



Elder & Adult Care

Providing care for a loved one can add pressure to an already demanding university career and family life. Cornell provides a work/life consultant service to staff, faculty, students and retirees. The consultant can help with locating adult/elder care resources in the community, and assist caregivers who are providing care from a distance. Contact consultant Diane Bradac in Work/Life, 607-255-1917 or sdb39@cornell.edu.

Resources

- **[Caregiver Support & Education Network \(CSEN\)](#)**: Monthly meetings to learn and share strategies and tools for coping with stress, caregiver guilt and burnout, as well as information on local and national resources. [Contact Diane Bradac](#) for more details.
- **[Elder/Adult Care Newsletter](#)**: Monthly newsletter to learn about on and off campus activities, events, services, and articles of interest to Cornell faculty, staff, students, and retirees regarding elder/adult care and caregiving.
- **[Elder Care E-List](#)** (type "join" in the subject): Receive and send emails that connect you with other caregivers and local resources.

Wellness

- **[Care.com Membership](#)**: Locate caregivers to help aging or disabled adults with companionship, errands, housekeeping, and more with a free Cornell-sponsored Care.com membership.
- **[Healthy Aging](#)**: Fitness & wellness classes designed for every size, shape, age, and ability; great for individuals who have had joint replacement, suffer from arthritis, want to improve balance, etc.

Financial Assistance

- **[Dependent Care Reimbursement Account](#)**: This benefit helps you reduce your out-of-pocket expenses by taking advantage of a federal law that gives you an immediate tax break when paying for dependent care services covered under the program.
 - **[Faculty Dependent Care Travel Fund](#)**: Offers tenure track and tenured faculty up to \$1,000 (\$1,500 for dependent children with special needs) per academic year in direct expenses for dependent-care expenses incurred while traveling to attend professional meetings, conferences, workshops and professional development opportunities.
 - **[Long Term Care Insurance](#)**: Benefit designed to cover costs associated with extended long term care due to a chronic disease or long-lasting disability.
 - **[Travel Assistance to NYC for Medical and Other Emergencies](#)**: The Emergency CARE Fund provides round-trip bus tickets on the Campus-to-Campus Bus to current employees.
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