

Caregiver Community Connection

ISSUE 9

October-December 2024

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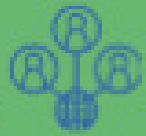
Welcome back caregivers as The Caregiver Community Connection Newsletter enters its third year! The Erie County Caregiver Coalition has been around for many years and is comprised of various agencies, throughout Erie County. The mission of the coalition is "To promote community awareness, sensitivity to, and action around caregiving issues". The coalition members carry out this mission in their everyday work supporting both caregivers and care receivers. Some provide direct care, linkage to care, education on navigating services, providing respite programming, holistic care, advocating, and so much more. At coalition meetings and in the day to day work, you can truly see their hard work and passion. Many members are caregivers themselves and they recognize the time and sacrifices caregivers make for their loved ones. If you would like to learn more about the coalition, would like to attend a meeting, become a member, would like to contribute to the newsletter, or have any questions, please contact the coalition at caregiver@erie.gov. We value and need your input so we can help serve you better.



OLDER ADULT HEALTH & WELLNESS FAIR

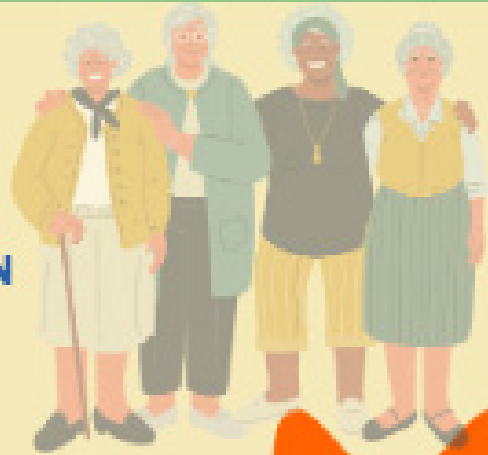


EMPOWER YOUR WELL-BEING WITH EXPERT
MEDICARE/MEDICAID COUNSELING, WELLNESS
SERVICES, HEALTH CARE, AND COMMUNITY SUPPORT
— ALL IN ONE PLACE!



**WHEN: THURSDAY, OCTOBER 24,
2024**

**LOCATION: THE M HOTEL 2040 WALDEN
AVE BUFFALO NY
14225**



TIME: 9:00AM - 1:00PM

**REGISTER TO ATTEND OR BE A VENDOR
AT [ERIE.GOV/SENIOR SERVICES](https://erie.gov/senior-services) OR CALL
716-858-6046**

TO ATTEND:
SCAN CODE



A Caregiver's Journey

Back in April of 2018, my world was turned upside down when my mother was admitted to the hospital. What we thought was a routine emergency room visit turned into a five month hospital stay. My mother was admitted to the hospital with double pneumonia and ended up coding the next morning. She ended up in the ICU and for six long hours I didn't know if my mother was okay or even alive. When I was finally able to see her, she was connected to everything possible. After being transferred to three different hospitals, having various procedures done and having many medications administered to her, she was ready to come home. My mother was not the same. She had to learn how to walk, talk and eat again. Even though my mother was never a "healthy" person, she was very independent, until now. Now, she needed help with everything. I tried to put her in a rehab facility, but none of them accepted her. At that time, I decided that maybe it was just best for her to come home with us. I did try to get a home health aide, but I was denied various times because I lived with her. I would wake up at 5am every morning to get ready for work. I would leave everything that my mom would need during the day out and give her morning medications.

{2}

I would work 8am-4pm, then come home and administer evening medications and did anything else that was needed. I would get her ready for bed and connect her to her vent. During the night, I would wake up to assist her with going to the bathroom and to suction her tracheostomy. I would go to bed and wake up the next day and do it all over again. At this point I wasn't sleeping well. I did almost everything on my own with little help from my father. I felt like I didn't have a life. I was only 28 years old, and this was my life.

After about a year, a friend suggested I contact NY Connects. I explained my situation and they got to work right away to connect my mother with services. They made the necessary calls and scheduled the necessary evaluations. In about a month, my mother was approved, and everything was set for us to get a home health aide. I finally felt relieved and felt like I can breathe again. I felt like I could have a life again. I slowly started to do the things I use to do without having to worry about my mother. We were blessed with someone that was amazing and took care of my mother until her last day here on Earth. Unfortunately, my mother passed away, unexpectedly, back in January of 2024. I will forever be grateful for NY Connects for helping me find the help that I needed. I will forever also be grateful for the home health aide that we had. She took care of my mother and loved her like she was family.

