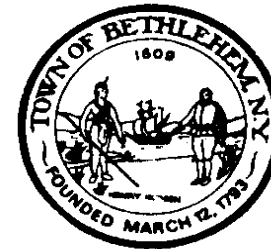


# Resources for Caregivers

**A listing of community contacts for  
individuals providing care  
for a loved one**



Compiled by:  
Bethlehem Senior Services  
445 Delaware Ave  
Delmar, NY 12054  
439-4955 x 1170



NOTES

**Resources for Caregivers is a listing of community contacts for families and caregivers who need support and assistance to cope with the responsibility of caring for a loved one. This brochure provides an overview of information on the following organizations:**

- Daytime Caregivers Support Group
- Caregiver Support Groups
- The Caregiver Connection
- Breast Cancer Support
- Telephone Reassurance Program
- Community Caregivers
- Caregiver Assistance News
- Catholic Charities Caregiver Support Services
- Telephone Support Groups for Caregivers
- Alzheimer's Association of Northeastern New York
- Community Hospice of Albany County
- St. Peter's Hospital - Choices Program
- Eddy Alzheimer's Services
- Marjorie Doyle Rockwell Center
- Jewish Family Services of Northeastern New York
- Arthritis Support Group

***Bethlehem Senior Services Outreach Workers can provide a variety of informational resources for caregivers including the programs listed above. Resources on adult day care programs, meals on wheels and care facilities are also available. Call 439-4955 Option #4, then choose Option #2, Social Work.***

## Caregiver Support Groups

**Daytime Caregiver Support Group** This daytime support group meets on the 4<sup>th</sup> Wednesday of the month from 10:30 a.m. until 12:00 noon. Caregivers of a spouse or a loved one diagnosed with dementia are welcome to join and share what has been helpful to you and hear from others about their experience with caregiving.

Location: Bethlehem Town Hall  
445 Delaware Ave.  
Delmar, NY 12054

For information, call Bethlehem Senior Services Department, 439-4955 #1174.

**Caregiver Support Group** Sponsored by the Alzheimer's Association and held at the Delmar Presbyterian Church, this support group meets on the 3<sup>rd</sup> Wednesday of the month at 7:00 p.m. Caregivers of a spouse or a loved one diagnosed with dementia are welcome to join and share what has been helpful to you and hear from others about their experience with caregiving.

Location: Delmar Presbyterian Church  
585 Delaware Ave.  
Delmar, NY 12054

For a list of other dementia specific groups, call the Alzheimer's Association at 438-2217.

## Breast Cancer Support

**Breast Cancer Support:** If you are in treatment, had treatment or are caring for a loved one who is, New York State Department of Health is offering a telephone support group. For more information about the group, contact To Life! at 439-5975.



## Eddy Alzheimer's Services Marjorie Doyle Rockwell Center

**The Eddy Alzheimer's Services at Marjorie Doyle Rockwell Center** provides Consultation, Assessment and Medical Evaluation by the Alzheimer's Disease Assistance Center of the Capital Region for those with signs of memory loss and associated changes in functioning and behavior. A fee applies for service-sliding scale is also available. Medical services may be covered by Medicare, Medicaid or private insurance. The program is located at 421 W. Columbia Street in Cohoes, NY. For information call 238-4163.

## Jewish Family Services of Northeastern NY

**Jewish Family Services of Northeastern NY** provides Family Conferences, Consultations and Care Management by licensed social workers for families in need of guidance and assistance in care of an elder. A fee applies for service. The program is located at 877 Madison Avenue in Albany, NY. For information call 482-8856.



## **Alzheimer's Association of Northeastern NY**

### **Alzheimer's Association of Northeastern New York**

provides a Helpline available 24 hours a day, seven days a week with information, referral and care consultation. The Caregiver Resource Center is located in the Albany office. Resources from the center can be loaned out to members. The office is located at 85 Watervliet Avenue, Albany, NY 12206. For information call 1-800-272-3900 or visit the website at: [www.alzneny.org](http://www.alzneny.org).

## **Community Hospice of Albany County**

**Community Hospice of Albany County** provides programs such as "Embracing the Challenges of Life": Alzheimer's End-of-Life Education Program for family caregivers. Topics include: communication issues, community resources and treatment decisions. This two hour program is offered in conjunction with the Alzheimer's Association and is held at various locations throughout the county. The office is located at 445 Karner Road in Albany, NY 12205. For information or location of programs, call 724-0200.

