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.

General Discussion and Sharing Dates

- September 17, 2020: 12:00 - 1:00 pm, via Zoom: Maximizing Adult/Eldercare Resources

As the pandemic continues longer than we all expected, services for adults and seniors have continued to evolve, many of them virtually. The goals however remain the same – to assist older adults and persons with long term care...
needs to live independently in their homes and communities with quality of life and dignity. Many adult/senior services have refocused and adapted to a new way of delivering services. What has worked well for you to maintain engagement of your loved ones? How can we better assist you as a caregiver during this time? This session is designed to review and explore resources available for caregivers; information and referral, health and safety, counseling, support groups, and more.

- October 22, 2020: 12:00 - 1:00 pm, via Zoom
- November 19, 2020: 12:00 - 1:00 pm, via Zoom