



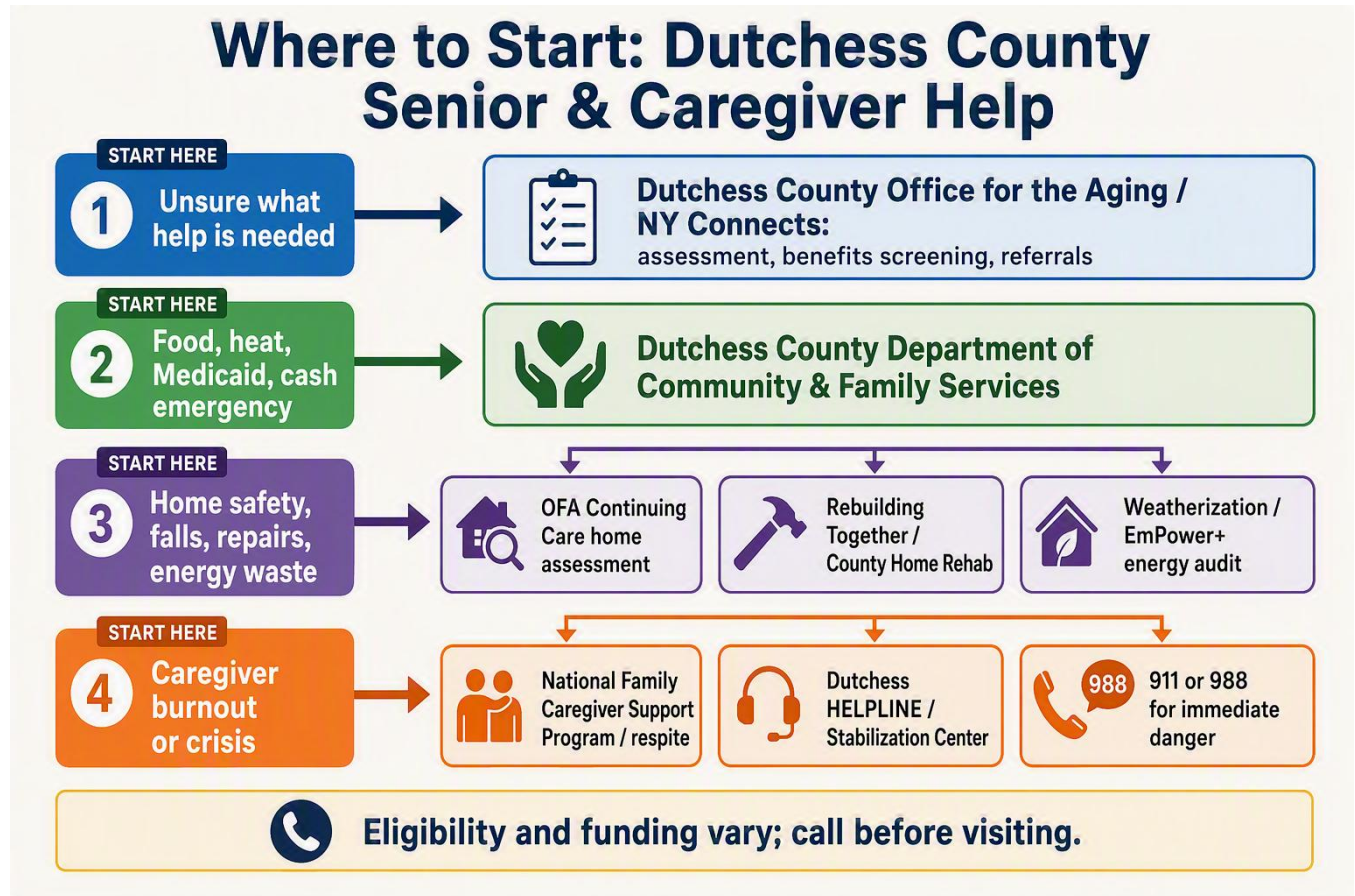
Dutchess County Senior & Caregiver Resource Guide

This guide prioritizes official Dutchess County, New York State, federal, utility and provider sources. It focuses on reducing household expenses, helping people remain safely at home and lowering the burden on family caregivers. Because grant balances, aide availability, seasonal benefits and program contracts can change, call before visiting or paying a contractor. The May 2026 Dutchess County aging directory confirms that OFA serves county residents age 60+, caregivers and people needing long-term care assistance; its Continuing Care unit serves people of any age and payment source. [DC Aging Directory](#)
[Help at Home](#)

