

CAREGIVER COMMUNITY INFORMATION & RESOURCES UPDATED FALL 2025

Inside this booklet:

P1: Caregiver Sign Up
P2: November Author Talks
P3: New Respite Program
P4: Caregiving Through the Holidays
P5: Caregiver Support Fair
P6: EPIC
P7: Health Insurance Information Counseling and Assistance Program
P8: Art & Wellness
P9-10: Just Practice for Caregivers
P11: Caring for the Caregiver
P12: AFTD Resources
P13: Caregiver Counseling
P14: Social Adult Day Programs
P15: Overnight Respite
P16: Frank Lloyd Wright Memory Cafe
P17-18: Free Caregiver Respite and Support
P19: Free Dementia Respite
P20: Handle with Care Registry
P21: Grand Family Program
P22: Resources for Caregivers of Veterans
P23: Powerful Tools for Caregivers
P24: Trualta
P25: Support Groups



Erie County Department for the Aging

Tel: (716) 858-8526

Website: <https://www3.erie.gov/aging/>

**Would you like to receive this Caregiver
Community Information and Resources
Packet along with other important updates?
Sign up to join our e-mail list.**



**SCAN HERE or e-mail a
request to
caregiver@erie.gov**

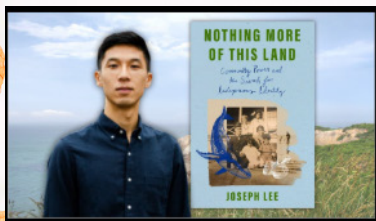


**Erie County
Department for the Aging**



**ERIE COUNTY
CAREGIVER
COALITION**

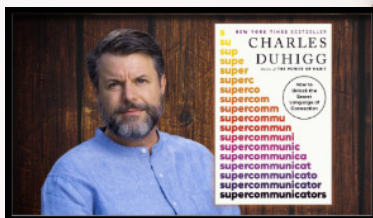
November Author Talks



Joseph Lee

Community, Power, and the Search for Indigenous Identity

Wed, Nov 5, 2:00 PM ET



Charles Duhigg

Unlock the Secret Language Of Connection

Tues, Nov 18, 2:00 PM ET



Amanda Peters

The Search for Truth and the Persistence of Love Across Time

Thurs, Nov 13, 7:00 PM ET



Visit: <https://libraryc.org/buffalolib> to register

ALZHEIMER'S  ASSOCIATION®

Social Respite Program

Are you currently living with dementia or do you provide care in your home for a loved one with a memory impairment?

This free program offers social companionship, meaningful activities and active engagement in a safe space so care partners have an opportunity to socialize and tend to their own healthcare needs.



**Friendship Baptist Church
402 Clinton St, Buffalo**

2nd Thursday of every month - 10:30 a.m.-2:30 p.m.

*Pre registration is required by calling
Friendship Baptist Church 716-847-1020*

This program is supported in part by funding through the WNY Health Foundation.

ALZHEIMER'S  ASSOCIATION®

CAREGIVING THROUGH
THE HOLIDAYS

WEDNESDAY, NOVEMBER 12

6:00-7:30pm

Virtual via ZOOM

When a loved one has dementia, the holidays can be both joyous and stressful. In this **free** program, we'll share practical tips to keep your gatherings peaceful and meaningful.

Register at bit.ly/AlzHolNov12

or call our free 24/7 Helpline at
800.272.3900



This program is made possible through a grant from the NYS Department of Health



Free!

CAREGIVER SUPPORT FAIR

for those facing dementia

TUESDAY, NOVEMBER 4

10am-1pm | 11am presentation

ST. PHILIP THE APOSTLE PARISH 950
LOSSON RD., CHEEKTOWAGA, NY

Celebrate the season with support! Join us to discover local caregiving resources and connect with others.

An 11am presentation by the Alzheimer's Association will provide helpful caregiving tips for the holiday season.

For questions, contact 800.272.3900 or program.wny@alz.org



Western New York Chapter

This program is supported in part by a grant from the New York State Department of Health

**Join EPIC to save \$\$ on
your prescriptions
with Medicare Part D!**



**Department
of Health**

**EPIC
Elderly Pharmaceutical
Insurance Coverage
Program**

- ❑ EPIC is a New York State Program that provides secondary drug coverage for seniors with Medicare Part D.
- ❑ You can join if you are 65 or older, a New York State resident, and have income up to \$75,000 single or \$100,000 married. To receive EPIC benefits, you must be enrolled in a Medicare Part D drug plan.