BENEFITS ENROLLMENT CENTER

Are you wondering what benefits you are eligible for and how to apply? Give us a call!

716-858-8526



CELEBRATE NATIONAL HISPANIC HERITAGE MONTH

Sep 15



Oct 15



-National Hispanic Heritage Month is a time to recognize and celebrate the many contributions, diverse cultures, and extensive histories of the American Latino community.

-The term Hispanic or Latino, as defined by the U.S. Census Bureau, refers to Puerto Rican, South American, Central American, or other Spanish culture or origin regardless of race.

WAYS TO RECOGNIZE AND CELEBRATE

-Learn about contributions made to the history and culture of the United States by Latinos and Latinas. Visit: [The National Museum of the American Latino](#)

-Attend a local event. Visit: [The Hispanic Cultural Council of WNY](#) for a calendar of events in our community.

-Try your hand at a Latin dish. Visit: <https://www.goya.com/en/hispanic-heritage>

Creating New Memories

As yet another holiday season looms around the corner, and we struggle to find ways to blend our lives, our children's lives, and the care for our loved ones, there seems to be so little time. Having been through this myself, I wanted to share something that has been helpful for me

One of the challenges I face is trying to incorporate all my loved ones into holiday activities. Some older adults want to stay home rather than attending events. This can lead to social isolation. One thing I noticed is that they miss out on so much because of this. They may feel they can't do what they used to enjoy, thinking, "Why bother, it's just another day?" But trust me, it isn't just another day for them. They just don't want to be a burden.

Some ways I have found to make holidays special for them and make it easier for the caregiver is to create new memories. These small gestures allow the caregiver and their loved one to create special moments, share laughter and allows your loved one to be more engaged with life.

Keep in mind, these are just simple things, but they do make a big deal to the ones you are caring for.

Creating New Memories

- As it gets colder, making a big pot of soup adds a comforting aroma that lasts for days. Plus, leftovers help with future meals.
- As the leaves start to turn and fall, bring some inside and make wax paper stained glass with your loved one. Grate up some cheap crayons, put leaves and crayons between the wax paper and iron on low. This is great art therapy too!
- On special days, like an anniversary or birthday, make a candle light dinner with fake wine or beer. A simple and worry free way to enjoy a special day. Fresh flowers are a special touch too!
- During Halloween, have them scoop out the pumpkin and pick what they want carved in. I once had a dear friend, who had dementia, tell me to put "whatever" on the pumpkin. Well, I did and wrote the entire word. She made sure to show all the kids that came to her door. It gave us a great laugh and was great therapy too.
- Pick up a rotisserie chicken and pre-cooked mashed potatoes. Real food verse microwaved food always makes people eat better.
- Share stories of when you were a kid. Tell them about adventures you had that they didn't know about. Don't worry, the statue of limitation has passed on getting grounded!
- Play your loved ones favorite music and television shows. Ask questions about your loved ones past. Maybe their favorite hang-outs or their best friends. Let them share their past and remember good time.

I hope this helps and creates fond memories with you and your loves one. Be blessed, Nichole McDonald





**CAREGIVERS
NEEDED FOR
VIRTUAL FOCUS
GROUP!**

Interested?

E-mail:

caregiver@erie.gov

**The Erie County
Caregiver Coalition
needs your input so we
can better serve you
and your loved one.
Thank you!!**

An evidence-based program to support caregiver wellbeing

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes teach participants how to take better care of themselves while caring for a friend or relative. Whether providing care for a spouse, partner, parent, or a friend; at home or in a care facility, whether down the block or miles away, it's an important role. This course is for family caregivers like you!

"After taking this class, I am a more confident caregiver. I have tools to resolve problems and take better care of myself and my mom."
--Class Participant

This six-week class series gives you the confidence and support to better care for your loved one - and yourself. The classes give caregivers tools to help:

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

Participants will receive **The Caregiver Helpbook**, which follows the curriculum and provides additional tools to address specific caregiver issues. The New York State Caregiving & Respite Coalition provides this class to NY State residents at no charge.

