

NOVEMBER: CAREGIVER CRISIS

How do you know when it's beyond your capacity?

MONTHLY WEBINAR

Knowing Your Limits: Eldercare Planning

Thursday, November 18, 2010
12:00 p.m. - 1:00 p.m.

Caregivers are required to make many difficult decisions, including the decision on when it's time to ask for outside help. Learn to recognize your own limits, and learn how to find the help you need.

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.

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.

David A. Paterson, Governor,
State of New York

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

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RESOURCES: CONSULTANTS AND WEBSITE

Caring for an aging parent or disabled family member can sometimes present medical or situational challenges for which a caregiver may not be qualified. At that point, it becomes necessary to identify a more appropriate arrangement.

Count on NYS-Balance to help make caregiving less complicated. Let a professional consultant provide referrals to caregiving resources that meet your needs, or access the website for practical information, articles, and tips. Call or log on to get started.

To access the service, contact your Human Resources Officer or EAP Coordinator for the website log-in information or the toll-free number.

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less complicated