A Message From Supervisor Kaiman

Most of North Hempstead’s aging population want to remain in their own homes and familiar communities as they grow older. Project Independence is a unique, comprehensive aging-in-place model initiative recently featured in a national webinar sponsored by the American Planning Association. I hope you take advantage of the services offered and become a member of our Project Independence family.

About Project Independence

Project Independence (PI) brings together local health care providers; human service agencies; social, educational and recreational programs and local businesses as partners, as we respond to the needs of seniors seeking support and assistance in order to remain at home with optimal good health, safety and emotional well-being. In order to be eligible for the program, one must be a resident of the Town of North Hempstead and age 60 or older.

Accessing Project Independence:

For more information on Project Independence Services dial 311 or (516) 869-6311 from outside the Town.

Contact Us:

Phone: Dial 311 or (516) 869-6311
Website: www.NorthHempsteadNY.gov
PI Website: www.TONHProjectIndependence.net

Become a Facebook Fan: www.facebook.com/TownofNorthHempstead
Stay in your own home longer with Project Independence (PI)!

**Social & Recreational**
PI connects seniors to exercise classes and various social groups. PI can also help to customize programs at your local senior center and plug you into recreational programs run by local agencies in your area.

**Home Maintenance**
PI’s handyman service program offers minor household repairs, moving heavy objects and yard work! The program also provides accessibility improvement suggestions.

**Volunteering**
PI is always looking for interested volunteers to help ensure that our aging population has the highest quality of life possible. Call 311 for volunteer opportunities!

**Nursing Services**
PI offers blood pressure screenings and in-home assessments by qualified nurses, medicine management information, health education and referrals to home health care services.

**Social Work Services**
PI offers counseling and support groups for those coping with loss, bereavement, chronic disease and care-giving stress; in home-assessment and referral for case management; community education and entitlement review.

**Radio Show**
Listen to PI’s experts in medical & mental health, legal services, government access and more in the comfort of your own home. Tune in Fridays from 10:00am to 12:00pm on 88.1FM or wcwp.org. Archived shows can be found at: www.tonhprojectindependence.net

**Transportation**
PI contracts with local cab companies to provide discounted rides to medical appointments and free transportation for food shopping throughout Town.

**Educational**
Regular community education programs are available at various locations within the Town. Previous topics have included nutrition, elder law, and financial planning.

**Other Programs & Services**
From computer skills training to free cardiac health screenings, Project Independence continues to create innovative programs to keep our seniors healthy, active and engaged. Call 311 to visit your nearest Project Independence satellite office for information on how to participate!