



SPRING 2023: Volume 48

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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).

In-Home Care: Helping Loved Ones Age in Place

5 steps for keeping older family members comfortable and safe, in their home or yours

AARP, Updated November 19, 2021



KALI9/GETTY IMAGES

Two-thirds of U.S. adults, and more than three-quarters of those age 50-plus, want to stay in their home as they get older, according to AARP's November 2021 ["Home and Community Preferences"](#) survey.

Family caregiving is a key component to making that wish a reality. The 2020 [Caregiving in the U.S.](#) report from AARP and the National Alliance for Caregiving found that 43 percent of family caregivers are looking after people who live in their own home, and 40 percent share a residence with the care recipient.

Helping a loved one age in place may mean anything from stopping by a parent's home to check in every few days to assisting a spouse or partner with tasks such as bathing and meal prep, as well as activities including [medication management](#) and administering injections. Whatever level of care you provide, these tips can help you help your loved one remain at home for as long, and as comfortably, as possible.

Develop a plan

Planning for both the short and long term is important. You need to stay on top of the daily stuff, the doctor appointments and prescription refills while thinking through the what-ifs of your relative's age and condition.

You can't anticipate every scenario, but being forward-thinking now will help you respond more quickly and effectively in an emergency. And don't go it alone. Reach out to form a larger team of family, friends and others who can help you.

- **Determine tasks and find consensus.** Ask team members what they're willing to do to contribute to the individual's care. Even if they live far away, they can handle jobs such as paying bills, ordering prescriptions and scheduling medical appointments. Work with them on a plan.
- **Be honest with yourself.** What are you prepared to do? If you are uncomfortable with hands-on caregiving tasks, such as helping a family member bathe, ask if another team member can step in, or discuss whether money is available to [hire a professional](#).
- **Summarize the plan in writing.** A written record will ensure that everyone on your team, including your loved one, is on the same page, thus avoiding misunderstandings. Remember, of course, that the plan will likely evolve; update it as time passes.

Make adaptations for safety's sake

If the person you're caring for has difficulty getting around or has compromised vision or hearing, you'll need to consider ways to [make the home less hazardous](#).

Consider consulting a professional, such as an occupational therapist, [geriatric care manager](#) or [aging-in-place specialist](#), who can assess the home and make recommendations. Be alert to changing needs over time.

- **Make simple fixes for fall prevention.** Some basic, low-cost changes include removing trip hazards like throw rugs, making sure the home is well lit (use automatic night-lights) and installing items such as adjustable shower seats, grab bars and handrails.
- **[Fine-tune the plan to account for dementia.](#)** Dementia brings with it particular worries about [wandering](#) and self-injury, but there are many ways to reduce risks. Examples include installing remote door locks, disabling the stove when it's not in use and keeping the water heater temperature to 120 degrees Fahrenheit or less.

- **Modify more extensively if necessary.** When physical limitations are more severe, you may need to hire a contractor to make structural changes, such as installing wheelchair ramps, creating adjustable countertops and widening doorways.

Manage health care needs

Caring for an aging or chronically ill relative can mean performing some basic medical tasks and keeping track of a confusing mix of medications for a range of ailments. The key is to stay organized and know how to get the help you need.

- **Stay on top of meds.** Create and maintain an updated medication list with the name, dosage, prescribing doctor and other relevant information — a handy document to bring to medical appointments.
- **Be ready to handle medical tasks.** In the aftermath of a loved one's hospitalization, many family caregivers find themselves [performing challenging tasks at home](#), such as injecting medicines and inserting catheters. Get detailed instructions and even a demonstration of how to do necessary procedures before you leave the hospital.
- **Set up home health services.** [Medicare will cover certain in-home services](#) deemed medically necessary, including part-time or intermittent skilled nursing care, or physical, occupational or speech therapy. A patient who is considered homebound, or who is unable to make an office visit, may qualify for these services on an ongoing basis.

Maintain a healthy lifestyle

Caregiving can become all-consuming, especially if you are sharing a home with the person you're caring for. You may find yourself playing nurse, life coach, nutritionist and social director.

All of these roles are important for maintaining your loved one's mental and physical health. Just don't neglect your own.

- **Address social needs.** [Isolation and loneliness are associated with poorer health](#); helping your family member and yourself avoid them is a key part of caregiving. You could find a community arts program for seniors, invite friends and relatives to visit, or go out to eat together.
- **Manage nutrition.** Be conscious of any dietary restrictions, and encourage your loved one to maintain a balanced diet and avoid processed foods. Look into home-delivered meal programs, and be sure the person drinks plenty of fluids, as dehydration can cause fainting, headaches and more conditions.

