



## ***St. Lawrence County Office for the Aging***

### **Caregiver Support Group Survey**

The St. Lawrence County Office for the Aging is pleased to announce that we will soon be offering an **in- person caregiver support group!** The group will meet once a month in-person at the Human Services building in Canton, NY. Pending group size, a new location may be determined a better fit in the future.

The group is intended to provide emotional, educational, and social support for seniors who are providing care to their spouse, partner, family, or friend. This group aims to encourage caregivers to maintain their own wellbeing; while they continue to care for another.

**The main goals of this group are as follows:**

- Develop an extended support system
- Exchange practical ideas and solutions for caregiver challenges
- Share feelings and concerns
- Talk through issues and discover new ways of coping

If you or someone you know would be interested in this support group, please take a moment to answer a few questions below. Please return the completed form to the address listed on the second page.

**Directions:** Please circle the appropriate answer below. Once completed you can return the survey to the listed address on the second page.

**1. Would you be interested in an in-person support group?**

Yes    No

**2. If unable to attend in person would you be interested in participating in the group online?**

Yes    No

**3. Please circle 1-3 days of the week that would work for you to meet for this support group.**

Monday                  Tuesday                  Wednesday                  Thursday                  Friday

**4. What time of day would be best for you to attend?**

Morning                  Afternoon                  Evening

**5. How far would you be willing to travel to attend the support group?**

10 Minutes                  20 minutes                  30 minutes                  30+ minutes



**Please include your contact information when returning this form:**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Please mail or fax to the contact information below:**

St. Lawrence County Office for the Aging

80 State Highway 310 Suite 7

Canton, New York 13617

Phone: 315-386-4730 EXT. 3392

Fax: 315-386-8636