EPIC

- ✓ provides co-payment assistance for Medicare Part D and EPIC covered drugs after any Medicare Part D deductible is met
- ✓ pays the monthly Medicare Part D drug premium up to the basic plan amount for those with income up to \$23,000 single or \$29,000 married
- ✓ provides co-payment assistance for covered Medicare Part D excluded drugs
- ✓ lowers co-payments, ranging from \$3 - \$20, after billing Medicare Part D drug plan

**For More Information or Questions
regarding EPIC call the Helpline
1-800-332-3742**

or

Visit our website

http://www.health.ny.gov/health_care/epic/



**EPIC
Elderly Pharmaceutical
Insurance Coverage
Program**



The Elderly Pharmaceutical Insurance Coverage program (EPIC) saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan.

Who can join?

- A resident of New York State 65 or older with annual income up to \$75,000 if single or \$100,000 if married.
- An eligible senior with a Medicaid spend down not receiving full Medicaid benefits.

HIICAP

COMMUNITY PRESENTATIONS



HEALTH INSURANCE INFORMATION COUNSELING & ASSISTANCE PROGRAM

15
OCT

NORTH COLLINS

11065 GOWANDA STATE RD
11AM-12:30PM

3
NOV

HAMBURG SENIOR CENTER

4041 SOUTHWESTERN BLVD BUILDING #4,
ORCHARD PARK NY
1-2PM

17
OCT

DEHAVAN GRIDER COMMUNITY CENTER

877 E DELAVAN AVE, BUFFALO
12-1PM

12
NOV

ELMA SENIOR CENTER

3007 BOWEN RD, ELMA NY
12:30- 1:30PM

22
OCT

ORCHARD PARK SENIOR CENTER

4520 CALIFORNIA RD, ORCHARD PARK
1-3PM

18
NOV

JEWISH COMMUNITY CENTER

2640 N FOREST RD, AMHERST NY
1-2PM

28
OCT

SARDINIA TOWN HALL

2320 SAVAGE RD, SARDINIA NY
12-1PM

25
NOV

TOSH COLLINS SENIOR CENTER

35 CAZENOVIA ST, BUFFALO NY
11:45AM-12:45PM

29
OCT

UNITED CHURCH MANOR

50 NORTH AVE, WEST SENECA NY
1-2PM

29
OCT

EDEN TOWN HALL

2795 E CHURCH ST, EDEN NY
2-3PM

30
OCT

THE BELLE CENTER

104 MARYLAND ST, BUFFALO NY
10-11:30AM

Learn about:

Medicare

Medicaid

Prescription Costs

Long-Term Care

Veteran's Benefits

and more!



JUST FOR OUR SENIORS

LOCATION:
Tosh Collins Senior Center
35 Cazenovia St.

THURSDAYS, 1-2:30 PM

OCTOBER 16, 23, 30 & NOV. 6

ART & WELLNESS

Come and join us for this fun 4-part series. You'll experiment with various, take-home art materials each week and playfully experience how to use art as a wellness tool at home. And it's **FREE!!!**



**Register at the front
desk or call: 716-
822-4532 ex. 0**

**COME AND EXPLORE
VARIOUS ART
TECHNIQUES**

**TAKE HOME ART
MATERIALS TO
CONTINUE AT-HOME
PRACTICE**

**NO ART EXPERIENCE
NECESSARY**

**Come with an open
mind and be ready to
experiment!!**

**SPONSORED IN
PARTNERSHIP WITH**
The Prevention Council
of Erie County
1625 Hertel Ave.

Check out our website at
www.thepreventioncouncil.ec.org





The Prevention Council Of Erie County Presents

JUST PRACTICE

For those who have some familiarity with mindfulness and/or who have participated in one of our past mindful awareness series.

JOIN US ON ZOOM --- FREE OF CHARGE



Connect with others exploring mindful awareness practices. Shared practice supports a commitment to weaving mindful awareness practices into your daily life.

Benefits of Mindfulness

- Increased responsiveness, clarity, and resilience to stress (which aids health!)
- Decreased reactivity, impulsivity, and operating on "automatic pilot"

Register in advance for the day(s) and the time(s) of the sessions you'd like to attend
--- you do not have to attend each week.

