



SUMMER 2022: Volume 45

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[Visit COFA Website](#)

In Support of Caregivers

A Publication of the Caregivers' Resource Center and
Alzheimer's Support Unit at the Tompkins County Office
for the Aging



Caregiver Resources

Local Caregiver Support Services

Tompkins County Office for the Aging

Caregiver's Resource Center: Amy Jackson 607-274-5486

Project Care Services: Dawn Sprague 607-274-5499

The Caregiver's Resource Center & Alzheimer's Support Unit offers family caregivers information, consultation services, workshops, this newsletter, packets of information that are helpful to caregivers, and a lending library of books on family caregiving topics. Stop by or call Amy for an appointment.

The Tompkins County Long-Term Care Unit may be able to arrange for paid home care services or short-term respite for stressed caregivers having difficulty paying for those services. Call 607-274-5278 to discuss your needs.

Caregiver Counseling

Family and Children's Services - 607-273-7494

A caregiver counselor will meet with family caregivers monthly to help them work through complex caregiving issues or provide emotional support. There is no charge, but donations are accepted. Call to complete an intake.

Individual Counseling and Support

Individual counselors can provide clinical and therapeutic counseling and support for you and/or your loved one.

Ann Dolan, LCSW (counseling for ages 60+ or caregiver for 60+)
(607) 708-0808

Buttermilk Falls Therapy Services (Lisa Luciano, LCSW-R, ACSW)
(607) 591-2763

Adult Day Program

Longview Adult Day Community

Monday through Friday, 9am-3pm; contact Pamela Nardi at 607-375-6323 for more information.

Adult day programs offer older adults companionship along with planned social and recreational activities. It often provides a break from caregiving and time for other matters. Fee: \$75/day includes lunch and snack; minimum 2 days per week, and must be fully Covid vaccinated with booster.



SUPPORT GROUPS

Note: Some Support Groups are still meeting virtually.

Family Caregiver Supportive Group Discussion

Every Other Tuesday at 11 am in-person or online via Zoom, offered by the Tompkins County Office for the Aging. To register or for more information call Amy at 607-274-5486.

Brookdale Caregiver Support Group

This group is currently on hold, and should be re-starting by the end of August.

Alzheimer's Caregiver Groups

1st Wednesday of the month at 5:30pm online via Zoom. For information, call the Alzheimer's Association at 1-800-272-3900.

3rd Wednesday of the month at 12:30 pm online via Zoom through Walden Place, Cortlandville. Call 607-756-8101 for information.

Cancer Caregiver Group

2nd Tuesday of the month, 5:30-7:00pm online via Zoom through the Cancer Resource Center of the Finger Lakes. For family, friends and caregivers of individuals with Cancer. For information call 607-277-0960.

Parkinson's Caregivers Group

For more information, call Carol Grove at 607-279-8257

Funding for Family Caregiver Respite

The Tompkins County Office for the Aging has a limited amount of funding to help family caregivers afford to hire substitute care that enables them to take a break from caregiving, usually a few hours a week. We have some uncommitted funds available if you know a family caregiver who might want to take advantage of this opportunity.

Title III E Respite: This is federal funding that pays for respite service for family caregivers who are caring for an older adult (60 or older) who needs assistance with 2 or more ADL's (dressing, bathing, incontinence, transferring, toileting, eating) **OR** needs substantial supervision due to cognitive impairment (e.g., Alzheimer's or other dementia).

Alzheimer's Respite Scholarships: This is New York State funding granted to Tompkins County through the CNY Alzheimer's Association. This funding pays for respite service (at home or in a licensed care facility) to give a break to family caregivers of persons diagnosed with Alzheimer's or other dementia.

Although neither program is means-tested, we do try to target these funds to those who find it difficult to privately hire enough substitute care.

