

# Telephone Groups for Caregivers

## What is it?

- Meets via phone from the comfort of home; monthly meetings are approx. 1 hour.
- Led by a masters-level social worker.
- Honored with a 2007 National Family Caregiving Award from the National Alliance for Caregiving and MetLife Foundation.

## How does it work?

- Each participant is called at the 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.
- Senior Services of Albany and Tianna Pettinger, the Group Leader, have successfully conducted many Telephone Support Groups with great results.

## Who are the participants?

- Participants are those caring for a loved one (generally, 60+ years old) who needs help in order to accomplish the tasks of daily life. This includes those with memory loss or physical impairments due to chronic illness or frailty.
- Participation is open to caregivers who meet basic eligibility criteria and live in, or care for a loved one who lives in, Albany County.
- Each call will include up to 8 caregivers.

## When are the groups meeting?

- Groups meet monthly
- Meetings are held from 7pm-8pm
- Choice of Tuesday group (dementia-specific focus) or Wednesday group

## What benefits are expected?

- These groups are designed to: increase ability to cope with stress, improve problem-solving skills & expand support networks.

## Are there any costs?

- The conference call only requires that participants have a standard phone and does not appear on their phone bill.
- Participants are given the opportunity to (voluntarily) contribute towards the expense of this service after the conclusion of their Support Group.

## Who is offering this program?

- Senior Services of Albany offers these Groups as part of The Caregiver Connection program, which is funded by the Albany County Department for Aging.

## How can I learn more or enroll in these groups?

- Contact Laurie Milward, Eldercare Counselor, The Caregiver Connection of Senior Services of Albany, (518)465-1398 or [lmilward@seniorservicesofalbany.com](mailto:lmilward@seniorservicesofalbany.com)