



SUMMER 2023: Volume 49

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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

Brookdale's Caregiver Support Group meets on the 4th Thursday of the month from 4p-5p in the Crossings community. Please RSVP and/or ask questions to Lisa Roan at 607-592-7986 or email at lroan@brookdale.com

Alzheimer's Caregiver Groups

1st Wednesday of the month at 5:30pm in person at Lifelong, 119 W. Court Street, Ithaca. For information, call the Alzheimer's Association at 315-472-4201.

3rd Wednesday of the month at 12:30 pm in person 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:

10 Tips for Hiring In-Home Help Through an Agency

www.Caregiver.org (no date)

Recently, Sandy's 82-year-old mother has agreed to having a helper come into the home a few times per week to help with meal preparation, grocery shopping, and some light housekeeping. As age and arthritis affect her ability to comfortably complete these daily tasks, Sandy and her mom realize that hiring an in-home caregiver will allow Sandy to maintain her current work schedule while ensuring that there is someone available to assist her mother during weekdays. While both Sandy and her mother are excited about the prospect of some extra help, they're unsure of how to go about hiring an in-home caregiver. Although there are many reputable home-care agencies, families are often caught off guard by news stories of in-home caregivers who are abusive, undertrained, or completely unsupervised. Thus, researching home care providers and taking the steps to hire an agency, and caregiver, that best meet your needs can help ensure that your loved ones are safe and well cared for in the hands of an in-home caregiver.

1. Assess your needs

The availability of in-home help ranges from companion care to keep a senior company and assist with light housekeeping or errands, all the way to skilled nursing for individuals with debilitating health conditions. If you're unsure of the best fit for your loved one, your physician, or an initial assessment visit from a home care provider, can help determine what type of care is best suited to your particular situation.

2. Work with a reputable agency

Some family caregivers consider hiring an individual directly to provide the care, as opposed to hiring someone through a home-care agency. While working directly with a caregiver may provide some cost savings, it is important to remember that by choosing to do so, you'll also be acting as an employer and be solely responsible for oversight, hiring, firing, background checking, confirming certifications, and more. By working with a reputable agency, you hand off a greater share of these duties, enabling you to focus on your role as a family caregiver seeking help, rather than a family caregiver and employer.

3. Ask about caregiver background checks

There's nothing wrong with being picky about who you allow to provide care for an elderly loved one. Be sure to ask agencies if they background check their caregivers and if so, what methods they use. If you feel uncomfortable about a home care agency's procedure for screening caregivers, it may be best to trust your gut and use a different provider.

4. Inquire about caregiver training

Ask what training and certification requirements caregivers are required to meet for employment, if any. Basic certifications like CPR and First Aid may provide peace of mind that basic aid is available in case of an accident while the caregiver is on duty, as well as give you an idea about the hiring standards of the company. Special language skills or cultural capacity such as training to work with Holocaust survivors or LGBTQ+ community members may be important for your needs.

5. Ask whether the agency meets local certification requirements

Requirements for home care agency certifications vary from state to state. However, inquiring about an agency's State Certification status can help you gauge their legitimacy and ensure monitoring from regulatory agencies. For information on specific agency certification requirements in your agency, contact your local Area Agency on Aging (FCA's [Services by State](#) can help with this), or your local department of senior services.

6. Evaluate the supervision process

With caregivers working in the home, a common concern of family caregivers is a lack of supervisory oversight. However, family caregivers have a right to ask about how the agency supervises the quality of care in the home. Ask about drop-in supervisor visits, and tools like home care software used to manage caregiver clock-ins and care plans during a shift.

7. Ask to meet potential caregivers You probably want to make sure the caregiver that you choose is not only well trained, but that they are also compatible with both you and your loved one. Ask the home care agency about their process for matching caregivers with clients and ensure that both you and your loved one can meet the caregiver prior to their first shift to be sure the match is a good fit.

8. Line out billing ahead of time

Depending on the types of services provided by the agency, as well as the specific condition of your loved one, some in-home care services may be covered by Medicare, Medicaid, or long-term care insurance. Don't hesitate to talk to the home care agency's intake coordinator about the rate for services, as well as billing practices, ahead of time to help avoid unexpected charges.

