

Lifespan provides information, guidance and services that help older adults take on both the challenges and opportunities of the second half of life.

Service Lines:

Eldercare Services

- CheckIt!, a full bill payer service
- In-home financial management assistance
- Consultation on long term care insurance and Medicare/Medicaid
- Guardianship
- Elder abuse prevention in 11 counties
- Scam intervention/prevention workshops
- Home modification (for fall prevention)
- Advocacy for residents of nursing homes
- Nursing home culture change project
- Geriatric addictions program
- Elder care management through Eldersource*
- Information and referral for older adult services
- Care management for persons with developmental disabilities
- Day care for persons with developmental disabilities
- FutureCare Planning for persons with disabilities**

Employment & Volunteerism

- Specialized counseling & job placement for displaced homemakers
- Subsidized job placement for income eligible older adults
- Volunteer placement for persons 55 and older in area non-profit agencies

Training & Education

- Workshops on aging issues
- PlanIt! pre-retirement seminars
- St. John Fisher Geriatric Certificate Program
- Elder Aware training

Wolk Older Adult Center at Lifespan Downtown

*a service of Lifespan and Catholic Family Center

** a service of Lifespan and Al Sigl Center

Se habla Español.



1900 South Clinton Avenue
Rochester, New York 14618
(585) 244-8400 ■ www.lifespan-roch.org



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Rochester, NY 14618

Women in Transition Services



Opening Doors

LIFESPAN is helping women transition to self-sufficiency and self-confidence.





Who Are Women in Transition?

Women in transition are women who have been away from the paid workforce, or have only worked marginally while they cared for their home and family.

Women in transition are women who are faced with the loss of financial support due to divorce, widowhood, separation, disability of the family breadwinner, or loss of government benefits.

Women in transition are women of every age and every circumstance — some are single, some are married, some are mothers and some are caregivers of aging parents.

Lifespan's Women in Transition Services is funded by the NYS Department of Labor's Displaced Homemaker Program.

Extended services are available as a result of volunteer efforts and donations. The center serves Monroe and surrounding counties.

What Can Lifespan Do For Women in Transition?

Lifespan's Services for Women in Transition can help you open the door to self-sufficiency and self-confidence. We can help you set and achieve your economic and personal goals.

Women In Transition Services include:

Job Search

- Resume Preparation
- Interviewing Skills
- Job Market Information
- Job Referral Registry

Self-Development

- Career and Education Exploration
- Decision Making and Assertiveness
- Balancing Life Roles
- Dealing With Change and Fear

Individual Career and Personal Counseling

Information and Referral Services

Resource Library

Women's Support Group



Why Wait?

Lifespan's Women In Transition Services can help you build the skills and confidence you need to redefine your future.

When I divorced after 20 years, I had no idea how I was going to get a job. I didn't even know what kinds of jobs were out there. I was confused and anxious.

Lifespan's Women In Transition Services helped me evaluate my skills, and obtain updated training. Then they helped me prepare a resume and get ready for my first interview. And I got the job!

Thanks to LIFESPAN, I'm looking forward to my future for the first time since my divorce."

Janet, Office Manager



Call today!

Lifespan's Women In Transition Services

(585) 244-8400

or fax (585) 244-9125

Monday through Friday 8:30 am to 4:30 pm

www.lifespan-roch.org