



ULSTER COUNTY NEWS

ULSTER COUNTY NEWS INFORMATION
OFFICE OF ULSTER COUNTY LEGISLATURE
244 FAIR STREET
KINGSTON, NEW YORK, 12401

PHONE: 845.340-3900
FAX: 845.340.3651
www.co.ulster.ny.us
www.ulstercountyny.us

FOR IMMEDIATE RELEASE

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**Contact: Anne Cardinale, Director
Ulster County Office for the Aging
(845) 340-3456**

2nd Annual Family Caregivers Conference Offers Support For Family Caregivers In Ulster County

The second annual Family Caregivers Conference will be held May 30 at the Holiday Inn in Kingston. The conference will be held from 8:30 to 3:30 p.m.

Several workshops will be led by leading experts in their fields. Workshops include: "Changes in Family Roles and Responsibilities over Time," "Creating the Inner Calm for the Caregiver," "Elder Law Issues," "The Aging Process and Safety in the Home," and the "Art of Communication with someone who has Dementia."

The keynote speaker will be Dr. Eugene Heslin of Saugerties, whose topic will be: "A Prescription for the Caregiver."

The cost of the conference is \$10 per person, which will include breakfast and lunch. Supervised care (respite) will be available free of charge, but registration is necessary.

The conference will be held under the generous sponsorship of Always There and A & T Healthcare.

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In a single year, more than 50 million people provide free care for the chronically ill, disabled or aged relatives or friends, according to the National Family Caregivers Association. The cost of such care is estimated to be more than \$350 billion annually, almost twice as much as is actually spent on home care and nursing home services combined.

“Since the population of people needing care is expected to increase at a faster rate than those able to provide it, the family caregiver’s role will be rendered both more crucial and more difficult in the near future,” said Anne Cardinale, Director of the Ulster County Office for the Aging.

“The essential link they provide for this at-risk population must be strengthened by supporting the family caregiver with community resources and the educational services they need,” said David B. Donaldson, Ulster County Legislature Chairman.

For more information on the conference or to register for the event and get help with respite care, contact Evelyn Flynn at 334-5169 or e-mail her at efly@co.ulster.ny.us. To download information about the conference go to <http://www.co.ulster.ny.us.aging>.

Contact Evelyn Flynn to arrange for interviews with the organizers, speakers and caregivers.