

Older Adult Caregiver Support Group

Not Sure You Are an Older Adult Caregiver?

A caregiver is any support person taking care of someone else who is sick or disabled. You can be paid or unpaid. You can be a child, sibling, spouse, friend, neighbor or hired help caring for an older adult. You can be living with the person you care for or be living separate.

- **When: Third Wednesday of the month**
from 11:00 AM to 12:00 PM
 - August 20th, 2025
 - September 17th, 2025
 - October 15th, 2025
 - November 19th, 2025
 - December 17th, 2025
- **Where: Meeting via zoom. Email**
Communityed@rwjbh.org to register

Open to all caregivers of older adults.
Must be an older adult caregiver.



Facilitated by Dhyana Velez, RWJUH Board
Certified Geriatric Nurse

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