

Capital District
Caregiver Coalition Members

A Place for Mom

Albany County Department for the Aging

Alzheimer's Association of NENY

Any-Time Home Care, Inc

Burke & Casserly PC

Catholic Charities Caregivers Support
Services

Home Instead Senior Care -
Albany, Schenectady & Saratoga

Interim HealthCare

Northeast Health Eddy
Alzheimer's Service

Northeast Health Eddy DayBreak

Rensselaer County Unified Family
Services

Schenectady County Department of Senior &
Long Term Care Services

Senior Services of Albany

St. Peter's Lifeline

Town of Colonie Senior Resources Department

**The Mission of
the Capital
Region
Caregiver
Coalition is to
promote
community
awareness,
sensitivity to,
and action
around
delivery of care
to seniors.**



**Capital District
Caregiver Coalition**



Albany, Schenectady,
Saratoga and
Rensselaer
Counties

You are a Caregiver if you:

- Guide your mom in paying monthly bills
- Clean your grandfather's house
- Take your neighbor grocery shopping
- Help your husband get dressed every morning
- Cook dinner for your dad
- Check in on your aunt with a daily phone call
- Manage your grandmother's medication
- or do a host of other things to help someone continue living on his or her own.

Information, assistance and support is available to caregivers in your area for more information please contact:

Kris Carpenter
Phone: 437-0014
email kris@homeinstead.com

Or

Heather Leddick
Phone 270-2768
e-mail hleddick@renesco.com
Electronic newsletter available @
CapitalRegionCC@yahoo.com

Save the Date

3rd Annual
Tools for Caregivers Resources
You Can Use When a
Senior Relies on You
Saturday April 17, 2010
Hudson Valley
Community College,
Troy , New York

Helpful Websites:

General information:

www.medicare.gov/Caregivers/

www.caregiver.org

www.thefamilycaregiver.org

www.caregiver.com

Guides and Tools for Caregivers:

[www.alz.org/carefinder/
index.asp](http://www.alz.org/carefinder/index.asp)

www.familycaregiving101.org

For relatives caring for

Children:

www.nysnavigator.org

[http://www.aarp.org/families/
grandparents/](http://www.aarp.org/families/grandparents/)