

12:30 p.m. - 2:00 p.m.

Concurrent Session 2D

## **\*Fostering Resiliency in Family Caregiving through Education, Empathy and Empowerment.**

- \*1.5 hours for Social Work CEU's will be given for this session. In Person Only

**Presenter:** Patricia Daly, LCSW, APHSW-C, Sr. Program Manager, Serenity Family Caregiver Program, Northwell Health LIJ Medical Center

### **Description**

The goal of the presentation is to educate healthcare professionals about the challenges, victories and complexities of family caregiving. Recognizing this is a shared human experience that impacts individuals socially, emotionally, physically, financially and spiritually. Through self-care, linkage to community resources, and providing a sense of community, we have the opportunity to better equip family caregivers to manage long-term caregiving effectively.

### **Learning Objectives**

1. *Participants will identify common stressors faced by family caregivers and strategies to build resilience.*
2. *Participants will define resilience in the context of family caregiving and the importance of utilizing a strength-based approach.*
3. *Through live action learning, participants will implement the concepts of education, empathy and empowerment to provide support to family caregivers*

### **Bio:**

Patricia Daly is a person-centered Social Worker with over 30 years experience in the helping profession. She holds a Master of Social Work from Adelphi University. Patricia has earned a certificate in Bioethics from Hofstra University as well as a certificate in Palliative and End of Life Care from the NYU Silver School of Social Work. Throughout her career, Patricia has advocated for and supported patients and families experiencing serious, chronic illness. Additionally, Patricia has empowered individuals who are differently abled to be seen and heard in regard to what matters most throughout their medical journey.

Throughout her career, Patricia Daly has gained expertise in Oncology, Palliative and Hospice Social Work with pediatric and adult populations. Her experience includes home based, inpatient and outpatient settings which has provided insight into the depth of who patients and caregivers are within and outside of the patient's illness. Patricia's development of educational materials has aided in bridging gaps in health literacy for family caregivers.

Currently, Patricia is the program manager for the Long Island Jewish Medical Center Serenity Family Caregiver Program. She co-facilitates a dementia caregiver support groups as well as a weekly peer group for caregivers of hospitalized patients. Additionally, Patricia supervises volunteer caregiver coaches and Social Work interns. With a commitment to alleviating caregiver fatigue, Patricia has fostered relationships with community partners to improve transitions of care from the hospital setting to the community. During her tenure with Northwell Health, Patricia has received multiple service excellence awards due to her empathy and compassion for patients and families.