

# The Caregiver Program

SERVICES NOW FOR ADULT PERSONS, INC

## Caregiving and Priorities



Caregiving does not just affect you as a caregiver. It has a trickle-down effect that impacts other areas of your life. In addition to being caregivers, many of you are wives, husbands, sisters, brothers, mothers, fathers, etc. You wear many hats and do all the things. If one area of your life experiences stress, it impacts other areas. The expectations and stress of being stretched thin between your different roles can become overbearing and burden your other relationships.

The key to success in caregiving is to set priorities for healthy balances within your relationships and roles. Sometimes, your child is the priority. Other times, it is the person you are caring for. Understanding and giving space to the primary areas of your life while releasing guilt is essential to being intentional about your peace.

Setting priorities alone is difficult amid stress. We are here to help you navigate the priority-setting process. You are our priority, and we are here to help you set yours.

## Support Groups

All support groups are held via Zoom. If you are interested in joining a group please call 718-527-5380 to speak with the facilitator of the group.

### All Caregivers:

April 3	12:30 PM-2:00 PM	Facilitated by Bernadette
April 23	10:30 AM-12:00 PM	Facilitated by Bernadette

### Adult Children:

April 18	10:30 AM-12:00 PM	Facilitated by Karima
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### Working Caregiver:

April 4	6:30 PM -8:00 PM	Facilitated by Karima
April 23	6:30 PM -8:00 PM	Facilitated by Bernadette

### Dementia

April 9, 23	10:00 AM -11:00 AM	Facilitated by Karima
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### Spouses Group:

April 5, 12, 26	10:00 AM -11:00 AM	Facilitated by Izobella
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# April Workshops

ALL WORKSHOPS ARE HELD VIA ZOOM UNLESS OTHERWISE STATED

IF YOU ARE INTERESTED IN JOINING A WORKSHOPS, PLEASE CALL 718-527-5380 TO ENROLL IN THE PROGRAM FOR THE ZOOM LINK



## ***Alzheimer's Association Webinar Series: Advances in Alzheimer's Treatment***

*Friday, April 12th*

*11am to 12pm*

Alzheimer's Association will provide comprehensive information on the latest advancements in Alzheimer's treatment. You will gain insights into approaches aimed at managing and slowing the progression of Alzheimer's disease. You will also learn about emerging research, clinical trials, and holistic care strategies designed to enhance the quality of life for individuals with Alzheimer's and their caregivers. Don't miss this opportunity to stay informed and empowered in the pursuit of effective treatment options for Alzheimer's disease.

## ***Wellness Webinar with Serena: Heart Health***

*Friday, April 12th*

*3pm to 4pm*

Presented by Serena Culoso, Heart Health is dedicated to empowering you with practical lifestyle changes to boost heart health. Here, you'll discover personalized strategies to enhance your overall well-being. Gain insights into sustainable habits that fit seamlessly into your daily routine, ensuring long-term cardiovascular wellness. Prioritize your heart health and a vibrant and fulfilling lifestyle!

## ***End of Life Presentation:***

*Friday, April 19th*

*11am to 12pm*

The presentation will introduce the topic of Advanced Care Planning for those who wish to begin thinking about their wishes for the end of life as well as the person they are caring for. We will cover healthcare forms and proxies, such as DNRs and Living Wills, how to think about your desires when it comes to medical treatment, and how and with whom to discuss your decisions. We will also review palliative care and hospice programs- two medical approaches whose goals are comfort and peace, both at the end of life and during more routine health circumstances.

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## ***Fall Prevention for Older Adults***

***Thursday, April 25th***

***3pm to 4pm***

Join us for a workshop where you'll gain crucial insights into the common causes and risk factors associated with falls among older adults. Learn how to conduct a comprehensive home safety assessment, identify potential hazards, and implement evidence-based strategies to reduce the risk of falls. Connect with local resources and support networks specializing in falls prevention, and engage in interactive discussions to share experiences and best practices with fellow caregivers. Don't miss this opportunity to equip yourself with the knowledge, skills, and resources necessary to create a safer living environment for your aging parents.



## ***People Age 65 and Older Should Get an Additional Vaccine Dose***

The Center for Disease Control (CDC) has recommended that people 65 and older should get an additional dose of any updated COVID-19 vaccine at least four months after their previous shot.

This recommendation reflects that the risk of severe symptoms from COVID-19 continues throughout the year and is highest among older adults.

## ***Get Vaccinated Today***

To find a vaccination site use the City's Vaccine Finder at [www.vaccinefinder.nyc.gov](http://www.vaccinefinder.nyc.gov). You can search for specific types of vaccines and age-specific doses. Locations that offer the updated vaccines will be added to the site on a rolling basis, and the most recent updates are on the Department of Health and Mental Hygiene website.

No-cost vaccines are available for people who are uninsured and regardless of immigration status. You can search for no-cost vaccine sites using the "Insurance" tab within Vaccine Finder.

# Healthy Caregiving Relationships

**Healthy relationships are essential to healthy caregiving.** In the same way, it takes a village to raise a child; caregivers need a village, a supportive environment, to go the distance. On the surface, support looks different for each of us. For some, it may look like helping with everyday tasks such as cooking, cleaning, or taking your loved one to doctor's appointments so you can rest. For others, support is a shoulder to lean on and an ear to vent to. Regardless of what it looks like on the surface, having healthy relationships is at the core of the support needed for caregivers.

A healthy relationship can be defined as a mutually supportive and fulfilling connection between individuals characterized by respect, trust, communication, and mutual growth. In a healthy relationship, individuals feel valued, understood, and safe to express themselves authentically.

Your environment influences your well-being. Relationships that drain or stress you and make you feel undervalued, misunderstood, or unsafe in expressing yourself will impact how you feel about yourself as a caregiver. One of the best ways to ensure healthy relationships around you is by setting boundaries. Here are five ways to set boundaries and reclaim positive, healthy relationships within your environment:

**Clearly communicate your needs.** This is not selfish but an act of self-care as it helps you maintain your well-being and sustain your ability to continue to provide care with love and compassion.

**Define Consequences.** Setting consequences helps reinforce the importance of respecting your boundaries. Consequences do not have to be harsh or cruel. Still, they should be assertive enough to let the other person know you will not engage with them if they disregard your boundaries.

**Practice Self-Awareness.** By paying attention to your emotions, you can identify when your boundaries are being tested or crossed. These cues are signals to communicate your boundaries or take steps to protect them assertively.

**Learn to Say No.** "No" is a powerful way to set boundaries and protect time and energy. Be firm but polite when declining to do things that do not align with your priorities or values.

**Seek Support.** Surrounding yourself with individuals who respect your boundaries is essential to thriving. However, sometimes, it is challenging to set boundaries with the people around you who do not. Joining a support group, seeking supportive counseling for caregivers, or going to therapy can help you develop the skills to set boundaries.

Your connections matter. Who you are friends with, who supports you, and who you are connected to during one of the most challenging times of your life will affect your ability to sustain yourself. Setting boundaries and being mindful of your environment and relationships can help reduce stress and create a more fulfilling experience for you and your loved ones as you navigate caregiving!

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