

# How Age-Friendly is Cato, New York?

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## ABSTRACT

This poster presentation will examine my hometown Cato, New York to see how age-friendly it is and what it does not have that would make it age-friendly.

## Housing

Hillview Terrance Apartments

- Phone #: (315) 626-6418
- Floorplans consist of one bedroom or two bedrooms with one bath that range from \$685 to \$1,068 depending on the room.
- Must be 62 years or older and or disabled
- Includes: Outside storage, Large Closets, Community Room, Laundry Facilities, Kitchen, Garden Area, 24-Hour Emergency Service

Closest housing to Cato, New York is 9.5 miles/ 14 mins away.

Village Manor Apartments

- Variety of different floor plans
- Includes: Kitchen, Appliances, Extra Storage, Patios, Laundry, Picnic areas with community

## Outdoor Spaces and Built Environment

Mott Park

- Open: 6am-9pm
- Includes: Basketball court, Pavilion, Picnic Table, Playground
- No access to public toilets
- Sidewalks are not always straight
- Cato, Ira, Meridian Area Recreation Facility
- Includes: Baseball and Soccer Fields with a playground

## Transportation

Specialized Community Area Transportation Van Project

- Door-to-door transportation for the elderly and disabled
- Must be 60 years or older
- Vans located in Cato, have wheelchair lifts
- Phone #: (315) 626-0996
- Offered by the Cayuga County Office for the Aging
- Donations are not required, but accepted
- No other form of Transportation
- Friends/family members take loved ones places

## Social Environment

Home Delivered Meals

- Senior Nutrition Program
- Offered by Cayuga County but meals can be delivered anywhere
- Brings hot meals to the elderly

## Community Support

Stewart B. Lang Memorial Library

- Offers knit night
- Book discussion every 3<sup>rd</sup> Monday of each month
- Community interaction
- American Legion
- People of all ages can volunteer here
- Community support with supplying meals, cleaning the building, cooking food
- Flexible times since it is volunteer work

## References

- Jeste, D. V., Blazer, D. G., II, Buckwalter, K. C., Cassidy, K. K., Fishman, L., Gwyther, L. P., . . . Feather, J. (2016). Age-Friendly Communities Initiative: Public Health Approach to Promoting Successful Aging. *The American Journal of Geriatric Psychiatry*, 24 (12), 1158-1170. doi:10.1016/J.JAGP.2016.07.021
- Other references available upon request

## Health and Wellness Services

Family Practice Doctor – John F. Eppilito

Cato Dental Services

Pine-Hill Pharmacy

There is not a hospital/urgent care in my community and the nearest one is 22 minutes away in Auburn, New York.

Cato-Meridian Community Recreation Center

- Membership rate for elderly reduced to \$133
- Includes: Fitness room, Gym, Indoor Track, Indoor Pool, and Fitness Trail

## Conclusion

Based on the research within this project, I feel that my hometown is not age-friendly because there are limited resources for the elderly. The sidewalks in the community are not straight, there is only one means for transportation, and there is not much for social environment. The category that is significant the most is Health and Wellness Services, yet, there are not many services provided for just the elderly community. Due to the lack of resources and inadequate services located in my community, it is not considered age-friendly. Even though Cato, New York is not considered age-friendly, it does offer many medical options for being rural. Although my community would not be considered age-friendly, there are resources available that could lead it in that direction. Raising awareness with the community would be a good first step toward that goal.