A family caregiver can be someone caring for a spouse or parent, an extended family member, or even a friend or neighbor. Do you provide someone help with:

- **Transportation to medical appointments?**
- **Purchasing or organizing medications?**
- **Monitoring their medical condition?**
- **Communicating with health care professionals?**
- **Advocating on their behalf with providers or agencies?**
- **Getting in and out of beds or chairs?**
- **Getting dressed?**
- **Bathing or showering?**
- **Grocery or other shopping?**
- **Housework?**
- **Preparing meals?**
- **Managing finances?**

If you answered "yes" to any of the examples listed above, you are a caregiver and may benefit from the Caregivers Resource Center.

Get in touch!

Call: 607-753-5060 or
Email:
ccofa@cortlandcountyny.gov
Or Visit:
http://www.cortland-co.org/609/Caregiver-Support
to learn more.



The Cortland County Office for Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office of the Aging under Title III of the Older Americans Act of 2020 as amended.

Caregiver Resource Center



Discover

What Our Agency Has to Offer!

County Office Building
60 Central Ave.
Cortland, NY 13045

Check out our Caregiver programs

1:1 Counseling

A trained specialist will guide you in your caregiving journey to formulate a plan of care and assist you with questions and concerns along your journey.

Caregiver Support Group

Monthly group meetings to discuss the ups and downs of caregiving and ideas to handle them.

Respite

In-Home and Social Day Programs to give caregivers a much needed break.

Assistive Technology

Personal Emergency Response Systems, Animatronic Pets, Medication Dispensers, Project Lifesaver, Blood Pressure Cuffs

Resource Library

Books, DVD's, pamphlets, Grab & Go Notebooks, Senior Newsletter



THE MISSION OF THE CORTLAND COUNTY OFFICE FOR AGING IS TO EDUCATE, EMPOWER, AND ENRICH THE QUALITY OF LIFE FOR ALL OLDER ADULTS AS WELL AS INDIVIDUALS WITH DISABILITIES IN CORTAND COUNTY. THE OFFICE FOR AGING ENSURES AN INCLUSIVE SYSTEM THAT PROMOTES SERVICES WHICH PROVIDE MAXIMUM INDEPENDENCE AND DIGNITY FOR OLDER ADULTS, FAMILIES AND CAREGIVERS.