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

August 24, 2021, 12-1:00 pm

Getting a Good Night’s Sleep!
The August Caregiver Support and Education Network will be devoted to sleep and its vital role for caregivers and their loved ones. Caregiving certainly can be exhausting, and nights of uninterrupted sleep can be rare. But sleep plays a vital role in good health and well-being throughout your life. Getting seven to nine hours of sleep each night can help reduce risks of health problems like forgetfulness, cardiovascular disease, diabetes, and depression. Unfortunately, one in three adults don’t get the recommended amount of uninterrupted sleep they need to protect their health.

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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