Cornell Dependent Care Resource and Referral Services

Cornell staff, faculty, retirees, and students can seek consultative assistance from Eileen McCoy Whang, Cornell University's Dependent Care Consultant in the Department of Inclusion and Workforce Diversity, on a variety of issues, including child, elder/adult, and personal care options.

For those with adult caregiving concerns, Eileen can assist with locating adult/elder care and individual care resources in the community as well as help caregivers who are providing care from a distance. She can help caregivers define their personal and older adult concerns while also outlining options to help caregivers deal with current needs and prepare for the future.

She will assist in exploring child care options, including drop-in care options for parents on work-related travel with their children and assisting families with locating local child care provider options. She may also assist conference planners with providing child care options for attendees, as well as assist visiting faculty with temporary care needs.

A Caregiver Support Network is available as well as e-lists for adult care and parenting concerns, which provide list members with regular newsletters including area activities and resources.

Upcoming Programs
- Senior Housing
  Wed., Feb. 27, 12-1:00 p.m., 224 Weill Hall
- Advanced Care Planning
  Wed., March 13, 12-1 p.m., 224 Weill Hall
- In-Home Care
  Wed., April 24, 12-1 p.m., 224 Weill Hall

...and more to come!

Caregiver Support & Education Network

Are you providing care for an adult family member, spouse, or friend? If so, you are invited to attend meetings of the Caregiver Support & Education Network. Staff, faculty, retirees, and students are welcome to attend as their schedule allows.

Facilitators Eileen McCoy Whang, Dependent Care Consultant for the Department of Inclusion and Workforce Diversity and/or Cindy Glanville MSW, LCSW, counselor/community consultant for the Faculty and Staff Assistance Program, will share strategies, tools, and resources for coping with stress, caregiver guilt, and burnout as well as information on local/national resources.

Meetings, offered free of charge, are scheduled from 12:15–1:15 p.m. in 221 Weill Hall on the following dates:
- Feb. 21 - Hospicare 101
- March 21 - General discussion and sharing
- April 18 – TBD
- May 16 – General discussion and sharing
- Additional dates: June 20, July 18, August 15

For assistance, contact:
Eileen McCoy Whang
Dependent Care Consultant
(607) 255-1917 • emw76@cornell.edu
160 Day Hall