Monica: Monday Afternoon, 12:30pm-1:15pm EST

<https://us02web.zoom.us/meeting/register/tZwkdOusrD4oGN2v3dgbU-luc0wNNVryBAYZ>



After registering, you will receive a confirmation email containing information about joining the sessions.



THE CENTER FOR
Clarity, Compassion & Contentment

find your center



Caring for the Caregiver



**Tuesday, November 18,
2025 9am - 10am Zoom**

Wellbeing coach and mindfulness facilitator Kim Perone shares tools and perspectives needed to ensure vitality, sustainability, productivity, and meaning for those who do so much for so many.

This session is about **YOU!** Self-care is not selfish, but rather essential. You will leave with tools and thought-provoking questions to maintain your own wellbeing.

This session is for individuals who are professional caregivers and/or care for their family/friends.



<https://us02web.zoom.us/meeting/register/O4RGB3IWQma-i9l9dNL0rA>



Questions? Contact Kelly Owens at kowens@hmahec.org



CECs approved for Social Work, LMHC, OT, PT and Speech Language Pathology for related content.



Mother Cabrini
HEALTH FOUNDATION



The Center4C offers coaching to individuals and organizations. Kim Perone, is a Certified Life Coach (CLC), with a Master's degree in Organizational Communication, Certified Workplace Mindfulness Facilitator (CWMF), a Certified Grief Educator, Culture Talk Certified Partner, T.E.A.M. Communication Styles® trainer, and author of Finding Your Center: The Case for Clarity, Compassion & Contentment (available on Amazon), specializing in wellbeing, communication, self-awareness, burnout recovery, stress reduction, mindfulness, productivity, bereavement, resilience, and meaningful progress.



It is Kim's belief that when clarity, compassion, and contentment are present an inspired life is possible. For more information, feel free to contact Kim Perone at kim.perone@center4c.com, (518) 301-3593, _____

{11}

Western New York Rural Area Health Education Center, Inc. (WNY R-AHEC) is recognized by the New York State Education Department's State Boards for Social Work (#SW-0685), Physical Therapy, Occupational Therapy, Mental Health Practitioners (#MHC-0268), and Speech Language Pathology as an approved provider of continuing education for licensed social workers, physical therapists and assistants, occupational therapists, and assistants, licensed mental health counselors, and speech language pathologists.

AFTD RESOURCES



AFTD Website

- Learn about FTD symptoms, genetics, approaches to care, research opportunities, and updates.
- Sign up for our newsletters and emails to stay informed about expanding research, advocacy, and support efforts.



www.theaftd.org

AFTD HelpLine 866.507.7222 toll-free or info@theaftd.org

AFTD's most important direct service to persons with FTD, care partners, and professionals, the HelpLine is staffed by social workers Monday–Friday during regular business hours.

Diagnostic Checklists

If a friend or family member is concerned they might also have FTD, you can share the checklists AFTD developed to help identify red flags for the two most common types of FTD - behavioral variant FTD (bvFTD) and primary progressive aphasia (PPA). They are available in six languages: English, Dutch, French, Italian, Polish, and Spanish.

AFTD Support Groups

AFTD offers groups for care partners or people diagnosed with FTD that are available in person or online to facilitate peer learning in a safe environment.

Newly Diagnosed Checklist

An FTD diagnosis can be overwhelming in many ways. AFTD's Newly Diagnosed Checklist guides persons diagnosed and their families on steps to take to help adjust to the changes ahead.

Help & Hope

A weekly e-newsletter for people on the FTD journey. Issues provide advice on support strategies, the lived FTD experience, and updates on FTD advocacy, research, and AFTD volunteer opportunities.

Provider Letters and FTD Awareness Cards

Sample provider letters inform healthcare professionals about FTD's symptoms and ways they can help you. Printable FTD awareness cards let others know what FTD is and how it may impact behavior in a public setting.

Comstock Grant Program

The Comstock Grant Program provides financial assistance to offset the cost of respite for family caregivers and for travel to an AFTD conference. Persons diagnosed with FTD can apply for a Quality of Life Grant for goods or services that enhance their daily life. All grants are \$500.

Partners in FTD Care

Developed by clinicians and caregivers, this publication promotes greater knowledge and understanding of FTD and shares best care practices. We encourage you to share these with your healthcare professionals.