9. Ask for references

For assurance about the proficiency of a home care agency that you're considering, you have the right to ask for references. Most reputable home care agencies will be able to provide you with referrals of current clients or referral partners that can attest to their experience with the agency.

10. Talk about a care plan

When you're paying for someone to provide in-home care, you'll likely want to be sure that they're addressing the tasks they've been hired for. Discuss a plan of care with the home care agency intake personnel and caregivers prior to the first shift, and ask about how the agency tracks the progress and completion of care plans. With a good plan of care, you can be sure that your loved one is having their essential needs met, be it help with keeping up the house or assistance with bathing. A plan for care helps make sure that nothing significant is overlooked. Accepting help from a home care agency can be a major change for both family caregivers and their loved ones. Choosing an agency to hire can be a time-consuming process, but when armed with the right questions, you can help put your nerves at ease when choosing who to trust with the care of your loved one. More in-depth coverage of this topic is available in our fact sheet, [Hiring In-Home Help](#). Have you had experience in hiring an in-home care agency? If so, please leave a comment and let us know what you've learned about how best to choose an in-home care provider.

Changing Relationships, Changing Lives

Caregiver Action Network, www.caregiveraction.org (no date)

"The only thing constant is change." We've all heard this well-worn adage time and time again. We accept change as part of the rhythm of life, as when spring finally emerges and winter or an engagement leads to marriage. These are anticipated changes, positive alterations in our lives. We look forward to them and plan for them.

But not all change can be anticipated, and they don't all bring good news. When an illness or disability enters a family, it is almost always sudden – a rupture in the fabric of life. The shock of it throws us out of kilter, according to therapists who treat families trying to come to terms with the effects of illness or disability. And with the shock and its aftermath come unexpected changes in relationships.

"It's no wonder that family relationships change when a medical crisis occurs," asserts Jeri Hepworth, PhD.

"The future changes and the family's definition of itself changes with it. People initially think of all the things they can no longer do."

"Many people liken the illness or disability to the intrusion of an unwanted family member who has come to stay," says Bob Cameron, a licensed clinical social worker at Baltimore's Sinai Rehabilitation Hospital.

"Everyone's energies (both patient and family members) are initially focused on dealing with the illness or disability. It takes over, and there is little room left for balance."

Dealing with the Loss of One's Dreams

The loss of one's dreams and the need to alter expectations of what life is going to be like can be a major cause of problems in family relationships. When illness or disability strikes, your vision of the future is turned upside down.

"Hearing the doctor say that Sally had muscular dystrophy was like a bullet in my heart," says Steve Kwart. *"I saw all of my dreams for her future seep away."*

"I always imagined mom and dad having a beautiful retirement, and then one day they would both just peacefully die in their sleep," recalls Lily Jordan. *"I never dreamed dad would have Alzheimer's, mom would have to care for him, and that I'd be caring for them as well as my kids."*

"People feel cheated," according to Ellen Luce, a family therapist with the Pastoral Counseling and Consultation Center of Greater Washington. Ms. Luce should know. Not only has she heard her clients tell her so for the past eighteen years, she has experienced the feeling first hand, and from both sides of the table. Ms. Luce is both a caregiver and a care receiver. She has lupus, and her husband Donald has multiple sclerosis.

"It's no wonder people are angry," Ms. Luce asserts. "The problem is compounded by the fact that family members sometimes take their anger out on each other, and alienate those who love them the most."

"I sometimes suggest that people have a ceremony to grieve over the loss of their dreams," Ms. Luce continues. "It lets them know it's okay to be angry and to feel intense sadness. It can also speed them on the way to creating new dreams based on realities, and that really is the key to healing."

Building new dreams is crucial to moving forward. Focusing on what is possible, as opposed to what is not, leads to individual growth, self respect, and development of relationships on a new footing. But the caregiver and the care receiver (or both parents in a family in which the child is ill or disabled) may not be ready to build new dreams at the same time. Because of the altered situations in which they find themselves, they may first need to forge a new definition of self.

