

## **DEPENDENT CARE CONSULTANT is here to support our Faculty, Staff, Students, Post Docs, & Retirees**

Cornell has a Dependent Care Consultant who is available to you for private, confidential consultations regarding your caregiving and/or elder care concerns. Our consultant, Eileen McCoy Whang, is happy to have a conversation with you whether your aging loved one is living locally or at a distance. Caregiving can be stressful, especially if you don't know what first steps to take, who to call, or what resources and services are available. Eileen is here to help you navigate those questions and assist you in finding the answers.



In addition to consultant services, Eileen facilitates a monthly lunch time Caregiver Support and Education Network meeting. Caregivers come together to share the challenges, joys and resources of caregiving as well as to listen to occasional speakers presenting on topics of interest specifically to caregivers.

Offered during the academic year is a series of lunch time programs addressing relevant elder care topics. Topics covered in the past have been: Financial and Legal Concerns of Elders, Alzheimer's, Senior Housing, In-Home Care, Having Difficult Conversations with Your Loved one, Medicare Basics and more.

Also available as a resource for your caregiving and/or elder care needs is a monthly Caregiver/Elder Care E-Newsletter. It is full of relevant on and off campus activities, workshops/classes, articles and resources. You can access the latest edition here: [Elder/Caregiver E-News](#), or become a member of the Elder e-list and receive it, as well as other relevant announcements throughout the month, automatically. To join the list, email [elder-l-request@cornell.edu](mailto:elder-l-request@cornell.edu) with "join" written in the dialog box, or contact Eileen and she can add you to the e-list. Check out the [Adult Caregiving Page](#).

If you are interested in finding out more about Cornell's Dependent Care programs, you are encouraged to contact Eileen at [emw76@cornell.edu](mailto:emw76@cornell.edu), 255-1917. She is here to help!