Caregivers-Talk to Us, We Can Help!

There are many rewards to caregiving although caregivers may feel:

- Overwhelmed
- Financial Burdens
- Loss of personal time and privacy
- Stress from juggling many responsibilities
- Person they care for won't cooperate
- Family conflict
- Isolation from family and friends

Caregivers often put their loved one first, neglecting themselves physically, mentally, and emotionally. Caregivers may feel overwhelmed and experience emotions such as anxiety, guilt, depression, anger, frustration and/or resentment. This is a normal part of caregiving but one that needs to be paid attention to. It is not selfish for caregivers to take care of themselves.

Support counselors are licensed social workers who help caregivers gain more understanding of their feelings and develop skills to better handle the stresses and difficult emotions of caregiving. The one on one meetings are confidential and strive to empower the caregiver to find strength and hope within themselves.

Caregivers who received counseling said that, because of the counseling they:

- "Feel less stressed knowing about support services"
- "Know help is just a call away"
- "Gained confidence"
- "Feel better about my situation"
- "Feel supported"
- "Have somewhere to turn"
- "Feel less stress"
- "Know my feelings were all normal for the situation"

Erie County Department for the Aging
95 Franklin St. 13th Floor
Buffalo, NY 14202

{13}



Contact us!!

Phone: (716)858-8526

E-mail: caregiver@erie.gov

ERIE COUNTY DEPARTMENT FOR THE AGING

95 Franklin Street, Buffalo, NY 14202-3968

(716)858-8526

<https://www3.erie.gov/aging/>

SOCIAL ADULT DAY SERVICES CONTRACT AGENCIES

Social Adult Day Services are vital and enables caregivers of older adults to bring the person they care for to a place that will provide care while offering stimulating activities tailored to meet their individual needs. In order to help people benefit from available social adult programs, the Erie County Department of Senior Services may offer financial assistance to those who would otherwise be unable to attend. Such assistance is based on assessment of need and availability of program funds.

Call us today to see if you qualify.

(716) 858-8526.

Aurora Adult Day Services

101 King Street, Suite B, East Aurora, NY 14052

(716) 652-4269

<https://www.auroraadultdayservices.org>

Kaleida Services LLC, Ralph C. Wilson Jr. Adult Day Services at North Tonawanda

DeGraff Medical Park (716) 243-7888

3780 Commerce Court, Suite 100, North Tonawanda, NY
14120

<https://www.kaleidahealth.org/care/Adult-Day-Services>

Lord of Life Adult Day Services

1025 Borden Road, Depew, NY 14043

(716) 668-8000

<https://lordoflife.us/adult-day-health-center>

Orchid Adult Day

102 Broad St. Tonawanda, NY 14150

(716) 264-4703

<https://www.orchidadultdaycare.com/>



Funding may be
available to help with
cost! Call NY Connects
at (716)858-8526

Overnight Respite for Caregivers

**Caregivers, do you need a vacation
or just some time to recharge?
Consider a five night stay for your
loved one at a local nursing home
or assisted living facility.**

**Call for eligibility and funding
availability.**

**Erie County NY Connects:
(716) 858-8526**



Are you or a loved one experiencing memory challenges?
Looking for a supportive space to create and learn?

Memory Café

at Frank Lloyd Wright's Martin House & Graycliff

Art  Quality Time  Connections

Learn more by scanning the QR code or visiting
martinhouse.org/memory-cafe



Free Caregiver Respite and Support Programs



Healthy Alternatives Through Healing Arts

Holistic workshops, programs and mini retreats for family caregivers. Visit: www.healthyalternativesthruhealingarts.com for upcoming workshops and events.

Phone: (716)426-6529

E-mail: healthyalternativeshaha@gmail.com

In the Moments Memory Cafe

CarePatrol welcomes individuals with memory loss along with their caregivers, or friends and family to our monthly Memory Cafe gathering where we celebrate shared experiences in a comfortable and supportive environment that is non-judgemental. This event is a perfect opportunity to reminisce, make new friends, and create lasting bonds.

When: 2nd Friday of every month, 10:30am-12pm

111 St. Gregory Ct. Williamsville, NY 14221

Register: <https://carepatrol.com/buffalo-niagara/events/>

Phone: Julie Lewinski (716)463-2955

A Gathering Place

A program designed to provide fun and uplifting activities created for seniors 55+ and offers much needed help for their caregivers. If you need a break, or just need to run errands during the day, or simply take a moment to yourself on Saturday mornings.