## **St. Peter's Hospital-Choices Program**

**The Choices Program** provides In-Home Assessment, Care Management and Counseling for families by licensed social workers. Service includes creation and monitoring of a care plan, home safety evaluation and written reports to families. Elder must be 60+ years of age. A fee applies for service-sliding scale is also available. For information call 525-1364.

## **The Caregiver Connection**

**The Caregiver Connection** A program sponsored by Senior Services of Albany with funding from the Albany County Department of Aging which offers free counseling and information and referral services to anyone who resides in Albany County and is caring for an older relative, or who does not reside in Albany County but is caring for someone who resides in Albany County. The program includes an initial consultation, either by phone or in person, followed by a personalized packet of pertinent information and then a follow-up call within two weeks. If the person cared for qualifies, financial assistance is available for respite services such as Adult Day Care, Home Delivered Meals, Telephone Caregivers Support Group and Personal Emergency Response System. For more information, call Laurie Milward, Eldercare Counselor, Senior Services of Albany, at 465-1398.

## **Arthritis Support Group**

**Arthritis Support Group:** This evening support group meets on the 3rd Wednesday of the month at 6:00 p.m.

Location: Sunnyview Hospital  
1270 Belmont Ave.  
Schenectady, NY

For more information, call the Arthritis Support Group at 456-1203.  
Email: [arthritisgroupny@yahoo.com](mailto:arthritisgroupny@yahoo.com)

## **Parkinsons Support Group**

**Capital District Parkinson Support Group** The Capital District Support Group provides support, encouragement and information to persons with Parkinson's Disease and to their families, friends and neighbors. Speakers, including neurologists, pharmacists, nutritionists, and physical and occupational therapists and speech pathologists are welcomed. The group meets at 7:00 p.m. the second Thursday of the month, except January and February.

Location The Terrace at Beverwyck  
41 Beverwyck Lane  
Slingerlands, NY 12159

For more information please contact Wolfgang Wehmann at 439-5252 or Jane Schlick at 869-8005.

## **Telephone Reassurance Program**

**Telephone Reassurance Program** a program sponsored through the American Red Cross, provides the opportunity to socialize by telephone with someone who cares. It allows individuals to remain in contact with their community and help to decrease the feeling of loneliness and isolation. If you would like to receive Telephone Reassurance calls, please contact the Office of Volunteers at the American Red Cross of Northeastern New York at 458-8111 x 3003.

## **Community Caregivers**

**Community Caregivers** provides free short-term assistance by trained volunteers for acute and chronically ill people of all ages. The program can provide short term assistance with such services as shopping, assistance to family caregivers, meal preparation and delivery, light housekeeping, assistance with paperwork, minor home repairs, yard work and visits to the homebound. For information, call the Community Caregivers at 456-2898.

## **Caregiver Assistance News**

**Caregiver Assistance News** A statewide newsletter developed solely for the 1.7 million New Yorkers caring for older adults or persons with disabilities by the New York State Coalition for the Aging (NYSCA). The newsletter is adapted for family caregivers in a simple, reader-friendly monthly newsletter enabling them to do their job with confidence, pride and a level of competence. Each issue of *Caregiver Assistance News* has a main theme, such as nutrition, equipment and supplies or skin care. Monthly content also includes caregiver self-care tips. Copies are available in the pamphlet rack in the Bethlehem Senior Services office.

## **Catholic Charities Caregiver Support Services**

**Catholic Charities Caregiver Support Services** An agency of Catholic Charities of the Diocese of Albany, with one simple mission—to make life better for those who care for friends and relatives in need by providing respite services, information and assistance, social work services and support groups. *The Elder Caregiving Program* supports caregivers as they care for their older spouses, parents and friends. Annual grants are available to help fund home care, adult day care and facility based services to help caregivers cope with the physical, emotional and financial strains of their responsibility. A registered nurse and social worker are available to provide wellness and prevention information. *The Kinship Care Program* focuses on supporting grandparents and relatives raising children. For more information, please call 449-2001.

## **Telephone Support Groups For Caregivers**

**Telephone Support Groups for Caregivers** Senior Services of Albany offers groups to help individuals who are caring for a loved one. The group is led by a masters-level social worker with one group co-led by a member from the Alzheimer's Association with expertise in topics related to memory loss. The telephone support group meets via telephone from the comfort of home in an approximately one hour session. Each participant is called at a scheduled time for the Support Group and connected to other participants via a conference call at which time they can hear and speak to each other. If you wish to learn more or enroll in a group, contact Laurie Milward, Eldercare Counselor at 465-1398.