Elder & Adult Care Workshops

Education Network Meetings

Are you providing care for an adult family member, spouse, or friend, either locally or long distance? Perhaps the one you care for is living in a facility, independently in their own home, or in your home. If so, you are invited to attend meetings of the Caregiver Support & Education Network. Participants are welcome to attend when their schedule allows. Caregivers come together to share the challenges, joys and resources of caregiving as well as listen to occasional speakers presenting on topics of interest specifically to caregivers. Facilitators will share strategies, tools, and resources for coping with stress, caregiver guilt, and burnout as well as information on local/national resources that may assist you. Meetings will be held via Zoom until further notice.

Questions? Contact Diane Bradac, sdb39@cornell.edu.

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General Discussion and Sharing Dates

- November 16, 2021, 12:00-1:00 pm

- November is National Caregiver Recognition month! It is a time to recognize and honor family caregivers across the country. This month offers an opportunity to raise awareness of caregiving issues, educate...
communities, and increase support for caregivers. Check out some resources at the Caregiver Action Network: https://www.caregiveraction.org/ Please know that we admire, respect, and recognize the time, effort, and challenges of caregiving for your loved ones, family, colleagues, and friends! The November CSEN meeting will focus first on a few moments of recognition!

And secondly, we’ll hold a general discussion on “The Art of Saying No.” Is it permissible to say “no” at Cornell, at home, to family, to friends? Yes! Although it can be difficult to say “no” at work or at home, it is a critical skill if you are to protect your own priorities, time, and even your mental wellbeing. There are many ways you can say “no” in a gentle, respectful, and courteous manner. Let’s explore them together. What works for you? What doesn’t work for you?

Please reference this helpful guide written by the Cornell FASP office.

- December 14, 2021, 12:00-1:00 pm

Email WorkLife@Cornell.edu for the Zoom Link for the meeting.

Past meeting recordings:

- Palliative Care and Hospice Services with Deb Traunstein

If you want to receive the recording or if you have questions, please email worklife@cornell.edu

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