

Caring for the Caregiver

The Caregiver Journey- Know How to Take Care of You

Join us for a **FREE 6-week program** designed to help recognize your own needs as you care for others. This is an educational workshop that will leave you with the resources, techniques and action plans to help you on your caregiver journey.

Thursdays, April 7 through May 12
10:00am to 12:00pm

Guilderland Senior Center
141 Bavarian Way
Altamont NY 12009

Please call **518-372-5667 ext. 205** to register by March 31st, 2022
Seating is limited

TOPICS:

I'm a Caregiver. Now what?

Recognize your needs as a caregiver
Tips and resources to manage the challenges of caregiving

Respite: What is it and do I need it?

Learn about different types of respite and all of its benefits
Tips on how to take breaks and maintain your quality of life as a caregiver

Fall Prevention and Staying Safe at Home

Learn how you can reduce your risk of falling
Suggestions for simple modifications and tips you can take to avoid falling

How do I care for me when I am caring for someone else?

Tips on how to manage your own health conditions
Strategies to maintain your own health and the importance of caring for YOU!

Caregiving can be stressful – How do I manage it?

Learn what effects stress can have on caregivers and how to manage it
Preventing yourself from long term effects of stress

Having Difficult Conversations

Tips on how to have challenging conversations with your care partners
Benefits to having good communication

This program is provided by Catholic Charities Senior & Caregiver Support Services and sponsored by Albany County Department for Aging, New York State Office for the Aging & the Federal Administration on Aging. Contributions are welcome.