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.

[accordion]

General Discussion and Sharing Dates

June 17, 2021, 12-1:00 pm and July 20, 2021, 12-1:00 pm

Safety at Home - Caregiving Nitty-Gritty for Day-to-Day Challenges
Often family and friends are pressed into service suddenly when a loved one is discharged from the hospital after surgery or as a loved one gradually needs additional assistance with aging safely in their home. Caregivers often find themselves needing to provide long-term care for loved ones, helping with tasks like dressing, bathing, toileting, transferring, and managing medications without much training. These day-to-day challenges can be frustrating, overwhelming, and also can be hazardous for you and your loved one.

For the June and July CSEN meetings, we are going to hold open discussions on suitable techniques and practical solutions for caregiving day-to-day challenges. These solutions can also be helpful insights for anyone planning to age in place – aging in a safer manner while acknowledging the progression of care-changing needs. We’ll discuss universal design and ADA accommodations, discharge plans and ADLs (Activities of Daily Living), planning for emergencies and we’ll provide home checklists, training video recommendations and local resources for assistance.

Email WorkLife@Cornell.edu for the Zoom Link

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