

BETHESDA HOUSE OF SCHENECTADY INC.

834 STATE STREET, SCHENECTADY, NY 12307

CARA HOUSE

917 STATE STREET, SCHENECTADY, NY 12308



Serving the homeless and impoverished in Schenectady County since 1992.

RESIDENTIAL HOUSING PROGRAMS

Lighthouse

2002

7 supportive housing
beds and 3 transitional
beds for veterans



Liberty Apartments

2010

16 supportive housing
beds



The Beacon

2017

8 scattered-site
apartments



Cara House

2024

26 supportive housing
beds and 16 emergency
beds



EMERGENCY SHELTER



Cara House Location

10 beds for homeless single adults

Referrals are made by the Schenectady County
Department of Social Services

In operation 365 days/year

Fully staffed between 4:30 pm – 8 am



Code Blue - Overnight Emergency Shelter: (November 1st – April 30th)

November 1st – April 30th

Called when temperatures drop below 32 degrees
including the wind chill

26 Shelter Cots

Fully staffed between 4:30 pm – 8 am

DAY SERVICES / DROP-IN-CENTER

BETHESDA HOUSE



- Daily Meal served 1:30 pm Monday-Friday. On average 150 people are served each day. Double that for Holiday Meals.
- Hospitality Center opened to the community to provide refuge from the streets. Coffee, water, books and games are provided.
- Showering, laundry and personal hygiene kits available.
- Phone/Fax can be used.
- Mail Services provided to those without an address.
- Housing Resources provided.
- Volunteering / Community Service Opportunities
- Internships available
- Food Pantries in 2 locations offered weekly.
- Clothing Room - Open each week to provide lightly used donate clothing.



MEDICAL RESPITE



Offered at our Cara House location, Medical Respite also known as recuperative care, offers a safe and supportive environment for individuals experiencing homelessness and who are recovering from an illness or injury but are not well enough to be discharged to the streets or into traditional emergency shelter placements. This program bridges the gap between hospital care and community living by providing short-term housing, medical care coordination, and access to other supportive services.

GOALS AND OBJECTIVES

Provide	Provide a clean, safe, and supportive environment for healing and recovery.
Reduce	Reduce hospital stays and prevent unnecessary ER visits or readmissions.
Support	Support access to medical services (PT, OT, visiting nurses) arranged prior to discharge.
Connect	Connect clients with on-site services: Social Work, Nursing, Housing, and Psychiatry.
Promote	Promote recovery and long-term health stability.

ADMISSION CRITERIA

Homeless individuals needing a safe, clean space to recover from an acute illness, medical condition, or short-term (30–90 days).

At risk of re-injury, recurring infection, or hospital re-admission if unsheltered.

