



# Caring Together Newsletter

This Issue: *Celebrating Caregivers*

Fall 2021 Edition - Volume 1

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*"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." – Rosalyn Carter*

Dear Caregiver,

There are more than 53 million caregivers in America and no two share the exact same journey. Despite the challenges, many caregivers find a sense of purpose in caring for and bringing meaning to the lives of those for whom they care. The experience builds strength, resilience, and presents opportunities to build closer relationships with family and loved ones. With November being National Family Caregiver Awareness Month, we hope this edition honors and supports your unique caregiving journey while offering at least one helpful tip or resource to make things a little easier.

*Kandise Chrestensen*  
*Coalition Coordinator*

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## November is National Family Caregiver Awareness Month



Celebrated every November, National Family Caregivers Month (NFCM) recognizes family caregivers across the country and offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for

caregivers.

On September 22, 2021, the RAISE Act Family Caregiving Advisory Council delivered its initial report to Congress.

The Recognize, Assist, Include, Support, Engage (RAISE) Family Caregivers Act outlines five goals

to address and improve the lives of family caregivers on a national level:

1. Increased awareness of family caregiving.
2. Increased emphasis on integrating the caregiver into processes and systems from which they have been traditionally excluded.
3. Increased access to services and support to assist family caregivers.
4. Increased financial and workplace protections for caregivers.
5. Better and more consistent research and data collection.

**You can view the RAISE Family Caregivers Act Initial Report to Congress and learn more about how the report was developed by clicking here.**

**Click here to learn about what the RAISE Family Caregivers Act could mean for caregivers.**



## Caregivers in the Workplace



### *Lessons from the Workplace: Caregiving During COVID-19*

By, National Alliance for Caregiving

More than one in six working Americans report caring for, or assisting in caring for, an aging loved one. In the first article of its new spotlight series, the National Alliance for

Caregiving (NAC) details the hardships the COVID-19 crisis magnified for millions of working caregivers struggling with the demanding responsibilities of working and caring for a loved one.

Offering potential solutions on how employers can close the gap between the type of support offered in the article, NAC advances recommendations for workplace policies and practices that employers can provide to caregivers.

Read More



## How to Juggle Work and Caregiving: Top Tips & Tricks

By, AARP

Many working caregivers report health problems, depression, and lost time and lower productivity at work. If you're taking care of an aging or ailing family member, consider these steps to finding workplace solutions and building a caregiving support network.

Read More



## Taking Care of Someone is Too Stressful!

By, Mental Health America

Life's hard enough when you only have to worry about yourself! To some extent, caregiving is always going to be tough—but there are a few things you can do to help manage that stress.

Read More

## View our "Caring for the Veteran Caregiver" Workshop Recordings



If you missed our "Caring for the Veteran Caregiver" virtual conference on September 24th, or if you would like to share any of the information with friends or family, visit our YouTube channel to watch the recordings for free!

Visit our YouTube



\*\*For a limited time, watch and share the *Supporting a Veteran Living with Dementia* presentation by Amanda Bulgarelli, Chief Operating Officer of Positive Approach to Care, by following the link below and entering the password. **This link will expire November 6, 2021.**

Click here to watch:

<https://vimeo.com/623692681>

Enter Password: **northeast@florida**

## Resources to Support Caregivers

### Active Daily Living: Everyday Resources for Caregivers

Everyday resources for everyday people



Sign-up for Active Daily Living Today!

This FREE resource is available at [MyElderSource.org](http://MyElderSource.org)



If you're currently signed up for Active Daily Living, are you taking *full advantage* of all of their resources? Not only does Active Daily Living provide older adults and caregivers with a FREE online library of resources, but they also offer customized newsletters that can be sent straight to your inbox. This newsletter only comes with the information that interests you! Two newsletters are offered: one for older adults and the other for caregivers.

Sign up today for Active Daily Living, found on the ElderSource website. [Click here](#) to start receiving your customized newsletter of caregiver and senior resources.



### Free Program to Support Caregiver Burnout

Thanks to a generous grant from the Florida Blue Foundation, ElderSource is launching a new caregiver support program called TCARE, which stands for **Tailored Caregiver Assessment and Referral System 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.

[Learn More about the TCARE Program](#)

## Upcoming Virtual Events

**28 October**

**12:30pm**

**Navigating Free Online Aging with Pain Resources**

The focus of this webinar will be on introducing the Aging With Pain website. Instruction will be provided to help attendees navigate free online pain management presentations and resources developed by a variety of health care experts.

The webinar will be presented by Natalie Mitchell, MS, CHES®, UF Health College of Medicine, a Jacksonville Health Educator.

[Click here to register.](#)

**29 October**

**10:15 - 3:00pm**

**Mayo Clinic Conference on Brain Health and Dementia**

This year's conference will pay tribute to all that families impacted by dementia are going through during these unprecedented times, while providing a unique opportunity to learn, feel connected, and gain a renewed sense of hope for a brighter path forward. [Click here to learn more.](#)

**6 November**

**Registration at 8:00am, Walk Begins at 9:30am**

**2021 Walk to End Alzheimer's**

**The Alzheimer's Association**

Join this year's Walk to End Alzheimer's from the comfort of your own home or meet the Alzheimer's Association at UNF's J.B. Coxwell Amphitheater. [Click here for more information.](#)

[View Full Event Calendar](#)

**Thank You, 2021 Sponsors!**

This year the Caregiver Coalition has received support from several generous sponsors. These donations contribute directly to bringing awareness to the needs of caregivers and collaborating to find ways to meet these needs.

Thank you!



For more information,  
or if you're interested in  
volunteering or joining  
the Caregiver Coalition, please contact:  
[info@caregivercoalition.org](mailto:info@caregivercoalition.org)  
904-391-6603



**Why Join the Caregiver Coalition?**



@CaregiverCoalitionNEFL [www.caregivercoalition.org](http://www.caregivercoalition.org)

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

**2021 Gold Sponsors**



**2021 Silver Sponsor**



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. Partners include: AARP; Aging True; Almost Home; Alzheimer's Association; Baptist Health AgeWell Center for Senior Health; Berg Bryant Elder Law Group; City of Jacksonville, Senior Services Division; Community Hospice and Palliative Care; Department of Veterans Affairs, Veterans Health Administration; Devoted Health; Duval Council on Elder Affairs; ElderSource; First Coast YMCA; Florida Blue; Florida Christian Center; Jacksonville Center for Grief and Loss; Jewish Family and Community Services; Mayo Clinic Florida; Millennium Physicians; North Florida AHEC; Prism Health Services; St. Johns Council on Aging; Sunshine Health; Tola Wootan, Caregiver Advocate and Founder; VITAS Healthcare. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.