



Caring Together Newsletter

This Issue: Caring for Caregivers

Fall 2024 Edition

“Caregiving will never be one size fits all.”

—Nancy L. Kriseman

Caregiver Tips for National Family Caregivers Month



A Program of



Caregiver Success Tips

As November approaches which is National Family Caregiver Month, it is important to take time and appreciate yourself, as well as the things you do for your loved one. Caregiving can be a daunting task, and caregiver burnout is real.

Everyone needs support, and there are resources available to help you be the best caregiver you can be, while keeping your physical and emotional health in mind.

One way to provide yourself time to recharge is through respite care. The video below goes over the three types of respite care, and how each type may benefit you!

[Watch Here!](#)

This video is part of a series funded by a grant Community Catalyst raise awareness of the struggles caregivers may face. Starting today, the

Caregiver Coalition will be posting a new caregiver tip on our social media pages each Wednesday, as part of a **#WellnessWednesday** campaign. To stay up to date on future tips, follow us on Facebook, Instagram and visit the Coalition website at CaregiverCoalition.org.



Sign Up to Prevent Caregiver Burnout

ElderSource offers a caregiver support program called TCARE, which stands for Tailored Caregiver Assessment and Referral System Program. **There are now openings to participate in the program!**

How can TCARE help?

- Reduces your stress and provides strategies for reducing root causes of caregiver burnout.
- Creates a care plan just for you that offers support and improves your effectiveness as a caregiver.
- Connects you with resources that best meets your needs.
- Promotes aging in place and may delay nursing home placement for your loved one.

[Click here to register for TCARE](#)



Free Resources Just for Caregivers and Older Adults

Looking for easy to access tips on how to be the best caregiver you can be? 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, culture, and more. From articles to videos, you'll find the guidance and encouragement you can rely on throughout your caregiving journey.

[Click here to visit](#)

Which Immunizations Should Seniors Get?

August was National Immunization Awareness Month and as we enter the flu season, are you caught up on your immunizations? According

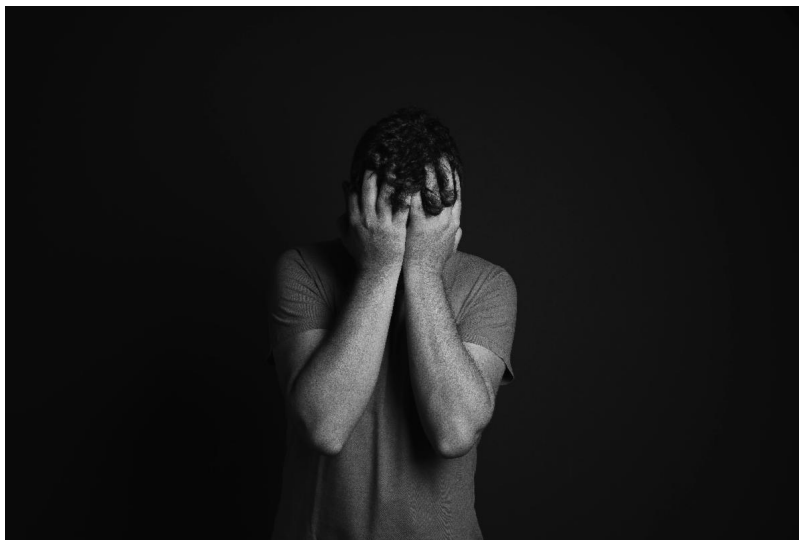


to the CDC, adults over the age should receive vaccines for the flu, COVID-19, Shingles, Tdap and Pneumococcal Pneumonia. Adults 65 and over should also talk to their doctor about whether or

not they should get a vaccine for RSV. Talking to your doctor about recommended vaccines is one way to take charge of your health. According to the Department of Health and Human Services, vaccines are especially important for older adults, because as we get older, our immune system declines.

[More on Vaccines for Adults](#)

Suicide Prevention Awareness Month



September is National Suicide Prevention Awareness Month, and we want you to know it is OKAY to not be okay, it is OKAY to ask for help, and Here Tomorrow is a local nonprofit organization that helps anyone in crisis seeking support.

It takes tremendous courage to reach out for help when you need it. [Here Tomorrow](#) believes that if you are able to ask for help, you should be able to access it. Cost, wait times, and stigma are a few of the reasons it can be so difficult to find the support you need when you need it, contributing to suicide risk for those defeated by such barriers. That is why Here Tomorrow provides free Peer Support to anyone experiencing hopelessness without a wait and without judgement. The organization is here to make suicide prevention accessible without barriers in our community and beyond.

Here Tomorrow counselors are Certified Recovery Peer Specialists who provide an empathetic and understanding for anyone in crisis to share

what is on their heart with someone who "gets it." People will receive non-clinical guidance to build coping skills, set goals, connect to additional resources and more. Everyone's wellness toolbox looks different, and Here Tomorrow can help build yours! Staff will meet you where you are and help you get through the storm.

