



*Counseling. Support. Service.*

**Are you a caregiver?**

If you are providing assistance to a frail or impaired friend or family member on a regular basis, you are one of the millions of caregivers across the nation who is the backbone of service provision to the blind, elderly, and disabled. Unpaid or “informal” caregivers provide more care to this population than hospitals, home care agencies, and nursing homes combined. The duties of caregivers will continue to increase as the percentage of citizens over the age of 65 explodes over the next 50 years.

**Is there help available?**

Senior Services launched The Caregiver Connection in an effort to provide information, counseling, and services that could ease the burden of those providing essential care to individuals in need. Many caregivers spend hours making phone calls in an effort to piece together information on the tangled web of services available in their community. With over 50 years of service to the aging community and their families, Senior Services is able to streamline the search by offering a comprehensive, accurate, and detailed look at all options available including housing options, home care, adult daycare services, health insurance, financial assistance, transportation, support services for caregivers, and more.

**Counseling**

A counselor is available to speak by phone, in the home, or at the workplace to help identify needs. After the initial consultation, the counselor will put together a packet of targeted information to be shared with the care recipient and other family members or involved caregivers.

**Seminars**


Speakers are available to provide a one hour informational session on a variety of aging topics. These seminars can be held at community gathering centers, churches, and workplaces within Albany County. A comprehensive written packet of information on the seminar topic is available for all attendees.

**Telephone Support Groups**

Those unable to attend an in-person group may take advantage of our telephone support group run by a master’s level social worker. Senior Services pioneered these unique groups with the University of Albany; the groups have been shown to have a substantial positive impact on the wellbeing of caregivers.

**Who do I call?**

To access any of these caregiver services, please contact Laurie Milward at 518-465-1398.

<p><b>Albany Area Services and Centers</b></p> <p><b>Meals on Wheels</b> . . . . . 518.465.6465 20 Rensselaer Street Albany, NY 12202</p> <p><b>Newgate Social Adult Day Services</b> . . . . . 518.449.8035 760 New Scotland Avenue Albany, NY 122080</p> <p><b>Louise Corning Senior Center</b> . . . . . 518.465.3325 25 Delaware Avenue Albany, NY 12210</p> <p><b>Westview Senior Center</b> . . . . 518.482.2120 680 Central Avenue Albany, NY 12206</p>	<p><b>Madison Emporium Thrift Shop</b> . . . . . 518.434.8524 25 Delaware Avenue Albany, NY 12210</p> <p><b>Healthways Program</b> . . . . . 518.465.3322 25 Delaware Avenue Albany, NY 12210</p> <p><b>Transportation</b> . . . . . 518.434.4219 25 Delaware Avenue Albany, NY 12210</p> <hr/> <p><b>Community Care Services Division</b> 20 Rensselaer Street Albany, NY 12202</p> <p>Shopping Assistance . . . . . 518.432.0813 Friendly Home Visitors . . . . . 518.465.6465 Caregiver Connection . . . . . 518.465.1398 Volunteer Services . . . . . 518.432.0813</p>	<p><b>Administrative Offices</b> 25 Delaware Avenue Albany, NY 12210 Phone: 518.465.3322 Fax: 518.465.6188 <a href="http://www.seniorservicesofalbany.com">www.seniorservicesofalbany.com</a></p>  <p>Serving Elders and Their Families Throughout the Capital Region</p> <p><small>Programs funded by Albany County Department for Aging, New York State Office for the Aging, City of Albany, United Way of Northeastern New York, and Senior Services of Albany Foundation.</small></p>
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