



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

Wednesday May 2

9 am – 5 pm

CareFirst

3805 Meads Creek Road

Painted Post, NY

FREE Full Day Training
Lunch included

Registration is required;
for more information
call 962.3100 or email
info@carefirstny.org

**Brought to the
community by:**