Reach out to Here Tomorrow to learn more about Peer Support for individuals in crisis and their loved ones, support groups, training opportunities, or how to help us prevent suicide one conversation at a time. To contact Here Tomorrow, you can call (904) 372-9087, or visit the office at 910 3rd St., Neptune Beach, FL.

[Click here to get support](#)

The Scoop: A Caregiver Ice Cream Social



The Caregiver Coalition hosted a caregiver-focused ice cream social on Sunday, August 18. The event, funded by a grant from Community Catalyst, took place at River Garden and was fun from start to finish! There was music, giveaways, comradery and, obviously, ice cream. Check out our website to view previous caregiver-centered events. We hope to see you at the next caregiver event. Follow us on our website and social media for upcoming events!

The Caregiver Coalition, a program of ElderSource, is the go-to resource for First Coast residents seeking to take better care of themselves and their loved one. A partnership of leading healthcare, aging and senior service organizations, we provide a compassionate network of support and access to critical resources in Northeast Florida.



Upcoming Events

Burritos to Beat Hunger

Saturday, September 14th, 4:00 to 8:00 p.m.
Chipotle St. Johns Town Center
4865 Town Center Pkwy, Jacksonville, FL, 32246

Join ElderSource for Spirit Night at Chipotle, where a portion of the money from the sales made will go to the Suppers for Seniors cause. Make sure to stop in and mention us! [Click here for information about Suppers for Seniors.](#)

Suppers for Seniors Spirit Night

Tuesday, September 17th from 11:00 a.m. to 10:00 p.m.
California Pizza Kitchen Town Center
4712 River City Dr, Jacksonville, FL 32246

From open to close, a percentage of the sales from the California Pizza Kitchen will go towards ElderSource's [Suppers for Seniors campaign!](#) Please mention ElderSource when you order and thank you for your contribution!

Catch Your Breath: A Caregiver Wellness Program Presented by the Memory Disorder Clinic at Mayo Clinic

Wednesday, September 18th 1:30pm - 5:00pm
River Garden, 11401 Old St. Augustine Rd. Jacksonville, FL 32258

Joined by facilitators from Harmony Mind Body Spirit Wellness, caregivers will learn the basics of mindfulness, breathwork, and laughter yoga and how to incorporate them into everyday life. Registration is required and attendance is limited. If you have questions, please contact the Memory Disorder Clinic: MCJMEMORYDC@mayo.edu or call 904-953-6523. [Click here to register.](#)

Veterans Matter Resource Fair and Educational Event

Thursday, September 19th, 10:00 a.m. to 2:00 p.m.
300 A. Phillip Randolph Blvd, Jacksonville. FL
VyStar Arena

In recognition of Suicide Prevention Month, the VA is hosting this educational event. Lunch will be provided for everyone who attends this free event and there will be two guest speakers: Kevin Briggs, a renowned author and mental health advocate, and Kevin Berthia, a suicide survivor. For more information on this event, please reach out to Katherine.Sperry@va.gov.

Suppers for Seniors Spirit Night

Thursday, September 26th, 11-9
Burger-Fi at St. Johns Town Center
108 Riverside Ave., Jacksonville, FL

Burgers, fries and a good cause! Those are all good reasons to visit Burger-Fi at the St. Johns Town Center. They will be donating a portion of their sales to the Suppers for Seniors campaign. If you decide to stop in, make sure you mention ElderSource and Suppers for Seniors so your purchase counts. [Click here to learn more about Suppers for Seniors.](#)

Suppers for Seniors Spirit Night

Panera Bread

11111 San Jose Blvd Jacksonville, FL 32223

Saturday, September 28th, 4:00-8:00 p.m.

Join in the fight against hunger for seniors by visiting Panera Bread in Mandarin on Saturday, September 28th. From 4:00 p.m. to 8:00 p.m., a portion of sales will be donated to ElderSource's Suppers for Seniors event. If you decide to attend, please mention ElderSource or the Suppers for Seniors campaign to make your purchase a contribution. [Click here to learn more about Suppers for Seniors.](#)

St. Augustine Sensory Fall Festival

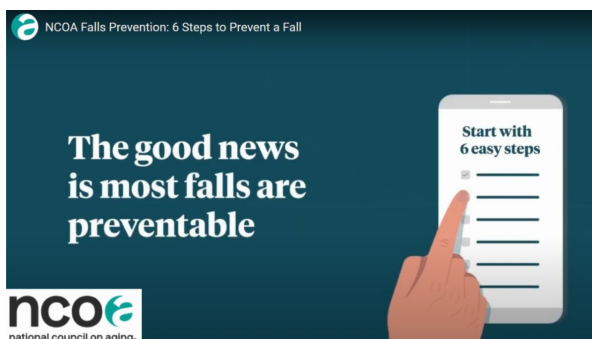
Saturday, November 9th, from 11:00 a.m. to 3:00 p.m.

