



You cherish

your independence,

your neighborhood,

your home.

We help you to stay healthy
and safe in your home.

Independence
care system

With Independence Care System,
you don't have to go it alone.

You've had a stroke.
A heart attack.
A fall.

You're in a rehab facility;
you have no idea how
you'll manage at home.

You can't remember if it's the
blue pill in the morning and
the white pill at night.

Dressing, cooking, shopping,
taking a bus—all major
challenges now.



Maybe a big event
changed everything
for you—or maybe a
lot of little things did.
But they all add up
to one reality:

If you're going to
live in the home you
love, in the neighbor-
hood you know and
love, as independently
as possible, you
need help.

Our goal is the same as yours—to make
sure you have the services you need to live
at home safely and in good health.

As an ICS member, you will still be able to keep your doctor, use your same pharmacy and go to the same hospital.

Our Specialized Senior Adult Services

Joining ICS means that a Senior Adult Care Management Team will work with you—and any loved one involved in your care—to identify the health, home care and social services you need to live as independently as possible.

With ICS, you will have access to our Specialized Senior Adult Services, developed by our experts in geriatrics, including:

A nurse to visit you at home at least twice a year to ensure that you remain healthy and safe.

The opportunity to hire and manage your own personal care assistants.

Help in determining your risk of falling, and exercises to prevent falls by building strength and balance.

Assistance in taking the right medications at the right times.

A care manager to make sure you get home from the hospital, nursing home or rehab facility as quickly as possible and that once home, you have the services you need.

Evaluation of your mobility needs so that you have the equipment you need to get around your home, your neighborhood and the community safely.

Communication with your doctors to be sure they are all talking to each other AND talking to you.

A nurse on call, 24 hours a day, 7 days a week.

As a Managed Long-Term Care Plan, ICS also coordinates and pays for:

Adult Day Health Care

Care Coordination

Dental Care

Durable Medical Equipment (e.g., wheelchairs, prosthetics)

Eye Exams, Glasses and Other Vision Services

Hearing Exams, Hearing Aids and Hearing Aid Batteries

Home Care (e.g., home health aides, home attendants, personal assistants)

Home Delivery of Meals and Meals in Group Settings (e.g., senior centers)

Home Safety Modifications/Accessibility Improvements

Housekeeping/Chore Services

Medical and Surgical Supplies

Nurse on Call (24/7)

Nursing Home Care

Nutrition Services (including supplements)

Personal Emergency Response System (PERS)

Physical, Occupational & Speech Therapies (at home or in the community)

Podiatry, Orthotics and Orthopedic Footwear

Respiratory Therapy

Skilled Services (including Nursing and Medication Management)

Social Day Care

Transportation

You can become an ICS member if you:

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- Have a physical disability or chronic illness that will last longer than 120 days and require a nursing home level of care.
- Receive or are eligible for Medicaid.
- Are 18 years or older.
- Live in Manhattan, Brooklyn, Queens or the Bronx.
- Are able to stay safely at home.

Medicaid and Your Resources

You may worry about how your finances will affect your eligibility for Medicaid. This can be especially so if you have a home or other assets. You have choices. In New York, some people with disabilities or chronic conditions who have assets and/or income above the usual Medicaid limit are eligible for Medicaid, without spending down assets or income. An ICS Medicaid Eligibility Specialist is here to help.

The ICS Care System is:

Responsive:

— What's important to you and your family is important to us.

Coordinated:

— We work with you to get the health care and social services you need.

Expert:

— A highly skilled, dedicated, diverse staff, advocating for you and with you to be as independent as you can be.

Empowering:

— Giving you the knowledge and skills you need to make informed decisions.

Respectful:

— A culture of listening and understanding, where you feel you belong.

Flexible:

— When your life changes, so do our services.



Joining Independence Care System is easy: Call 1.877.ICS.2525, write intakereferrals@icsny.org or visit us at www.icsny.org.

Independence Care System is dedicated to supporting adults with physical disabilities and chronic conditions to live at home and participate fully in community life. ICS operates a nonprofit Medicaid managed long-term care plan serving Manhattan, Brooklyn, Queens and the Bronx.

Administrative Office:

Independence Care System
257 Park Ave. South, 2nd Floor
New York, NY 10010

Member Centers:

400 East Fordham Road, 10th floor
Bronx, New York 10458
(opening Summer 2012)

25 Elm Place, 5th Floor
Brooklyn, NY 11201

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