

Lifespan of Greater Rochester Service Matrix

November 2023
See also lifespanrochester.org for more information.



LIFESPAN SERVICE	SERVICE DESCRIPTION	AGE SERVED	DONATION OR FEE	GEOGRAPHIC AREA	CALL
55+ Wellness Center @ the JCC	Educational classes, social activities, physical fitness.	55 & older.	JCC membership required for most activities. Fees may apply to programs.	Monroe County.	585-461-2000, ext. 1015
AmeriCorps Seniors/ Volunteer Services	Personalized volunteer placement assistance in nonprofit organizations that meet critical needs.	55 & older.	—	Monroe & Livingston counties.	585-244-8400 ext. 128
Financial Management: Bill Paying/Budgeting	In-home budgeting/bill paying/debt resolution assistance by trained volunteers.	60 & older.	Donation.	Monroe, Genesee, Livingston, Ontario & Orleans counties.	585-287-6423
Care Management (Eldersource)	In-home assessment and care management. Caregiver consultation. Emotional wellness.	Caregivers & older adults. Any age with a disability.	Donation.	Monroe County.	585-244-8400
Caregiver Respite	Respite for caregivers of persons with early dementia or mild cognitive impairment.	Caregivers. Any age.	Donation.	New York State through a coalition of providers.	585-244-8400
Educational Workshops	Available on many topics. See www.lifespanrochester.org for listing.	Any.	Varies.	Monroe County. Other counties on request.	585-244-8400 ext. 239
Health and Wellness Workshops	Evidence-based workshops include: Powerful Tools for Caregivers, A Matter of Balance, Aging Mastery, Tai Chi for Arthritis, Living Healthy, Living Healthy with Diabetes.	60 & older. Workshops for caregivers open to 18 and older.	\$25 per workshop, suggested contribution.	Monroe & surrounding counties.	585-244-8400
Family Coaching/Mediation	Assisted discussions for families facing eldercare issues/disagreements.	Any.	Donation	Any.	585-244-8400
Financial Care Management	Lifespan becomes a person's limited power of attorney to handle financial matters.	60 & older.	Fee/call for information.	Monroe & surrounding counties.	585-287-6389
Finger Lakes Caregiver Institute	Care management, planning, education, volunteer and paid respite, wellness classes, support groups.	Caregivers of any age.	Donation.	Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne, Yates.	585-244-8400 or 844-249-7126 (toll-free)
Future Care Community Pooled Trust	Local trust that helps individuals supplement government benefits.	Any.	Fee/call for information.	Monroe & surrounding counties.	585-402-7840
Future Care Planning Services	Plan for a loved one with a disability regarding legal, financial, health, housing matters. Retirement and transition assistance.	People with disabilities age 18 & older & caregivers.	Fee/call for information.	Monroe & surrounding counties.	585-402-7840 futurecareplanning.org

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Recovery and Wellness for Older Adults (formerly Geriatric Addictions)	In-home intervention in cases of alcohol, drug, prescription drug abuse.	55 & older.	Donation.	Monroe & Livingston counties.	585-244-8400 ext. 187
Gerontology Certificate Program	Earn your certificate in gerontology online. CE credits available for social workers.	Any.	Tuition for full program. Also payable per course.	Any.	585-244-8400 ext. 239
Give-a-Lift Transportation	Recruits, screens, trains and places drivers with volunteer-based transportation providers.	Volunteers must be 22 or older.	—	Monroe County.	585-244-8400 ext. 211
Health Insurance Information (Medicare)	Information and counseling regarding Medicare and Medicare related insurance.	Any age with Medicare questions or concerns.	Donation	Monroe County.	585-244-8400 ext. 113
Home Energy Assistance Program (HEAP)	Helps low-income people pay the cost of heating their homes.	60 & older.	—	Monroe County.	585-244-8400 ext. 102
Home-Safe-Home	Minor home modifications to prevent falls.	60 & older.	Donation & fee-for-service.	Monroe, Ontario & Livingston counties.	585-244-8400
The Lily Café at the Maplewood YMCA	Educational classes, social activities, physical fitness and lunch. Monday - Friday, 8:30 am - 3 pm.	55 & older.	Lunch open to public. Lunch donation. YMCA membership for classes.	Monroe County.	585-341-4013
Medicaid Care Management	Health Home and nursing home transition management.	55 & older.	Medicaid is payer.	Monroe for nursing home transition. Monroe, Ontario, Wayne & Livingston counties for Health Home.	585-244-8400
NY Connects	Eldercare and disability specialists answer your calls.	Caregivers of any age. Adults 60 & older. Any age with a disability.	—	Monroe County.	585-325-2800 Or 585-244-8400
Ombudsman	Advocacy/problem resolution for residents living in nursing homes, assisted living facilities, and family type homes.	Any. Nursing & adult home residents.	Donation.	Monroe, Genesee, Livingston, Ontario, Orleans, Seneca, Wayne, Wyoming, Yates.	585-287-6414
Transportation Access and Mobility Management	Assistance locating and scheduling rides for medical and other appointments.	60 & older.	Fee may apply for the ride.	Monroe and Ontario counties.	585-244-8400
Upstate Elder Abuse Center	Education and intervention for scams and elder abuse/financial exploitation. Enhanced Multidisciplinary Teams. NYS Elder Abuse Coalition. Elder Abuse Helpline. Statewide training and education.	60 & older.	Donation.	Monroe and surrounding counties; statewide for some programs.	585-244-8400
Wolk Café at Sibley Square	Weekday breakfast and lunch, a variety of activities and educational opportunities. Open Mon. - Fri. 8:30 am–3 pm.	60 & older.	Contribution for meals. Fees may apply to activities.	Monroe County.	585-232-3280



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 LIFESPAN WELCOMES EVERYONE