The Arc of the St. Johns Campus in St. Augustine, FL

Hosted by Therapeutic Learning Center and Community Campus, The Arc is hosting a sensory-friendly and adaptive Fall Festival open to all ages and abilities. Please register if you're interested! [Click here to register.](#)

Falls Prevention Awareness Week

Six Steps to Prevent a Fall



In partnership with Administration for Community Living, the National Council on Aging is hosting Falls Prevention Awareness Week from September 23 to September 27, 2024. This video is great for caregivers, older adults and professionals, as it outlines "Six Steps to Prevent a Fall."

Click here to
view!

The Importance of Fall Prevention in
Alzheimer's and Dementia Care

Falls are a significant risk for seniors, especially those living with Alzheimer's or other forms of dementia. As a caregiver, preventing falls is crucial, not only to ensure the physical safety of your loved one but also to help maintain their independence and quality of life.

Seniors with Alzheimer's or dementia are more prone to falls due to several factors, including impaired memory, judgment, and motor skills. They may forget to use mobility aids, struggle with balance, or become disoriented in familiar surroundings. A fall can lead to serious injuries like fractures, head trauma, or a decline in overall health, often resulting in hospitalization or long-term care placement.

With proactive measures, many falls can be prevented. By creating a safe environment, using appropriate aids, and staying vigilant, you can significantly reduce the risk of falls and help your loved one live more safely and comfortably.

Tips provided by Caregiver Coalition member, Kris Wilson, Owner of Modified Independence.

[Click Here to Learn More from Modified Independence](#)

Parts of a Fall Prevention Plan

September is Fall Prevention Awareness Month! Many prepare ahead of time for hurricanes including gathering supplies, mapping out evacuation routes, and filling up gas containers. Being prepared is smart and can mean the difference between surviving an emergency or not. I think about fall preparedness in the same way. Many who experience a fall are not prepared for what follows. Like hurricane preparedness, it's crucial to prepare for a fall with a "Fall Preparedness Plan".

1. Prioritize Fall Risk

Many factors contribute to falls. Some of these include living alone, taking prescription medications, or having a concern with balance and walking. An accurate eyeglasses prescription, wearing proper shoes, and clearing rugs and cords from the floor help. A score of 4 or more on the Stay Independent Brochure developed by the CDC means that you may be at risk for falling. Fill this out for yourself or for a family member and take it to your physical therapist or doctor who can help you develop a plan specific to you.

2. Determine Floor Transfer Ability

It makes more sense to practice the ability to get on and off the floor on purpose, than to wait until you fall to realize that you can't get up. Everyone should know if they can do this or not. If you aren't sure, go see your physical therapist. They can put together a plan to help you work towards this goal.

3. Determine self-efficacy

Self-efficacy is the belief and confidence in your capacity to do things. Sometimes having a conversation about planning for a fall and getting on and off the floor can help you confront your beliefs about your abilities and can lead to a plan for how improve them without the complicating presence of a fall-related injury.

Not all falls can be prevented. Some are truly accidents. The most desirable result from a fall is to get up and walk away injury free! So, during Fall Preparedness season, know your fall risk and be fall ready!

Tips provided by Caregiver Coalition member Dr. Jackie Osborne, Physical Therapist with YouMeCare.

[Click here for more from YouMeCare.](#)

A Life of Service: From Military Service to Family Caregiver



By, AARP Florida

“I grew up learning to serve and care for others. When we find people in need, we have an obligation to alleviate obstacles and make life better for them.”

Bill Ternent (*pictured above*), an Air Force Veteran, AARP Jacksonville volunteer, and former ElderSource Board member, has an innate passion for caregiving. He will help anyone in need, but his main patient is his wife of over 40 years, Jan. The two met in childhood - she was eight, he was 10. Now, at 90 and 92, respectively, their love remains just as strong. Bill spends most of his time ensuring that she can live an active and healthy life after a severe fall broke both of her legs.

While she is physically healed, Jan still requires a walker, and her motion is extremely limited. Bill, along with a hired housekeeper, manages most

of the day-to-day chores in their home. He is *just one* of Florida's 2.8 million caregivers.

“Jan is basically homebound,” Bill explained. “It was at that point where I became much more involved in learning about what it takes to support ourselves.”

As an AARP Jacksonville volunteer, Bill frequently advocates to state legislators about enhancing family caregiving support. He is also passionate about sharing AARP's caregiving resources for Veterans to members of the 50+ community throughout Jacksonville and Daytona Beach.