To Apply or Inquire:

Please encourage family caregivers to contact **Joanne Wilcox** or **Terry McCann** at **Tompkins County Adult and Long Term Care Services (607-274-5278)**. Due to the overall shortage of aides, or if clients prefer it, they may be able to use this funding to privately hire friends or relatives through the Finger Lakes Independence Center (FLIC) Consumer Directed Personal Assistance Program (CDPAP).

Caregiver Articles

Caregiving and Ambiguous Loss

By Family Caregiver Alliance and written by Pauline Boss

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www.caregiver.org

Introduction

Caregiving for a loved one can cause stress in many ways. To manage the stress—which we know can be dangerous to a caregiver's health—we must first know what the problem is. Surprisingly, many caregivers of individuals with memory disorders or dementia report that the main problem is not the illness itself, but the ambiguity and uncertainty it causes.

It's a difficult challenge to care for someone who is here, but not here—here physically, but gone mentally and psychologically. You feel alone, and in some ways, you are. For many caregivers, it's as if there's a stranger in the house.

Adding to the stress, disorders such as Alzheimer's disease or traumatic brain injury cause unpredictable memory loss that comes and goes—one moment here, the next moment gone. This roller coaster of absence and presence is a very stressful kind of loss—what author Pauline Boss calls ambiguous loss. Unlike death, there is no closure, no official validation, and sometimes little community or religious support. You feel you are left to cope on your own; even the strongest caregivers feel anxious and depressed. The challenge is to learn strategies to cope with this ambiguity that is so much a part of memory loss.

Symptoms of Overwhelming Stress

Caring for someone with a cognitive impairment—and the ambiguous feelings that arise—can create a constancy of sorrow that can immobilize caregivers. For example, decisions are put on hold, tasks pile up, chores delayed. Doubt, confusion, helplessness, and hopelessness set in, and caregivers can feel anxious and depressed. Friendships are in limbo as caregiving takes more and more of your time. Conflict increases with spouse, children/stepchildren, siblings. Family gatherings and rituals that were the glue of enjoyable family life are cancelled or changed. When a caregiver feels increasingly isolated, the possibility of depression, anxiety, abuse, guilt, shame, lack of self-care, illness, or substance abuse increases.

Tips for Coping with the Ambiguity of Memory Loss

To manage the stress of caregiving, try to connect with other people: if possible, join a support group either in person or on the Internet, attend a book club, social event, or faith-based group. Here are some ideas, questions and tips to help:

1. Name your problem.

Know that one real culprit causing your stress is the ambiguity from a loved one being here, but not here. Call it “ambiguous loss.” It is neither your fault nor the patient’s. It is caused by an illness.

2. Practice both/and thinking.

It helps to think “both/and” rather than in the extremes of “either/or.” Instead of thinking the care recipient has to be either here or gone, think of him or her as both here and gone. This means balancing two different ideas at the same time—present, and also absent. Both/and thinking is less stressful than continuing to search for an absolutely perfect solution.

Here are some examples:

- “I am both a caregiver—and a person with my own needs.”
- “I take care of both him—and myself.”
- “I both wish it was over—and that my loved one could keep on living.”
- “I am both sad at my loved one’s illness—and joyful with my new grandchild.”
- “I am both sad about my lost hopes and dreams—and happy about some new plans and goals.”

Now add your own examples. “Both/and” thinking may come faster if you practice with another person.

3. Know your “family” and community information and support systems.

You need predictability (not ambiguity) about whom you can talk to and count on for help. Have some other people become “like family” to you? Does your community offer help and social support? Spiritual support? Recreation and respite? Information support? Talk with your Caregiver Resource Center about what help is available to you. Check the web—a quick online search for “caregiver” offers a wealth of information and online communities. If your biological family offers no help, perhaps you can create a “psychological family” that will be there for you when you need help. Talk about how to divide up the work among a “care team.” Make a written plan to

know who will do what and when. Who will come once a week so that you can take some time off to do as you wish? Who will come for a week twice a year so that you can take a vacation from caregiving? Several websites can help you establish your caregiving community (see Resources list below).