A Redefinition of Roles

People are forced to play altered roles when illness or disability strikes. The caregiver takes on added responsibilities. The care receiver loses, or never gains, independence.

Although the circumstances of each situation are different, all of the therapists we spoke to agree: the change in roles between primary family members, whether a total reversal or merely a shift in degree, is one of the biggest reasons relationships run into problems.

Aging parents are forced to become children, dependent on their own offspring for the very services they used to provide. They need the care, but often resent it, while the adult child (children) may feel a growing resentment at having to become their parent's parent, especially if they have their own children to rear.

Spouses who entered into an equal relationship are forced to rethink the balance between dependence and independence. For the well spouse, having to help their mate get dressed in the morning makes it difficult to then think of them as a lover in the evening. For the ill/disabled spouse, needing help to do things that used to be second nature can easily generate frustration and aggression.

Parents who must give extra attention to a disabled child, often don't have enough energy left to give attention to each other. Feelings of guilt sometimes are transformed into even more focus on the child and less on the spouse, thereby adding to the tension.

Adjusting to new roles is always challenging, but adjusting to unwanted ones is even more so.

"People need to pass through the various stages of grief - denial, anger, bargaining, depression and acceptance - order to redefine their lives," claims Ms. Luce. "All parties in a relationship experience these emotions when there is loss, but they experience them in their own way and at their own pace," she adds.

That seems to be the crux of the problem. A relationship established with one set of definitions now must conform to a new set. But you can't synchronize everybody's time clock, and you can't control whether the new definitions that are established are compatible.

"It takes a lot of work and can be quite painful," says Dr. Hepworth. Unfortunately, you can't shortcut the process either. Knowing more about it though, helps us row on through the waves of grief toward redefinition, rather than being buffeted by them.

Communicate Through the Pain

As with all relationships, the problems in families dealing with illness or disability are often compounded by the fact that people don't easily talk about what's bothering them, especially when they perceive their feelings to be negative or socially unacceptable.

"How can I complain to Tom that I'm tired of doing everything myself?" says Kimberly. "He's the one in a wheelchair."

"I think Nancy is coddling David," says Paul. "It makes me so angry, but I can't tell her because his development has become her mission in life. I feel like I've been taken out of the picture."

Professionals say such comments are fairly common. It's the job of the therapist to help families see their feelings and their difficulties in a different light, so that they realize that in sharing their feelings they can begin to break down misconceptions and reach out towards each other in positive ways. The primary caregiver, the care receiver, and other family members are in this together and by working through their problems together, they have a better chance of healing the rifts that the illness or disability caused.

Society Doesn't Help

"The problems families encounter when dealing with illness or disability are intensified by societal forces," claims one professional at Sinai.

"We are a society striving for perfection in mind and body. We have very little tolerance for diversity. Despite the passage of the Americans with Disabilities Act, on the whole, we still treat people with handicaps in a demeaning way," he adds.

"Friends show an outburst of support at the beginning," notes Dr. Hepworth, "but they aren't always there over the long haul. This tends to isolate both the caregiver and the care receiver. Often, friends are uncomfortable being around the person who is disabled or ill. They don't know what to say or how to help, so they stop coming around. All of this puts added pressure on an already pressurized situation."

Making Things Better

Despite the difficulties, maintaining good relationships between caregivers and their loved ones is not an impossible task. The therapists we spoke with offer the following advice:

- Keep on talking, keep on communicating
- Find creative ways to maintain normalcy
- Take care of yourself
- Keep your sense of humor
- Make conscious decisions about the things you can change and let go of the things you can and let go of the things over which you have no control
- Put your loved one's illness or disability in its place and keep it from becoming the sole focus of your life
- Avoid pity. Hold your ill or disabled family member accountable and responsible for their actions to the fullest extent possible
- Be patient
- Maintain your individuality, and don't own a disease or disability that isn't yours
- Realize that relationships are always in flux, and every problem you encounter is not caused by the disease or disability
- Use a support group as a social outlet and network, not just as a place to talk about your problems
- Find something outside yourself to believe in
- Treat your loved one with respect and expect respect in return
- Begin to dream again

By keeping these ideas in mind and working at your relationship, while recognizing its limitations, you might find it actually can become stronger in spite of the illness or disability.