PLEASE REGISTER by OCTOBER 5

Date(s): Every Thursday from October 10 - November 14, 2024

Time: 3:00 - 4:30 PM

Location: Virtual

Contact: Rebecca, 585-645-4572

To register, visit our website:

<https://www.nyscr.org/powerful-tools-for-caregivers>
or scan the QR code



Powerful Tools for Caregivers is owned and managed
by Iowa State University of Science and Technology.



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: Susan Swanson 992-3814

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

Derby

2nd Thursday, 10:30 am – 2:30 pm
First Church of Evans
7431 Erie Rd. Derby 14047
Contact: Debby Waddell 549-0908

East Aurora

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

Eden

3rd Wednesday, 10:30 am - 2:30 pm
Eden United Methodist Church
2820 East Church St., Eden
Contact: Kevin Karstedt 992-2248

Getzville

2nd Tuesday, 10 am – 2 pm
Asbury United Methodist Church
850 Dodge Rd., Getzville
Contact: Pat Hair 580-3861 or
asburyangels@gmail.com

Grand Island

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

Hamburg

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

Holland

1st Thursday, 10:30 am – 2:30 pm
Holland United Methodist Church
11699 Partridge Rd., Holland
Contact: Cindy Cassavino 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, 11:30 am - 3:30pm
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: Pam phone: 716-649-3840
E-mail: nursepbartz@aol.com or
Jan: janice.rickard@yahoo.com

1st Wednesday, 10:30 am-2:30pm
Southtowns Family YMCA
1620 Southwestern Blvd., West Seneca
Contact: Sue Kincaid 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 592-7451



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

Contact each individual listing for further details.

Are you prepared for the future?

Are you prepared for the future? We all know to stock up on bread and milk before a snow storm or have candles on hand in case of a power outage. What about preparing for an unexpected illness? One of the best pieces of advice that we offer to people in the community is to think about and talk with your family about what happens to you if you suffer from an injury or illness and you're no longer able to care for yourself in your home. If you're lucky enough to be able to move in with family, you are very fortunate. There are also home care agencies and companion services in the community that can help with housekeeping, shopping and even personal care, but what if that isn't enough? While you're physically and mentally able to take a tour and make a decision on your own behalf, set up some meetings with various independent senior apartment complexes, assisted living facilities, and even a nursing home. See what's out there! Take notes, make comparisons, ask about the amenities, the levels of care, the physical accommodations and of course, the cost. If you do your homework while you're capable, then you're better prepared for whatever the world throws at you later. After you've done your homework, be sure to share with your friends and family so that someone knows all the work you've done and will be able to better carry out your wishes if the need arises.

To set up a tour at Heathwood Assisted Living and Memory Care, please call: (716) 688-0111 and ask for Gary or Donna.

We hope to see you soon!





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 of
Senior Services
95 Franklin Street-13th Floor
Buffalo, New York 14202



Contact us today!!

Phone: (716) 858-6076

Website: www3.erie.gov/seniorservices

E-mail: caregiver@erie.gov

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

Moments in Time 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

111 St. Gregory Ct. Williamsville, NY 14221

Register: carepatrol.com/buffalo-niagara/events/moments-in-time-a-memory-cafe

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>

Locations:

West Falls Center for the Arts: 1st and 3rd Wednesday of each month.

Noon-1pm

1863 Davis Rd. West Falls, NY 14170

To reserve a spot contact:

(716)570-6520 or email: westfallsartcenter@gmail.com

Amherst Senior Center: 1st and 3rd Tuesday of each month. 2pm - 3pm

370 John James Audubon Pkwy. Buffalo, NY 14228

To reserve a spot contact: (716)570-6520 or email:

westfallsartcenter@gmail.com

Westminster Presbyterian Church

724 Delaware Ave. Buffalo, NY 14201 Noon-1pm

December 10th & February 6th

To reserve a spot contact: (716)235-8113

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/>



**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

Medi Teddi Visits South Buffalo Community Association

A special thanks to Dr. William Bayer for visiting South Buffalo Community Center and presenting on Medi Teddi and the importance of medication adherence. MediTeddi is the heartfelt creation of Dr. William Bayer, a retired healthcare professional with a distinguished career marked by his unwavering compassion for his patients and profound sense of purpose. Dr. Bayer's dedication to the well-being of individuals facing the challenges of medication nonadherence is deeply rooted in his extensive experience. Over the years, he has witnessed the devastating consequences of medication nonadherence, including strokes, severe depression, heart attacks, seizures, uncontrolled asthma, and numerous other debilitating illnesses. To learn more about Medi Teddi visit: www.mediteddi.com



MediTeddi
Remind. Track. Inspire!



