

**Caregivers Brown Bag Lunch Series:**

*Presented by the WSU Work/life Advisory Committee*

**“Am I a Caregiver? If so ... what next?”**

**Suzy McNeilly, Council on Aging & Human Services**

**October 8<sup>th</sup>, noon- 1 p.m.**

**Campuses Locations: Lighty 405 (Pullman); SAC 147 (Spokane); Tri-Cities West 256 (Tri Cities); CL 117 (Vancouver)**

**Am I a Caregiver? If so ... what next?**

How do we know if we are a caregiver? What do we do if we are a caregiver? Is there a job description? What are the expectations? Will my role as a family member change? What are the boundaries? Learn to embrace this challenge and know you are not alone. Learn what resources are available to you and how to make the best of your current caregiving situation.



**Bio:**

Suzy McNeilly has worked as a paid and an unpaid caregiver. She understands the challenges and rewards that all caregivers face. Providing outreach to the community on the demands of caregiving and who are caregivers are just a few of the areas she facilitates as the Family Caregiver Support administrator.

She currently works as the volunteer coordinator & training specialist at the Council on Aging & Human Services. She also facilitates Family Caregiver Support groups in Whitman County and coordinates the annual Family Caregiver Support Conference.

Raised in Yokohoma, Japan, McNeilly graduated from High School in Salinas, Calif., and joined the Navy, serving as a Hospital Corpsman. In 1990, she began work with the University of Arizona's NADSAP (Navy Alcohol and Drug Safety Action Program) project as a facilitator/program coordinator in Keflavik, Iceland & Camp LeJeune, NC, also traveling worldwide as a skills & curriculum trainer for the program. She has been the director of the Northern Vitality Wellness Center, NATO Base, Keflavik, Iceland. She has also had experience as an educator at Drug & Alcohol Treatment Facilities and as a life enrichment specialist at a retirement community.

McNeilly received her bachelor's degree in psychology from Campbell University, Buies Creek, N.C., her Drug & Alcohol Counseling certification from Coastal Carolina Community College, and numerous behavioral and communication certifications from the University of Arizona. Additionally, she holds a Health Promotion Director's certification through the Navy & Marine's Corps Professional Certification Program.

For more information, visit: <http://www.worklife.wsu.edu/>