



Caregiver Discussion Groups

Family caregivers, of older or disabled persons, assume responsibilities and experience many changes in their lifestyles. They say they are frustrated in knowing how to solve the multitude of challenges facing them and don't know where to turn for help. They need support. You need support!

Through the Onondaga County Department of Adult and Long Term Care, Office for Aging, **Caregiver Services** provides on-going support through **Caregiver Discussion Groups**. There are four groups to choose from, all meet regularly with an aging specialist facilitator. Family caregivers gather to share their situations, define the problems they face, explore solutions, learn about community resources and make a commitment to change.

Group Participants learn from, and support, each other as they reach out and try different strategies for providing care for their family members as well as themselves. The groups are trusting places where caregivers can express emotions and concerns and find validation and encouragement.

Group Locations & Information

Brookdale Manlius, 100 Flume Road, Manlius, NY

Meets the first Wednesday of each month at 2:30 pm (2nd Floor Dining Room)

Park Terrace at Radisson, 2981 Town Center Road, Baldwinsville, NY

Meets the third Wednesday of each month at 2:30 pm

The Hearth on James, 830 James Street, Syracuse, NY

Meets every other Thursday at 3:00 pm

Brookdale Summerfield, 100 Summerfield Village Lane, Syracuse, NY

Meets every other Thursday. Two groups: one at 4:30 pm & the other at 6:00 pm

Contact: **Johanna Hannah** at (315) 435-2362, Ext.4994

