7900	
	The Bridge Fund of Westchester		https://thebridgefund.org/westchester/	914- 949-8146	
	Westchester Residential Opportunities		https://wroinc.org/	914-428-4507	
	Westchester Hispanic Coalition		https://www.lawhelpny.org/organization/westchester-hispanic-coalition	914-948-8466	
	Human Development Services of Westchester, Inc.		https://www.hdsw.org/	914-939-2005	

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<i>Assistance with housing for individuals with disabilities</i>	Westchester Disabled on the Move	Meet with a housing advocate to discuss housing issues	https://wdom.org/	914-968-4717
<i>Legal Counseling</i>	Legal Services of the Hudson Valley	Legal services for eviction prevention and other services	https://www.lshv.org/	877-574-8529 (intake line)
<i>Landlord Dispute Mediation</i>	Hudson Valley Justice Center	Assist tenants and landlords with solutions to prevent litigation proceedings	https://hvjc.org/	914-308-3490
	Mount Vernon United Tenants		https://mvut.org/	914-699-1114
	Westchester Mediation Center of CLUSTER		https://clusterinc.org/our-services/mediation-centers/	914-963-6440
<i>Credit Counseling</i>	CLARO	Limited legal services for credit defaults, call to screen for eligibility	http://www.claronyc.org/claronyc/Westchester/westchester.html	877-574-8529
	Consumer Financial Protection Bureau	Federal Agency to protect financial rights of consumers.	consumerfinance.gov	855-411-2372
	National Foundation for Credit Counseling	Counseling for debt reduction, improved credit standing	https://www.nfcc.org	800-388-2227
	Financial Counseling Association of America	Will help create, implement a credit repair program	https://fcaa.org	800-450-1794
	Credit Check	One free annual credit report	www.annualcreditreport.com	877-322-8228

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TRANSPORTATION	Westchester Bee-Line Information	Schedules and information for public transit in the County	https://transportation.westchestergov.com/bee-line	Bee Line Bus Customer Service 914-813-7777
		Bee-Line information for seniors and disabled	https://transportation.westchestergov.com/bee-line/senior-and-disabled-services	
		Information about para transit services	https://transportation.westchestergov.com/bee-line-paratransit	
	AAA	Senior Transportation Mobility Planner document Drivers 65+ Self Rating Tool Facts and Suggestions for SafeDriving	https://exchange.aaa.com/wp-content/uploads/2021/03/Senior-Transportation-Mobility-Planner.pdf Driver-65-Plus.pdf (aaa.com)	
	Westchester County Dept. of Senior Programs and Services	Planning for Driving Retirement: A Guide to Transportation Options for Older Adults document	https://seniorcitizens.westchestergov.com/images/stories/pdfs/2022drivinginretirement.pdf	
Keys to Driving Safely: Video from Older Driver Safety Week 2022		https://youtu.be/xhBky8GtuSII		
	Westchester Jewish Community Services	Project Time Out offers caregivers of older adults an Escort Program that enables caregivers to enlist an escort to accompany their loved ones 60 years or older to a doctor visit, shopping trip, errand, movie or restaurant. Escorts do not drive.	https://www.wjcs.com/services/seniors/respite-for-caregivers-project-time-out/	914-761-0600 x2310
	Greater Wisconsin Agency on Aging Resources	Map Your Driving Retirement: Workbook to help plan driving retirement	https://gwaar.org/api/cms/viewFile/id/2005244	
	University of Michigan	Driving Decisions Workbook	https://www.michigan.gov/-/media/Project/Websites/agingdriver/MDO	
	RideConnect	Volunteer drivers for people age 60+ for doctor's appointments	https://www.rideconnectwestchester.org/	914-242-7433
	Transportation Resources Access	Volunteer rides to medical appointments information and referrals to services for older adults and adults with vision impairment	https://my-tra.org/	914-764-3533

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HEALTH AND WELLNESS	Westchester County Dept. of Senior Programs and Services	List of Senior Nutrition Sites and Home Delivered Meals	https://seniorcitizens.westchestergov.com/nutrition-program	914 813-6300
		List of Food Pantries in Westchester	https://childrensvillage.org/wp-content/uploads/2020/03/Westchester-County-Food-Pantries.pdf https://www.foodpantries.org/co/ny-westchester https://feedingwestchester.org/find-help/agency-locator/	
		Soup Kitchens	https://feedingwestchester.org/find-help/agency-locator/	
		Farmers Markets	https://suburbs101.com/westchester-farmers-market-guide/ https://agriculture.ny.gov/farmers-markets-county?county	
Food and Nutrition Benefit Assistance	SNAP	Eligible household with elderly or person with disabilities and monthly income less than \$2265/ one person and \$3053/2 persons	https://mybenefits.ny.gov/mybenefits/begin	Call Dept of Social Services for paper application 914-995-5000
	USDA Hunger Hotline	Can direct you to local resources near you	https://www.hungerfreeamerica.org/en-us/usda-national-hunger-hotline	1 866 3-HUNGER
Screening for Falls Risk	Centers for Disease Control	Resources for Screening for Falls Risk	www.cdc.gov/steady/pdf/STEADI-PocketGuide-508.pdf https://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf https://www.cdc.gov/steady/patient.html	
CAREGIVING	Westchester Public Private Partnership for Aging Services	See the Careprep website developed by the Caregiver Collaborative for a full list of resources and contact information.	https://careprepwestchester.org/resources-2/	914-813-6441
	Alzheimer's Association Hudson Valley	Provide information and resources for patients and family members	https://www.alz.org/hudsonvalley	24/7 Helpline 800-272-3900