The BFNC Life Center @ Westminster Community House

419 Monroe St. Buffalo, NY 14212

Register: <https://bfnc.org/care-givers-you-deserve-time-to-exhale-introducing-the-exhale-program/>

Phone: (716)852-5065 ext. 132.

Free Caregiver Respite and Support Programs

Musical Memories

Musical Memories Café concert is a place for caregivers and their loved ones to relax and enjoy socializing, refreshments, and great entertainment!

Website: <https://www.westfallsartcenter.org/memory-cafe167513f0>

Catholic Health Exhale Respite Program

Caregivers will also have the opportunity to meet with staff on-site to discuss challenges or needs they may have, attend a caregiver education session, or leave to have time to themselves. Mobility and ADL assistance provided. Transportation is available

Villa Maria Campus

600 Doat St. Cheektowaga, NY 14211

Saturdays 10am-2pm

To register call (716)819-5433 or visit:

<https://www.chsbuffalo.org/services/exhale-respite-care/>

Pathways for Caregivers and Serenity on the Shore Memory Cafe

Family caregivers can receive a break from the daily tasks of caregiving for their aging loved ones. Caregivers and aging loved ones each engage in their own separate activities. The goal is to give caregivers peace of mind and rejuvenation.

Cradle Beach

8038 Old Lakeshore Rd. Angola, NY 14006

Pathways for Caregivers: 3rd Thursday of every month, 10:30am-2:30pm

Serenity on the Shore: 4th Thursday of every month, 11:30am-1:30pm

To register: contact Kat Gorecki (716)549-6307 ext. 218

Website: <https://cradlebeach.org/senior-services/>

Free Dementia Caregiver Respite

Respite offers you a break from your caregiving responsibilities while providing social engagement and meaningful activities for your loved one.*

Buffalo

2nd Saturday, 10:30 am – 2:30 pm
Grace Lutheran Evangelical Church
174 Cazenovia St., Buffalo 14210
Contact: Penny Paschka 716-674-2958

2nd Friday, 10 am – 2 pm
Metropolitan United Methodist Church
657 Best St., Buffalo
Contact: Lynelle Reed 716-891-5652

2nd Thursday, 10:30am-2:30pm
Friendship Baptist Church
402 Clinton St. Buffalo
Contact: Friendship Baptist Church 716-847-1020

Derby

1st Thursday, 10:30 am – 2:30 pm
First Church of Evans
7431 Erie Rd. Derby 14047
Contact: Debby Waddell 716-562-7240

East Aurora

4th Wednesday 10:30 am - 2:30
Baker Memorial United Methodist Church
345 Main St., East Aurora
Contact: Michele Engasser 716-652-0500

Eden

3rd Wednesday, 10:30 am - 2:30 pm
Eden United Methodist Church
2820 East Church St., Eden
Contact: Kevin Karstedt 716-984-5130

Grand Island

2nd Wednesday, 1:30 – 4:30 pm
Golden Age Center
3278 Whitehaven Rd., Grand Island
Contact: Jennifer Menter 716-773-9682

Hamburg

2nd Wednesday, 10:30 am - 2:30 pm
Hamburg United Methodist Church
116 Union St., Hamburg
Contact: Lisa Rood 716-941-5703

Holland

1st Thursday, 10:30 am – 2:30 pm
Holland United Methodist Church
11699 Partridge Rd., Holland
Contact: Cindy Cassavino 716-388-3150

Kenmore

4th Wednesday, 10:30am -2:30 pm
Kenmore United Methodist Church
32 Landers Rd. Kenmore, NY 14217
Coordinator: Michelle Spencer 716-875-5091

1st Tuesday, 11:00 am - 3:00pm
St. John the Baptist RC Church
1085 Englewood Avenue, Kenmore
Contact: Mary Elias 716-874-0672

Orchard Park

3rd Tuesday, 10:30am-2:30pm
St John's Lutheran Church
4536 South Buffalo St. Orchard Park, NY 14127
Contact: Jan Rickard 716-290-7060
Jan: janice.rickard@yahoo.com