4. Continue—but revise—family holidays, celebrations, and rituals.

Do not cancel, but rather, simplify the gatherings with the people you care about to celebrate birthdays, holidays, and religious events and rituals. Families, friends, and communities connect to celebrate life's transitions. Human connection can help lower your stress in times of sadness. It can help you and a person with dementia feel the spirit of life around you. This is essential to staying strong when the person you care for is not able to connect fully with you. Think and talk about this: what family rituals did you celebrate as a couple or family before the memory loss? Now? How can you simplify your family rituals and celebrations to fit the circumstances now? Young people can be especially helpful in answering these questions, because of their strong imaginations and new perspectives.

5. Revise family roles.

To manage the stress of caring for someone with severe memory loss, alterations are needed in what you and other family members previously did. There are changes in family roles as a result of the memory loss. What tasks are you now responsible for? What tasks have you lost? How do you manage these changes? What would help? Is there agreement in the family about who should do the caregiving? Are you resilient enough to change or do you feel you have to do it all as before? Talk about who plays what roles in the family.

Finally, based on roles, think about how you see yourself now. You might ask: Is it right for me to take time off to go out with friends when my spouse is suffering from Alzheimer's disease? Do I still feel like a son or daughter or more like a parent to my parent? If my spouse has memory loss, do I still feel married? How should I act?

6. Be aware of family rules.

Who is allowed to do what in your family? Is there a team approach or are you expected to do all the work alone? Become aware of your family's rules and question them. They can change. Do your family's rules about race, religion, class, age, or gender get talked about? For example, is there an unspoken rule in your family that only females can be caregivers? Are certain people excused from helping? Why are they excused? There may need to be a new family rule about "teamwork" so that

caregiving does not fall to one person alone. Include children and teenagers in the circle of information about the illness, its effects, its unclear prognosis, and your need for help and teamwork.

7. Understand that anger and guilt are normal, but avoid harmful actions.

While mixed emotions are an understandable outcome of memory loss, the negative feelings can come out as anger or, worse yet, abuse—and that is not acceptable. Talk with someone—a professional or another caregiver—about your negative feelings to prevent acting out your anger. Remember, feeling angry about the ambiguity in memory loss is normal, but acting out that anger against the patient or yourself is not.

8. It seems contradictory, but imagine something new to hope for.

To stay healthy, everyone needs hope. When your loved one is ill, and you are tied to caregiving, you must discover new hope. It helps to talk about this with other people—and again, with young people. They might help you imagine new dreams for your future—new connections, new hobbies, new travel plans, new skills, new relationships.

Given the stress from caregiving and the ambiguity of memory loss, what can you plan for the future that is clear and certain? How about an outing, a firm date for dinner with a friend, a hobby that has clear outcomes, a TV program that you clearly enjoy? New hopes and dreams will emerge when you can balance the ambiguity with some activities that have clear outcomes, no matter how small.

9. Check on your own health.

Seek professional help if you:

- Feel depressed, physically sick, or hopeless.
- Feel like hurting yourself or hurting or yelling at the person you care for.
- Depend too heavily on alcohol or recreational drugs.
- Fight with your spouse, children, stepchildren, or other family members and friends.
- No longer take care of yourself.

When you are a caregiver for someone with memory loss, the stress of ambiguity adds to the usual pressures of caregiving. You have a duty and a right to take care of yourself.

Summary

This fact sheet is a caregiver's guide to managing the extra stress from ambiguous loss. To sum it up, think of managing the ambiguity as learning to walk in the fog. Keep moving forward, despite the stress of not knowing what lies ahead. But at the same time, reach out for support and human connections to stay resilient and strong.

10 Summer Activities Seniors and Caregivers Can Enjoy Together

Lori Johnston | Updated June 24, 2021
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Enjoying warm summer temperatures doesn't have to be a distant memory for elders and their caregivers. Finding an interesting activity that is suitable for an older adult's abilities may take some creativity and planning, but it is well worth switching up the routine and getting out of the house.

