

Caring for the Caregiver



Tues. Nov. 14

2:00-3:30 pm

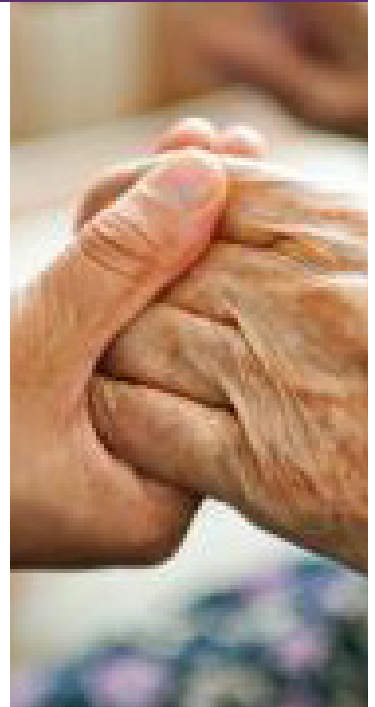
Zoom - Virtual Class

Register to join

**Reserve your spot:
(315) 435-2362 Ext. 4693**

<https://rb.gy/ebdz8>

While informal (unpaid family/friend) caregiving can be rewarding, it can also be challenging emotionally, mentally, physically and financially. And, when caregivers do not have the support they need, their health, wellbeing and quality of life often suffer. This I-Care class will focus on the unique challenges informal caregivers face and discuss methods, strategies and resources that the caregiver can utilize to help support them along the journey. Participants will learn strategies to combat caregiver stress, burnout and anxiety. Plus, local and state resources and supports for caregivers including;



- Respite Care
- Tech tools
- Training videos
- Support groups
- Caregiver planning

Presented by: Vickie Stephens
Caregiver Trainer with Access CNY



**Onondaga County
Office for Aging**

JoAnne Spoto Decker, Commissioner
Onondaga County Department
of Adult & Long Term Care Services

Institute for
Caregivers