

## **ABSTRACT FOR PUBLIC HEARINGS - Ulster County Office for Aging – 2024-2025**

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The Office for Aging conducts public hearings each year to review what they have done in the community, to explain data and to let their constituents know what they are planning as it relates to their four-year plans and ongoing programming and education.

The OFA has offered dozens of varied programs over the past year which directly relate to our mission to keep older adults at home as long and as safely as possible. We do this through offering nutrition programs, case management, dietary and nutritional advice for healthier eating, multiple exercise programs which offer both social connection, proper exercise and balance and falls prevention practice and training through A Matter of Balance Programs, Tai Chi for Arthritis and Bingocize, in addition to weekly mall walking for anyone.

The OFA continues to offer case management services to both care receivers and caregivers, with a focus on ensuring caregivers are aware of all respite and support options that exist for them in the region. The OFA established a weekly respite program to assist those needing this service throughout the past year, which has slowly grown for caregivers and their loved ones.

The OFA has seen a marked increase over the past couple of years in requests for legal assistance for estate planning and Medicare plan selection. We have also seen increases in requests for our transportation programs. The OFA helps in procuring rides through UCAT for both shopping and medical appointments. The OFA also has a volunteer transportation program which offers mileage to volunteer drivers for driving older adults to medical appointments. We constantly try to strive to find new ways to offer additional transportation options.

The OFA offers many options for socialization to combat isolation, through congregate meals, games, online platforms, creative classes, educational opportunities and other programming as requested. We strive to educate the older adults in scams, aging in place, our programs and what the County has to offer for them.

The OFA works with other County departments as partners, as well as welcoming the assistance and guidance of the New York State Office for Aging. Our NYConnects staff is ready and available for resource, guidance and pertinent information all year.

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