

## **Community Caregivers offers range of assistance**

*By Chris Damon*

If you are providing care to an adult age 60 or older and live in the Townships of Guilderland, Bethlehem, Berne, Knox and New Scotland, Community Caregivers can offer assistance. In-home respite, which gives caregivers a temporary break from their daily responsibilities, is just one of the services Community Caregivers provides. Trained volunteers may also bring relief in the forms of home visits, light housekeeping, shopping assistance, and transportation to and from medical appointments.

A Memory Loss Support Group offers resources that can reduce stress and help to maintain the health of caregivers wrestling with issues such as dementia care, medication management, home safety, and legal issues. This group meets on the 3<sup>rd</sup> Thursday of each month from 1:00 – 2:00 pm; the next meeting is scheduled for Aug. 18. Call to register and to find out about possible care for your loved one while attending the meeting.

In cases where Community Caregivers cannot provide all the help necessary, families and friends will be referred to other service providers for assistance. For more information, and/or to inquire about additional services for your family or friends, please visit [www.CommunityCaregivers.org](http://www.CommunityCaregivers.org) or call the Community Caregivers office at (518) 456-2898.

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