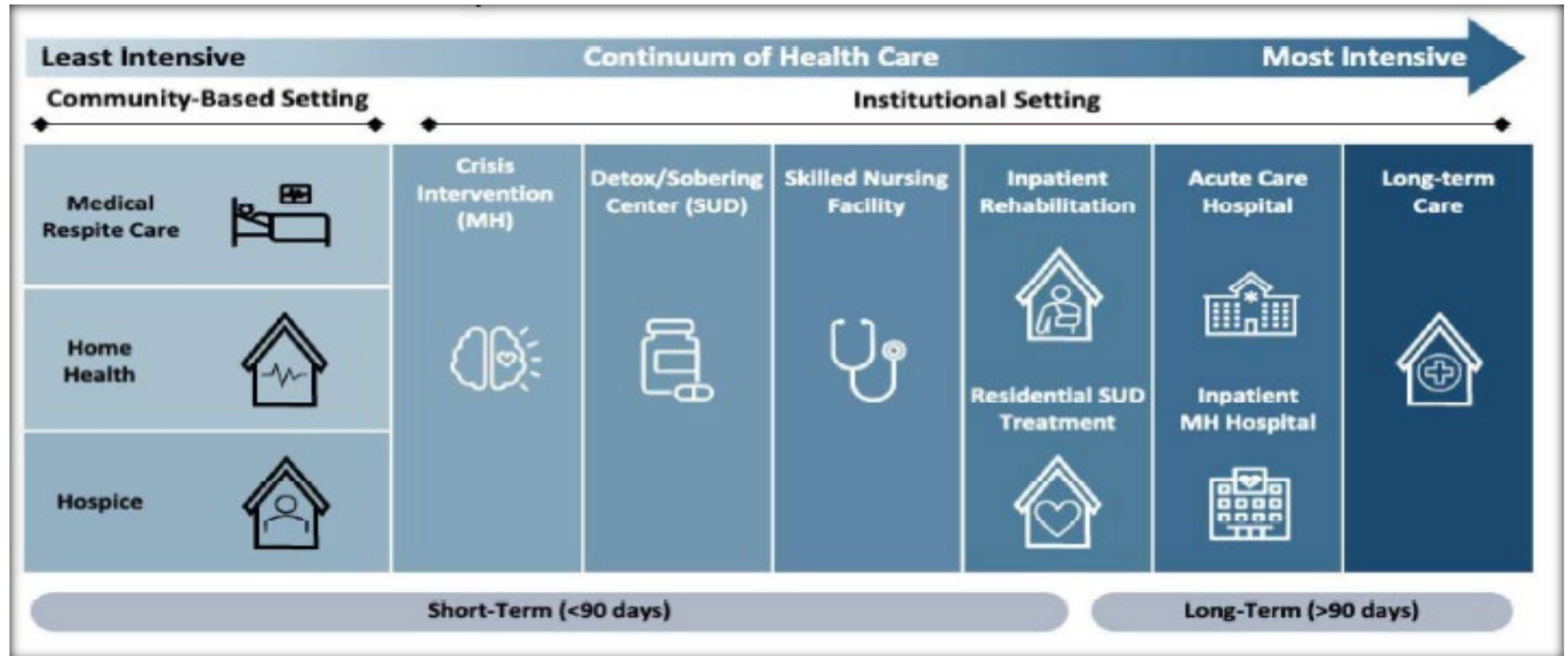
Must be independent in daily activities (ADLs) or have support services arranged prior to discharge.

Must be continent and medically stable.

Must agree to care plans, discharge orders, DSS requirements, and Cara House policies.

Must be behaviorally appropriate and not pose a threat to self or others.

MED-RESPITE ROLE WITHIN HEALTH CARE CONTINUUM



ACCOMMODATIONS OF MEDICAL RESPITE

- Private bedroom with adjustable medical bed and private bathroom.
 - Laundry access.
 - Three daily meals, and two snacks provided.
 - Hygiene items provided.
- Care coordination with Social Work, Nursing, Housing, Transportation, and community supports.
 - Secure medication storage, assistance with med management, and pharmacy coordination.
 - 24-hour staff supervision and support.
 - RN and MA on staff.
 - Outdoor access (8 a.m. – 4 p.m.).
 - One-hour daily visitation (8 a.m.–4 p.m.).

WHO IS NOT ELIGIBLE FOR MEDICAL RESPITE?

Clients requiring nursing home, assisted living, or hospice level of care.



Conditions needing more than 90 days for recovery or discharge readiness.



Incontinent clients unable to perform activities of daily activities without arranged support services.

