

# You Don't Have to Do It Alone—Understanding and Navigating the World of Caregiving

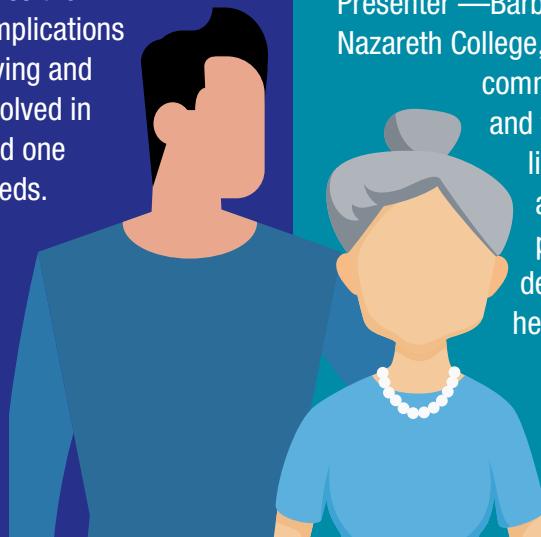
## SESSION 1

Thursday, May 3<sup>rd</sup>

6:30 - 7:45 PM

### An Introduction to the World of Caregiving

Presenter—Dr. Carol Podgorski, URMC, will discuss the dynamics and implications of family caregiving and what's really involved in caring for a loved one with multiple needs.



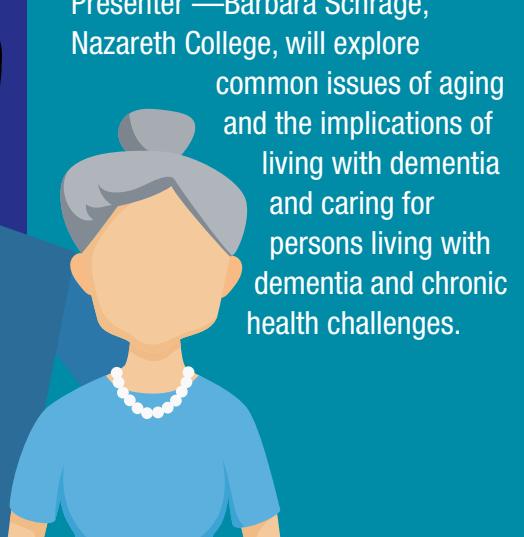
## SESSION 2

Thursday, May 10<sup>th</sup>

6:30 - 7:45 PM

### Understanding the Sensory, Health, and Mental Health Issues of Aging

Presenter —Barbara Schrage, Nazareth College, will explore common issues of aging and the implications of living with dementia and caring for persons living with dementia and chronic health challenges.



## SESSION 3

Tuesday, May 29<sup>th</sup>

6:30 - 7:45 PM

### Resources – What's Out There for Myself and My Loved One?

A panel of providers from local agencies and programs will describe the personal, financial, health and community resources, supports and services available to caregivers, care receivers and their families and friends. Attendees will learn how to connect with resources and identify opportunities to support caregivers.



## SESSION 4

Thursday, May 31<sup>th</sup>

6:30 - 7:45 PM

### Who Cares for the Caregiver?

Presenters will address the importance of self-care for the caregiver. They will discuss programs and tools available such as respite and Powerful Tools for Caregivers. Participants will identify opportunities to engage in self-care or to offer support to caregivers.

# You Don't Have to Do It Alone—Understanding and Navigating the World of Caregiving



Senior Options for Independence helps individuals 60 and older aging in their own homes coordinate appropriate services, benefits and entitlements, and provides individual healthcare consultation to manage chronic conditions, respond to acute episodes, and facilitate access to the healthcare system.

For assistance call 585.377.7830.

Brought to you by



Presented by Perinton Community Church  
and Senior Options for Independence  
a four-session workshop (details on back)  
held at **Perinton Community Church**,  
636 High St Ext,  
Fairport, NY 14450

Registration requested by  
calling **585.388.2347**  
or visit [pcchurch.org](http://pcchurch.org).

Childcare and social activity  
for care receivers provided  
with advanced registration.

**WHO SHOULD ATTEND? Caregivers, caregivers' families,  
those interested in supporting caregivers**



SENIOR OPTIONS FOR INDEPENDENCE

FBH Caring Ministries Foundation/SOFI

4646 Nine Mile Point Road, Fairport, NY 14450

Non-Profit  
U.S. Postage  
**PAID**  
Rochester, NY  
Permit No. 1056