

# CAREGIVER COMMUNITY INFORMATION & RESOURCES WINTER 2025-2026

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**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](mailto:caregiver@erie.gov)**



**Erie County  
Department for the Aging**



**ERIE COUNTY  
CAREGIVER  
COALITION**

# **The Home Energy Assistance Program is now open.**

**Regular benefit opened: 12/1/25**

**Emergency benefit opens 1/2/26**

**Find out if your household  
qualifies for assistance  
paying your heating bill.**

**Call NY Connects:  
(716) 858-8526**



**NY Connects**  
Your Link to Long Term  
Services and Supports

**of ERIE COUNTY**

**(800) 342-9871**

**(716) 858-8526**





Keep your family and  
loved ones

# SAFE.

**Download the ReadyErie**  
Community Preparedness App today!



For more information:

<https://www3.erie.gov/dhses/get-readyerie-preparedness-app>



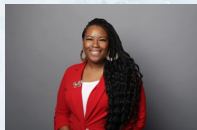
Homeland Security  
and Emergency Services

**TEXT "ERIE" TO  
333111  
TO RECEIVE  
REAL-TIME  
EMERGENCY &  
WEATHER  
ALERTS**

**FOR MORE INFORMATION:**

<https://www.dhses.ny.gov/emergency-alerts>





## Erie County Caregiver Coalition Spotlight-Sheena Woods



### **Tell us about your agency and your role:**

I work for Every Bottom Covered as the Program Manager, overseeing our Diaper Distribution Program, the Caregiver Coverage Program, and our maternal health initiative, From the Womb. My work includes managing operations, supporting families, and strengthening community partnerships.

Every Bottom Covered is Western New York's first and only diaper bank, championing diaper need across eight counties and providing diapers, wipes, adult incontinence products, and essential hygiene support to under-served families and caregivers. We advocate for equitable access to basic needs and uplift the well-being of households who need it most.

### **What's the most meaningful part of your work?**

The most meaningful part of my role is witnessing the impact our programs have on families. Whether it's a caregiver feeling supported or a pregnant parent feeling more prepared, those moments remind me that our work matters.

### **Have you been a caregiver?**

I have been a caregiver within my own family, which taught me compassion, patience, and the value of having resources and support. It's a perspective that deeply informs the work I do today.

### **What do you enjoy outside of work?**

I enjoy being with my family, relaxing, reading, exploring, and finding new ways to experience joy and balance.

### **What would you like to say to caregivers?**

Give yourself grace. You deserve rest, compassion, and help. You are doing meaningful work, and you don't have to do everything alone. {4}



**Our Goals:**

**Screening for Health and Basic Needs** in caregivers and those they care for—how can we connect you to services that make your life easier?

**Referral Services**—Through our extensive network, we can help caregivers access referrals for vital services such as mental health support, nutritional assistance, and financial aid programs.

**Access to Adult Disposable Underwear Supplies**—Caregiver Coverage provides adult incontinent supplies to caregivers at no cost.

**How to Access Every Bottom Covered's Caregiver Coverage program:** When you register, you can choose to either pick up supplies at 852 Kensington Ave, Door B on select Friday mornings from 10-12 noon or opt for our delivery service through Door Dash.

We supply adult disposable underwear, wipes, and personal care products, along with referrals and information on senior and community services that may be right for you and your loved ones.



*Brought to you by your friends at Every Bottom Covered, Inc*

# FREE PROGRAMS TO FIGHT THE WINTER BLUES!



"Click on the  
logos to learn  
more!"





# FIREARM LIFE•PLAN

*Everything you'll  
need to make a plan  
for your firearms  
that's right for you  
and those you trust.*



Responsibility and safety. Training and preparation. Protecting family and community. No matter the reason people have firearms, these ideals are shared by many responsible gun owners.

And responsible ownership means planning for the future – even things we hope don't happen. If you could no longer operate your firearms safely, what would you want to happen to them? Responsible ownership also means making decisions about what will happen after your death.

