

CAREGIVER COMMUNITY INFORMATION & RESOURCES

Inside this booklet:

- P1: Caregiver Sign Up
- P2: West Side Seniors Memory Cafe
- P3: Senior to Senior Dog Foster Program
- P4-5: Buffalo and Erie County Library Programs
- P6: Activities, Education, and Classes
- P7: Legal and Financial Risk Detector
- P8: Falls are not Normal Aging
- P9: Century Club
- P10-11: Everyday Mindfulness
- P12: Breathe, Body, and Mind
- P13: Grand Family Program
- P14: Resources for Veterans and their Caregivers
- P15: Navigating OPWDD
- P16: Every Bottom Covered
- P17: Erie County Department for the Aging Caregiver Services
- P18: Social Adult Day Programs
- P19-20: Free Dementia Respite Programs
- P21-22: Free Caregiver Support Programs
- P23: Fire Arm Protection Plan
- P24: AFTD Resources
- P25: Handle with Care Registry
- P26: Support Groups



Erie County Department for the Aging

Tel: (716) 858-8526

Website: 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**

West Side Seniors

Memory Café



These **100% FREE** events are specifically created for older adults experiencing memory changes, along with their caregivers.

West Side Community Services | 161 Vermont St, Buffalo 14213

Upcoming Dates

(all Cafés run 10 a.m. - 1 p.m.)

May 23: Circle of Life

July 1: Summer Picnic

August 26: Luau Party

September 26: Celebrate Hispanic Heritage Month

Please **register (FREE!)** in advance: 
Call 716-884-6616 x101 or scan the QR code



Please note: While we love kids, youth under 18 are not allowed.



West Side
Community Services

For more information:

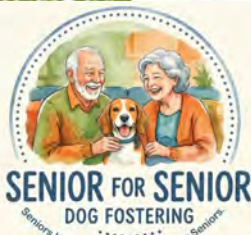
wscsbuffalo.org/programs/older-adults
716-884-6616 x101 | info@wscsbuffalo.org

The West Side Seniors Memory Cafe series is supported by:



Foundation 214

The Paul & Helen Ellis
Charitable Trust



Frequently Asked Questions

How does the dog fostering program work?

In a fostering program, the sponsoring shelter pays for medical expenses and food for the pet. You provide the loving home.

Who qualifies?

Lower income individuals over the age 55 and up who can physically provide basic daily care for a pet.

How do I apply?

You can either apply by contacting White Whiskers or you may apply through the Erie County Office for the Aging.

Why should I apply?

Pet ownership can provide much needed companionship, reduce stress and anxiety, encourage mental well being and provide daily purpose with a set routine. Not only that but you are providing a much needed home to an often overlooked animal in shelters.



WHITE WHISKERS

SENIOR DOG SANCTUARY
whitewhiskerswny.org
35 Lewis Road, Akron New York

To apply contact White Whiskers Senior Dog Sanctuary:

<https://whitewhiskerswny.org/contact-us/>

Or call:

NY Connects/Erie County Department for the Aging: (716)858-8526

Virtual Author Talks from the Library:

Small Towns and Big Secrets: In Conversation with Bestselling Author Karin Slaughter,

International and New York Times Bestselling Author of *Pretty Girls*, the *Will Trent* series, and *The Good Daughter*, Tuesday, July 14th at 7 PM ET

<https://libraryc.org/buffalolib/177008>

Migrant Heart: The Hidden Cost of the American Dream and Healing Through Storytelling with Author Reyna Grande,

Award-Winning and Bestselling Author of *The Distance Between Us* and *A Dream Called Home*, Thursday, July 16th at 2 PM ET

<https://libraryc.org/buffalolib/177655>

The Power of Connection: How to Create Lasting Friendships in an Increasingly Lonely World with Dr. Marisa Franco,

Psychologist, Professor, and New York Times Bestselling Author, Tuesday, July 28th at 2 PM ET <https://libraryc.org/buffalolib/178302>

The Legacy of Julia Child's Kitchen with Smithsonian Curator Paula J. Johnson,

A Library Speakers Consortium and Smithsonian Institution Collaboration, Tuesday, August 4th at 2 PM ET <https://libraryc.org/buffalolib/102564>

