

## NOVEMBER: WHO CARES?

Support for Those Caring for Elder Adults



### MONTHLY WEBINAR

#### Who Takes Care of the Caregiver

Thursday, November 15, 2012  
12:00 p.m. - 1:00 p.m.

Caring for dependent adults can be overwhelming. Caregivers and their families learn tips to manage stress and identify resources.

#### BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

### RESOURCES: CONSULTANTS AND WEBSITE

Caregivers deserve our thanks and so much more. Caring for an older family member can take a tremendous toll on the caregiver's physical and mental well-being. Loss of sleep, poor eating habits, and lack of exercise—all of these can lead to caregiver stress and burnout. It's sometimes difficult for caregivers to remember that to take care of anyone else, they first have to take care of themselves. We can help. We have a full library of articles, tip sheets, resource links, and stress management tools. Our helpful care consultants can provide referrals to community resources and respite services.

Call or visit us online to get the answers to your caregiving questions.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit [www.worklife.ny.gov](http://www.worklife.ny.gov).

Andrew M. Cuomo, Governor,  
State of New York

Gary Johnson, Director,  
Governor's Office of Employee Relations

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Please contact your Human Resources Office, EAP Coordinator, or Work-life Services at [worklife@goer.ny.gov](mailto:worklife@goer.ny.gov) for the username and password to access this website or for the toll-free number to call NYS-Balance.

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