



HomeSteady Health Direct Primary Care
1859 Trumansburg Road
Trumansburg, NY 14886
P: 607-882-6001 F: 607-243-6112

Elder Care Resource Guide

General

Tompkins County Office for the Aging

<https://www.tompkinscountyny.gov/All-Departments/Aging>

607-274-5482

cofa@tompkins-co.org

In Home Care

Insurance Based

Visiting Nurse Services

<https://vnsithaca.org/>

607-273-0466

Fingerlakes Independence Center

Connects people with home health aides that are not represented by an agency. They have other services as well, including medical equipment loans (see below).

215 Fifth Street, Ithaca NY 14850

607-272-2433

<https://fliconline.org/FLIC/in-home-personal-care-options/>

Private

Care Manage for All - <https://www.caremanageforall.com/>

Kim Evanoski

607-280-1433

Classen Home Health

<https://www.classenhomehealth.com/in-home-care>

607-277-1342

Therapists

Mindful Elder Care

Robert Levine LMSW

<https://mindfuleldercare.wixsite.com/levine>

607-229-8404



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Grieving

Donna George
607-272-0315

Theravive

<https://www.theravive.com/cities/ny/grief-counseling-ithaca.aspx>

Hospicare Support Groups

<https://www.hospicare.org/grief-support-groups/>

Social Support and Communities

Lifelong

<https://tclifelong.org/>

Love Living at Home

<https://www.lovelivingathome.org/>

607-319-0162

Transportation

Gadabout

ADA transportation

<https://gadaboutbus.org/>

607-273-1878

Cornell Way2Go

Currently closed

End of Life Care

Death Midwife – Angela Mennitto

The Art of Dying Well

<https://theartofdyingwell.com/>

This organization serves to normalize conversations about death and dying.

There is a ton of info at this website. They also run Death Café's locally. These are gatherings to share thought provoking, engaging and respectful conversations on death.

Death Café

<https://deathcafe.com/deathcafe/21696/>

Hospicare



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<https://www.hospicare.org/>
607-272-0212

MOLST

https://www.health.ny.gov/professionals/patients/patient_rights/molst/
Form for assisting in conveying patient wishes for life sustaining care

Equipment

Fingerlakes Independence Center
Durable Medical Equipment Available for short term loans
215 Fifth Street, Ithaca NY 14850
607-272-2433
<https://fliconline.org/FLIC/assistive-equipment-loans/>

Financial

Kent Cisco
Edward Jones
Kent.cisco@edwardjones.com
607-723-1570

Nutritional Support

Foodnet Meals on Wheels
Home Delivered Meals or Community Dining for individuals over 60 years old in
Tompkins County.
Call for eligibility. 607-266-9553
<https://www.foodnet.org/home-meals>

Loaves and Fishes
provides a place for free meals, hospitality, companionship, and advocacy for
those in need, regardless of their faith, beliefs, or circumstances.
607-272-5457
<https://loaves.org/>

Senior Housing

Longview
Ithaca
607-342-4239
<https://www.longviewithaca.org/>



Brookdale Senior Living
Ithaca
607-592-7986
<http://www.brookdale.com>

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