1st Wednesday, 10:30 am-2:30pm (Drop off loved one) 3rd
Wednesday , 10:30am-2:30pm (Caregiver and loved one
attend together)

Southtowns Family YMCA
1620 Southwestern Blvd., West Seneca
Contact: Sue Kincaid 716-674-9622 x143
<https://www.ymcabn.org/encourage>

Springville

1st Wednesday, 10:30am – 2:30 pm
First United Methodist Church
474 East Main St., Springville
Contact: Barb Blesy 716-592-7451

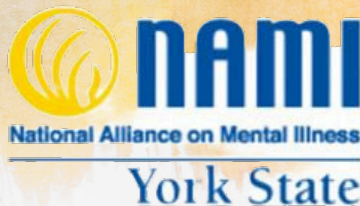
*These respite sites may have eligibility requirements and require pre-registration.
{19} Contact each individual listing for further details.

Handle With Care Registry

The Erie County Sheriff's Office, in coordination with NAMI Buffalo and WNY is pleased to introduce a Handle with Care Registry. The intent of the registry is to better prepare our deputies and emergency responders to provide improved care for your loved one. Caregivers are welcome to use the registry for special needs (i.e.: Autism, Down Syndrome, Alzheimer's, Dementia, Substance Abuse). One of NAMI Buffalo and WNY's leading priorities in mental health crisis is to ensure an appropriate mental health response. We enthusiastically support the Handle with Care Registry which is designed to help keep you and your loved ones safe.

To register visit:

<https://www4.erie.gov/sheriff/form/handle-with-care>





**Family
Help
Center**

Help is Our Middle Name

Grand-Families Program



The New Grand-Families Program Offers:

FUN! In lots of shapes & sizes
for the whole family

Are you:

- A grandparent raising your grandchildren?
- An elder family member, an aunt or uncle helping to raise children from your extended family?
- A kinship provider?

Need a break or some breathing space? If so, call **716-822-0919** for more information.

60 Dingens Street, Buffalo, NY 14206

- Family Support Services at no cost
- Activities for children & teens of all ages
- Educational, therapeutic and recreational services for elders (55+) who are parenting 'all over again'.
- Legal Guidance
- Stress Busters

Gratitude to the Health Foundation for Western and Central New York, and Foundation 214, Inc. for supporting this initiative.



Foundation 214

Resources for Caregivers of Veterans

Caregiver Support Program

Peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans.

For more information visit:

https://caregiver.va.gov/care_caregivers.asp

Or call: (716)862-6516

Medical Foster Home Program

The WNY VA Medical Center is currently seeking compassionate Caregivers who are interested in enrolling in our new Medical Foster Home (MFH) program. Medical Foster Homes are private residences where a trained Caregiver lives with and provides 24/7 care and assistance to Veterans. They offer a warmer alternative to long-term care facilities for Veterans who require nursing home level care but prefer a non-institutional setting in a private home with fewer residents.

Contact the Medical Foster Home program coordinator at 716-862-6306 to learn more.

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. *The Caregiver Helpbook* can be ordered as a resource at www.powerfultoolsforcaregivers.org.

Find Powerful Tools for Caregivers classes:

- Contact your county Family Caregiver Support Program for a local class schedule.
- Contact the PTC national office for a list of class leaders in your area:

www.powerfultoolsforcaregivers.org

503-719-6980



"After taking this class I am a more confident caregiver!"

Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier 'us'!"

- PTC Class Participant

Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit. The PTC national office in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea.

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!



Support Groups Available Throughout Erie County

- ALS
- Alzheimer's Disease
- Cancer
- Amputees
- Aphasia
- Better Breathers
- Bone Health/Osteoporosis
- Brain Injury
- Breast Cancer
- Caregivers
- Celiac and Gluten Sensitive
- Diabetes
- Fibromyalgia
- Hoarders
- Husbands
- Independent Living with a Disability
- Kidney Disease
- Mens
- Multiple Sclerosis
- Parkinson's
- Prostate Cancer
- Reflex Sympathetic Dystrophy/Regional Pain Syndrome
- Self Help, Sexual Assault, and Grief
- Stroke
- Substance Abuse and Mental Health
- Suicide and Grief
- Veteran's
- Widows' and Widowers'

<https://www3.erie.gov/aging/caregiver-support-groups>

To request a list:

E-mail: caregiver@erie.gov

or

Call: (716) 858-8526