

CARE FOR THE CAREGIVERS



What happens when the loved ones who've cared for you your entire life suddenly need care? If you're like most of us, you may not know where to turn. Caregiving is daunting—I know this personally as the caregiver to my 95-year-old mom. Despite leading the largest Area Agency on Aging in the country, being a

caregiver and navigating the process is one of the most challenging experiences of my life. November is National Family Caregivers Month, a time to recognize the sacrifices and dedication of the 1.3 million caregivers across New York City and millions more around our nation. Many caregivers, like me,

juggle work, family, and the needs of a loved one, a responsibility we take on out of love and duty. Whether caring for an older adult with dementia, managing a chronic illness, or raising grandchildren, the stress can feel overwhelming—especially when you don't know where to turn. It's not easy, but you don't have to face it alone. NYC Aging's Caregiver Program is here to help. We offer information and referrals to connect caregivers with vital resources and long-term care planning to create strategies that work. Through support groups

and counseling, caregivers can find comfort, understanding, and guidance during tough moments. We also provide training to strengthen caregiving skills and respite care to give caregivers a break, whether at home or in a trusted facility. For additional support, we offer supplemental services, like financial help for assistive devices or small home modifications. Caregivers, I know how overwhelming this journey can be. That's why I urge you to seek support. NYC Aging is here to stand with you every step of the way. Call Aging Connect at

212-AGING-NYC (212-244-6469) to access these life-changing resources. Caregiving is hard, but together, we can ensure you and your loved ones have the support and care you need. Let's take this journey side by side.



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