

## SENIOR OPTIONS FOR INDEPENDENCE



“Seniors wish to remain in the place they call home. In doing so, they often face many challenges, and while there is a maze of services to help them, it can be difficult and confusing. Our job is to help them navigate that maze so they can stay in their home, safe and independent, as long as possible.”

— JEANNE READ, Care Manager, SOFI

“My parents would be lost without SOFI. Yours are the best hands they could be in!”

— THERESA (PASCINI) TRUAX, Speaking about her parents, Sam and Marisa Pascini

“I am so thankful for SOFI because everyone is so helpful and such a blessing. SOFI makes such a difference in my life, I can't imagine getting along without you.”

— BARBARA VANDELUYSTER

Senior Options for Independence (SOFI) is a partnership with Fairport/Perinton Senior Living Council and Fairport Baptist Homes. The Senior Living Council is made up of the Town of Perinton, Village of Fairport, Perinton Churches Housing Inc., and supported by proceeds from Crafts Bits & Pieces. Other SOFI funding sources include New York State, proceeds from the Tool Thrift Shop, and many local organizations and private donors.

**For more information, contact Senior Options for Independence at 585.377.7830.**

# Care Connections and Transportation for seniors living on their own.



Senior Options for Independence—supporting seniors in Fairport and Perinton. **Call us at 585.377.7830**

 **Fairport Baptist Homes**  
caring.vibrant.vital.

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 **Fairport Baptist Homes**



# Add our extended in-home family to yours.

**It's about taking control and remaining free to live as you wish, in your own home.** It's about getting help when you need it to overcome health issues or simply a ride to your doctor's appointment. Fairport Baptist Homes Senior Options for Independence (SOFI) acts in an advisory and referral capacity, guiding you—and/or your caregivers—through the maze of support services available in the community. This enables you to remain in your home, independently, with less strain on family and friends, for as long as possible.



## Transportation

- One of the most pressing needs for seniors to maintain an independent lifestyle is the availability of transportation. SOFI provides:
  - Door-to-door and wheelchair-accessible transportation services for medical appointments and essential errands **within the Town of Perinton**, for residents aged 60 and older, via Elderbus.
    - Essential errands include trips to the grocery store, post office, pharmacy, barbershop, hairdressers, bank, etc.
    - The Elderbus runs Monday through Friday between the hours of 8:30 AM and 3:30 PM.
    - Reservations should be made at least one day in advance.
  - Door-to-door transportation for medical appointments **outside of Perinton**, provided by SOFI volunteer drivers, is available.
    - Reservations for volunteer transportation service should be made as soon as the medical appointment is made, but no later than 36 hours in advance.
  - A recommended donation is requested for transportation services.
  - **For more information or transportation scheduling, or to become a volunteer, call 585.377.8117.**

## Care Connections

- In-home assessment and consultation
  - Safety checks
  - Connections to a wide variety of support services
    - Friendly visits
    - Housecleaning and yard work services
    - Home repair services
    - Meals at home, or the senior center
    - Assistive devices, like walkers and hearing aids
    - Respite for family caregivers
    - Bathing/dressing services
    - Emergency response systems
    - Mental health evaluations
    - Financial and legal counseling
    - Long-term care planning
    - Bill paying services
  - Referral and benefit application assistance
  - Support groups
  - Educational programs
  - Social outings
- If you are 60 or older—or are under 60, but have one or more impairments that make it difficult to carry out everyday tasks—and are a resident of the Village of Fairport or Town of Perinton, you may be eligible for SOFI services.
- There is no charge for SOFI Care Connections services, however, donations are appreciated. If you are referred to a service that involves a fee, you will be told in advance.
- For more information, contact Senior Options for Independence at 585.377.7830.**