

Caregiver Teleseminars



Do you provide care for an elder relative or loved one?

Do you wonder where you can find the help you need?

**Join other caregivers, including adult children, spouses and partners
for these FREE informational phone sessions on caregiving
(from the comfort of your home)**



Thurs., Nov. 9, 2017

Medicaid 101

JulieAnn Calareso, Esq.

Thurs., Nov. 16, 2017

Caring for Caregivers

Mary Moller, MSW, CAS

Wed., Nov. 29, 2017

Caring for Someone in the Home

Lauren Harrington, Certified Aging in Place Specialist

Tues., Dec. 5, 2017

Becoming a Caregiver: Things You Should Know

Sara Riggins, MSW and Gretchen Moore Simmons, MA

Thurs., Dec. 7, 2017

Reducing Caregiver Stress

Mary Moller, MSW, CAS

Thurs., Dec. 14, 2017

How to Minimize Family Friction

JulieAnn Calareso, Esq.

**FOR MORE INFO
OR TO REGISTER:**

Call 518-694-3511

**All Teleseminars will take place via telephone from 7- 8PM
*Advance Registration is Required***

11/9/17

Medicaid 101

JulieAnn Calareso, Esq.

In this session we will highlight some of the basic concepts in “community Medicaid” and “nursing home Medicaid”, and also debunk some common misconceptions that families may have pertaining to services available, eligibility for services, and the application process.

11/16/17

Caring for Caregivers

Mary Moller, MSW, CAS

Very often caregivers don't prioritize their own health and wellness. This presentation will talk about strategies and creative solutions to balance caregiving and self-care.

11/29/17

Caring for Someone in the Home

Lauren Harrington,
Certified Aging in Place Specialist

What is Aging in Place and what are some ways we can care for ourselves or others at home? In this session we will discuss answers to these questions, as well as discover things we can do to make our homes more accessible as we age; where to find services; and information on programs which can help us to stay at home as long as possible.

12/5/17

Becoming a Caregiver: Things You Should Know

Sara Riggins, MSW, and
Gretchen Moore Simmons, MA

This session will look at what makes a caregiver, the complexities of caregiving, and provide tips to help new caregivers. We will talk about everyday caregiving, providing care from a distance, respite services, and how to connect to formal resources.

12/7/17

Reducing Caregiver Stress

Mary Moller, MSW, CAS

Many times caregivers experience a variety of emotions when providing care for a loved one, including stress. Addressing caregiver stress can help promote caregiver wellness and lead to the rediscovery of the positive aspects of caregiving.

12/14/17

How to Minimize Family Friction

JulieAnn Calareso, Esq.

Working collaboratively with the family, caregivers can find true happiness in providing care to loved ones. However, cooperation and collaboration are not always easy to achieve! This discussion will highlight some strategies for those families who need to understand how to minimize tensions, cooperate and work together as a team.

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