"It didn't get better at first," says Jeannie. "In fact it got a whole lot worse. Problems we had before were magnified. I am convinced, however, that we wouldn't have tried so hard to work things out if Dick hadn't been sick. I think we might even be divorced now – I'm glad we're not."

A Caregiver's Bill of Rights

www.Caregiver.org (no date)

I have the right . . .

- To take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of my relative.
- To seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.
- To get angry, be depressed, and express other difficult feelings occasionally.
- To reject any attempt by my relative (either conscious or unconscious) to manipulate me through guilt, anger, or depression.
- To receive consideration, affection, forgiveness, and acceptance for what I do for my loved one for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
- To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.
- To _____
(Add you own statement of rights to this list. Read the list to yourself every day.)

— Jo Horne, author of *Caregiving: Helping an Aging Loved One*

Program Updates

CAREGIVERS SUPPORT



ALZHEIMER'S  ASSOCIATION

Via Zoom

Healthy Living for Your Brain & Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

with Stephanie D'Amico from
Central NY Chapter of the
Alzheimer's Association

**Tuesday, 08/15/2023
10:30 to 11:30 am**

To Register:

(607) 274-5486

ajackson@tompkins-co.org



TOMPKINS COUNTY
OFFICE FOR THE AGING

Aging Better, Together

214 W. Martin Luther King/State St.

(607) 274-5482

www.tompkinscountyny.gov/cofa



AmeriCorps Seniors

Give a caregiver a break

Become a Respite Volunteer in Tompkins County

Do you want to help others?
Make connections?
Gain a community?
Explore a new career?

- Volunteers must be aged 55+
- Stipend of \$4/per hour
- Mileage reimbursed at .49/mile
- 20 hours of pre-service training and orientation
- Must pass background check



For more information, contact:

Lisa Richards

lrichards@lifespan-roch.org

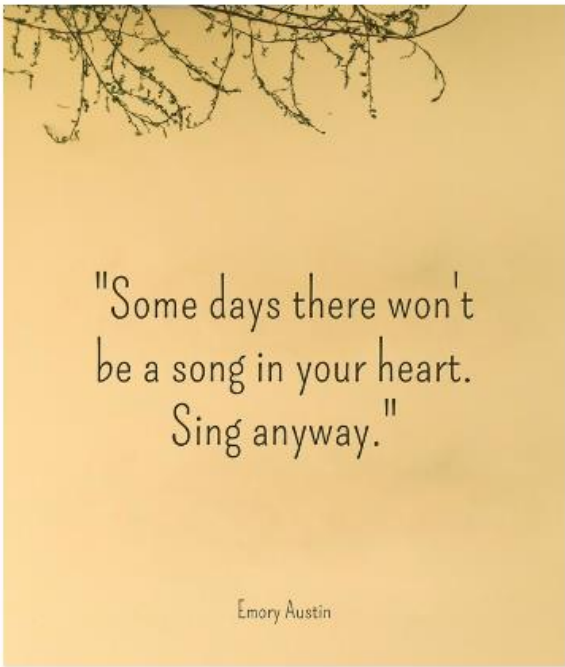
(585) 645-1393

Works remotely from Ithaca



For additional information, please visit
www.nyscsrc.org/ameriCorps





"Some days there won't
be a song in your heart.
Sing anyway."

Emory Austin

DONATIONS WELCOME



Thank You!

Contributions Are Welcome!

If you can afford a contribution to the Caregivers' Resource Center, it will help support this newsletter, our lending library, and other caregiver services. You can make a contribution in person, or by mail. Please make check payable to the Tompkins County Office for the Aging and if mailing, send to:

Tompkins County Office for the Aging

214 W. Martin Luther King Jr./State St.

Ithaca, NY 14850

Please don't feel pressured to contribute financially if you are not able to do so.

Thank you!

Amy Jackson, Caregiver Resource Coordinator

607-274-5486 or ajackson@tompkins-co.org



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better. Together

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!



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 Teresa 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.