When Trees Testify: Reclaiming America's Black Botanical Legacy with Beronda Montgomery,

Award-Winning Plant Biologist and Author, Tuesday, August 25th at 2 PM ET <https://libraryc.org/buffalolib/186297>

High Altitudes and High Stakes: A Miss Marple Mystery with Lucy Foley, #1

New York Times Bestselling Author of *The Guest List* and *The Midnight Feast*, Thursday, August 27th at 2 PM ET <https://libraryc.org/buffalolib/186959>



More Than Just Books

Adult 2026 Unearth a Story Online Summer Reading Contest

<https://becplny08.readsquared.com/>

This "Unearth a Story" Summer Reading Contest is a reading program for adults ages 18 and up. Sign up and read books between June 1st and August 21st. Every minute of reading earns you one point. Each point is an entry into a drawing to win a grand prize.

You may also complete missions to earn badges!

*Please keep in mind that the maximum number of minutes you can log in one day is 480 minutes.

*Please provide an email address that you check regularly.

Grand Prize: a \$100.00 gift card to ONE of the following: Aldis, Tops, Walmart, or Wegmans. You must submit at least 60 minutes to qualify for the grand prize, which will be determined by a random drawing.

There will also be one winner at each participating branch. The branch prize is a \$25 Amazon gift card. A random drawing will determine each winner.

Activities, Education, and Classes



CLICK IMAGES TO VISIT WEBSITES

<https://www.powerfultoolsforcaregivers.org>

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
503-719-6060



*"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.

New York Office for the Aging
New York Caregiving Portal
Erie County Department for the Aging
Association on Aging in New York

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!


© 2019 New York State Office for the Aging & Association on Aging in New York. Created by Tipton



Legal & Financial Risk Screening

We offer easy-to-use free screening tools designed to help older adults and professionals identify legal and financial warning signs early. These web-based tools provide a trusted first step toward safety, peace of mind, and access to personalized support.



CENTER FOR
**ELDER
LAW &
JUSTICE**

Legal Risk Detector

- To access: type the full web address **or** use the easy-to-enter TinyURL **or** scan the QR code below.
 - <https://probononet.neotalogic.com/a/riskdetectorny>
 - <https://tinyurl.com/bdcpmpmt>
- Then select "Begin Interview with Client"
- Then select "CELJ"



Senior Financial Safety Tool

- To access: type the full web address or use the easy-to-enter TinyURL or scan the QR code below.
 - <https://probononet.neotalogic.com/a/sfst>
 - <https://tinyurl.com/zeeturt6>
- Then select "Begin Risk Assessment"



Disclaimer: The risk detectors do not provide legal advice and do not form an attorney-client relationship.



www.elderjusticenyc.org
info@elderjusticenyc.org

Our Locations:



438 Main Street, Suite 1200
Buffalo, NY 14202
716-853-3087

1 Park Place, Suite 248
Fredonia, NY 14063
716-261-3275

175 Walnut Street, Suite 1
Lockport, NY 14094
716-878-9297

DIVERSIFIED

Hearing • Rehabilitation • Balance

Audiology, Physical Therapy,
Occupational Therapy, Speech Therapy

FALLS ARE NOT A NORMAL PART OF AGING.

What Every Family Caregiver Should Know

Falls are preventable. With the right information and support, older adults can stay safe, independent, and engaged in the life they love.

EVERY 11 SECONDS
an older adult is
treated in an
emergency department
for a fall.
- CDC



**FALLS ARE A LEADING CAUSE OF
INJURY-RELATED DEATH AMONG
OLDER ADULTS.**



As a caregiver, you play a vital role in
reducing fall risk and supporting the
health and well-being of your loved one.

WHY DO OLDER ADULTS FALL?

Many things can increase
the risk of falling, including:

- Balance disorders
and dizziness
- Muscle weakness
and deconditioning
- Medication side effects
- Vision changes
- Hearing loss
- Cognitive impairment
and dementia
- Neurological conditions
(e.g., Parkinson's disease,
stroke)
- Environmental hazards
in the home

*Fall risk often results from more
than one factor.*



FALLS, HEARING, AND COGNITIVE HEALTH

Research suggests that changes in
hearing, balance, and cognition often
occur together.

Difficulty hearing conversations, reduced
awareness of surroundings, dizziness,
and cognitive changes can all contribute
to increased fall risk.



