

Monthly Newsletter

Part 1: Key Takeaways

Key Takeaways from *Understanding Homecare Services in NYC* (Workshop Led by Sofiya Pidzyraylo, LMSW)

In this session, we talked about the different types of homecare available for older adults and how to access support based on your needs and eligibility. Here are some highlights:

- **Homecare** helps people remain safely in their homes while getting support with things like bathing, dressing, cooking, and getting to appointments.
- Care can come from:
 - **Personal Care Aides (PCA)** – help with daily tasks and household chores
 - **Home Health Aides (HHA)** – offer daily care plus basic health support
 - **Skilled nurses or therapists** – for those with more complex health needs
- **Ways to Access Homecare** include:
 - **Private pay** – flexible but expensive (around \$36–39/hr)
 - **EISEP** – for those 60+ who don't qualify for Medicaid; costs depend on income
 - **CHHA** – short-term care after hospital stays, arranged by a social worker
 - **Medicaid/Medicare** – cover many services if you qualify financially and medically
- To qualify for **Medicaid homecare**, you must:
 - Meet income and asset limits (some may qualify through spend down or pooled trusts)
 - Need help with at least two daily activities (ADLs)
 - Complete an assessment through **NYIA**
- **Need help?**
 - **ICAN**: Help with Medicaid homecare and appeals – 844-614-8800 / ican@cssny.org
 - **NY Connects**: Info about EISEP – 1-800-342-9871
 - **NYLAG**: Help with Medicaid applications – 212-613-7310 (Mondays, 10AM–2PM)

Part 2: Q&A

Q: What health resources are available for older adults in NYC right now?

A: NYC has many free and low-cost health services for older adults. **NYC Aging** offers case management, home-delivered meals, caregiver support, and more. You can also get free or low-cost vaccinations — like flu, COVID-19, and shingles — at local clinics and pharmacies. To learn about what's available or find help near you, call **NYC Aging at 212-AGING-NYC (212-244-6469)** or visit nyc.gov/aging.