- **Encourage exercise.** [Staying mobile](#) can help older people maintain strength, balance, energy and brain health, among other things. Your loved one's abilities will vary, and you should check any exercise regimen with a doctor, but the routine might include activities like walking, seated yoga, swimming or lifting small weights.
- **Establish boundaries.** Everyone needs a level of privacy, especially if the person you're tending to lives with you and your spouse or partner. Ideally, you should have some separation between living areas and be able to schedule time together as a couple.

Get help

Depending on the severity of your loved one's problems, you may need a bit of assistance — or a whole lot of it.

Rely on your team for help with some caregiving tasks and to fill in so you can take breaks. Don't feel guilty: Your own health — and the quality of your caregiving — will suffer if you try to do everything and don't take time for yourself.

- **Ask friends and family members for help.** Plenty of people in your life will be happy, or at least willing, to lend a hand if you ask. Maybe someone could pick up a prescription for you on the next trip to a nearby shopping center, or a neighbor could stop by with dinner once a week.
- **Farm out some household jobs.** Consider paying for relatively small services that will relieve your burden, such as a weekly housecleaning, yard care or grocery delivery. If you live apart from your loved one, you could do the same for your home.
- **Hire in-home care.** You can go through an agency or hire a caregiver directly, but either way, be sure to check references and background, and monitor performance carefully. Cautionary tales abound. It's smart to rely on word of mouth. Ask fellow caregivers for recommendations.
- **Watch your mental health.** As a caregiver, you are at a higher risk for stress and depression. If either grows serious, seek help from a mental health professional. And consider [reaching out to other caregivers for support and advice](#).

Caregiving While Working

What to know about employee benefits and the law

[AARP](#), Updated January 27, 2022



About 53 million Americans are serving as caregiver for a loved one, and about 6 in 10 of them are doing so while also trying to earn a living, according to the ["Caregiving in the U.S. 2020" report](#) from AARP and the National Alliance for Caregiving.

Many working caregivers report health problems, depression, and lost time and [lower productivity](#) at work. If you're taking care of an aging or ailing family member, you may also find that you have cut back on community involvement and are spending less time with other loved ones and friends.

If you are frequently distracted at work, emotionally drained and physically exhausted, consider the following steps to find workplace solutions and build a caregiving support network.

Workplace benefits for caregivers

"We need people to know what their rights are under the law, and we need companies to change their culture, because companies can always be more generous than the law," says Ellen Bravo, the codirector of Family Values @ Work, an organization that advocates for family-friendly workplace policies.

Meet with your manager or human resources representative to discuss the policies and resources available to you. These might include:

- **Flexible work options.** This could mean a compressed workweek or a modified daily schedule based on need. Job-sharing and remote work are also caregiver-friendly options to explore. Many employers offer flex-time options on a case-by-case basis, even if there is no formal policy.
- **Counseling and support services.** Your human resources department may offer an Employee Assistance Program or other resources specifically for caregivers, like counseling on [reducing stress](#) and managing your time.
- **Eldercare referrals.** Your company may also offer eldercare referrals through an online database or live consultants. This reduces the burden of having to do distracting and time-consuming research to find services such as medical support and meal delivery for your loved one.
- **Share ideas.** Employers that have not implemented policies or practices for employees who are also caregivers may be open to doing so. AARP and Northeast Business Group on Health have [developed a tool kit](#) to help employers support their working caregivers. Share it with your employer to help them learn more.
- **Using paid time off for caregiving.** Depending on your employer's policies and applicable state laws, you may be permitted or required to use accrued paid sick days or vacation leave toward time taken off for caregiving. Georgia, Illinois, New Mexico and Puerto Rico have adopted variations on the Eligible Leave for Employee Caregiving Time (ELECT) Act, a model state bill developed by AARP that allows workers to use paid sick leave to care for family members. You may also be eligible for unpaid leave under the federal [Family and Medical Leave Act](#).

Understanding the Family and Medical Leave Act

The Family and Medical Leave Act (FMLA) entitles certain workers to take unpaid leave for up to 12 weeks per year, without losing job security or health benefits, to care for a spouse, child or parent who has a serious health condition. FMLA does not cover leave taken to care for in-laws.

Am I eligible for FMLA leave? You are covered by FMLA if you work in the public sector, or for a company or organization that employs at least 50 people who work within 75 miles of your work site. You must have worked for that employer for at least 1,250 hours in the last 12 months — about 24 hours a week. The U.S. Department of Labor's [Family and Medical Leave Act Employee Guide](#) can help you determine your eligibility.

How do I request FMLA leave? Notify your employer as soon as possible. If the need for leave is “foreseeable” — for instance, taking time off to care for a loved one after a scheduled surgery — 30 days’ notice is required.