The Firearm Life Plan was developed to help firearm owners think about these important questions and protect those they trust from the burden of making difficult decisions without their guidance.



Scan here to access the  
[Firearm Life Plan resource kit](#)





**enCourage**  
benefit for both



## **enCourage: Benefit for Both**

### **Respite Program at Southtowns YMCA**

This companion-based, social care respite program is for adults living with mild cognitive impairment and/or dementia and their caregivers. Participants enjoy stimulating activities, physical fitness, social conversations, and engaging games with YMCA staff and volunteers. Lunch is provided.

#### **Drop-Off Respite**

First Wednesday of each month

10:00 am – 2:00 pm

Caregivers may leave the branch or stay to utilize the Y facility.

#### **Companion Care Respite**

Third Wednesday of each month

10:00 am – 2:00 pm

Caregivers stay and enjoy planned activities, lunch, and social opportunities with their loved-one.

Programs are held every month. For details and registration, please contact:

Sue Kincaid

[skincaid@ymcabn.org](mailto:skincaid@ymcabn.org)

(716) 674-9622

Registration is required and a brief consultation must be completed prior to attending the program. Adults living with dementia that are ambulatory, can eat & toilet independently, are communicative, and are non-combative are most appropriate for our community program.

Southtowns YMCA | 1620 Southwestern Boulevard, West Seneca, NY 14224 | (716) 674-9622 | [YMCABN.org](http://YMCABN.org)



enCourage



## enCourage: Benefit for Both

### Respite Program at Independent Health YMCA

This companion-based, social care respite program is for adults living with mild cognitive impairment and/or dementia and their caregivers. Participants enjoy stimulating activities, physical fitness, social conversations, and engaging games with YMCA staff and volunteers. Lunch is provided.

#### Drop-Off Respite

Second Wednesday of each month

10:00 am – 2:00 pm

Caregivers may leave the branch or stay to utilize the Y facility.

The program is held every month. For details and registration, please contact:

Christina Philips

[cphilips@ymcabn.org](mailto:cphilips@ymcabn.org)

(716) 276-8300

Registration is required and a brief consultation must be completed prior to attending the program. Adults living with dementia that are ambulatory, can eat & toilet independently, are communicative, and are non-combative are most appropriate for our community program.

Independent Health YMCA | 150 Tech Drive Amherst, NY 14221 | (716) 276-8300 | [YMCABN.org](http://YMCABN.org)



# Burchfield Penny Memory Café

The Burchfield Penney Art Center is committed to making the museum and its vast collection of Western New York art accessible to all community members. In keeping with this mission, Friends of the Burchfield Penney Memory Café is specifically designed for people with Alzheimer's and their caregivers to inspire joy and make connections. Our Memory Café provides a stimulating and comfortable setting in which to spend time together in an art museum. The sessions will include interactive tours and hands-on art activities in a creative and safe environment. We'll begin by welcoming participants to the museum. Guests will visit the galleries and have conversations together about the artworks. This will be followed by a hands-on art-making experience in the Useum Studio, where they will reflect on what they viewed in the galleries.

The Burchfield Penney Memory Cafe offers an inclusive, stress-free, and social experience, ensuring every participant feels welcome and engaged in a supportive community setting.

**When:** 1st Wednesday of the month.

Time: 10:00-11:30 am.

**Where:** Burchfield Penny Art Center  
1300 Elmwood Ave. Buffalo, NY 14222

**To Register:**

<https://burchfieldpenney.org/learn/access-tours/memory-cafe/>

**Questions:** Contact Kathy Shiroki at shirokkg@buffalostate.edu  
716.878.3549.

# EPIC can save you \$\$ on your Medicare Part D prescriptions!

Outreach  
representatives  
available at  
Amherst Senior  
Center 11am-1pm  
1/14/26 & 2/18/26

Outreach  
representatives  
available at  
Cheektowaga Senior  
Center 10am-12pm  
3/11/26