You may be asking yourself, what are AARP's caregiving resources? Active duty and retired members of the military can visit the AARP Florida Veterans Resources page, where there is access to caregiving guides for both servicemembers, and their families. AARP Florida also hosts a bi-monthly Virtual Veterans Forum, where veterans throughout the state can gather and learn more about a timely topic - from caregiving and benefits to fraud prevention and disaster preparedness.

AARP is so grateful for volunteers like Bill, who make it their mission to ensure that other caregivers have the resources they need to take care of each other. For more information, please click the buttons below.

Story provided by Coalition member Jill Auld, Associate State Director with AARP.

[Click for AARP Florida Veterans Resources](#)

[Click here to learn more from AARP Jacksonville](#)

National Association of Veterans and Families



Caring for Senior Veterans:

The Commitment to Honor and Support

As our nation's heroes age, the need for comprehensive care for senior Veterans becomes increasingly vital. With unique experiences and sacrifices, these individuals deserve a supportive environment that acknowledges their contributions to our country. Families and caregivers play a crucial role in ensuring that senior Veterans receive the quality care they deserve, particularly when it comes to homecare and assisted living services.

Senior Veterans often face specific challenges. They may experience a range of physical, emotional, and social challenges that are distinct from those faced by non-Veteran seniors. Conditions such as PTSD, depression, or anxiety, which can stem from their service, need to be approached with sensitivity and understanding. Additionally, some may have physical health issues or disabilities resulting from their military service, requiring specialized medical care.

They may also be suffering from grief over the loss of a spouse, leading to feelings of isolation or depression. Ensuring that they have access to quality care and services is essential for their overall well-being. The National Association of Veterans and Families is dedicated to supporting veterans and their families in navigating the complexities of Veteran benefits. Founded to provide assistance to Veterans, NAVF focuses on a range of services, from education about available benefits to aiding in the application processes for financial support.

One of the key areas where NAVF can assist is in securing financial resources for homecare and assisted living needs. Many Veterans are unaware of the benefits they are entitled to, specifically Aid and Attendance (A&A) benefits, which can significantly ease the financial burden associated with senior care.

The Aid and Attendance benefit provides additional financial aid for Veterans and their surviving spouses who require assistance with daily activities. This aid can help cover the costs associated with homecare, assisted living, or memory care facilities. To qualify, Veterans must meet specific criteria, including service requirements and physical need.

NAVF has established a streamlined process to help Veterans and their families apply for these benefits, providing valuable resources since 2008.

Information provided by Coalition member Brenda Applebee with National Association of Veterans and Families.

[Click here to visit NAVF.org](https://www.navy.org)

Other Resources for Caregivers

Offering Consumable Medical



Supplies to Those in Need

By request from caregivers and older adults, ElderSource is offering a resource that will provide consumable medical supplies, called the Sharing and Caring Closet, which is available all year long. These items are expensive and are often not covered by insurance.

ElderSource accepts donations to the Sharing and Caring Closet during our regular business hours, and any questions should be emailed to SharingCloset@MyElderSource.org.

[Click here to view our Amazon Wishlist](#)

[Click here for more information!](#)

Books by Mail



[Learn more or apply now!](#)

Caregivers of Duval County -- you can now check out books, DVDs and music BY MAIL from the Jacksonville Public Library! There are two different service plans, and the books are delivered through the United States Postal Service. You can select to have items curated for you based on your preferences and place holds online, or you can select to only check out items you've placed holds on through the library's website. If you are interested, you can apply online, call (904) 255-2665 and apply on the phone or call and request a paper application by mail.

Other Information



More than 5,000 seniors in



Northeast Florida are on a wait list for hunger-relief assistance. Each day they're forced to make heart-breaking choices: choosing between buying medicine or groceries or between eating lunch or dinner.

You can help us solve this urgent and growing crisis - with double the impact...

[Continue Reading](#)

We're excited to announce our annual A Night with the Stars event is returning this November! This special event, presented by Florida Blue Medicare, will celebrate and honor individuals who have generously invested time, energy and creativity in serving older adults. We also have another wonderful reason to celebrate - this year, ElderSource is marking its 50th anniversary.

[Continue Reading](#)



[What is Respite Care?](#)

From National Institute on Aging

Here is everything you need to know about respite. This article goes over the costs of formal respite care and how your friends and family can help with informal respite care.

[Read more here](#)



[Exercises for Seniors: Safe, Fun, and Effective Ways to Stay Active](#)

By Aging Today

This article goes over some fun, accessible exercises to keep you and your loved one active! There are options to help with balance and core strength, plus seated options that still improve physical independence.

[View the article](#)

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@CaregiverCoalitionNEFL
www.caregivercoalition.org

If your caregiving situation has changed and you no longer wish to receive these communications, simply unsubscribe below.

The Caregiver Coalition of Northeast Florida is supported by ElderSource, and operates in partnership with local organizations to provide support and education to caregivers of Northeast Florida. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.

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