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 23, 2022, 12:00-1:00 pm

Topic: Caregiver budget tips, money-saving ideas, and being frugal!
As caregivers, we are constantly challenged with finances and budgeting for ourselves and our loved ones. Inflation hit 9.1% in June, the highest rate in more than 40 years (according to MoneyWatch). The increases were broad-based: rent, groceries, gas, new and used vehicles, car insurance, medical costs, etc. How are you stretching your budget with the rising inflation?

Come with ideas to share and money-saving stories. Join us to learn some real-life cost-saving tips and let’s talk about ways to be financially sensible during these unusual times.

- September 20, 2022, 12:00-1:00 pm

Join us if you are able. Otherwise, the group meets monthly and 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