South Buffalo
Community Association

Buffalo VA Caregiver Support Program

716-862-6516



716-862-6516



<https://www.caregiver.va.gov/>



Need Help? To assist you with further instructions on how to enroll into these programs, contact the VA Caregiver Support team at 1-813-360-6274.

VA



U.S. Department
of Veterans Affairs

Caregiver Support Program

The Department of Veterans Affairs (VA) understands that the caregiver community is vital to the recovery and care of Veterans. The Caregiver Support Program (CSP) offers clinical, educational, and holistic services to individuals who care for Veterans enrolled in VA health care. CSP supports anyone who provides care services to a Veteran, whether it is medicine management, grocery shopping, helping a Veteran get dressed, or full-time personal care services. Anyone who provides care to a Veteran enrolled in VA health care can participate in CSP. CSP is a national program comprised of two subprograms: Program of General Caregiver Support Services (PGCSS) and Program of Comprehensive Assistance for Family Caregivers (PCAFC). Every VA facility has a local team, where caregivers can access a variety of national resources while receiving tailored support from their local CSP Teams

General Caregiver Support Services (PGCSS)

PGCSS is the core of CSP and provides Peer Support Mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans. The Veteran must be a VA health care enrollee and receive care from a caregiver in order for the caregiver to participate. We refer to caregivers participating in PGCSS as General Caregivers.

Learn more about PGCSS here: caregiver.va.gov/Care_Caregivers.asp

Comprehensive Assistance for Family Caregivers (PCAFC)

PCAFC provides specialized services to caregivers for eligible Veterans including resources offered through PGCSS, as well as education, support, respite, mental health counseling, a financial stipend and health insurance, if eligible. Services provided through PCAFC are available for caregivers who assist eligible Veterans who have a serious injury (including serious illness) incurred or aggravated in the line of duty in the active military, naval, or air service. Caregivers participating in PCAFC are referred to as Family Caregivers. Veterans can designate a Primary and Secondary Family Caregiver. Family Caregivers must be a family member or live full-time with the Veteran. Find eligibility criteria for enrollment and how to apply for PCAFC here: caregiver.va.gov/support/support_benefits.asp

CSP Mission: Promote the health and well-being of Family Caregivers who care for our Nation's Veterans through education, resources, support and services



VA



MEDICAL FOSTER HOME

Do you:

- Have a desire to "give back" to Veterans?
- Have caregiving experience (formal or informal)?
 - Feel satisfaction caring for others?
 - Have an extra room in your home?

If you answered "yes", you may want to consider becoming a VA Medical Foster Home Caregiver.



WE WANT YOU!

WHAT IS A VA MEDICAL FOSTER HOME? A VA Medical Foster Home (MFH) provides a safe, supportive, long-term care option for Veterans in a comfortable home environment. VA MFH's are an alternative to nursing home and assisted living care and may be an option for Veterans who are unable to safely live alone.

VA MFH CAREGIVERS PROVIDE: • Personalized, comfortable room • Home cooked, nutritious meals • Laundry • Leisure activities • Medication management • 24-hour care and support • Personal care

ARE CAREGIVERS PAID? Yes.

The amount varies depending on the extent of care the Veteran requires.

How do I become a VA MFH Caregiver? To learn more about the program, contact the VA WNY MFH Program Coordinator Julie Grasso-Robinson, LCSW at 716-862-6306.

