

EASY ACCESS TO INFORMATION

Erie County NY Connects is your "one-stop" for information about long term care for people living in Erie County.

Finding your way around the long term care system can be challenging. Our goal is to help you identify the best available care options, so you can make the best decisions.

Erie County NY Connects serves people of all ages, because long term care affects people of all ages. Unbiased information is offered to the community free of charge.

Call (716) 858-8526 or send an e-mail to nyconnects@erie.gov

To discuss your particular situation, contact Erie County NY Connects.

Experts can help you understand choices, plan for care at all ages, and explain options to pay for services.



ERIE COUNTY NY CONNECTS

95 Franklin St. Room 1329
Buffalo, NY 14202

Phone: 716-858-8526
Long distance: 1-800-396-2705
E-mail: nyconnects@erie.gov
www.erie.gov/nyconnects

Funded by the New York State Office for the Aging

Jointly sponsored by the Erie County Departments of Senior & Social Services in collaboration with community organizations

Erie County Executive Mark Poloncarz



**A trusted resource
providing free information
and assistance on
long term care
for persons of all ages
in Erie County**

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UNDERSTANDING LONG TERM CARE

Long term care is a variety of services used by people of any age to function in their daily lives.

It contains a wide mix of medical and non-medical services including care by family members, early childhood intervention, someone coming into your home to help, case management, assisted living, and nursing home care.

Long term care is needed when you have a chronic illness or disability causing you to need help with everyday activities of daily living (ADLs). ADLs include bathing, dressing, toileting, walking and eating. Many people will need some type of long term care during their lifetime, perhaps requiring one or more of the following:

- Services in your home
- Care in the community
- Residence in a long term facility

PLANNING FOR LONG TERM CARE

There are many benefits to planning ahead. Long term care may help you get the services you need so that you may live safely in the most comfortable setting.

If you...

- gather information on your health and financial status
- develop a personal health record
- consult a financial planner
- make your wishes known (health care proxy, power of attorney, etc.)

You will...

- have control over your future;
- understand your options should you need care;
- be prepared to pay / fund services;
- reduce emotional and financial stress



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PAYING FOR LONG TERM CARE

Costs for long term care vary based on the type and amount of care you need, which provider you use, and where you live. Learning more about the "rules" for when Medicare, Medicaid, or other options might pay for care is important and may affect your decisions.

Payment options may include:

- Medicare
- Medicaid
- SSI/SSD
- Veterans benefits
- Health insurance
- Long term care insurance
- Savings or investments

Erie County NY Connects explains these options so you can make informed choices that will work well for you.