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.

General Discussion and Sharing Dates

October 18, 2022, 12:00 pm - What if Something Happens to Me?

Family caregivers by necessity become experts in providing long-term care. This specialized knowledge can include medication management, dietary requirements, understanding the best way to communicate with a person, transferring
skills, toileting skills, and knowing specific emotional needs. But what happens if illness or injury should strike the caregiver? Who will step in to provide the needed essential care? How will they manage without the benefit of the family caregiver’s person-specific expertise and experience?

“What If Something Happens to Me?” covers this important topic with information on how to manage your concerns, how to identify a backup caregiver, and what information to include so the backup caregiver can provide the best care possible in this situation. This session will include two checklists to help you plan. Program based on article and research done by Donna Schempp, LCSW, and the Family Caregiver Alliance.

Meetings typically take place on the third Tuesday of every month at noon. Join us if you are able. We will continue to meet virtually for now. Email WorkLife@Cornell.edu to get 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