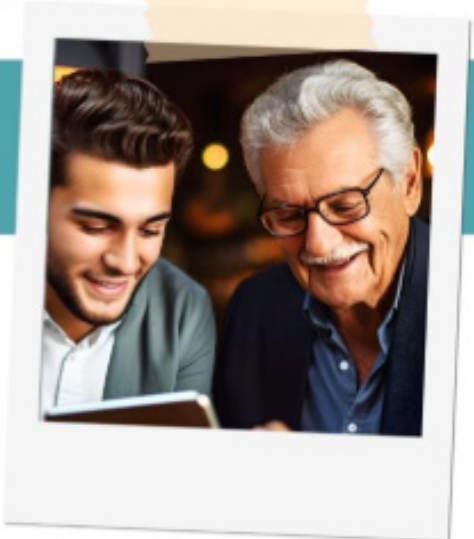
To ensure safety and quality of care, there are multiple steps and training requirements to become a VA MFH Caregiver.





Family Caregivers May Receive Up To \$600

Are you a Kinship Caregiver for a child under 18, or a caregiver for a relative who has a disability or chronic condition?



The New York State Caregiving and Respite Coalition, managed by Lifespan of Greater Rochester, Inc., is offering respite vouchers for up to \$600. Kinship Caregivers* and caregivers of persons with a disability or chronic condition who are not receiving respite from another organization are eligible for this funding.

Caregivers may use the voucher for respite services that include:

- An in-home program
- A center-based program, where a facility provides the care
- A summer or weekend camp
- Assisted living or nursing home programs

You must be a New York State resident and the primary caregiver of a child or an adult. You must provide a referral — a doctor, social worker, or other professional who knows you and your family. Emergency respite will be considered on a case-by-case basis.

You may not use voucher funds to reimburse household expenses, like rent or food. Vouchers are good for 90 days.

For more information and how to apply, visit www.nyscrc.org, call (585) 287-6391 or send an email to rhyde@lifespan-roch.org



*Kinship Caregivers who are responsible for more than one child may be eligible for more than \$600.

This project was supported, in part by grant #90.RU2043, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living Policy.





Department
of Health

EPIC
Elderly Pharmaceutical
Insurance Coverage
Program

Apply for EPIC ONLINE

EPIC is now offering an
online enrollment option
for your convenience!

Follow the link below to
access the EPIC
application!

<https://nyepic.primetherapeutics.com/>

A vertical graphic with a white background and a purple border. At the top left is the New York State logo. To its right is the text "EPIC Elderly Pharmaceutical Insurance Coverage Program". In the center is a yellow pill bottle with a grey cap and a white "Rx" symbol, with two blue pills in front of it. Below the image is the text: "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." Underneath that is the heading "Who can join?" followed by a bulleted list of eligibility criteria.

NEW YORK STATE | 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.

For More Information or Questions regarding EPIC call the Help^{line}
1-800-332-3742

or

Visit our website

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

Provided in Partnership With:
**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.



Scan me with
your camera
to visit!



Sign up for **FREE** today!
NewYork-Caregivers.com



Coalition Members

Click here to learn more about the Coalition



Coalition Members

Click here
to learn
more
about the
Coalition

 **HIGHMARK.**
WESTERN AND NORTHEASTERN NEW YORK

 **HEALTH
FORCE**
an ACCORDCARE company

 **Heathwood**
ASSISTED LIVING & MEMORY CARE

 **Hearts & Hands**

 **HOME & HAPPY**

 **HOSPICE &
PALLIATIVE CARE**
BUFFALO

 **Home Instead.**
To us, it's personal

 **STERN**
AT HOME THERAPY

IMPROVING THE WELLNESS OF SENIORS, ADULTS AND TEENS
 **LIVING WELL**
Less Stress, Better Health and More Love

 **Liberty**
HOME CARE

 **VIA**
VISUALLY IMPAIRED ADVANCEMENT

 **NEW YORK STATE
Department of Health** **EPIC**
Elderly Pharmaceutical
Insurance Coverage
Program

 **MartonCare**
CDPAP SERVICES

 **Nascentia
Health**
TOMORROW'S HEALTHCARE TODAY

 **VA
Caregiver
Support**

 **People Home Health**
An affiliate of People Inc.
716.874.5600

 **Trusted
Choice
Homecare**

 **MediTeddi**
Remind.Track.Inspire!

 **Venture Forthe**

 **oasis**
SENIOR ADVISORSSM

 **SENIOR
WISHES**
OF THE WESTERN
NORTHWEST

 **the Y**
enCourage
POWER TO THE PEOPLE

 **INDEPENDENT
HEALTH**