Elder & Adult Care Workshops

Caregiver Support & 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. Attendees are welcome to bring their lunch.

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

General Discussion and Sharing

12-1:00 p.m., 321 Weill Hall

No registration needed

- **January 25, 2018: Navigating Challenges of Caretaking - A Family Systems Perspective**
  - Marta Maria Guzman Cotto, Counselor, Faculty & Staff Assistance Program (FSAP). Caretaking for family members can be a rewarding and fulfilling experience. Nonetheless, this responsibility also places numerous demands on the caregiver. Moreover, family dynamics frequently change, and pose new and unexpected challenges. Please join us for an opportunity to discuss how to successfully navigate these issues, as well as share our collective wisdom regarding self-care, empowerment, and hope.

- **February 22, 2018: Finding Joy in Caregiving**
  - Fay Bunnell, Elder Care Consultant, Elder Frontiers. Fay has 40
years of experience as a professional caregiver in the areas of Geriatrics, Hospice, Med-Surg, nursing education and alternative healing. The purpose of this session is to share techniques that can build a more expansive life for elders and caregivers. Fay will discuss how care giving can benefit from creative communication techniques and activities. When you are communicating so that both parties feel heard and valued, joy naturally follows. Bring your questions so that we can explore how this can work in your situation.

- March 22, 2018
- April 26, 2018
- May 24, 2018