

# Caregiver Connection and Support Program



As a caregiver, we rely on the support of other caregivers to:

- ◇ help us learn how to navigate a complex system,
- ◇ share our stories, and
- ◇ discuss our challenges

Caregiving is a lifelong journey that no one understands unless they have experienced it. This program offers education, support and socialization for caregivers who are caring for a loved one with a disability.

There is a focus on those caring for a loved one with a developmental disability, but all are welcome.

We hope you will consider joining us.

## January Caregiver Education Session

### Panel Presentation on Respite Care

**Presenters: Mayelin Ravelo & Suzanne Sierotko from the Visiting Nurses Association of Northern NJ, Lori Ciampi from SCARC, and Ann Espada & Mauricio Giron-Umanzor from The Arc Morris**

Sometimes as caregivers we need a little time to ourselves, for whatever the reason, and we need to know our loved ones are in good hands while they are not with us. During this presentation, representatives from each of the organizations listed above will share about the respite services they are able to offer to caregivers. Topics will include:

- ◆ The types of respite programs offered
- ◆ Information about activities and facilities
- ◆ Eligibility requirements for each program
- ◆ How to apply for services
- ◆ Question & Answer session



Tuesday, January 17, 2023

7:00 pm - 8:30 pm

Register in advance for this meeting:

<https://us02web.zoom.us/j/81758517207?pwd=NHRKS05UbWVlQ3pNODZlWEdFOXhyd09>

# January Caregiver Support Group

Join us for our facilitated support group for caregivers. This month we will begin our meeting by sharing about our holidays and discussing the different ways that we relax, reenergize or help bring balance to our busy and sometimes stressful lives. We also welcome you to share whatever is on your mind and bring any questions or concerns you have to the group. This is a time for you, the caregiver, to talk with other caregivers to receive support and learn from one another.

**\*\* The Caregiver Support Group sessions are intended only for caregivers. \*\***

Facilitated by: Carmela Slivinski, Executive Director of DAWN Center for Independent Living  
and Julie Ferguson, Caregiver Support Coordinator

\* Please note: this session is for providing connection and support, not legal or professional recommendations.



Tuesday, January 24, 2023  
7:00 pm—8:00 pm  
Register in advance for this meeting:



<https://us02web.zoom.us/j/81035500950?pwd=MGw1ZUhra1F5Mml2S1B5Q1JEOTA2Zz09>

*If you are new to our caregiver programming, after registering you will be contacted by Julie Ferguson, DAWN's Caregiver Support Coordinator, to gather demographic information prior to receiving a confirmation email containing the meeting link.*

**Please contact Julie Ferguson at (973)-668-7675 for further information.**

This program is supported by Morris County Office on Aging, Disabilities, and Community Programming.

Contributions are gladly accepted.

Contributions are voluntary and are not required to participate in this programming.