The Benefits of Getting Outside

A main advantage of heading outdoors, even for a short period of time, is being able to soak up some sunlight. Sun exposure generates vitamin D, which is necessary for a healthy brain, bones and muscles. Some doctors even prescribe sunlight as a source of vitamin D, which research has shown can improve cognitive function and mood. Older adults, especially those who are homebound or whose exposure to sunlight is limited, are at high risk for vitamin D insufficiency.

In addition to the physical benefits of natural sunlight and fresh air, being outside provides mental and emotional benefits. Getting out enables elders to socialize with new people, and many outdoor activities provide opportunities for interacting with children, nature and animals. Such activities can give people an extra spring in their step and rejuvenate them, says Christina Chartrand, vice president of training for Senior Helpers, a nationwide in-home care company.

Outdoor Activities for Seniors

When selecting an activity to do with your loved one, focus on hobbies and interests they used to enjoy and get creative with new options they might find fun and rewarding. Of course, be sure to stay current on CDC guidance as well as federal,

state and local regulations regarding COVID-19. Taking proper precautions (like getting vaccinated) will protect you, your loved one and others from getting sick while enjoying your summer.

1. Catch a Sporting Event

Attending a grandchild's soccer game or a professional baseball game can be an action-packed way for your loved one to reconnect with one of their favorite pastimes.

2. Fish for Fun

You can cast a rod from a dock, pier or other location, even if someone has mobility problems or uses a wheelchair. Check your state's tourism or parks and recreation websites to see if they provide listings of ADA compliant fishing locations. Many areas across the country have also started offering all-terrain wheelchairs for check out or rental that can help a loved one with mobility issues get closer to the water.

3. Be a Tourist

If you live in a city, take an open-air bus or trolley tour to see the local sights. Another option could be a boat tour, depending on what type of equipment an elder needs to take with them. "It gets you both outside, but you don't necessarily have to be walking," Chartrand says. A Sunday drive around town can also allow a senior to check out happenings in the community that interest them. This could be new construction, blooming flowers and trees, or even festivals and community events.

4. Take a Dip

For some folks, this might entail putting a foot in the pool, while others may be able to handle low-impact water aerobics. If a senior is willing and able, spending some time in the pool is an excellent way for them to incorporate some physical activity into their routine that seems more like relaxing than a workout.

5. Stroll Around

If a walk is possible, start slow and work up to longer outings. Consider bringing along a walker or wheelchair in case your loved one gets tired and needs to rest along the way or requires help getting back.

6. Be an Animal Lover

This could be as simple as encouraging a loved one to sit outside and enjoy the sights and sounds of a birdhouse, bird feeder or bird bath in the yard, or could mean an outing to the zoo or a local dog park. There are plenty of options for seniors who enjoy animals to get outside and either interact with or observe nature.

7. Go Fly a Kite

Head to a park or beach and get a kite soaring. Let your loved one take control, which they can do while sitting down. If children are around, they can get involved by trying to keep the kite in the air.

8. Picnic Outdoors

Picnics are another flexible activity that you can plan at a park, in your own backyard or on the surrounding grounds of a long-term care facility. At the park, seniors can watch children run around and enjoy the buzz of outdoor activity. Make sure to locate an area with comfortable seating and plenty of shade in advance, or remember to bring your own.

9. Attend Community Events

From Fourth of July parades and fireworks to Labor Day block parties, there are plenty of community events during summer that offer opportunities for elders to get out and be part of the crowd. Many communities offer outdoor musical performances, art shows, car shows, flea markets, festivals and more. Peruse the events section of the local newspaper to find happenings that fit your loved one's interests and abilities.

10. Go Out for a Treat

Most seniors have a favorite snack or restaurant that picks their spirits right up. Instead of limiting this indulgence to special occasions or the post-doctor's appointment routine, make an outing out of it just because. This could consist of getting an ice cream cone from the local Dairy Queen, a coffee and pastry from a favorite breakfast spot, or a lunch special from the diner around the corner. If the weather is nice, enjoy your goodies at a patio table.

