

Collat Jewish Family Services
Caregivers Support Group
3rd Wednesday of the month
6:00-7:30PM
Levite Jewish Community Center
Senior Lounge
3960 Montclair Road 35213

What is a Caregiver?

A caregiver is anyone who provides or coordinates care to an individual who needs supervision or assistance because of aging, illness or disability. Usually a family member assumes this rewarding and also challenging role.

How can this group help me?

The Caregivers Support Group provides an opportunity for caregivers to meet other caregivers and find mutual emotional support. Participants are able to share coping skills, learn from experts in the field in matters related to caregiving, and receive valuable information regarding community resources.

2012 SCHEDULE

Dates:	Topics:
Jan 18	<i>Managing Care with Christy Baynes of Always There In-Home Care</i>
Feb 15	<i>Caregiving: A Survival Guide</i>
Mar 21	<i>Ask the Doc: Geriatrician Andrew Duxbury, MD, of UAB</i>
Apr 18	<i>Adjusting to Changing Relationships</i> *NO MEETING IN MAY*
June 20	<i>Caregiver Grief: Coping with Loss with Jackie Palmore, RN, of UAB</i>
July 18	<i>Discovering Community Resources</i>
Aug 15	<i>Boosting Communication Skills</i>
Sep 19	<i>What is Elder Law? William Nolan, of Nolan Elder Law, LLC, explains it all</i>
Oct 17	<i>Caring for the Caregiver</i> * NO MEETING IN NOVEMBER *
Dec 19	<i>Exploring Significant Activities</i>

There will be time in every session for sharing and support. Members are encouraged to attend as many sessions possible. Topics are subject to change.

About Our Facilitators . . .

Claire Paletz Harris, MSW, LGSW
Claire is a Licensed Graduate Social Worker at Collat Jewish Family Services. She conducts comprehensive assessments and provides ongoing case management for senior adults and their families. Claire is enthusiastic about her work in aging and is committed helping her clients navigate the transitions, resources, and challenges associated with the aging process.

Betty Roberts, M.A.

Betty coordinates the UAB Alzheimer's Family Program, as a counselor. She works with caregivers of Alzheimer's patients, provides education and support, and examines the relationship between activities and the quality of life of someone with dementia. She has over 15 years of experience working with caregivers.

Guest Speakers

Some sessions will feature outside speakers with expertise on specific issues as indicated in the schedule.

*The Caregivers Support Group is sponsored by:
Collat Jewish Family Services,
Jefferson County Office of Senior Citizens' Services, &
Alabama Department of Senior Services*

CJFS

CAREGIVERS

SUPPORT

GROUP . . .

. . . for anyone who provides or coordinates care for a parent, spouse, family member, or friend.

Facilitators:

Claire Paletz Harris, MSW, LGSW
Social Worker

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Caregiver Support Group
Members Share:

"I was a better caregiver for my wife who was sick with Alzheimer's for 13 years because of your help and the [CJFS] Caregiver Support Group."

"Just knowing others are dealing with loved ones who are having troubles like my mom makes me feel like I'm not alone."

CJFS Agency Mission

Collat Jewish Family Services is here to fulfill unmet social, emotional, educational, and financial needs, strengthen individuals and families and enhance self-sufficiency as reflected by the enduring values of Jewish tradition.

December 13, 2010
CJFS Board of Directors



COLLAT
JEWISH
FAMILY
SERVICES

CJFS
CAREGIVERS
SUPPORT
GROUP
2012

The goal of the Caregivers Support Group is to provide helpful education and emotional support to those that assist older adults or the disabled.

WE'RE *here...*

HONORING *life* · PRESERVING *dignity* · BECOMING *family*
