

Catholic Charities Senior & Caregiver Support Services Presents...

Caring for the Caregiver

The Caregiver Journey- Know How to Take Care of You

*Join us for a **4-week workshop** 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, October 27th through November 17, 2022
10:00am to 12:00pm

Town of Colonie Senior Resources Department
12 Metro Road, Suite 103
Albany NY 12205

Please call **518-372-5667 ext. 205** to register by October 24, 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 and own health conditions
How to cope with stress

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

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.