**Early identification and intervention
may help older adults maintain
independence and quality of life.**



A TEAM APPROACH TO FALL PREVENTION

We create a personalized plan based on
your loved one's unique needs.

- Comprehensive balance
and vestibular evaluation
- Physical therapy to improve
strength, balance, and mobility
- Hearing evaluation
(when indicated)
- Speech-language pathology
services (when needed)
- Cognitive screening
and support
- Home safety assessment
and recommendations
- Coordination with your
primary care physician

*We work together with you, your loved
one, and their physician to support
the safest path forward.*



**Let's work together to reduce fall risk
and help your loved one thrive.**

Consider an evaluation if your loved one:

- ☒ Has fallen or had a near fall
- ☒ Feels unsteady or dizzy
- ☒ Has memory or thinking changes
- ☒ Holds onto furniture while walking
- ☒ Is afraid of falling
- ☒ Wants to stay independent

We are here to support
you and your loved one
every step of the way.

- 110 College Parkway
Suite 110
Williamsville, NY 14221
- 5883 Snyder Road
Lockport, NY 14094

716-362-1552

www.diversifiedwny.com

diversified@diversifiedwny.com



LEARN MORE

Scan the QR code
to visit our website
and learn more
about our services.

Every Step. Every Word. Every Sound. We're With You.



Honoring WNY Seniors turning 100+ years old

The Senior Wishes' Century Club honors any resident of Western New York who is turning 100 years of age or older. These incredible individuals have gracefully navigated a century of life and we take an opportunity to shine a spotlight on their incredible stories and wisdom. Each honoree receives a framed certificate to display and a gift bag.

Nominate a centenarian and you're not only celebrating their life but also fostering connections and community support, aligning perfectly with our mission at Senior Wishes. There are no income guidelines for this program. Every centenarian deserves to be celebrated and your nomination could make their day just a little bit brighter!

Return application to:

**Senior Wishes
One Fox Run Lane
Orchard Park, NY 14127
Fax: 716-662-7692
www.seniorwishes.org
Phone: (716) 508-2121**

Sponsored by the Ralph C. Wilson, Jr. Legacy Funds administered by the Community Foundation for Greater Buffalo

EVERYDAY MINDFULNESS FOR

Caregivers

Join us to explore innovative mindfulness practices that reduce stress, boost brain fitness, and promote healthier living. Research shows that just a few minutes of practice daily can greatly benefit your body and mind. Participation is welcome for everyone, not just caregivers!

Included Topics:

- Everyday awareness
- Daily rituals that nourish us
- Practicing joy & self-compassion
- Using and sharing wisdom



Wednesday Evenings:

Sessions will commence on July 8, 2026, and will proceed on a continuous basis, with topics repeating every four weeks.



Program Time:

6:30 PM - 8:00 PM



Location:

Virtual Sessions Via ZOOM

CONTACT US

Register Today

forms.office.com/r/sUMVgadedm



*All Sessions
Are Free*

Program Director: Jan Burns

716-207-7315

jburns@thepreventioncouncil.org



The Prevention Council





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/joining/register/tZwkdOusrD4oGN2v3dgbU-luc0wNNVryBAYZ>



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



Quick & Simple Stress Relief with **Breath-Body-Mind™**



Breath-Body-Mind™ is a set of gentle exercises that are based on science and designed to help ease stress and calm your mind and body.

Everyone is Welcome!

If you need extra help joining our sessions, we're here to assist you. Just email tinrc@ccsi.org. We want everyone to be able to take part.

BBM Practice Sessions



Our virtual sessions are free and open to all New Yorkers.



English and Spanish sessions offered.



No prior experience needed.



A wide range of practice sessions to fit your schedule.

Our Mission:

Helping You Thrive

The **New York State Trauma-Informed Network and Resource Center (NYS TINRC)** is a virtual network funded by the NYS Office of Mental Health. We help people learn, grow, and better understand trauma.

Scan here

to find a session that works for you or visit us online at traumainformedny.org





**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?

- 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

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

60 Dingens Street, Buffalo, NY 14206

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



Foundation 214

Resources for Veterans and their Caregivers

Erie County Veterans Service Agency

Information for veterans, current service members, and their families on federal, state, and local benefits.

www3.erie.gov/veterans/

Phone: (716) 858-6363

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: 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.