What can I expect? Your employer is required by law to tell you your rights under FMLA and, if you qualify, to offer you leave. You may be asked to submit certification paperwork that includes confirmation from a health care provider of your loved one’s condition and need for care. Employers may not threaten you or make your work life difficult because you requested leave.

Do I have to use all 12 weeks consecutively? You may take the 12 weeks of leave all at once or intermittently — for example, three days twice a month when a parent is receiving chemotherapy. Generally speaking, paid time off used for caregiving leave that is also FMLA-eligible counts toward your annual 12-week entitlement.

What about state caregiving laws? Seven states (California, Connecticut, Massachusetts, New Jersey, New York, Rhode Island and Washington) and the District of Columbia [have laws on the books](#) providing paid time off for caregivers through tax-funded family-leave insurance programs. Oregon and Colorado are set to launch similar programs in 2023 and 2024, respectively. It is your employer’s responsibility to comply with all applicable laws, whether your leave qualifies for both state and FMLA leave or just one or the other.

Building a caregiving community

Connecting with other caregivers can help you share resources and talk to those facing the same issues.

- **At work.** Find out if your workplace offers a support group for caregivers, or start one.
- **In your town.** Investigate and participate in your local caregiving community. An [adult day care program](#) can provide your loved one with socialization and structure during the day. You may also be able to find people who can cover your caregiving responsibilities if you have to work late (and vice versa), or who can share the cost of a part-time [home health aide](#).
- **At home.** [Scheduling and organization apps](#) like [Lotsa Helping Hands](#) and [CareZone](#) can help you keep track of caregiving responsibilities, including delegating tasks among family members and friends.
- **Online.** Visit the AARP Online Community’s [Caregiving forums](#) and our [Facebook group for family caregivers](#) to share your story, get support and connect with other caregivers.

5 Apps to Help Caregivers Get Organized, Find Support

Try these digital tools for managing meds, sharing tasks and more

by Marc Saltzman, [AARP](#), Updated July 8, 2022



JAMIE GRILL/GETTY IMAGES

Caregiving: There's an app for that.

In fact, there are many to choose from — and therein lies the problem.

With so many caregiving, health and wellness applications available in the App Store for iPhones and iPads and the Google Play store for Android devices, finding something worthy could prove to be a time-consuming and overwhelming endeavor.

"The popularity of smartphones — a portable computer you always have with you — has really catalyzed the app space," says Laurie M. Orlov, founder of [Aging and Health Technology Watch](#), a site that tracks research and trends in aging-related tech.

"There are many apps to help caregivers and their loved ones, whether it's to help track someone, shop for supplies, look up trusted information, manage medication, schedule appointments, book transportation, find specialty pharmacies or join support groups — just to name a few examples," Orlov says. "And often the apps are free, as they're usually supported by advertisements."

Look no further if you're in search of a few recommended apps to help you navigate caregiving responsibilities. All are [free](#) (at least in their basic versions) and, unless otherwise specified, available for both Apple and Android devices. Many can also be accessed on a Mac or PC via affiliated websites.

Carely

[Carely](#) is a social network–like app ideal for tag-team caregiving, as it allows invited individuals to communicate and coordinate caregiver responsibilities and track activities and appointments via a shared calendar.

Not unlike Facebook and Instagram, Carely lets you share photos of your loved one, post comments and questions, and direct-message others to make arrangements (“Is anyone available to watch Mom on Wednesday afternoon?”). You can also use the app to find professional caregiving resources in your community and contact providers.

Carely just added an optional dark theme to be easier on your eyes and preserve the battery life of your device, too.

Caring Village

Similarly, [Caring Village](#) lets you create a custom “village,” or team, to coordinate care activities like arranging [transportation](#) and [meals](#). You can include as many people as you want — family, friends, neighbors, care professionals — and easily assign roles to team members with secure in-app messaging, shareable to-do lists and other features.

With Caring Village, you can also keep track of medications, create and use preparedness checklists, upload important documents you can access anywhere, synchronize calendars, and keep a wellness journal, if desired.

Lotsa Helping Hands

As its name suggests, [Lotsa Helping Hands](#) is another option for creating and coordinating a community of care around a loved one. Invite whomever you’d like to the group and easily manage everything through the app’s intuitive dashboard and calendar feature.

With Lotsa Helping Hands, you can communicate appointment information; schedule meals, rides and visits; and solicit help by posting requests. You can also blast announcements and updates, receive messages from loved ones, and share photos from this one app instead of dealing with multiple calls, emails and texts.

Medisafe

The [Medisafe](#) app has one simple but important goal: to send you personalized reminders for each of your medications.



