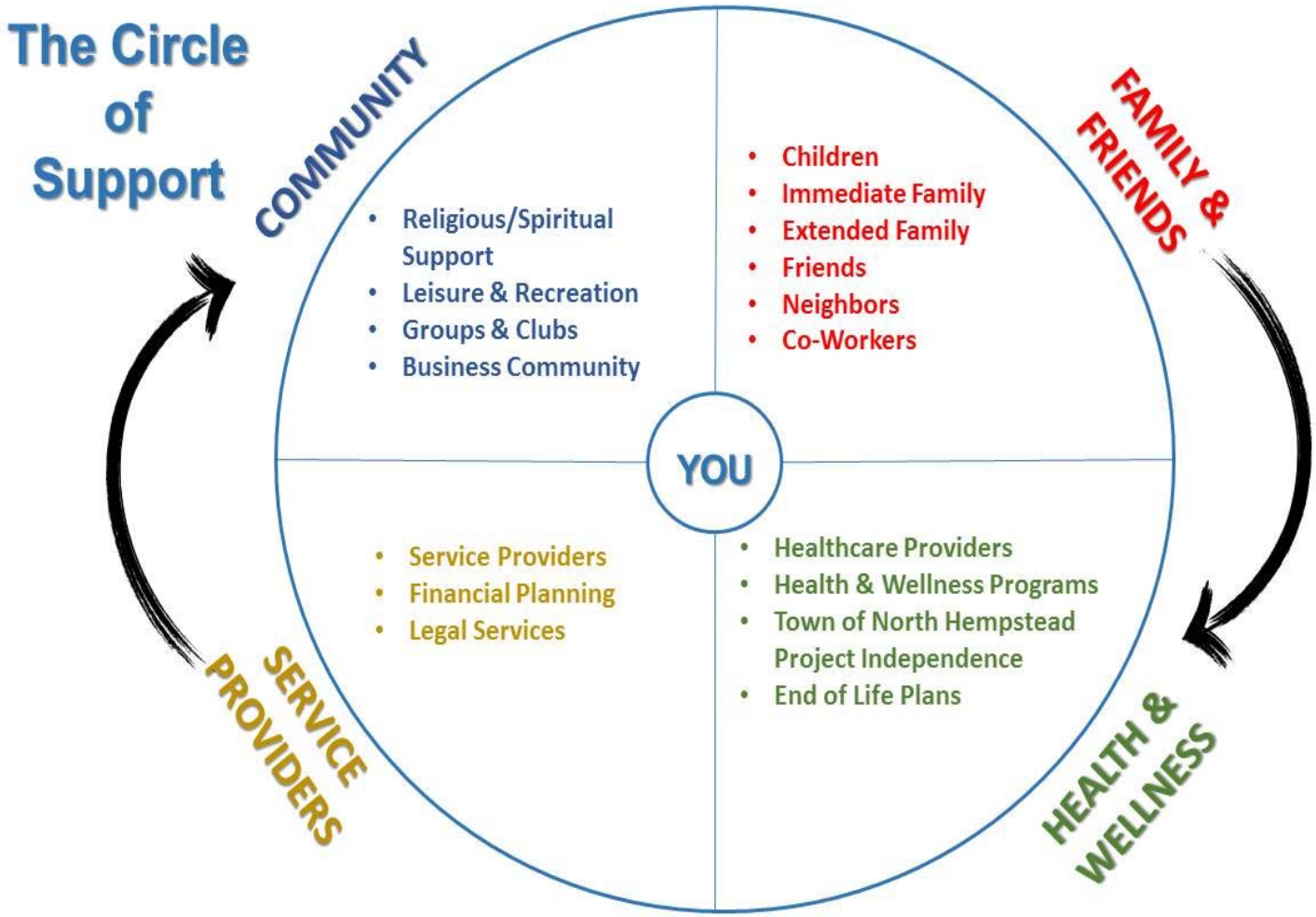
TOWN OF NORTH HEMPSTEAD
SUPERVISOR JENNIFER DeSENA, THE TOWN BOARD AND
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:



Circle of Support:
A Life Planning Tool

CALL 311 OR (516) 869-6311
NORTHHEMPSTEADNY.GOV

Town of North Hempstead
Project Independence

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JENNIFER DeSENA

There are over 60,000 residents aged 60 and older in the Town of North Hempstead. Project Independence (PI) provides services and opportunities for seniors who prefer to remain in their own homes as they age. These services help to enable them to live independently while maintaining socially active and healthy lives. The core of Project Independence is planning, planning, planning, and developing your Circle of Support. **A Circle of Support is a life planning tool used to help with immediate and long-term life goals. Because the approach of the PI aging in place initiative is "neighbor helping neighbor," the Circle of Support advances that goal. It is based upon a person-centered planning model that focuses on the whole person.** The Project Independence Team has put together a proactive Circle of Support program to assist you and your loved ones in identifying existing programs, services and other resources that will help you achieve a quality of life as you age in place. This helpful guide and our professional staff are available to help you determine the best resources for the categories in your Circle.