WHERE TO START IF YOU'RE UNSURE

Starting Point	What to ask for
Dutchess County Office for the Aging (OFA) (845) 486-2555 Email: ofa@dutchessny.gov Website: CLICK HERE	Ask for a whole-person assessment, benefits screening, caregiver assessment, home-care options, respite, meals, transportation, legal services, home safety and Medicare counseling, OFA can assess eligibility for Medicaid, Medicare Savings Programs, EPIC, SNAP and HEAP and can arrange an in-home visit.
Dutchess County NY Connects (845) 475-3511 Statewide: (800) 324-9871 Directory: CLICK HERE	Free, unbiased navigation for people of any age, disability, diagnosis or payment source who need home care, meals, transportation, assistive equipment, respite or long-term supports.
Department of Community and Family Services (DCFS) 60 Market Street, Poughkeepsie Phone: (845) 486-3000 Website: CLICK HERE	SNAP (845) 486-3250 Medicaid (845) 486-3340 HEAP (845) 486-3249 Temporary Assistance (845) 486-3190 Adult Protective Services / Emergency Housing (845) 486-3300
211 Hudson Valley – Dial 211 or (800) 899-1479	Current local referrals for food, rent, utility, tax preparation, transportation and emergency non-profit help.
Behavioral Health Help (845) 485-9700 Stabilization Center (845) 486-2849 230 North Rd, Poughkeepsie	Both operate 24/7 for crisis counseling, assessment and connection to treatment; call 988 for national crisis line.

This routing diagram show how these entry points connect to the major forms of help



Food and Nutrition Assistance

Program	What it provides / eligibility / how to apply
SNAP \$	Monthly food benefits for income-eligible households. Households with a member age 60+ or disabled have different income rules and most applicants do not face a resource test. Apply through myBenefits , DCFS (845) 486-3250, or OFA. Expedited SNAP may be available within seven days when resources are limited.
OFA Home Delivered Meals	Hot weekday meals, with frozen or shelf-stable meals when needed. Eligibility requires age 60+, homebound status, inability to prepare meals and insufficient informal help; a spouse may qualify in certain circumstances. An in-home nutrition assessment is required. Call (845) 486-2255. Service can be short or long term.
OFA Friendship Centers	Midday meals, recreation and education in Beacon, East Fishkill, Millerton, Pawling, Poughkeepsie, Red Hook, South Amenia and Pleasant Valley / Tri-town. Reservations are required; the suggested voluntary contribution is \$5 and transportation may be available.
County Food Pantry and Meal Directory	The county's municipality-by-municipality directory, updated November 2025, lists pantry hours, delivery, residency rules, identification requirements, fresh-food availability and meal programs throughout Dutchess County. Call first because many distributions are appointment-only or locally restricted. CLICK HERE for list
Catholic Charities Senior Health Supports	Home-delivered regular or special-diet food, fresh produce, health-benefit navigation and possible crisis assistance. Funding has continued through subsequent grants, but amounts and delivery slots are limited. Call (845) 499-1597 CLICK HERE for information
Senior Farmers' Market Nutrition Program	For qualifying Dutchess residents age 60+. In 2026 OFA distributed \$25 product-coupon booklets, in person only, while supplies lasted. Coupons are valid at eight participating Dutchess markets through November 30 or the market's earlier closing date. Call OFA before traveling (845) 486-2555

Other Meal Delivery:

- Meals on Wheels of Greater Poughkeepsie (845) 452-2245
- Hyde Park/Rhinebeck: (845) 229-5896
- Millbrook/Verbank: (845) 677-3485
- Wappingers Falls: (845) 297-9797 option 4

Fees and schedules vary

Home Assessments, Safety, Repairs and Aging in Place

Program	Assistance and Key Restrictions
OFA Continuing Care Home Assessment	A case manager or public-health nurse can assess the person at home, develop a care plan, review funding and suggest home care, adult day services, respite, PERS, equipment of placement alternatives. Available regardless of age, payment source; actual funded services have separate eligibility. (845) 486-2555
EISEP – Expanded In-home Services for the Elderly	For people 60+ who need help with daily activities, wish to remain home and are not eligible for Medicaid home care. Can include housekeeping, personal care, case management, respite and emergency-response systems. Cost sharing ranges from no cost to full cost on an income-based sliding scale. Apply through OFA.
Rebuilding Together Hudson Valley	No-cost home repairs for income-qualified owner-occupants in Dutchess or Ulster County, generally at or below 80% AMI. The year-round handyman program handles roughly four-hour jobs such as grab bars, handrails, improved lighting and fire-safety installations. Rebuilding Day applications are open June-September for the following year; veteran applications are year-round. Qualifications does not guarantee selection. (845) 454-7310 CLICK HERE for application
Dutchess County Owner-Occupied Property Rehabilitation	Up to \$40,000 for code-related roofs, furnaces, plumbing, electrical, structural work, deteriorated kitchens/baths and necessary accessibility improvements. Applicants must own and occupy a detached single-family Dutchess home, have owned it at least one year and meeting income/property rules. The August 2026 one-person income limit is \$70,500 for age 60+ and \$44,100 for other owners. Assistance is a deferred loan secured by a 5–10-year lien; reverse mortgages are ineligible. CLICK HERE for additional information
Home Energy Audit/Assessment	Mid-Hudson Energy Choices provides no cost assistance for homeowners, renters and apartment dwellers looking to make their home safer and more comfortable, while also reducing energy consumption and saving money on energy costs. Call Mid-Hudson Energy Choices at (845) 605-0580 for additional information
USDA Section 504 Rural Home Repair	For eligible rural owner-occupants unable to obtain affordable credit. Loans are up to \$40,000, 20 years at 1%; grants of up to \$10,000 are limited to homeowners 62+ with very low income for health/safety hazards. Combined assistance may reach \$50,000; grants are repayable if the home is sold within three years. Confirm the address on the USDA eligibility map. Applications are year-round, subject to funding. CLICK HERE for additional information

