



Thank you for joining us!

*Prepare to Care: A Guide for Both New
and Experienced Caregivers Webinar - Dec. 10*

Just for You -- Resources from the Webinar

Thanks to those who attended the "Prepare to Care" webinar presented by AARP. Our speakers offered a variety of tips and resources to help navigate your caregiving journey. If you missed it, no worries! Below is a link to the recording along with links to the information offered by our subject matter experts.

Want a copy of the Prepare to Care Guide mailed to you? Please complete our event survey! [CLICK HERE](#).

Resources:

[Click Here to View the Webinar Recording](#)

[Prepare to Care Guide \(PDF File\)](#)

[ElderSource Care Coordinator Slides](#)

[Caregiver Coalition Newsletter Link](#)

[Caregiver Coalition of Northeast Florida Website](#)

[ElderSource Website](#)

[Dept. of Elder Affairs: Area Agencies on Aging in
Florida](#)

The Caregiver Coalition



The Caregiver Coalition of is a program of ElderSource, Northeast Florida's Area Agency on Aging and Aging and Disability Resource Center.

Click [here](#) to subscribe to the *Caring Together* Newsletter, which is published quarterly.

The Caregiver Coalition's [Facebook](#) and [Instagram](#) pages offer interesting and educational posts regarding family caregiving.

[Visit our Website](#)



ElderSource is an Aging and Disability Resource Center, as well as Northeast Florida's Area Agency on Aging. With a variety of resources available to seven different counties in Northeast Florida, ElderSource seeks to empower people to live and age with independence and dignity in their homes and community.

[More on ElderSource](#)



Caregiving.com offers FREE resources for older adults and caregivers. The platform creates a personalized journey, addressing various aspects of caregiving, including:

- Training
- Skills
- Finances

- Emotions
- Connections
- Spirituality

[Click here to visit Caregiving.com](#)

**Need more information?
Feel free to reach out!**

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Our Mission:

To collectively elevate caregiving and improve the quality of life
for caregivers in Northeast Florida.

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