

CAREGIVER COMMUNITY INFORMATION & RESOURCES

Fall 2026

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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

{1}



THE CAREGIVER SIMULATION



With the help of New York State Caregiver and Respite Coalition and our coalition members, The Erie County Department for the Aging had a successful caregiver simulation. Professionals and students learned about the challenges and rewards of informal caregiving. They walked away with a renewed sense of empathy for the enormous role informal caregivers play, and the systems designed to support them.

THANK YOU CAREGIVERS FOR ALL YOU DO!!



Erie County Department for the Aging would like to give a special thanks to all our coalition members and partners for offering to volunteer.

Alzheimer's Association

Care Patrol

Feedmore of WNY

Laughter Yoga

MediTeddi

People 1st Mobility

Lisa Rood Independent Consultant

Senior Helpers

The Prevention Council

Touch Hearts at Home

Univera Healthcare

Veteran's Affairs

Venture Forthe

2ND ANNUAL



Live Well Retreat Erie



REFRESH • RESTORE

THE SIGNATURE EVENT DESIGNED TO INSPIRE,
ENERGIZE, AND EMPOWER OLDER ADULTS

Saturday, October 24, 2026

9:00 am - 2:00 pm

Amherst Senior Center

370 John James Audubon Pkwy,
Buffalo, NY 14228

**REGISTRATION
REQUIRED!**



TOPICS INCLUDE:

- Medicare education and options
- Family caregiving trends and support resources
- Brain health and Alzheimer's awareness
- Aging in Place and home safety
- Financial wellness, foreclosure prevention, reverse mortgages, and estate planning
- Volunteer opportunities and lifelong purpose
- Healthy eating and nutrition
- Exercise and healthy movement
- Building social connections and reducing isolation
- and more!

Lunch Included!

- Creamy Sundried Tomato Parmesan Chicken
- Pasta (choice of red or alfredo sauce)
- House Salad
- Ciabatta Bread
- NY Style Cheesecake with fruit topping



Call
716.858.6517



Resister Online
erie.gov/aging



Get Empowered Embrace Your Mental Well-Being For Adults Age 55+

**Your mental health
is key to aging well.**

Sign up for a free workshop to explore »

- Mental health vs. mental illness
- The impact of mental health stigma
- Self-care tips and strategies
- How to access community resources

**To register at your preferred site call
(716)858-1348**

**Concord Senior Center
40 Commerce Dr. Springville, NY 14141**

Tuesday, 10/13 @ 1pm

Tuesday, 10/20 @ 1pm

Tuesday, 10/27 @ 1pm

**Cradle Beach-Jim Kelly House
8030 Old Lake Shore Rd. Angola, NY 14006**

Thursday, 10/15 @ 1pm

Thursday, 10/22 @ 1pm

Thursday, 10/29 @ 1pm



CAREGIVER SUPPORT SERIES



Caregivers often put their loved ones first, neglecting their own wellbeing. Our Caregiver Support Series focuses on the skills needed for caregivers to learn the benefits of maintaining their own mental and emotional health.

**Groups will be held 11:30 am - 1:30 pm in
Derby Office - Food and refreshments provided**

Session 1: Beginning with Burnout - October 21st
Session 2: Mindfulness Meditation – November 18th
Session 3: Getting in touch with Grief – December 16th
Session 4: Codependency in Caregiving – January 20th
Session 5: Anxiety and its Antics - February 17th
Session 6: Tips for the Toolbox - March 17th



 **harmonia**
COLLABORATIVE CARE

**EMAIL Jennifer Gunia for RSVP or call
716-947-5025 ext 118 or email
jgunia@harmonia-care.org
<https://harmonia-care.org>**



AGAPE UNITED METHODIST CHURCH OFFERING FREE CAREGIVER RESPITE PROGRAM

Do you care for a family member with a memory impairment at home?
Would you like a break to do errands, attend YOUR doctor appointments,
go to lunch with a friend or just relax?

AGAPE UNITED METHODIST CHURCH offers a **FREE** "respite" program
where trained volunteers will provide supervised fun activities,
piano music, singing and a nutritious lunch for your loved one.

When: Fourth Tuesday of each month from 10:30-2:30 PM.

Where: Agape United Methodist Church
2846 Seneca Street, West Seneca, New York.
Please contact Dominic@ 716-444-8643

All are welcome!





Presents

SHINE THE LIGHT

4th Annual

DOMESTIC VIOLENCE AWARENESS WALK

**SATURDAY,
OCTOBER 3, 2026**

10:00AM - 2:00PM

**MARTIN LUTHER KING JR. PARK
BUFFALO, NY 14211**

**WEAR YOUR PURPLE
TO SHOW SUPPORT!**

FAMILY FRIENDLY EVENT

- Community Resources
- Live Performances
- Wellness & Healing Zone
- Survivor's Tribute
- Kids Zone

**SCAN TO
REGISTER**



<https://form.jotform.com/261565394290160>

MORE INFORMATION

716.261.2060

info@communityhealingbuffalo.com

communityhealingbuffalo.com

BREAK THE SILENCE. BREAK THE CYCLE.