Caregiver Respite, Training and Financial Relief

Program	Details
National Family Caregiver Support Program through OFA	May provide counseling, information, training and respite. Eligible groups include adults caring for someone 60+; adults caring for a person of any age with Alzheimer's or related dementia; and certain caregivers age 55+ raising a relative's child or caring for an adult with a disability. Start with an OFA caregiver assessment: (845) 486-2555
Trualta	Free web-based training and support for any unpaid caregiver in New York State. CLICK HERE to register
Friends of Seniors	Free volunteer transportation, grocery shopping, visiting, telephone reassurance and caregiver respite for Dutchess County residents 60+; donations accepted. Transportation is for non-Medicaid recipients, and medical rides generally need two weeks' notice. (845) 485-1277 CLICK HERE for website
Alzheimer's Association Hudson Valley	24-hour helpline (800) 272-3900, caregiver education, care consultation and support groups. Current Dutchess options include an in-person Hyde Park group and a virtual Poughkeepsie group; register before attending CLICK HERE for website
The Elizabeth Thompson Care for the Caregiver Program	Northern Dutchess Hospital's new 2026 program offers supportive counseling support groups, workshops, volunteer caregiver coaches and referrals. Call (845) 871-3392. Confirm eligibility when calling.

Adult day and overnight respite:

OFA can assess the need and arrange or refer to social adult day programs and possible overnight respite; transportation and fees vary. Ask specifically for NFCSP, EISEP, Medicaid/MLTC and private pay options rather than relying on a old provider list.

National Resources

- **National Institute on Aging (NIA) Caregiving Toolkit**
Articles, infographics, videos, and free publications for caregivers.
[Caregiving Toolkit](#)
<https://www.nia.nih.gov/health/alzheimers-caregiving>
- **Family Caregiver Alliance (FCA)**
Online and in-person support groups, educational materials, and advocacy.
[Support Groups](#)
- **Caregiver Action Network**
Advocacy, education, and community support for caregivers.
[Caregiver Action Network](#)
- **National Alliance on Mental Illness (NAMI) Family Caregiver HelpLine**
Free, confidential support for caregivers of loved ones with mental illness.
[NAMI HelpLine](#)
- **Administration for Community Living (ACL)**
National Family Caregiver Support Program and Lifespan Respite Care Program.
[Support to Caregivers](#)
- **AARP Caregiving Resource Center**
Tools, articles, and support for family caregivers.
<https://www.aarp.org/caregiving/>
- **Mental Health America – Caregiver Resources**
Interactive tools, mental health tests, and support group information.
[Caregiver Resources](#)

Local & Regional Resources (Dutchess County, NY Example)

- **Dutchess County Office for the Aging**
Directory of services: home care, nutrition, transportation, legal aid, and caregiver support.
[Office for the Aging](#)
[Caregiver Information](#)
Phone: (845) 486-2555
- **Friends of Seniors – Catholic Charities Community Services**
Non-emergency medical transportation, grocery shopping, friendly visiting, and respite for caregivers.
[Friends of Seniors](#)
- **Rebuilding Together Hudson Valley**
No-cost home repairs and safety modifications for income-qualifying seniors.
[Rebuilding Together Hudson Valley](#)

- **Community Action Partnership for Dutchess County**
Financial assistance, food, prescription help, and utility support for seniors and families.
[Dutchess CAP](#)
- **Hudson Valley Caregiver Support Groups**
In-person and virtual support groups for caregivers.
[Hudson Valley Support Groups](#)

Financial Assistance & Home Modification Programs

- **USDA Section 504 Home Repair Program**
Grants and loans for low-income seniors to make safety repairs and modifications.
<https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants>
- **HUD Older Adult Home Modification Program**
Financial help for safety upgrades and accessibility improvements.
[HUD Home Modification](#)
- **Rebuilding Together**
National nonprofit offering free home repairs and modifications for eligible seniors.
<https://rebuildingtogether.org/>
- **Area Agency on Aging (AAA)**
Local offices provide referrals and sometimes direct funding for home repairs and modifications.
<https://eldercare.acl.gov/>

Articles & Guides

- [10 Essential Aging in Place Resources for Family Caregivers](#)
- [How to Pay for Aging in Place on Any Budget](#)
- [Home Modification Assistance & Grants for Seniors](#)