

## What is the Oswego County Office for the Aging?

The Office for the Aging (OFA) is a department of Oswego County Government. For over 20 years the OFA has worked to help maintain the quality of life and independence of the county's senior citizen population.

### What can the Office for the Aging do for you?

The OFA helps seniors through directly provided services such as case management, insurance and financial counseling, the (HEAP) Home Energy Assistance Program, outreach and many other programs. Services contracted to other agencies and funded through OFA include: senior nutrition service, transportation, legal services, friendly visiting, telephone assurance, health promotion/disease prevention, personal care and housekeeper chore aides, and much more.

There are no fees for most OFA services. Voluntary contributions are suggested for meals, legal services and transportation. Programs are funded by federal, state and county grants through the Administration on Aging, The NYS Office for the Aging and the Oswego County Office for the Aging, sponsored by Oswego County Government.

*\* A suggested contribution level equal to the actual cost of the service for those participants who self-disclose income at or above 185% of Federal Poverty Line (FPL).*

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**Find us on Facebook:  
Oswego County Office for the Aging**

Web address: [oswegocounty.com/ofa](http://oswegocounty.com/ofa)

**\*Language Interpretation Services are Available!**




## Oswego County Office for the Aging

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Because We Care!



**Monday - Friday  
8:30 A.M. to 4:00 P.M.  
(315)349-3484 or  
1-800-596-3200 ext 3484**





## A Comprehensive Array of Community Support Services.

County Residents 60 years of age and over, their families, and others concerned about older friends and neighbors are urged to reach out to the Office for the Aging for information, advice, and expert hands-on assistance with the demands and activities of an older person's daily life at home and in the community. **Call The Office for the Aging** or stop by.

### Information and Assistance with Rights and Benefits

Professional Staff can help with:

- Medicare, Medicaid, SSI, EPIC and other health or income related entitlements,
- Property tax rebate (IT-214), STAR, and property exemption.
- Health Insurance Options.
- Resources and information about Nursing homes, Adult homes, Assisted Living and other facilities.
- HEAP (Home Energy Assistance Program).
- Weatherization/Home Repairs
- Telephone Discount (Lifeline).

## Health Awareness and Promotion

The Office for the Aging helps senior citizens promote their well being with the following programs.

- Health Promotion/Disease Prevention through Senior Nutrition Services.
- Health Screens-coordinated with Public Health Department.
- Information/help with Alzheimer's Disease.
- Nutritious hot lunch meals at conveniently located dining centers. To make a reservation, you may call the Office for the Aging or the service provider, Oswego County Opportunities at 598-4712.

## Home Based Services

Case Managers are available to conduct home visits to assess and refer (when appropriate), and devise appropriate care plans for persons in need of:

- Home delivered meals and nutritional counseling.

- Personal care and housekeeping assistance.
- Personal Emergency Response Systems information and referral.
- Referrals for transportation to doctors and priority shopping (groceries), where available.
- Guidance, support and respite for caregivers and families.
- Access to information about elder abuse.
- Access or referral to community resources and entitlements.
- Client advocacy.

### "The CaregiversCorner"

Books and videos are available on loan. Caregivers are also welcome to come into the corner and sit and browse.

Note that all information gathered by the Office for the Aging is confidential and can be shared with others **only as approved by the senior resident or their caregiver** in order to plan and deliver assistance.

Call (315) 349-3484  
or 1-800-596-3200 ext 3484