

Community Resources

Caregiving Resources

CancerCare

(800) 813-4673

info@cancercares.org

<https://www.cancercares.org/>

Offers a variety of different free caregiver support groups (virtual), education workshops, and publications.

Caregiver Action Network

(202) 454-3970

info@caregiveraction.org

<https://www.caregiveraction.org/family-caregiver-toolbox>

Free family caregiver toolbox with information about caregiving, resources, educational documents and videos.

Family Caregiver Alliance

(800) 445-8106

<https://www.caregiver.org/caregiver-resources/>

Free caregiver resources, including tips, information and encouragement, connections to community organizations and agencies, and overview of health conditions.

Help for Cancer Caregivers

<http://helpforcancer caregivers.org/>

Self-care and management guides for caregivers of cancer patients.

SHARE Cancer Support

(844) 275-7427

<https://www.sharecancersupport.org/caregivers-support/>

Offers educational programs and virtual caregiver support groups.

The KEYS Program

(315) 363-6446

info@thekeysprogram.org

<https://www.keysprogram.org/>

Offers music-based exercises (music assisted relaxation, song sharing, active music creation, etc.) for caregivers.

Cancer Caregiver Support Group

(315) 472-7504 ext. 1068

HOA of CNY – 5008 Brittonfield Pkwy, 3rd Floor

2nd and 4th Tuesday of the Month

Cancer Resource Center of the Finger Lakes Caregiver Support Group

(315) 277-0960

<https://crcfl.net/services/>

Via Zoom: 2nd Tuesday of the month 5:30-7pm and 4th Tuesday of the month 1-2:30pm.

Office of the Aging Resources:**New York State- Office of the Aging**

(800) 342-9871

<https://aging.ny.gov/programs/caring-loved-one>

Offers caregiver services and resources and a free Caregiver's Guide video.

Cayuga County – Office of the Aging

(315) 253-1226

<https://www.cayugacounty.us/573/Caregiver-Support>

Offers support groups, training for caregivers, Respite care, lending library.

Cortland County- Office of the Aging

(315) 753-5060

<https://www.cortland-co.org/609/Caregiver-Support>

Offers a Caregivers Resource Center featuring a resource library, 1-on-1 counseling, caregiving seminars, support groups. Additionally, they offer a Respite program, Personal Emergency Response Systems, and Information Notebooks.

Jefferson County – Office of the Aging

(315) 785-3191

<https://co.jefferson.ny.us/departments/Officefortheaging/CaregiverSupport>

Offers support groups, Respite program, and guest speakers.

Madison County- Office of the Aging

(315) 697-5700 ext. 215

<https://www.ofamadco.org/specialities#CaregiverServices>

Offers resources, tools, support groups, Respite programs, and resource lending library.

Oneida County – Office of the Aging

(315) 798-5456

<https://ocgov.net/departments/office-for-aging-and-continuing-care/programs/caregiver-support-and-respite/>

Offers a Caregiver Respite program.

Onondaga County- Office of the Aging

(315) 435-2362 ext. 4693

<http://www.ongov.net/aging/caregiver.html>

Offers Respite programs, information and assistance, and discussion groups.

Oswego County – Office of the Aging

(315) 349-3484

https://www.oswegocounty.com/departments/human_services/office_for_the_aging/caregiver_services.php

Offers counseling for caregivers, community referrals, Respite programs, a resource corner, education, and support groups.

St. Lawrence County – Office of the Aging

(315) 386-4730

<https://stlawco.gov/Departments/OfficefortheAging>

Offers Respite programs, caregiver support groups, and education.