



Brought to you by
Serving Seniors

Call Your Local Experts:

(315) 847-3997

Central New York Senior Resources

Senior Services in Onondaga County

Office for Aging

421 Montgomery Street

10th Floor Civic Center Syracuse, New York 13202

315-435-2362

Who We Are

The Onondaga County Office for Aging is the federally designated Area Agency on Aging (AAA) for Syracuse and Onondaga County. As such, we assist seniors and caregivers by providing the services and benefits that older adults need to live independently.

The Office for Aging

- Offers services both in the community and in the homes of seniors who live in Onondaga County
- Is a focal point for information related to healthy living and/or care in the home
- Helps seniors and their caregivers to get the services they need
- Provides services directly as well as through partnerships with local community-based organizations

Our Mission

The Mission of the Onondaga County Office for Aging is to improve and enrich the quality of life for all older persons in Onondaga County.

The Office for Aging exists to:

- Ensure that a comprehensive and coordinated system of services is available for senior citizens, their families and caregivers
- Help families and individuals remain safe and productive members of our community
- Promote the dignity and independence of seniors
- Foster public awareness of the value and contribution of senior citizens

Our Services

The Onondaga County Office for Aging is one of 59 Area Agencies on Aging in New York State and is part of the national aging network. Our aim is to be a focal point for information, advocacy, and coordination of eldercare services. Descriptions of (and links to) some of our services are located below, and in the menu across the top of this page. To learn more about a particular service, simply click on any one of the links.

Caregiver Services - Provides respite programming, caregiver mediation, and support and discussion groups. It also offers the free “Institute for Caregivers” – classes for current and future caregivers that inform on relevant topics. Additionally, living an active life with Parkinson’s disease is addressed through discussion groups and a yearly conference.

Community Services - Provides information and referrals related to home repairs, legal services, senior center activities, health promotion initiatives, transportation options and shopping services. It also includes the Neighborhood Advisor Program.

Energy Programs - The Home Energy Assistance Program (HEAP) offers heating and cooling assistance to income eligible seniors.

Health Insurance - The Health Insurance Information, Counseling & Assistance Program (HIICAP) offers free and unbiased information.

Home Care - Expanded In-Home Services for the Elderly Program (EISEP) - The Expanded In-Home Services for the Elderly Program (EISEP) is a sliding-scale, fee-based program that provides non-medical home care for frail individuals. It also includes case management and respite care options.

Nutrition Services - Provides nutritious meals and nutrition education through home-delivered meals, senior dining sites and nutrition counseling. The unit also manages the annual "Senior Farmers Market Nutrition Program."

NY Connects - Provides information and assistance on long term care services for persons of any age.

Long Term Care Services - Offers medically based home care for children and adults who receive Medicaid.

Transportation Onondaga County

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United We Ride is supported by the New York State Department of Transportation, the New York State Office for Aging and the Onondaga County Office for Aging in cooperation with the Syracuse Metropolitan Transportation Council (SMTC.)

The SMTC is the state-designated Metropolitan Planning Organization (MPO) responsible for administering continuous and comprehensive transportation planning for this region. Mission Statement: "Create and coordinate safe and affordable transportation options in Onondaga County for older adults and persons with disabilities of any age in order to improve and sustain quality of life."

Transportation is one of the most pressing issues for seniors.

Having, or not having, the ability to get to places one wants to (grocery shopping) or at times needs to (doctor appointments) is a real difference maker. Whether someone lives located in an urban, suburban or rural area presents different challenges unique to that type of location.

The Onondaga County Office for Aging provides funding, through United We Ride, for transportation services to residents of Onondaga County age 60 or older and persons with disabilities.

In order to maintain the highest level of service, the Office for Aging mails periodic evaluations to our United We Ride participants. Here are a few quotes:

"It is so helpful to now have transportation services to the rural areas of Onondaga County. I can finally get to my Doctor's appointments affordably."

"Every single one of the drivers I've had has been friendly and helpful and it's so easy to reserve a ride in advance."

"I strongly depend on United We Ride services. I'm in a wheelchair and my children are employed and I can't jeopardize their jobs by asking them for a ride."

The United We Ride Coalition Providers Include:

Canton Woods Senior Center
Catholic Charities of Onondaga County

Centro

Huntington Family Centers

Jordan-Elbridge Transportation (JET)

Laker Limo

Minoa Bridgeport Kirkville Area Ecumenical Council

Salvation Army Syracuse Area Services

Southwest Community Center a Syracuse Model Neighborhood Facility

Syracuse Dunbar Center

Syracuse Northeast Community Center

Westcott Community Center

Meals on Wheels

The Meals on Wheels (MOW) agencies provide home-delivered meals (hot lunch and cold dinner) to people of ALL ages that are unable to prepare their own meals due to an illness or injury. All programs provide meals on a private basis. Onondaga County Department of Aging authorizes meals for eligible older individuals who homebound.

Participants are asked to voluntarily contribute \$4.00 for two meals or \$4.50 for two Kosher meals. Any contribution is gratefully accepted; no client is turned away due to an inability or unwillingness to contribute.

Meals on Wheels (MOW) Eastern Onondaga County, Kosher Meals on Wheels, Meals on Wheels of Syracuse, Inc., and North Area Meals on Wheels, contract with the Onondaga County Office for Aging to provide savory, nutritious meals, comprehensive in-home assessments, nutrition counseling and other services to eligible seniors who are unable to regularly prepare healthy meals for themselves.

