



# FINGER LAKES CAREGIVER INSTITUTE

supports families caring for loved ones with **Alzheimer's disease, dementia, or memory impairment**. Services include:

- Respite
- Support groups
- Care management
- Education & training
- Health, wellness & social activities

Call us at: 585-244-8400 or toll-free at 844-249-7126

Serving the Finger Lakes region, including Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne, and Yates counties.



[www.LifespanRochester.org](http://www.LifespanRochester.org)



[alz.org/rochesterny](http://alz.org/rochesterny)

Supported by a grant from the New York State Department of Health. The Finger Lakes Caregiver Institute is a partnership of Lifespan and the Alzheimer's Association.

*If you know someone who is taking care of a loved one with Alzheimer's/dementia/memory loss – then you know someone who can benefit from support.*

**Finger Lakes Caregiver Institute (FLCI) at Lifespan is a partnership between Lifespan and the Alzheimer's Association – Rochester & Finger Lakes Region** providing programs, support and services to caregivers and those living with dementia in a nine-county region. All services are free.

**Care Management:** Care managers sit down with individuals and families to consider the big picture, complete a thorough assessment and create a plan to connect caregivers with services to address the most urgent needs. In addition, dementia experts are available to provide 24 hour/7-day a week phone support.

**Support Groups:** Support groups are confidential meetings where caregivers can learn more about Alzheimer's disease and other dementias, share their experiences and connect with others who understand. Our support groups are facilitated by staff and volunteers who are trained by the Alzheimer's Association.

**Education & Training:** There is often a lot to learn when a friend or family member begins to show signs of memory loss and all along the caregiving journey. FLCI offers classes and resources to better prepare you for the road ahead. A variety of education programs are available: community education, virtual learning, conferences and training for both caregivers and professionals. Additionally, *Powerful Tools for Caregivers* and the *Unlocking Joy in Dementia Caregiving* series are offered near you.

**Memory Care Wellness:** Caregivers and people with dementia participate together or on their own in activities designed to enhance overall health and wellness. Our *Matter of Balance* and *Tai Chi* classes help reduce the fear of falling and increase activity levels. Classes are for people who are concerned about falls, have sustained a fall in the past, restrict activities because of concerns about falling and/or want to improve flexibility, balance and strength.

**Memory Cafes:** Social opportunities for caregivers and those with memory loss to gather for a meal and entertainment. Caregivers and people living with early stage memory loss can be with others walking a similar path and take advantage of a no-cost activity!

**Respite Care:** Caregivers are offered free time to attend to their own needs -- whether it is to run errands, take a nap, or have lunch with a friend. We work together with home care agency staff and trained volunteers to provide respite through small scholarships or our Partners In Caring Volunteer Respite program. ***We are also always accepting volunteer applications!***

**ROC Respite:** Operating every Tuesday from 11:30 - 3:30, registered caregivers are able to utilize this drop-in program for free. Trained staff, volunteers and St. John Fisher University Student Scholars provide engaging activities for older adults with dementia or chronic illness so caregivers may have free-time. **Registration and eligibility required. Call for more information.**

**Serving Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne, and Yates Counties.**

**Funded in part by a grant from the NYS Department of Health  
1900 S. Clinton Ave. Rochester, NY 14618 585-244-8400 Toll-free 844-249-7126**



**LIFESPAN WELCOMES EVERYONE**