Remember that older adults are more sensitive to temperature changes and tend to have a weakened thirst mechanism. With each of these activities, be sure to watch your loved one for signs of fatigue, [dehydration](#), sunburn, and overheating that could signal it's time to leave, perhaps with a promise to return at another time.

Encourage them to Participate

Use these ideas as a springboard. You know your loved one best. What did they enjoy when they were younger? What is something they always wanted to try? Don't be afraid to ask what they miss doing or what they'd like to revisit. They probably don't hear these kinds of questions very often. You may encounter some resistance, so just say with a smile that it would make you very happy to embark on an outing together. Have a couple of suggestions prepared to choose from and head outside to enjoy the day and each other's company.

Tips for Creating Activity Spaces in the Garden for an Elder

By Rosann Moore, Caregiversactivitysource.com

Creating activity spaces for elderly loved ones is important especially for those folks with Alzheimer's or memory loss. Activity spaces in which activity supplies are within sight or reach remind us that we enjoy taking part in that activity. Thus, it can engage us in the activity.

Creating spaces for gardening is important for elders that love to garden or enjoy the outdoors. Having tools and supplies out and available may remind an elder to take part in a gardening task or activity. It also creates an inviting environment that can make tasks easier for those with physical disabilities.



Tips for Creating
Activity Spaces
in the Garden
for Seniors

CaregiversActivitySource.com

Ideas for creating activity spaces for gardening outdoors.

- **Keep a bucket of small tools available** on or near the patio for patio gardening. Keep only the simplest tools like a small hand shovel, hand claw, or other small tools your loved one likes to use. Keep a pair of gloves nearby as well. Don't overwhelm with the amount of tools to choose from, one or two is usually sufficient for patio gardening. Also make sure they are safe for your loved one to use. Plastic type hand shovels are available too.
- **Keep a small watering can** or [small watering containers](#) nearby to remind her to water.
- Make sure an elder has **safe sturdy chairs** to sit on while gardening or enjoying the outdoors. These may be placed around the yard to enjoy different parts of the yard or while working in a particular area.
- **Plant a patio garden in pots.** Plant flowers and herbs which can be tended to daily, for example, deadheading flowers, pinching off herbs to add to recipes, etc. A gardener usually can't keep her hands off touching the plants, smelling them, and rearranging them in some way. Having plants close to where she sits outdoors can be a visual reminder to partake in gardening. Use pots that are lightweight and those that are fun to look at like the owl pot above. Place patio pots on caddies to make pots easier to move around. Check [out more ideas for elders](#) and gardening.
- **Select one or various types of gardens to plant.** For an elder, some suggestions might be a [patio sensory garden](#), vegetable garden, herb garden, butterfly garden, [fairy garden](#), flower garden, shade garden, window-box garden, berry garden, or a childhood garden.
- **Keep items like bird/animal books and binoculars** on a patio table. Use these to watch and identify the wildlife that come to visit in her yard. Talk about what you see.
- **Set out garden books** to look at so that she can identify plants or just enjoy the book.
- **Set out garden art** around the yard. Let these be points of interest and conversation starters.

- **Keep empty pots and soil available** if she would enjoy repotting or separating plants.
- **Make a list of things to identify in the yard**, like a scavenger hunt, especially fun for when grandkids visit. This list will depend on what is in your elder's yard. You may add things like statues, the pink rosebush, basil, evergreen tree, the big red stone, aspen tree, etc.
- **Use plant markers** for a loved one to identify which plant she is working with. Have the supplies available to make and mark new plants that she gets.
- **Creating walking paths** in the yard that loop back to where she started decreases confusion and can help those with memory loss.

Program Updates



Senior Farmer's Market Nutrition Program

Every year, the Office for the Aging distributes coupon booklets for the Senior Farmer's Market Nutrition Program. These booklets have 5 \$5 coupons that can be used at participating farmer's markets/farm stands on fresh, local, unprocessed fruits and vegetables. These coupon booklets will be available for pick up starting July 8th and will be available to eligible clients until September 30th! Clients who are eligible must be 60 or over, have not received a coupon booklet this season, and must meet the income guidelines that are listed below. Coupon booklets are given out on a first come, first-serve basis. Please give us a call at 607-274-5482 for more information.