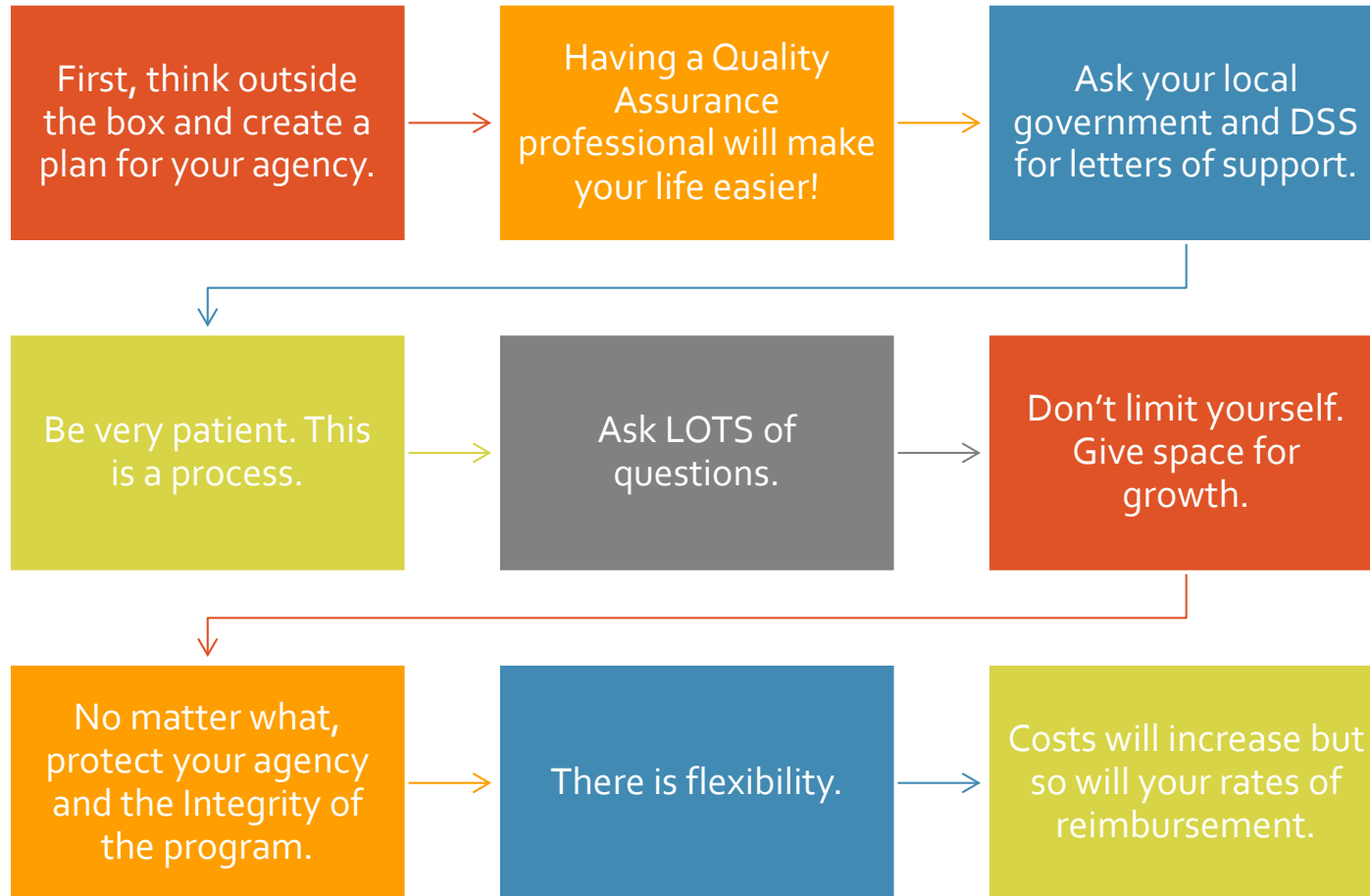


Postpartum clients with infants.



Clients requiring IV antibiotics.

Tips & Advice for Starting a Medical Respite Program



HOUSING | FEE SCHEDULE

SERVICE NAME	PROCEDURE CODES	MODIFIERS	RATE TYPE	CAP (UNITS, COST, FREQUENCY)	CAPITAL AREA RATES
Medical Respite					
Medical Respite	Procedure: S9125 Rate: 7980	N/A	Per diem	Post hospitalization stay up to 90 days per year. Pre procedural care is based on the provider's directions but cannot exceed 30 days per year	\$213-\$300

Stand out DOH Requirements

Refrigeration access for medications.

Vaccine requirements of staff.

Clients able to come and go, as well as be away unexcused for up to 72 hours.

Visitors permitted.

Tailored meals to be provided 3x a day with 2 snacks provided as well.

A photograph of a Black woman with her hair in a headwrap, wearing a grey button-down sweater and dark pants. She is leaning her left arm on a green chain-link fence and standing outdoors with a blurred background of a street and buildings.

Always remember, you
have within you the
strength, the patience,
and the passion to reach
for the stars to change
the world.

Harriet Tubman

Contact Information

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