PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: September 21, 2026

SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES HOSTS COMMUNITY BASED OUTREACH & SUPPORT SERVICES FOR CAREGIVERS

Caregiver Support Session to be held at Wilton Mall

Saratoga County, NY —Saratoga County Department of Aging and Youth Services staff will be at Wilton Mall on Wednesday, September 23rd from 3-7pm to provide caregiver support services and resources to the community for the Department's Community-Based Outreach and Support Services sessions.

No appointment is necessary. Caregivers are encouraged to stop by at their convenience to learn about available support and resources.

Many residents throughout Saratoga County provide daily care for a parent, spouse, grandchild, family member, friend, or neighbor while balancing careers, families, and personal responsibilities. Saratoga County's Community-Based Outreach and Support Services sessions aim to make it easier for caregivers to learn more about the resources available to them.

During the session, staff will provide one-on-one assistance and answer questions from caregivers. Residents can learn about or get assistance with local programs and support groups for caregivers benefits such as Medicaid, HEAP, SNAP, caregiver training services, home-based services, transportation options, personal emergency response plans, and respite care services.

Sandra Cross, Saratoga County Department of Aging and Youth Services Director said, "This initiative is about meeting caregivers where they are—both geographically and in their caregiving journey. We want to make it easier for individuals to access support, ask questions, and feel connected to a network of resources in Saratoga County."

For more information, please contact the Saratoga County Department of Aging and Youth Services at **518-884-4100**.

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