1-Person Household: \$2096/Month

2-Person Household: \$2823/Month

3-Person Household: \$3551/Month



Personal Emergency Response Systems

Are you worried about a friend or a family member falling while you are away and not getting the help that they need right away? Do you have a plan in place if they do have a fall or a medical emergency?

Our office may be able to help! We contract with Doyle Medical Monitoring to supply our older adults in the community with Personal Emergency Response Systems (PERS). Whether they are homebound, or on the go, our units are waterproof and wearable for easy access whenever it is needed.

For more information, or to sign up for one, please call our office to speak with an Outreach Worker at 607-274-5482!



MEET THE OMBUDSMAN VOLUNTEER SPOTLIGHT

Q&A with Gregg

With so many great organizations to support, why should others choose to support the Long-term Care Ombudsman Program (LTCOP)?

- The LTCOP program advocates on behalf of those whose voices are most often compromised, by age, by health, by circumstances that can be confusing and overwhelming. They deserve, they need, our voices, our advocacy.

What was most surprising to you about the LTCOP Program?

- I was pleasantly surprised to experience the comprehensive training, continuing support, and comradery within the program.

What would you say to someone considering volunteering with LTCOP?

- LTCOP provides volunteers an opportunity to learn how to advocate for residents effectively and directly, which will challenge your mind and enrich your heart. Once trained, you're able to grow into this opportunity with the support of experienced staff, the connections of other volunteers, and setting your own schedule each week. Our voices, our actions, allow those in need to know that they matter.



Office of the State
Long Term Care
Ombudsman

Project CARE

What would a weekly friendly visitor mean for you....

- Comfort to ease the loneliness
- Conversation to break the silence
- Laughter to lighten your mood
- Friendship to fill your heart

Project CARE volunteers visit lonely and/or isolated older adults in their homes. Volunteers provide companionship and can support older adults and caregivers in a variety of ways according to their needs. Weekly visits are a wonderful opportunity for volunteers to share in the richness of the lives of older adults in our community. This program is free to Tompkins County residents age 60 and over.

If this sounds like something you would look forward to, or if you are interested in becoming a Project CARE volunteer;

Please contact Dawn Sprague, Project CARE Coordinator at 607-274-5499 or dsprague@tompkins-co.org.



The Registry at FLIC

The Registry is a compiled list of private pay aides who have been screened through a face to face interview with the Registry Coordinator at FLIC. References are provided and verified to make sure the aide has the necessary skills and compassion that are important for someone to have when taking care of people in their homes. The Registry also contains a list of skilled nurses varying from pediatrics to palliative care.

For more information **contact Teressa Sivers at 272-2433.**

The Registry program is made possible through funding from the Tompkins County Office for the Aging and the New York State Office for the Aging.



Summertime is on its way, and with warmer temps brings the need for air conditioning. If you do not have a working air conditioner (or the air conditioner is 5 years old or more), then you might be eligible for the Cooling Assistance Program. The Cooling Assistance Program is a component of the Home Energy Assistance Program and opened on May 2nd. To be eligible:

- You cannot have received an air conditioner through HEAP in the last 5 years.
- Your income is within the HEAP guidelines (see below)

Household Size Maximum Gross Monthly Income

1	\$2,729
2	\$3,569
3	\$4,409
4	\$5,249

- You are a US citizen or a qualified alien.

Eligible clients can receive a free air conditioner and have it installed as well. There is no longer a requirement to have a medical condition to qualify for this program. For more information, or to apply, please call the DSS HEAP Unit at 607-274-5264.

