

About the Caregiver Resource Center

The Center is a partnership between CCE Sullivan and Office for the Aging of Sullivan County. Programs and services are supported by grant funding from the NYS Office for the Aging's Caregiver Program, NYS Department of Health and the Alzheimer's Association.

CCE Sullivan, the Office for the Aging, and Sullivan NYConnects are ready and happy to help Sullivan County residents with aging, caregiving and long-term care needs.

Welcome, let us support you in your caregiving journey.

The Caregiver Resource Center at CCE Sullivan is here to serve caregivers across Sullivan County.

When you need information about community resources for your elderly or ill loved one, we're here to help.

Need someone to listen? Want to connect with others experiencing similar situations? Talk to us.

Caregiving is a big job and can be overwhelming. Do you want to improve your own health and wellbeing? We're here for you.

LOCATION

CCE Sullivan
64 Ferndale-Loomis Rd.
Liberty NY 12754

HOURS

Monday-Friday, 8:30-4:30

PHONE

(845)292-6180 Ext.122

EMAIL

sullivanrc@cornell.edu

WEBSITE

<https://sullivanrcce.org>



Caring for a loved one?
We're here for you.



Caregiving is a balancing act. Care for yourself, so you can also care for your loved one.



Programs & Workshops

We offer educational programs to anyone caring for a relative or friend, and can assist caregivers by enhancing their knowledge and skills, as well as linking them to helpful area resources.

An informed caregiver can better meet the needs of the care receiver, allowing both to remain healthy, happy, and comfortable as long as possible in the setting of their choice. We assist with:

- Referrals for legal & estate planning
- Home care and long-term care resources
- Coping with caregiver stress and demands of caregiving

CCE Sullivan is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with DisAbilities and provides equal program and employment opportunities.

Caregiver Support Groups

Both virtual (online via Zoom or phone) and in-person support groups are held at least monthly, sometimes more often based on need. Our highly trained Program Coordinator also offers one-on-one support. Our support groups offer a safe space for sharing practical ways of coping, feelings and frustrations of caregiving, ideas for self care, and more. Meet other caregivers who can relate and offer practical suggestions.

alzheimer's  association®

Alzheimer's Programs

In partnership with the Alzheimer's Association Hudson Valley Chapter, workshops are offered in person at CCE Sullivan and other community locations. Topics may include:

- The 10 Warning Signs of Alzheimer's & Dementia
- Healthy Living for Your Brain & Body
- Understanding Alzheimer's & Dementia
- Effective Communication

Tai Chi for Arthritis and Falls Prevention

Tai Chi for Arthritis and Falls Prevention is an evidence-based program that combines slow movement, deep breathing, and focused intention to help people improve strength, balance and posture while helping to prevent falls. The Tai Chi for Arthritis and Falls Prevention program is open to anyone, including all caregivers.

