“Our seniors are a valuable resource and we want them to enjoy a Good Quality of life. The TIPS programs will help to make that happen.”

MAE CARPENTER
COMMISSIONER, WESTCHESTER COUNTY
DEPARTMENT OF SENIOR PROGRAMS AND SERVICES

“Technology did scare me, but I felt I could do it and I am doing it.”

ANITA

For more information about TIPS, or other resources available through the Westchester County Department of Senior Programs and Services, call (914) 813-6408 or visit www.westchestergov.com/seniors
What is Telehealth?

Telehealth is a growing field referring to any health services or information delivered via technology.

Through regular remote monitoring, patients can:

- self-manage chronic conditions
- avoid unplanned and emergency medical visits
- reduce medical expenses for themselves and caregivers

How Does TIPS work?

TIPS participants have their vital signs – blood pressure, pulse, blood oxygen levels and weight – checked twice a week by a trained technician.

The data is transmitted to a nurse who reviews it remotely and sends messages back to be reviewed at the next session. If there is cause for immediate concern, the nurse may contact the patient, caregiver, primary care physician or on-site administrator directly.*

Participants leave each session with a “TIPS Sheet” that includes their vital signs, an explanation of what the results mean, and any relevant recommendations or referrals. This information can help seniors self-manage their own health and be proactive if they see any negative changes.

More Than Just Health

TIPS is not only high-tech, but also high-touch. After having their vital signs checked, participants also receive a comprehensive needs assessment to see if they could benefit from any social services in the county, such as nutrition, transportation, housing, caregiving and other support services.

TIPS sessions are held in a convenient setting where seniors regularly gather. Trained college students facilitate the program, offering a social, inter-generational component to senior health and wellness.

Who Should Use TIPS

All Westchester County residents aged 60+ who have access to a community setting are eligible and encouraged to participate in TIPS.

TIPS is offered in senior centers, senior apartment buildings, houses of worship, libraries and other venues where seniors gather. There is no charge for TIPS.

For locations and information, call (914) 813-6408 or visit www.westchestergov.com/seniors

“I’m a cancer survivor and I live alone. I enjoy working with the student technicians. There should be more programs like this for seniors.” Mildred

“Finally, I’m doing so much better since I’ve come into the program—I know what is happening with my blood pressure all the time.” Doris

“Westchester is leading the way in telehealth services by combining the best technology available for remote monitoring with other well-established county programs, like Care Circles and Caregiver Coaching.” Mae Carpenter

Commissioner, Westchester County Department of Senior Programs and Services