Best regards,

Jennifer S DeSena

Jennifer DeSena
North Hempstead Town Supervisor

IMPORTANT INSTRUCTIONS

Instructions for completing "YOUR" Circle of Support

A **Circle of Support** is a life planning tool that includes trusted people, organizations, and other resources that come together to help you live a more healthy, social and productive life in your community. **"YOU"** control the process so that you can be the "Director of Your Life". Your **Circle** is always changing as life circumstances change for you and members of your support pool.

Use this worksheet to help identify who is part of your **Circle**. This will help you determine the strengths and weaknesses in your **Circle of Support**.

Step 1 –**The Circle of Support** is divided into 4 sections: Family & Friends, Health and Wellness, Service Providers and Community.

Step 2- Think about who or what already exists in your **Circle**. Go to each section of the booklet and write the names, and contact information in each category. Use the note section to write down those who currently help. For example; your next door neighbor will collect your mail and newspapers in the event you are away.

Examples of whom or what may be part of your circle:

Family & Friends- For this category the most important questions to ask are: 1) Who is in my life? 2) In a crisis who would I call? 3) Who do I think would come? My child, sibling, best friend …

Health & Wellness: **Healthcare Providers**: doctor, therapists, hospital, urgent care center, personal emergency response system agency, pharmacist. **Health & Wellness Programs**: gym, exercise classes, community educational programs. **TONH Project Independence:** social worker, nurse, exercise programs, health chats, virtual health, transportation. **End of Life Plans:** health care proxy, living will, funeral plans, and cemetery information.

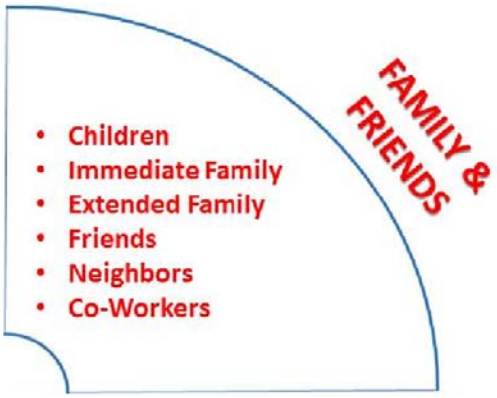
Service Providers: housekeeper/agency, lawn service, handyman, hot meal service, plumber, dog walker, and home care agency. Identify if private pay or covered service. **Financial Planning**: banks, financial advisor. **Legal Services**: elder care attorney.

Community: **Spiritual Support**: house of worship, **Leisure & Recreational:** senior center, adult education. **Groups and Clubs**: senior group, book & card clubs, **Business Community**: grocery store that delivers, pharmacy- that delivers, hardware store- snow removal

Step 3- You may choose to sit down with a trusted person to review **YOUR Circle of Support.**

Step 4- If your life circumstances have drastically changed and feel you need additional support, call **311** to arrange a meeting with a Project Independence Team member.

FAMILY & FRIENDS



Children

Name	Phone

Immediate Family

Name	Phone

Extended Family

Name	Phone

Friends/Neighbors/Coworkers

Name	Phone

HEALTH & WELLNESS

Healthcare Providers

Name	Contact Name/Phone

Health & Wellness Programs

Name	Phone

TONH Project Independence

Name	Phone

End of Life Plans

Name	Phone

SERVICE PROVIDERS

Service Providers

Agency/Name	Phone	Services Provided

Financial Planning/Legal Services

Name	Address	Phone

COMMUNITY

Religious/Spiritual Support

Name	Phone

Leisure & Recreation

Name	Phone

Groups & Clubs

Name	Phone

Business Community

Name	Phone

MEDICATION LIST

List all medications including prescriptions, non-prescriptions, vitamins, and herbal supplements.

Medication	Prescribing Physician	Dosage	Frequency

Get Prepared!

(Ready.gov)

Get Informed

- Know what disasters could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV, radio and follow mobile alert and mobile warnings about severe weather in your area.
- Download the FEMA app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

Make a Plan

Determine any special assistance you may need and include in your emergency plan.

- Create a support network of family, friends and others who can assist you during an emergency and share your disaster plans with them. Practice your plan with them.
- Make sure they have an extra key to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- If you have a communication-related disability, note the best way to communicate with you.
- Don't forget your pets or service animals. Not all shelters accept pets, so plan for alternatives.
    - o Consider loved ones or friends outside of your immediate area.
    - o Prepare an emergency kit for your pet.

Get Your Benefits Electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits switching to electronic payments is a simple, important way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or sign up online.
- The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper.

Build A Kit

Make sure your emergency kit is stocked with the items on the checklist below. Download a printable version to take with you to the store. Once you take a look at the basic items consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

- ☐ Water and non-perishable food for several days
- ☐ Extra cell phone battery charger
- ☐ Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Non-sparking wrench or pliers to turn off utilities
- ☐ Can opener (if kit contains canned food)
- ☐ Local maps
- ☐ Cell phone with chargers and backup battery
- ☐ Masks, soap, hand sanitizer, and disinfecting wipes

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

NOTES

NOTES

NOTES

Name: _____Emergency Contact: _____
Phone:_____Phone: _____

D.O.B:_____

EAC NETWORK
EMPOWER. ASSIST. CARE.

Town of North Hempstead
Project Independence

Northwell Health℠