

Senior Guide

Queens

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 Queens:*

Sunnyside Community Neighborhood SC

43-31 39th Street Queens, New York

718-784-6173

<https://www.scsny.org/programs/older-adults/>



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 Queens:*

Sunnyside Community Neighborhood SC
43-31 39th Street Queens, New York
718-784-6173
<https://www.scsny.org/programs/older-adults/>



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/>



Peter Cardella Home Delivered Meals
304 Port Richmond Flushing, New York
718-497-2908
<https://www.cardellaseniors.org/meals-on-wheels-1.html>



Queens Community House Home Delivered Meals
119-045 Union Turnpike, 5th Floor Forest Hills, NY 11375
718-268-1412
<https://www.qchnyc.org/programs/older-adult-services/case-management-home-delivered-meals>



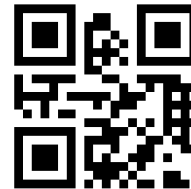
Social Day Care Centers:

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.

Sunnyside Community Neighborhood SC
43-31 39th Street, Queens, NY
718-784-6173
<https://www.scsny.org/>



Queens Boulevard Extended Care
61-11 Queens Boulevard, Queens, NY
718-205-0287
www.QBECF.com



CCNS Alzheimer's Adult Day Care Program
190-04 119th Avenue, St. Albans, NY 11412
718-358-3541
<https://ccbq.org/service/social-adult-day-programs-for-seniors-diagnosed-with-alzheimers-disease/>



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.