MEDISAFE

Along with a reminder and alarm when it's time to take meds, you can get notifications when prescriptions are running low and when coupons and discounts on your prescriptions are available at thousands of drugstores nationwide (via a partnership with GoodRx).

You can also get alerts if you shouldn't be [mixing specific medications](#) — the app boasts tens of thousands of drug-interaction warnings (Medisafe says no data is shared with third parties) —and share information on symptoms such as upset stomach, dizziness or weight gain with a pharmacist or physician to determine if any of your meds (or combination of them) could be responsible.

The basic app is free to use. A paid upgrade, Medisafe Premium (\$4.99 a month or \$39.99 a year), gives you unlimited family and friend profiles; access to more than 20 health measurements; options to customize reminder voices, color themes and your onscreen “pillbox”; and no banner ads.

Walmart Wellness

Built on technology Walmart acquired from digital health company CareZone in 2020, [Walmart Wellness](#) is a comprehensive app to manage medications for yourself or a loved one. It offers the same features as the CareZone app plus options tailored for Walmart Pharmacy customers. (You don't need to be one to use the app, but you will need a walmart.com account.)

You can create health care profiles for multiple people (and even pets) and share them with family members and caregivers; get automatic reminders for taking pills or ordering refills (and get status updates from Walmart Pharmacy); and scan pill bottles with your smartphone (or import prescriptions from Walmart Pharmacy) to instantly create a detailed list of meds to keep handy on your device.

Like Medisafe, Walmart Wellness lets you monitor possible side effects and report them to a health care professional. You can also track health trends over time (for example, mood, weight and sleep patterns) and display the data in colorful graphs; store medical info like allergies and COVID vaccinations in a journal; create to-do lists; and synchronize calendar entries with loved ones and care professionals.

Other caregiving apps to check out

- **[Caring](#)**. Like Carely, Caring is a free platform (with an optional premium/paid option) that lets you manage tasks, share the load with others, access your loved one's medical and medication info, and much more. Available for Android.
- **[Dementia Talk](#)**. A handy app that focuses on dealing with loved ones living with Alzheimer's disease and other dementia, offering a behavior tracker, care plan, medication lists and a schedule.
- **[eCare21](#)**. Remotely monitor your loved one's heart rate, glucose levels, sleep and other health data via wearable devices that capture and share the info.
- **[First Aid: American Red Cross](#)**. Get clear and concise first aid and CPR instructions in the event of an emergency.
- **[MyMeds](#)**. A medication app that sends reminders via email, in-app notifications or text messages.
- **[RxSaver](#)**. This app and website helps you cut prescription costs with tools to compare prices at pharmacies near you and find coupons that could get you up to 80 percent off on your meds.

Marc Saltzman is a contributing writer who covers personal technology. His work also appears in USA Today and other national publications. He hosts the podcast series [Tech It Out](#) and is the author of several books, including Apple Watch for Dummies

Program Updates

Caregivers:

Remember, it is not selfish to focus on your own needs and desires when you are a caregiver—it's an important part of the job. You are responsible for your own self-care. Focus on the following self-care practices:

- Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly, even if only for 10 minutes at a time.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities, such as reading a good book, taking a warm bath.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor, friend, or pastor.
- Identify and acknowledge your feelings, you have a right to ALL of them.
- Change the negative ways you view situations.
- Set goals.

Thank you to every caregiver, for all that you do!

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



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.



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better, Together

Personal Emergency Response Systems

Assistance at the push of a button is what you can have with one of our Personal Emergency Response Systems (PERS) here at the Office for the Aging. These PERS units start at \$25/mo., can be worn around the neck/wrist, and can connect you with a response center within 60 seconds. For more information, or to purchase one of these units, please call our office at 607-274-5482.



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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**



"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



Office for
the Aging

New York
Caregiving Portal
Powered by Trualta

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.

6 Tips to Help Prevent Falls

1 Find a good balance and exercise program



2 Talk with your health care provider



3 Regularly review your medications with your doctor



4 Get your vision & hearing checked annually & update your eyeglasses



5 Keep your home safe



6 Talk to your family members



VISITING NURSES

Source: National Council on Aging

FALLS PREVENTION!

These are some of the many ways to help reduce your risk of falling. If you are interested in finding out more about ways to reduce your risk, check out our Falls Prevention Resource Guide here at the Office for the Aging. These guides can also be found on our website at <https://www.tompkinscountyny.gov/cofa>, or mailed upon request.

Our office also does FREE Home Safety Assessment visits to clients 60+ who live in Tompkins County. For more information, or to request a visit, please call us 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 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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This newsletter is made possible in part by a grant from the NYS Office for the Aging

[Contact the Caregiver Resource Center](#)