EVERY MILE, EVERY STEP, EVERY STORY MATTERS



VOLUNTEERS AND COMMUNITY RESOURCE VENDORS ARE WELCOMED AND ENCOURAGED TO REGISTER.

Caregiver research study

Caring is hard work. You matter.

Care for a **friend or family member** with a health condition or disability? Share your experience.

15-min survey

Anonymous

Win a \$30 gift card



Take the survey

Scan the QR code, or visit:

tinyurl.com/caregiver-study

Dr. Michiko Ueda-Ballmer • Maxwell School, Syracuse University • miueda@syr.edu



FREE!

*In honor of National
Coming Out Day*

Pride Stories: LGBTQ+ Aging & Alzheimers

Tuesday, October 13 11-3 pm

Guest Speakers



Rev. Susan Frawley



Jeanne
Phoenix Laurel



Scott Fearing



**1300 Union Rd
West Seneca,
NY 14224**



or via Zoom



Health and wellness resources



Explore the history of LGBTQ+ aging



Discover how life experiences shape
aging

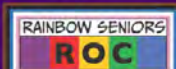


Explore the lasting impact of
hermeneutical injustice on aging &
dementia care



Strengthen inclusive practices and
support

Register today at bit.ly/AlzHybridOct26 or call 800.272.3900

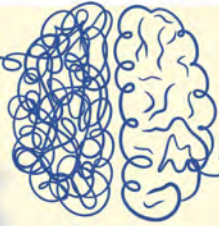


Western New York Chapter

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

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

Everyday Mindfulness



Tips to Help Find Calm
+ Community

Are you part of someone's support network? Do you offer help and encouragement to a loved one? It's difficult to be the most effective source of support unless you prioritize your own well-being first.

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.

Program Discussions

- *Cultivating everyday awareness*
- *Daily rituals that nurture us*
- *Embracing joy and self-compassion*
- *Utilizing and sharing wisdom*

Wednesday Evenings:

Sessions proceed on a continuous basis, with topics repeating every four weeks.

Program Time:

6:30 PM - 8:00 PM

Location:

Virtual Sessions Via ZOOM

Register Today

forms.office.com/r/sUMVgadedm



All Sessions
Are Free

Program Director: Jan Burns

716-207-7315

jburns@thepreventioncouncil.org

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



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.

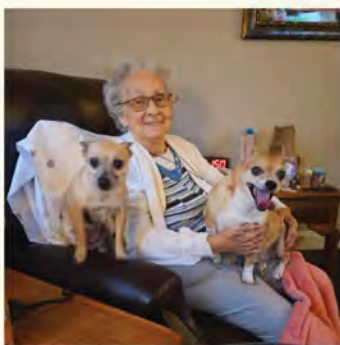
Our Mission: Helping You Thrive

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





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



**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

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/

{17} **E-Mail: caregiver@erie.gov**



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 cphillips@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

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

***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.*

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: 4th Tuesday, 10:30am-2:30pm Agape United Methodist Church

2846 Seneca Street, West Seneca, NY 14224 Contact: Dominic Russo
716-444-8643

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 Zoe Tyler (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.

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.

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/



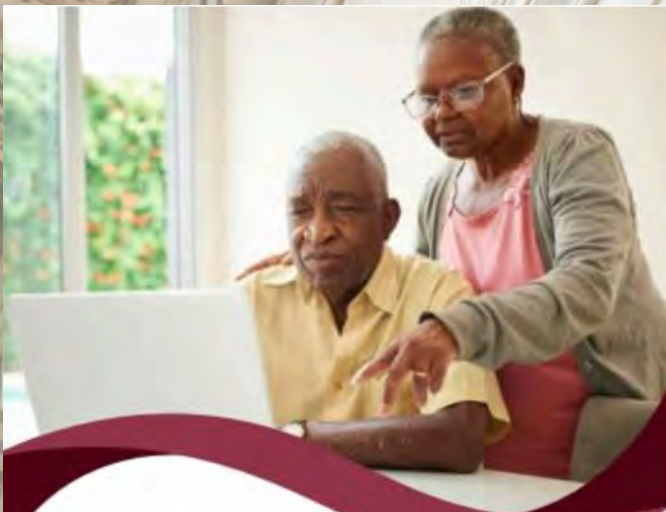
EPIC
Elderly Pharmaceutical
Insurance Coverage
Program



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 is eligible?

- 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.



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/zee7urt6>
- Then select "Begin Risk Assessment"



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



www.elderjusticeny.org
info@elderjusticeny.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



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)



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

Care for the caregiver. Coverage for the journey..

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](#)

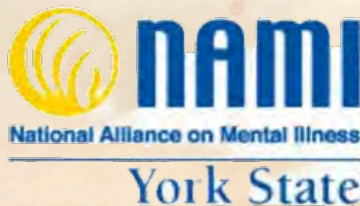


Handle With Care Registry

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



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
503-719-6980



*"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.



Office for
the Aging

New York
Caregiving Portal
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**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

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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