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Participants attend computer, job-search, resume-writing, and interviewing classes. Job seekers also get on-the-job training and the opportunity to earn at least the minimum wage.

#### **Elder Justice**

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The Bill Payer Program helps older adults prevent financial abuse and exploitation by helping to organize bills, budget, and make sure that bills are paid on time.

#### **Grandparent Resource Center**

If you are an older adult with primary caregiver responsibilities for your grandchild or another young relative, the Grandparent Resource Center can help you adjust to your role as a kinship caregiver.



Grandparent Resource Center services include workshops on legal, budgeting, and other topics. Referrals, peer group sessions, and other services are also available.

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#### Legal Support

Legal support is available for older adults without access to other public or private legal aid. Providers assist with issues that involve public benefits, long-term care, consumer, and landlord-tenant issues.



The Assigned Counsel Project is for older adults at risk of being evicted. If you believe you qualify, ask the judge in charge of your case or visit the help center at the courthouse at the time of your hearing.

#### **Resources Beyond DFTA**

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If you want to make a difference in the life of any New Yorker or you are an older adult who wants to give back, volunteer with DFTA. Volunteers help in the community, with the Friendly Visiting Program, Foster Grandparent Program, and much more.

### CONTACT US

Many services are free or low cost, and language help is available. Aging Connect is our contact center for resources, services, and volunteer opportunities.

Call **212-AGING-NYC** to speak with an aging specialist. **(212-244-6469)** 

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**GET CONNECTED.** STAY ACTIVE. **BE HEALTHY.** 



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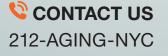






**Department for** the Aging

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# **MISSION AND PURPOSE**

The New York City Department for the Aging (DFTA) works to eliminate ageism and ensure the dignity and guality of life of diverse older adults, and for the support of their caregivers through services, advocacy, and education.

DFTA partners with local organizations to provide services through older adult centers, naturally occurring retirement communities, case management and home care agencies, home-delivered meal programs, caregiver support programs, mental health programs, transportation, and much more in each borough.

DFTA also provides volunteer resources and has a Senior Employment Services Unit, Elder Justice Unit, Grandparent Resource Center, Foster Grandparent Program, Bill Payer Program, and more.

#### **Older Adult Centers**

There are hundreds of older adult centers in New York City and free membership is open to anyone age 60 or older. Each center offers a variety of activities that generally include:

- Art, music, dance and fitness classes, and walking clubs
- Classes to manage arthritis, diabetes, high blood pressure, and more
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#### **In-Home Support**

If you have a hard time leaving your home or managing daily tasks, help may be a phone call away. Through case management, a trained specialist will determine services to help you remain safely at home. They may include:

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Caring for someone can be stressful. Recognizing that you are a caregiver is the first step in getting help. Through caregiver support programs, social workers offer information, referrals, respite, counseling on long-term care options, and more.

You can get help if you are caring for someone age 60 and older, with Alzheimer's disease or other dementias, or a chronic illness. You can also get help if you are age 55 or older and caring for a relative child or a disabled adult.

#### Health Insurance Information, Counseling, and Assistance Program (HIICAP)

Do you have guestions about Medicare? HIICAP is New York City's source for reliable information about Medicare Parts A, B, C, and D. Trained counselors also assist with Medicare Supplemental Insurance (Medigap), Medicare Advantage, and with applying for the Extra Help program to cover expenses.



#### NY Connects in New York City

NY Connects is a statewide service that helps people of all ages find the right support to fit long-term needs. Community partners provide information and referrals to older adults and young adults with long-term disabilities, their caregivers, parents of children with disabilities, and professionals.

#### **Transportation**

Community-based transportation services are available for older adults without access to public transportation to get to medical or social service appointments.

#### Naturally Occurring Retirement Communities (NORCS)

A NORC is a multi-age housing development or neighborhood that wasn't originally built for older adults, but is now home to a significant number of them. Supportive-services and programs are available at dozens of NORCs, providing residents with health and wellness activities, help with benefits and entitlements, and more.









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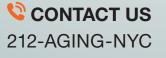






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