“I define connection as the energy that exists between two people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.” Dr. Brene Brown

Project CARE Friendly Visiting Program

Project CARE is a friendly visitor program free to Tompkins County residents age 60 and over, where a volunteer and Senior are matched together and enjoy weekly visits with each other. Volunteers provide companionship, especially to Seniors who are experiencing social isolation or loneliness. Weekly visits are a wonderful opportunity for volunteers and seniors alike to form a caring bond.

What does a friendly weekly visit mean...?

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

Please **contact Dawn Sprague, Project CARE Coordinator** at **607-274-5499** or by email at dsprague@tompkins-co.org, if you would like to discuss this opportunity further, would like to sign up for a weekly friendly visitor, or if you are interested in becoming a Project CARE volunteer.

New York State Office for the Aging (NYSOFA) promotes two 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



Senior Farmer's Market Nutrition Program Coupons!

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 are available now and will be 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: \$2248/Month

2-Person Household: \$3041/Month

3-Person Household: \$3833/Month



FALLS PREVENTION!

Are you seeing more hazards in your home? Do you worry about the safety of your living space, or the likelihood of a fall? The Office for the Aging provides Falls Home Safety Assessments at no cost to you. Our Outreach Workers can take a tour of your home, noting potential hazards, and giving recommendations on how to remediate the noted hazards. Our Outreach Workers can also leave you with information on the different agencies that may be able to help with remediating those hazards.

For more information, or to set up a Falls Home Safety Assessment, please call the Office for the Aging at 607-274-5482.

NYS Long-Term Care Ombudsman Program (LTCOP)

Serving Tompkins, Chemung, and Schuyler Counties

Educate Empower Advocate

Certified Long-Term Care Ombudsmen provide *free-of-charge* services to individuals who reside in long term care facilities (nursing homes, assisted living and adult-care facilities) and the relatives and friends who act on their behalf.

A trained and certified Long-Term Care Ombudsman conducts regular facility visits, helps identify and resolve concerns, and acts as an advocate for residents on issues regarding:

- Quality of care
- Abuse and neglect
- Rights violations
- Lost and stolen belongings
- Dietary concerns
- Discharge, eviction or termination of services
- Public benefits programs
- Cost of care

For more information or to volunteer:

www.ltcombudsman.ny.gov

or call

607-274-5498



Volunteer Spotlight: Q&A with Eileen

How did you learn about the program?

A friend invited me to lunch and sprang the idea of joining the program on me. I was reconsidering my involvement in another program, and I thought that ombudsman experience could be useful in caring for my parents.

What was most surprising to you about the LTCOP Program?

I am surprised by how much I can find in common with residents and by how thankful residents are for ombudsman help but especially for help from their caregivers.

What would you say to someone considering volunteering with LTCOP?

The program brings satisfaction and joy by getting to know people that you would not really talk to in other circumstances, and it brings sadness in seeing people become sicker and pass away. Big changes do not happen easily in the system, but the ombudsman (and resident) hopes to improve care for residents who cannot communicate for themselves. Even the (dreaded) paperwork part of the program is important as it documents the need for better staffing for nursing homes at a statewide or national level as reports from individual ombudsman and residents are consolidated by the State office.



**Office of the State
Long Term Care
Ombudsman**



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!





As summertime comes to an end, the time to resume using our heating equipment is quickly approaching. Did you know that through the Home Energy Assistance Program (HEAP), you can get your heating equipment cleaned and tuned up so that it is ready for the upcoming heating season? The Clean and Tune program is a once-a-year benefit to applicants who receive HEAP and are the homeowner. Making sure that your heating equipment is cleaned and tuned regularly is a great way to ensure its longevity.

The Home Energy Assistance Program (HEAP) also assists with heating bills during the winter months. Applicants can receive a one-time benefit to supplement their heating costs during the colder months. The 2023-2024 HEAP season is expected to start in early November. New and returning applicants can pick up HEAP applications from our office during regular business hours once HEAP is open. For more information about these programs, or to apply, please call our office at 607-274-5482. Stay warm!



The Caregiver Resource Center at the Office for the Aging

Powerful Tools for Caregivers Classes—stay tuned for upcoming classes in the 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 on Tuesdays, 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 and 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](#)