



# Patient Advocates Program

## OCT 29 - Webinar Teach in

Connect to the Webinar using your telephone, computer, or tablet

## Helping Informal Caregivers Succeed in their Important Role

**Date:** Tuesday, October 29, 2024 **Time:** 10:00 AM—11:00 AM

**Speaker:** Ronald E. Roel is a nationally known journalist and the author of Caregiving Navigator, a comprehensive resource for informal caregivers. Ron is president of Roel Resources, a firm that provides editorial services, specializing in aging and retirement planning issues.

**To register for the ZOOM Webinar event:** scan the QR code, click [HERE](#), or visit our website at [www.nysenior.org](http://www.nysenior.org)

**To connect via phone:** 646-558-8656, **Webinar ID:** 848 6349 6889#



### Session Overview

Over one in five New Yorkers provide support to family members or friends who have significant health and long term care needs. In fact, they provide most of the community based long term care services. This is especially true among the middle aged and older New Yorker residents who may find themselves providing care to both seniors and children with major health needs. Many face difficult challenges in finding needed assistance and balancing their caregiver and work related responsibilities. Caregiver burnout is a very real problem.

#### In this session you will learn about:

- How to plan for meeting the needs of a family member who needs care.
- Tips for having difficult discussions with parents or grandparents who face significant health or chronic care conditions.
- How to coordinate and communicate with siblings and other family members.
- Tips for dealing with hospitals, nursing homes and other care providers.
- Resources that can help informal caregivers do a better job.

**STATE WIDE**  
New York StateWide Senior Action Council, Inc  
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax 518-436-7642  
[www.nysenior.org](http://www.nysenior.org)

**Patients' Rights Helpline 800-333-4374**



### Upcoming Teach ins:

- **November 26:** NYS Office for the Aging- The New York Connects Program: Help for Finding Long Term Care Services
- If you missed an earlier Teach in, visit [Telephone Teach-Ins | StateWide \(nysenior.org\)](http://www.nysenior.org/Telephone-Teach-Ins) to view/listen to the recording.

## Instructions and Other Information

- Sessions are in webinar mode, all attendees video and audio will be off. Attendees will be able to type in their questions during the Q&A portion of the meeting.
- Materials from Teach Ins are posted on our website [www.nysenior.org](http://www.nysenior.org)
- When on our website,
  1. On the navigation bar, click on **Our Helplines**
  2. In the drop down menu, click on **Patient's Rights Helpline**
  3. Under "Information for Hospital Patients", click on **Telephone Teach-in**. This will take

# Call 800-333-4374 to reserve your spot!

### NY STATEWIDE SENIOR ACTION COUNCIL

is a not-for-profit grassroots membership organization made up of individuals and organizations with an interest in improving the lives of senior citizens.

*Funding for our Patient Advocates Program is being provided through the generous support of the NYS Legislature and administered by the NYS Office for the Aging*

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Information is also available on the StateWide website at  
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**E-mail questions to:**  
[patientsrights@nysenior.org](mailto:patientsrights@nysenior.org)