**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.

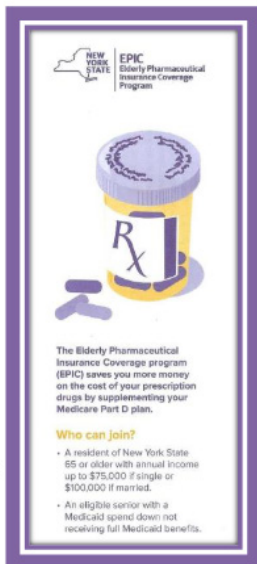
## EPIC

- ✓ 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

**EPIC Outreach Representative will be available to  
answer questions or assist with applications at :**

Amherst Senior Center: 11am to 1pm:  
1/14/26 and 2/18/26

Cheektowaga Senior Center: 10 am to 12 pm  
3/11/26



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

# 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](http://www.theaftd.org)

## AFTD HelpLine 866.507.7222 toll-free or [info@theaftd.org](mailto: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.

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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](mailto: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



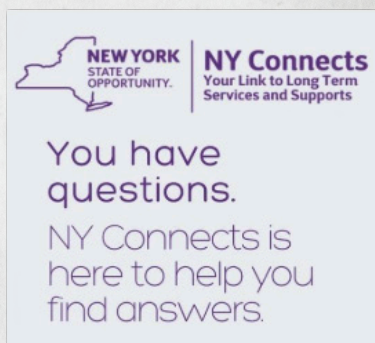


# **Overnight Respite for Caregivers**

**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**





# Free Caregiver Respite and Support Programs



## Healthy Alternatives Through Healing Arts

Holistic workshops, programs and mini retreats for family caregivers. Visit: [www.healthyalternativesthruhealingarts.com](http://www.healthyalternativesthruhealingarts.com) for upcoming workshops and events.

Phone: (716)426-6529

E-mail: [healthyalternativeshaha@gmail.com](mailto: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.\***

## **Amherst**

2nd Wednesday 10am-2pm  
(Caregiver may drop off loved one or stay and utilize the Y facility)  
Independent Health YMCA  
Tech Drive Amherst, NY 14221  
Contact: Christina Philips  
(716)276-8300 [cphilips@ymca.org](mailto:cphilips@ymca.org)

## **Buffalo**

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

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

## **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](mailto:janice.rickard@yahoo.com)

## **Drop-Off Respite**

1st Wednesday, 10:00am-2:00pm  
(Caregiver may drop off loved one or stay and utilize the Y facility)  
Companion Care Respite  
3rd Wednesday, 10:00am-2:00pm  
(Caregiver and loved one attend together)  
Southtowns Family YMCA  
1620 Southwestern Blvd., West Seneca  
Contact: Sue Kincaid 716-674-9622 x143  
[skincaid@ymca.org](mailto:skincaid@ymca.org)

## **Springville**

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

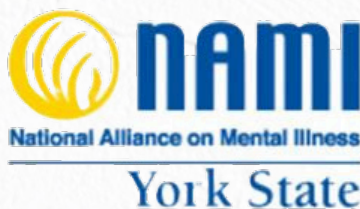


# Handle With Care Registry

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](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](http://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](http://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'!"*

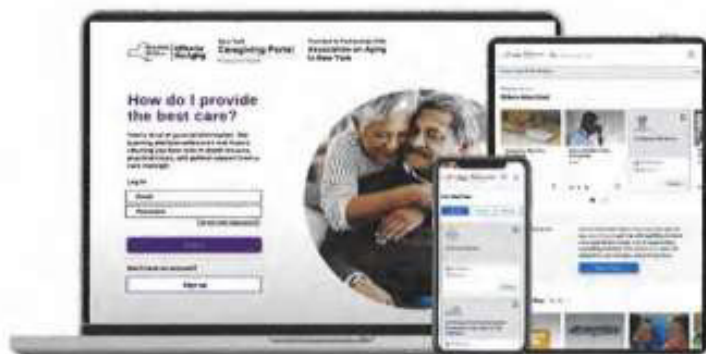
- PTC Class Participant

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](mailto:caregiver@erie.gov)**

**or**

**Call: (716) 858-8526**

