



Did you know FSL offers programs to help improve the quality of life for seniors? Here are some resources that improve the well-being of older adults.



### Caregiver Support 516-406-1085

Free individual counseling, support groups, and educational seminars for those caring for someone 60+ years of age. This program is supported with state and federal funding provided through the NYS Office for the Aging.

### Home Share 631-650-1461

Homeowners, 55 + years of age, are carefully matched with Home Seekers, 18+ years of age to share a single-family home. Home Share rents are well below market and may be further reduced if the Homeowner requires assistance with errands and/or a variety of tasks around the home. Companionship and a sense of security are just a few of the many benefits. This program is funded by the townships of Babylon, Islip, and Huntington.

### Long Island Sound Senior Connections (LISSC) 631-333-2837

A program meeting the needs of those 60+ in the east end community of Greenport, a neighborhood with a large population of seniors or NORC (Naturally Occurring Retirement Community). This free program provides case management, health care coordination, social, and educational programs. This project is supported by funding from the NYS Office for the Aging.

### Long Term Care Ombudsmen (LTC) 631-470-6755

LTC Ombudsman Program is an advocate and resource for people who reside in long-term care facilities such as nursing homes, assisted living, and adult care facilities. Ombudsmen help residents and their families understand and exercise their rights to quality care and quality of life. The program advocates are specially trained volunteers who receive concerns, investigate, and work to resolve complaints made by or on behalf of residents. The program is supported with state and federal funding provided through the NYS Office for the Aging.

### SeniorNet 631-470-6757

Adults, aged 50+, receive technology and computer training from skilled volunteers on topics which range from basic to advanced skills. Classes may include Skyping, Facebook, file management, digital photography, Excel, and prevention of identity theft. SeniorNet also refurbishes older computers/tablets and donates them to those in need. SeniorNet classes are in Huntington and Bay Shore as well as virtually on Zoom. Private instruction is also available. For information go to [www.seniornetli.org](http://www.seniornetli.org)