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County seeks volunteers for senior transition program

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Submitted by [Nick Antz \(/content/nick\)](#), WNYT Web Producer

Tuesday, April 19th, 10:10 am

Topics: [Community Spirit \(/category/story-categories/community-spirit\)](#), [News \(/category/story-categories/news\)](#)

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Volunteers are being sought out for a new program that helps coach older adults as they make the transition from hospital to home.

The program, known as Community Supports Navigators, is a joint effort of Albany County-NY Connects, Community Caregivers, Inc. and Northeast Health.

A Community Supports Navigator will provide guidance, advocacy and assistance to seniors and coordinate linkages to appropriate home and community based services. Tasks may include arranging pick-up or

delivery of medications from the pharmacy, encouraging use of pillboxes, arranging for transportation or setting up medical appointments and improving the senior's understanding of their health information.

County Executive Mike Breslin said, "Our priority is to keep seniors at home and in their community, where they want to be. Navigating the array of long term care services can be daunting for many seniors and their caregivers and the assistance of a caring volunteer can mean the difference between a senior remaining at home or having to go into an institution."

Navigators could be any compassionate, energetic community member, particularly current or retired health care professionals, educators or those familiar with the health care system. The navigator will be paired with an older adult for 90 days. During the first 30 days, a Northeast Health nurse coach will assist the navigator and the senior in the transition process. The Community Supports Navigator will not provide any hands on care.

There are two upcoming information sessions to learn more about the Community Supports Navigator initiative on:

- Wednesday, April 20th at 10 a.m. at Community Caregivers Inc., 2113 Western Avenue, Suite 4, Guilderland
- Wednesday, April 27th at 2:30 p.m. at The Beltrone Living Center, 6 Winners Circle, Colonie.

For more information and to rsvp, call Community Caregivers at 518-456-2898.

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