

## Take This Quiz

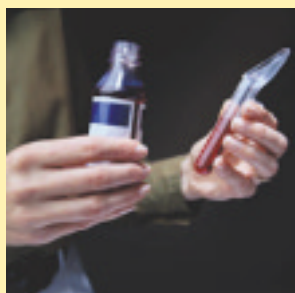
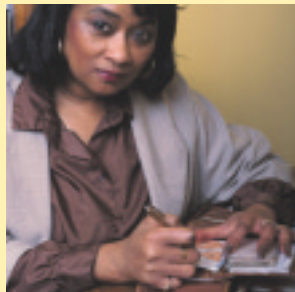
Have you taken over one or more of these everyday tasks that your older relatives or spouse used to do?

- Paying the bills
- Balancing the checkbook
- Grocery shopping
- Cooking the meals
- Picking up prescriptions
- Making sure they take their pills
- Taking them to the doctor
- Arranging for activities
- Helping them dress
- Filling out forms

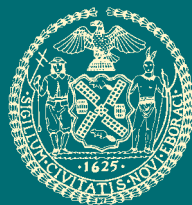
*If Your Answer is*

# YES,

*You are a Caregiver*



The New York City Department for the Aging, the largest Area Agency on Aging in the nation, provides a wide range of services to enhance the lives of older New Yorkers—senior centers, congregate and home delivered meals, home care, transportation, volunteer and employment opportunities, and benefits. It is THE place to turn for guidance on finding help in your neighborhood. For more information, call **1-212-442-1000**.



Michael R. Bloomberg  
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City of New York

Edwin Méndez-Santiago, MSW, CSW  
Commissioner  
New York City Department for the Aging

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[www.nyc.gov/aging](http://www.nyc.gov/aging)

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# Caregiving can be a tough job...

Editorial: Helene S. Wolff Communications Design: SHK/Stark

The New York City  
Department for the Aging  
Alzheimer's &  
Long Term Care Unit

## *We're here to help*

*Caring for a frail elderly relative or chronically ill spouse is not easy. Sometimes, it can be overwhelming.*

*But you don't have to struggle alone. Nor should you feel guilty, embarrassed or ashamed about asking for help. That's why we're here.*

*Community services were established to assist you in caring for family members at home for as long as possible. Now is the time to ask about available services, to begin using them, and to start planning for future care.*

*Call the Alzheimer's & Long Term Care Unit. We'll answer your questions and link you with the help you need.*

## *The Alzheimer's & Long Term Care Unit has been assisting family caregivers for nearly 20 years.*

Our professional staff of social workers have the knowledge and experience to help you develop a plan of care that can benefit both you and the person you're caring for.

The services of the Alzheimer's & Long Term Care Unit are free and strictly confidential.

These include:

- Individual assessment
- Referrals to medical diagnostic centers, community-based services and support groups
- Guidance on medical, legal and financial issues, including public benefits
- Information on long term care options
- Assistance with the nursing home placement process
- Advocacy



The Alzheimer's & Long Term Care Unit reaches out to professionals and family caregivers with the latest developments in addressing the challenges of Alzheimer's disease.

- We provide educational presentations and training sessions for community-based organizations, senior groups and the public on services, caregiving techniques and available treatment. We also assist professionals in the field with case consultations.
- The Alzheimer's & Long Term Care Unit produces a variety of free publications available in four languages. These cover Alzheimer's disease, caregiving, paying for care, national and local resources, as well as many additional concerns of Alzheimer's and other long term caregiving families.
- The Department for the Aging's Alzheimer's & Long Term Care Unit presents an annual Mayoral Conference on Alzheimer's Disease, the largest of its kind in the nation.

**For information  
or assistance call:  
1-212-442-3086**