

Onondaga County Office for Aging Caregiver Services

****Caregiver Discussion/Support Groups****

Onondaga County
Office for Aging



www.ongov.net/aging/caregiver.html

Whether you are a full-time, part-time or long-distance caregiver, connecting with the larger caregiver community through support groups can provide **validation, encouragement, understanding and advice** from others who have gone through similar experiences with their loved ones.

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 freely and without judgment. These groups are open to all caregivers, family members and loved ones at whichever time works best for you.

There are several groups to choose from, all meet regularly. Only one group is virtual although it is possible to link in to any group through Zoom. ***Please note that while I will have my laptop for virtual attendees it is not optimal as it may be difficult to hear or see the other members.*

Caregiver Discussion/Support Group Meetings/Times & Locations:

- 1st Wednesday of each month: 12:30-2:00pm:
Jamesville Dewitt Library Community Room
5110 Jamesville Rd, Jamesville, NY 13078
- 2nd Thursday of each month: 6:00-7:30pm **** NOTE** this group will be moving locations. Contact Kimberly Connell for location
- 3rd Thursday of each month: 1:00pm-2:30pm
Nottingham Independent Living Facility: The Village
1301 Nottingham Rd Jamesville, NY
- 4th Thursday of each month: 6:00pm-7:00pm
Virtual Group Only via Zoom

Link to join any group is on our webpage: <http://www.ongov.net/aging/caregivergroups.html>

Questions? Call Kimberly Connell, LMSW

Caregiver Services & Support Specialist

Email: kimberlyconnell@ongov.net or kconnell@helio.health

Phone: 315-435-2362, ext., 4693

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****Caregiver Peer Support Program ****

A Peer Support person is described as an experienced caregiver who can provide guidance, motivation, encouragement and emotional support for new caregivers.

The caregiver partner is described as a new, inexperienced or overwhelmed caregiver who would benefit from being partnered with a Peer Support caregiver

The Caregiver Peer Support Program is intended to help develop and strengthen trusting relationships between caregivers; to provide an opportunity for networking and to empower caregivers to help one another. The program is designed to pair/partner experienced caregivers with new or newer caregivers. Peer Support persons will help answer questions, be a sounding board and provide emotional support, encouragement and practical advice as needed.

Benefits:

- Creating an outlet for socializing and networking/relationship outside of the support group
- Learning from the experience and support of those who understand the challenges caregivers face
- Receiving support from someone who has “been there”
- Having someone you can reach out to when needed in times of stress, confusion, fear or emotional pain

Caregivers who wish to be paired with a Peer Support person must be a part of one of the caregiver support groups here at the county as this program is designed to provide an added element of connection/relationship and support not a substitute for regular support group meetings.

If interested, please contact Kimberly Connell at 315-435-2362 ext. 4693 or email: kimberlyconnell@ongov.net or kconnell@helio.health