Navigating OPWDD Services? *We're Here to Help*

The Intellectual and Developmental Disabilities Ombudsprogram, also known as IDDO, provides independent guidance and advocacy. Call our statewide helpline, open **Monday to Friday, 9 AM to 5 PM.**



We are free and private

Call us at

1-800-762-9290

or Email us at iddo@cssny.org

What does IDDO do?

The IDDO can help you:

- **Get information** about services and the supports offered through OPWDD.
- Connect you to **OPWDD's Front Door**.
- Support you and advocate with you alongside your providers, **Fiscal Intermediary**, Care Manager, **Care Coordination Organization** or anyone else who supports you.
- Advise you on how to **file a complaint**.



IDDO

Intellectual and Developmental
Disabilities Ombudsprogram

Call us at

1-800-762-9290

Email us at iddo@cssny.org



Our Goals:

1. Care Screening

We screen caregivers and loved ones for basic needs and connect you to support that makes life easier.

2. Referral Network

We provide referrals for mental health, nutrition, financial aid, and trusted community services across WNY.

3. Free Supplies

We offer adult disposable underwear, and wipes at no cost — bagged and provided with dignity and care.

Access is easy

Register by QR code or website link.

Choose your delivery:

- Pick up at our Caregiver Coverage Hub or DoorDash delivery to your home 🚗

Bi-weekly Care Package:

- Adult disposable underwear
- Wipes
- Caregiver resources
- Personal care essentials (as available)



Caregiver Coverage



<https://everybottomcovered.wufoo.com/forms/caregiver-coverage-registration/>

Care for the caregiver. Coverage for the journey..

Erie County Department For The Aging Caregiver Assistance



Are you caring for a loved one and need a break?

Call us today at (716) 858-8526.

Our Certified Case Managers can provide Options

Counseling. Options Counseling is a free, unbiased, service to explain all care options so you can choose what works best for you and your loved one.

Services available:

- Overnight Respite
- Social Adult Day Service
- In-Home Aide Service
- Caregiver Counseling
- Alzheimer's Disease Caregiver Support Initiative (Legal Services, Safety Devices, and Respite Care)
- Linkage to Community Resources
- Linkage to Medicaid and Managed Long-Term Care

Website:

www3.erie.gov/aging/

E-Mail: caregiver@erie.gov



ERIE COUNTY DEPARTMENT FOR THE AGING

95 Franklin Street, Buffalo, NY
14202-3968
(716)858-8526

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 for the Aging 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
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
www.kaleidahealth.org/care/Adult-Day-Services

Lord of Life Adult Day Services

1025 Borden Road, Depew, NY 14043
(716) 668-8000
lordoflife.us/adult-day-health-center

Orchid Adult Day

102 Broad St. Tonawanda, NY 14150
(716) 264-4703
www.orchidadultdaycare.com/

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

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

BUFFALO: 2nd Saturday, 10:30 am – 2:30 pm Grace Lutheran Evangelical Church

174 Cazenovia St., Buffalo 14210. Contact: Penny Paschka 716-674-2958

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

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

Free Dementia Caregiver Respite

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

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

KENMORE: 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

SPRINGVILLE: 1st Wednesday, 10:30am – 2:30 pm First United Methodist Church

474 East Main St., Springville. Contact: Barb Blesy 716-592-7451

WEST SENECA YMCA: Drop-Off Respite 1st Wednesday, 10:00am-2:00pm
(Caregiver may drop off loved one or stay and utilize the Y facility) or
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

***These respite sites may have eligibility and require pre-registration.**

Contact each individual listing for further details.

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: www.westfallsartcenter.org/memory-cafe167513f0

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: cradlebeach.org/senior-services/

Burchfield Penny Memory Café

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.

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: burchfieldpenney.org/learn/access-tours/memory-cafe/

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

Free Caregiver Respite and Support Programs

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

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

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](#)



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.

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:

www4.erie.gov/sheriff/form/handle-with-care



nami

National Alliance on Mental Illness

York State

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'**

www3.erie.gov/aging/caregiver-support-groups

To request a list:

E-mail: caregiver@erie.gov

or

Call: (716) 858-8526