Meals are delivered Monday through Friday by caring volunteers who check on clients each day. Participants overwhelmingly report a better sense of well-being and independence as a result. The Home Delivered Meals Program is a primary access point for other home and community-based services.

Home Delivered Meals provides much more than food; it provides a wholesome meal plus a safety check. The contact information is below, call the program that serves your area.

Home Delivered Meals List

Meals on Wheels Eastern Onondaga County

315- 637-5446

P.O. Box 72, Manlius, NY 13104

Serves: Bridgeport, DeWitt, East Syracuse, Minoa, Fayetteville, Jamesville, Kirkville, Manlius, Pompey, Tully/Lafayette Area.

moweoc@gmail.com

<http://mealsonwheelseastonondaga.org>

Kosher Meals on Wheels

315- 446-9111 ext. 256

4101 East Genesee St, Syracuse, NY 13214

Serves: those who require Kosher.

ellis@sjfs.org

Meals on Wheels Syracuse

315- 478-5948

300 Burt St., Syracuse, NY 13202

Serves: City of Syracuse, Jordan/Elbridge, Onondaga Nation, Nedrow, Skaneateles

mkaufman@meals.org

<http://meals.org/>

North Area Meals on Wheels

315- 452-1402

413 Church Street, North Syracuse, NY 13212

Serves: Cicero & North Syracuse school district; Brewerton, Town of Clay and

Town of Salina south of John Glenn Blvd. northareamow@verizon.net

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

Other meals on wheels programs in Onondaga County provide meals on a private pay basis:

Baldwinsville Meals on Wheels

315- 638-2171

76 Canton St., Baldwinsville, NY 13027

Serves: Towns of Lysander and Van Buren, Town of Salina north of John Glenn

ladydm13@yahoo.com

ECHO Meals on Wheels West

315- 487-2878

4600 W. Genesee St., Syracuse, NY 13219

Serves: Camillus, Geddes, Marcellus, Onondaga and Solvay

Oswego County Senior Services

The Oswego County Office for the Aging (OFA) helps seniors through directly provided services such as case management, insurance

counseling, the Home Energy Assistance Program (HEAP), and outreach. Services contracted to other agencies and funded through OFA include: senior nutrition service, transportation, legal services, health promotion, personal care aides and housekeeper chore aides.

There are no fees for most OFA services. Voluntary contributions are suggested and gladly accepted. Programs are funded by federal, state and county grants through the NYS Office for the Aging and the Oswego County Office for the Aging, sponsored by Oswego County Government.

Services:

- Language Interpretive Services Available.
- Outreach Program - Staff outreach into the community to locate those who are unaware of available services. Staff can make visits to those who are homebound due to poor health or lack of transportation.
- Senior Nutrition Program – Eligible participants are provided meals for the more rural, isolated elderly in the county through the Home Delivered Meals Program or may attend a congregate meal site (Senior Dining and Activity Center) located at 8 sites throughout the County.
- Transportation – Participants of our Senior Dining and Activity Centers are eligible for transportation to sites and shopping.
- Legal Referral – Residents 60+ years old can be referred to a local attorney through our legal referral program. Seniors can obtain information, guidance and legal representation, dependent on whether or not a legal problem exists.
- Health Insurance Information Counseling and Assistance Program (HIICAP) Provides unbiased health insurance and prescription insurance counseling for those who are Medicare eligible.
- Home Care Program – Provides (under Subcontract) in-home care (personal care and/or housekeeper chore) services for those 60+ years old who require assistance to remain in their own homes.

Participation in the program may be required to pay a percentage of the cost of service or make contributions.

- Caregiver Services Program - Provide caregivers with much-needed support. Caregiver services are vital to keeping older people in their homes.

Oswego County Office for the Aging Brochure

Senior Citizen Clubs:

- There is a long list of Senior Citizen Clubs throughout Oswego County. For information on this list, contact the Office for the Aging at 349-3484.

New York State Senior Citizen Hotline:

- 1-800-342-9871

SERVICES:

Gives state and local information and referral about service for the aging. Information is provided on local Offices for the aging, energy, housing, legal problems, tax, transportation, employment, nutrition, in-home services, health care, and benefit programs. Callers also receive information on state publications and forms.

HOURS:

Monday-Friday 8:00 a.m. - 4:00 p.m. After hours and on holidays, callers can leave a message with name, area code and county. Calls will be returned as soon as possible.

Transportation in Oswego County

OCO Transportation:

315-598-4713

Comfortable ~ Caring ~ Convenient

Certified Medicaid Transport Provider. All Vehicles Wheelchair-Accessible! Service Animals Welcome!

All Drivers NYS DOT-DMV Trained and Licensed.

Non-Emergency Medical Transportation - Transportation to and from medical appointments for individuals deemed eligible under Oswego County's Medicaid Program.

Call-N-Ride Curb-to-curb transportation for the Elderly and Persons with Special Needs for medical, social or personal business within Oswego County.

Medicaid Transportation - OCO is a certified provider of Medicaid transportation. When you call the regional coordination office (1-855-733-9395) to schedule your Medicaid transport, be sure to ask for Oswego County Opportunities to provide your ride.