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 Ruth Merle-Doyle, rem64@cornell.edu.

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General Discussion and Sharing Dates

- November 17, 2022, 12:00 pm - Managing the Holidays
  The holidays can be stressful and overwhelming for caregivers. We'll cover ideas and tips for managing the holidays with priority setting, tapping into community resources, family and friend support, relaxation/meditation, and advanced planning.
* December 15, 2022, 12:00 pm - Topic TBD

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

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