



## COMPANION TRAINING

**Do you know someone who might benefit from a few hours a week or month to recharge their batteries from their caregiving responsibilities?**



Photo by [Thomas Kelley](#)

**Respite**, or **short-term temporary relief**, supports caregivers who are caring for loved ones. Respite allows caregivers to step away from their duties to refresh and relax.

Respite is often referred to as **“giving the gift of time.”**

Do you hesitate to **offer** your time because -?

- ◆ You might get in over your head?
- ◆ You worry about a crisis happening while you are there?
- ◆ You don't want to make a mistake?
- ◆ You are just not sure what you can do?
- ◆ You are unsure about providing personal/physical care?
- ◆ They said they are doing fine?

**You have questions? We have answers.**

REST is an evidence-based, national training program which prepares people, in both formal and informal support networks, to learn how to help. NYSCRC has trainers across NYS. Our talented trainers ease your mind and give you confidence to handle situations that may prevent you from giving the gift of **your** time.

NYSCRC is Funded with a federal grant for Lifespan Respite awarded by the Administration for Community Living to the New York State Office for the Aging. Award Number 90L10023-02-2

“It is so wonderful to help somebody else, **give them a break** or just **have a conversation**, knowing it **means so much** to them.”

*-Trained REST Companion*

**Tuesday June 19**

**8 am – 4 pm**

**Cortland County Office Building,**

**60 Central Ave.**

**FREE Full Day Training**

Registration is required;  
for more information  
call

The Cortland County  
Area Agency on Aging  
(607)753-5060

**Brought to the  
community by:**

