

Senior Guide

Harlem

Department of Aging:

Aging Connect is part of the NYC Department for the Aging. It provides information regarding community resources for older adults and their families.

For Information, call 212-Aging-NYC (212-244-6469)
<https://www1.nyc.gov/site/dfta/index.page>



Case Management:

To obtain services at home contact a Case Management Agency. A case manager will conduct an intake by telephone or at home to assess your needs and eligibility for services. *Here's a few Case Management agencies in Harlem:*

Isabella Case Management

515 Audubon Avenue, New York, New York
212-342-9735

<https://www.mjhs.org/our-services/isabella-center/community-programs>



Self-Help Project Case Management

520 Eight Avenue, New York, New York
212-971-7600

<https://www.selfhelp.net/>



Visiting Nurse Service

<https://www.vnsny.org>

General Inquiries and Existing Patients
1-800-675-0391 TTY users call: 711



Senior Centers

Places where you can go to socialize with other individuals. Many Centers provide meals, educational programs, exercise classes and other group activities or events. *Here's a few in Harlem:*

Carter Burden/Lenord Covello Senior Program

312 East 109th Street New York, New York
212-423-9665

<https://www.carterburdennetwork.org/seniorcenters>



ARC Central Harlem Senior Center

120 West 140th Street New York, New York
917-639-3054

<http://www.arcseniors.org/centers/ch/>



Home Delivered Cooked Meals:

Available for qualified individuals over 60 years old. If this is something that you may need, talk to a case manager, or contact:

City Meals on Wheels

355 Lexington Avenue New York, New York
212-687-1234

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



Social Day Care Centers:

Provide daytime programs for individuals that have physical or behavioral health conditions, but are not homebound. Some Centers have healthcare staff on site. If this could help you or someone you know speak to a Case Manager.

Amsterdam Nursing Home
1060 Amsterdam Ave, New York, NY
212-316-7700
<https://www.amsterdamcares.org/>



Safety & Protective Services: Call 311

NYC Department of Aging

<https://www1.nyc.gov/site/dfta/services/elder-abuse-crime.page>



Transportation:

NYC MTA offers transportation for individuals who are unable to use public transportation due to a health condition or disability. Service is available every day, including Holidays.

Access-A-Ride:

<https://new.mta.info/accessibility/paratransit>
Telephone # (877) 337-2017



Parking Permits for People with Disabilities:

Individuals with a condition that severely impairs their mobility on a temporary or permanent basis may qualify for a permit with supporting medical documentation and a physician certification. To obtain information contact:

Telephone # (718) 433-3100 or visit
<https://www1.nyc.gov/html/dot/html/motorist/pppdinfo.shtml>





Social Security Benefits

Call (800) 772-1213 or Visit
<https://www.ssa.gov/benefits/retirement/>



Social Security Disability Benefits for People with Disabilities

<https://www.ssa.gov/disability/>



Medicare

Call (800) MEDICARE or (800) 633-4227 or visit
<https://www.medicare.gov/basics/forms-publications-mailings>



Medicare Supplemental Plans may cover the cost of hospital and emergency room deductibles. If you have any questions regarding Medicare and/or Medicare Supplemental Plans, contact Members' Experience at 212-586-6400.

Medicaid is available for Low Income Seniors. Visit the Medicaid site to see if you qualify for benefits.

<https://www1.nyc.gov/site/dfta/index.page>



Health and Human Services (HHS) -
<https://www.hhs.gov/aging/index.html>
Provides resources for the aging and their caregivers to help individuals age healthy.

