

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.

December Caregiver Networking Activities

DAWN's Holiday Gala

DAWN is partnering with Holiday Express to bring you another wonderful holiday celebration! The Holiday Gala will be held on Saturday, December 9 from 12pm-3pm at St. Andrew's Greek Orthodox Church in Randolph. Come join us for some good food, fun activities, and music and dancing! Swing by the Caregiver Support table to say hello and connect with other caregivers. We hope to see you there!



Caregiver Dinner Out

Come join us for a relaxing and fun dinner out at La Cucina, located at 278 Diamond Spring Road in Denville. We will enjoy La Cucina's tasty Italian cuisine! Each caregiver will pay her/his own way. Space is limited so spots will be given to the first 10 caregivers who register. (After securing your spot via Zoom registration, all future communications about the dinner will be sent to you via email by Julie Ferguson.) Here's to good company, great food, and an opportunity to unwind and connect with other caregivers!

Please only register for the event if you truly plan to join us.

(If more than 10 caregivers register for dinner, we will keep a waiting list and contact the next person on the list should any openings occur.)

Wednesday, December 13, 2023

6:30 pm - 8:30 pm

Register in advance for this event:

<https://dawncil-org.zoom.us/meeting/register/tZ0od-6hqDggGtG4CR8tAM-FCazcrVE9v3I2>

December Caregiver Education Sessions

Disability Benefits 101

Presenter: Adam Kubler, NJ Council on Developmental Disabilities

NJ Disability Benefits 101 is a unique website that provides tools and information on health coverage, benefits, and employment for individuals with disabilities and their families. There are many components to this complex site. Mr. Kubler's presentation will take caregivers through each section so they can learn more about the resources available to help a loved one with a disability live their best life. At the end of the presentation, caregivers will have an opportunity to ask questions.

Tuesday, December 5, 2023

7:00 pm - 8:30 pm

Register in advance for this meeting:

https://dawncil-org.zoom.us/meeting/register/tZUpcu2hqzkjGN1mSM2Bz_09Lh29yT1Vrsf



Open Forum for Caregivers

Facilitators:

Carmela Slivinski, Executive Director, DAWN Center for Independent Living

Julie Ferguson, Caregiver Support Coordinator, DAWN Center for Independent Living

In this session we invite you to partner with us as we begin planning our caregiver sessions for the 2024 year! We want the Caregiver Support Program to meet your caregiving needs as much as possible so we welcome any input you are willing to share with us on how we can best do that. How has the Caregiver program helped you? Are there topics that are confusing to you? Are there areas where you need more information? Do you have ideas on other ways that we could help support your caregiving journey? We hope you will consider joining us for this session!

Tuesday, December 12, 2023

7:00 pm - 8:30 pm

Register in advance for this meeting:

https://dawncil-org.zoom.us/meeting/register/tZYlf-GhpjkiGtHyUFvguvjqMSKC_tDYwTqK

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.