New York State Office for the Aging (NYSOFA) promotes two new partnerships to support caregivers:

[Trualta](#) -The New York State Office for the Aging (NYSOFA) and Association on Aging in New York (AgingNY) have partnered with Trualta to offer Trualta's web-based caregiver education and support platform at no cost to any unpaid caregiver in New York State.

[ARCHANGELS](#) -ARCHANGELS is a national movement and a platform that is reframing how caregivers are seen, honored, and supported using a combination of data and stories.

For more information contact Amy Jackson, Caregiver Coordinator at 607-274-5486 or ajackson@tompkins-co.org



Office for
the Aging

New York
Caregiving Portal
Powered by Truaita

Provided in Partnership With:
**Association on Aging
in New York**

Access free training and resources to help you build skills and confidence to provide care at home.

New York's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



Sign up for FREE today!
NewYork-Caregivers.com

Scan me with
your camera
to visit!



FAMILY CAREGIVERS MAY RECEIVE UP TO \$600 FOR RESPITE CARE

Are you a Kinship Caregiver OR caring for a relative in your household who has a disability or chronic condition? Learn how to apply for up to \$600 in reimbursement for respite services.

The New York State Caregiving and Respite Coalition, managed by Lifespan of Greater Rochester, Inc. offering up to \$600 in reimbursement per care receiver for respite services. Kinship Caregivers and caregivers of persons with disabilities or chronic conditions who are not receiving respite from another organization are eligible for this funding. An estimated 250 families could be helped by the voucher program. This round of funding ends August 31, 2022

Examples of respite services for which families can apply for reimbursement include:

- An in-home program, where services are provided in the family's home or a care provider's home
- A center-based program, where family caregivers bring the care recipient to a facility to receive respite care
- A child or adult care center, a summer or weekend camp
- Assisted living or nursing home respite programs
- Emergency Respite will be considered on a case-by-case basis
- You must be a New York State resident and Primary Caregiver of a child, or an adult.
- The Primary Caregiver for the person receiving care must apply for the funds, and be referred to by an agency

You may not use voucher funds to reimburse household expenses. Examples include rent, utilities, medical supplies, and food. Funds cannot be used so the applicant can go to work.



For more information and how to apply, visit www.nyscrc.org, call (585) 287-6391 or send an email to kwilson@lifespan-roch.org



Proper shoe wear is the first step in Falls Prevention. Our office performs Home Safety Assessments at no cost to the client to identify potential hazards in their home as well as recommendations on how to make their home safer. If you are, or someone you know is, interested in a Falls Prevention Home Safety Assessment, please give our office a call at 607-274-5482!



The Caregiver Resource Center at the Office for the Aging

Powerful Tools for Caregivers Classes—stay tuned for upcoming classes in the late Summer/Fall!

Caregiver Workshops—Monthly workshops on topics of interest to caregivers.

Caregiver Supportive Group Discussion—We currently have a caregiver supportive group discussion every other week, and welcome any family caregiver to join us. Contact us to discuss!

Caregiver Library - We loan out books on caregiving. We can mail you a book from our library, or you can pick it up! Reach out for the list of available books, or stop in. We also have two kinds of valuable caregiver packets available free in our library: Dementia: When Memory Fades, & Caregivers: When Loves Ones Age.

Caregiver Resource Counseling - We are available to help caregivers navigate services available in our community.

For more information about these services please contact the Caregiver Resource Center at the Tompkins County Office for the Aging. We'll be glad to help you!

Phone: 607-274-5486

Email: ajackson@tompkins-co.org

Websites of Interest to Family Caregivers:

Tompkins County Office for the Aging: www.tompkinscountyny.gov/cofa

- Click on "Local Resources for Older Adults" on the left side to access our Tompkins County Resource guides and links to other helpful information.

Family Caregiver Alliance: www.caregiver.org

CaringBridge: www.caringbridge.org

Caregiver Action Network: www.caregiveraction.org

AARP Caregiver Resource Center: www.aarp.org/home-family/caregiving

Next Step in Care: www.nextstepincare.org

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[Contact the Caregiver Resource Center](#)