



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Caregiver Support for Loved Ones of Veterans

Finding Your Voice: Self Advocacy in Medical Settings

Caregivers often ignore their own needs when taking on the responsibility of caring for another. Caregivers not only need to be able to advocate appropriately for their loved one who is ill, but also to recognize and advocate for their own needs and medical concerns.

The Canandaigua VA Medical Center offers monthly telephone education groups for Caregivers through the VA Caregiver Support Line.

The topic for the month of June is titled "[Finding Your Voice: Self-Advocacy in Medical Settings.](#)" Caregivers will learn strategies to identify self-neglect and beliefs that contribute to neglecting self-care, focus on Self-Care and learn to advocate for their needs.

The group sessions will be offered on Tuesday, June 14, 10:00 a.m., Wednesday, June 15, 7:00 p.m., or Wednesday, June 22, 3:00 p.m.

Group sessions are open to family caregivers of Veterans of all eras.

Future topics are:

- June 2016: "Finding Your Voice: Self-Advocacy in Medical Settings"
- July 2016 "Preserving Caregivers on the Front Lines"
- August 2016 "Setting Boundaries: Defining What is Best for You, the Caregiver"

People who wish to participate in any of these telephone support group programs should register by contacting, [Colleen Cohen, LCSW](#) at, 585-393-7525 or email: colleen.cohen@va.gov

If a caregiver is looking for something tailored to their specific needs, please call Colleen Cohen, to explore other options that may be available to you and visit the [Caregiver Support web page.](#)

To learn more about upcoming events please visit our [News Room](#) or [Facebook events page.](#)

The Canandaigua VA Medical Center is located at 400 Fort Hill Avenue Canandaigua, NY 14424.

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