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LONG TERM CARE	NYS Insurance Dept.	Long Term Care insurance options	http://www.ins.state.ny.us/	212-480-6400
	Westchester County Veteran's Service Agency	VA Aid and Assistance	https://veterans.westchestergov.com/	914 995-2145/2146
	Westchester County Dept. of Senior Programs and Services	EISEP (Expanded In Home Services for Elderly Program)	https://seniorcitizens.westchestergov.com/	914-813-6442
Medicare Counseling		https://seniorcitizens.westchestergov.com/money-and-legal/medicare	914-813-6100	
Adult Day Centers for elderly to socialize with others		https://seniorcitizens.westchestergov.com/adult-day-care	914 813-6300	
	Westchester Library System	Medicare Counseling	https://seniors.westchesterlibraries.org/senior-benefits/	914 417-9102
	NY Dept. of Health	Medicaid	https://www.health.ny.gov/health_care/medicaid/	1-800-541-2831
	Westchester Jewish Community Services	Project Time Out: In-home respite services to Westchester families caring for either a dependent older person or a child with an intellectual or developmental disability.	https://www.wjcs.com/services/seniors/respite-for-caregivers-project-time-out/	914-761-0600
DISABILITY ADVOCACY	Westchester County Office for People with Disabilities	Answer questions, provide assistance or direct to resources.	https://disabled.westchestergov.com/	914 995-2956
	ARC Westchester	Supports children, teens and adults with intellectual and developmental disabilities, including individuals on the autism spectrum, and their families.	https://arcwestchester.org/	914-949-9300
	Westchester Disabled on the Move	Advocacy, Awareness, Independence	https://wdom.org/	914 968-4717

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DISABILITY ADVOCACY(contd)	Westchester Institute for Human Development	Comprehensive community resource for individuals with intellectual and developmental disabilities	https://www.wihd.org/	914-493-8204
	Westchester Independent Living Center	Peer-driven, community-based organization that empowers people with disabilities to lead self-directed lives in the community through advocacy, training and referral to resources that promote independent living.	https://www.wilc.org/	914 682-3926
	Ability Beyond	Provide services to people with disabilities	https://abilitybeyond.org/	914-242-8720
VETERANS	Westchester County Veterans Service Agency	Services include free accredited representation, securing military and personal records, obtaining medals and awards and assistance with veterans real property tax exemption filing and veterans medical ID card enrollment.	https://veterans.westchestergov.com/	914 995- 2145/2146
	VA Health Care for Elderly Veterans	Provide benefits and services that address a variety of issues including the changing health risks, as well as financial challenges through VA benefits and health services.	https://www.benefits.va.gov/persona/veteran-elderly.asp	1 800-698- 2411
	Women Veterans Call Center	Help you navigate VA and connect you with the Women Veterans Program Manager at your local VA medical center.	https://www.womenshealth.va.gov/wvcc.asp	855-829-6636
SAFETY AND ELDER ABUSE	Adult Protective Services	System of services provided w for persons 18 or older, who, because of a mental and/or physical impairment, are at risk of harm or are unable to meet their own needs and have no one to assist them responsibly.	https://socialservices.westchestergov.com/adult-child-family-services/adult-protective-services	914 995-2259
	Pace Women's Justice Center	Provides free legal services to victims and survivors of domestic violence, sexual assault, and elder abuse	https://law.pace.edu/wjc	914-287-0739

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SAFETY AND ELDER ABUSE (cont'd)	Westchester County District Attorney's Elder Abuse Unit	The Special Prosecutions Division (SPD) investigates and prosecutes cases of domestic violence, child and elder abuse, human trafficking, and sex crimes.	https://www.westchesterda.net/divisions	914-995-3412
	Westchester County Office for Women	Work to ensure equal rights for all women. Advance the cause of women, support them in their choices and serve their needs.	https://women.westchestergov.com/	914-995-5972
	Westchester County Dept. of Senior Programs and Services	Elder Abuse Help Line	https://seniorcitizens.westchestergov.com/	914-813-6436
MENTAL HEALTH	Westchester County Department of Community Mental Health	Plans, oversees and coordinates services for individuals with behavioral health issues and their families. Behavioral health includes mental illness, developmental/intellectual disabilities and substance use disorders.	https://mentalhealth.westchestergov.com/	914-995-5220
PALLIATIVE CARE	Collaborative for Palliative Care	Improving care for the seriously ill through education research and advocacy	cpcwestchester.org/	N/A
	Medical Orders for Life-Sustaining Treatment (MOLST)	MOLST is intended for patients with serious health conditions who: Want to avoid or receive any or all life-sustaining treatment;Reside in a long-term care facility or require long-term care services; and/orMight die within the next year.	https://www.health.ny.gov/professionals/patients/patient_rights/molst/	N/A
TECHNOLOGY	Older Adults Technology Services (OATS)	Goal is to assist older adults to utilize technology. Large variety of online classes.	https://oats.org/	718-360-1707
	Virtual Senior Center	Online destination for wide variety of Zoom classes	https://aging.ny.gov/news/bringing-senior-centers-older-adults	914-813-6263
	Conducted every 10 years, last	An accurate count enables Westchester County to receive billions of dollars in state and federal funding that is allocated based	https://www.census.gov	301-763-INFO (4636)

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US CENSUS	one was done in 2020. Important for all to participate.	on population, and can be used for our schools, infrastructure, roads, hospitals, fire departments and after school programs.		