

*Counseling.Support.Service.*



*Informing and supporting families who provide assistance and care for older adult relatives, partners or friends.*

**Counseling**

Get assistance identifying strategies, options and resources for the care of your loved one through personal consultations with an eldercare counselor. Consultations take place by phone, email or in-person. Receive a packet of targeted information and have follow-up contact with the counselor as needed.

Instead of spending hours piecing together information on the tangled web of services available, let us streamline your search and offer a comprehensive, accurate, and detailed look at all options available including housing options, home care, adult daycare, financial assistance, transportation and caregiver support services.

**Seminars**

Learn about a variety of aging and eldercare topics by attending informational seminars held throughout the region in community locations and workplaces. Topics include: "Effective Communication with Older Adults", "Senior Housing Options", "Managing the Stress of Caregiving" and "Elder Care Essentials". Call for current schedule or to arrange to host a seminar.

**Telephone Conference Call Programs**

**Telephone Seminars:** Learn conveniently by telephone from home. Listen to presentations by local experts on matters of interest to family caregivers, ask questions and receive written handout materials. One-hour seminars held periodically, often in the evening for convenience. Call for current schedule.

**12-Week Tune-up Class:** Reduce the stress and strain of caregiving; solve problems more effectively and learn about community resources. Attend award-winning and effective conference call classes led by a licensed clinical social worker. This 12-week program is held periodically with convenient one-hour evening telephone classes. Call for current schedule.

**Telephone Support Groups**

To access any of these services, call The Caregiver Connection at 518-465-1398.

*seniorservicesofalbany.com/caregiver.htm*

<p><b>Albany Area Services and Centers</b></p> <p><b>Meals on Wheels and Food Service Division</b> 20 Rensselaer Street, Albany, NY 12202 .....518.465.6465</p> <p><b>Newgate Social Adult Day Services</b>.....518.449.8035 760 New Scotland Avenue Albany, NY 12208</p> <p><b>Westview Senior Center</b> .....518.482.2120 680 Central Avenue Albany, NY 12206</p> <p><b>Transportation</b>..... 518.434.4219 20 Rensselaer Street Albany, NY 12202</p>	<p><b>Community Care Services Division</b> 20 Rensselaer Street, Albany, NY 12202</p> <p>Shopping Assistance ..... 518.432.0813</p> <p>Friendly Home Visitors ..... 518.432.0813</p> <p>Caregiver Connection..... 518.465.1398</p> <p>Volunteer Services..... 518.432.0813</p> <p>HIICAP.....518.935.2307 (Health Insurance Information, Counseling and Assistance Program)</p> <p><b>Administrative Offices</b> 32 Essex Street, Albany NY 12206 Phone: 518.465.3322 Fax: 518.465.6188</p>	<p style="text-align: center;"><b>Senior Services</b> <i>of Albany</i></p> <hr/> <p style="text-align: center;">Serving Elders and Their Families Throughout the Capital Region</p> <p style="text-align: center;"><b>www.seniorservicesofalbany.com</b></p> <p style="font-size: 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 community support.</p>
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