



Caring Together Newsletter

This issue: What to do when you need a break

Fall 2022

Dear Caregiver,

Hello! My name is Rachel Weinstein and I'm the ElderSource Community Outreach and Caregiver Coalition Coordinator. As editor of the "Caring Together" newsletter, I aim to provide you with useful information, encouragement, and a little humor from time to time! I hope to always leave you feeling supported and provide you with relevant resources.



I know, first-hand, how challenging it is to be a caregiver because I'm a caregiver for my mom. Caregiving can be both physically and emotionally difficult and we all need a little break sometimes, so perhaps reading this newsletter will be one of the breaks you give to yourself. I am also a licensed grief counselor and will bring some of my knowledge to these newsletters. In my grief work, I support many caregivers whose role as an adult child has changed and whose relationship with friends or with a partner has had to change as a result of caregiving duties, and those experiences produce grief. I know that the gifts of caregiving are real, but so is the struggle.

I welcome your feedback on every issue and your content suggestions for future issues.

I can be reached at Rachel.Weinstein@MyElderSource.org. Please know that, in what can be an isolating and lonely experience as a caregiver, support is available through ElderSource and in the community. Thank you for ALL you do every day!

*Rachel Weinstein, M.S.Ed.
Community Outreach and Coalition Coordinator*

**Did you miss our most recent event?
We've got you covered!
View the recording.**

Give me a Break!

How Respite Care Can Support You and Your Loved One September 7, 2022



Exploring respite care was such a popular topic when we brought it to you in May that we decided to do it again in September with some refreshed content. Our September event was attended both virtually and in person (at the San Pablo Regional Library in Jacksonville). We hope everyone who attended gained some valuable information on what respite care is, why it's important to take advantage of respite care programs and services available in the community.

[DOWNLOAD OUR SPEAKERS' SLIDES](#)

[CLICK HERE TO VIEW THE RECORDING](#)

Tips to Avoid Caregiver Burnout

Most caregivers find caring for a loved one to be both rewarding and challenging. When the challenges outweigh the rewards, it can be easy for stress to take hold, which can lead to burnout. To ensure your loved one receives the support he or she needs, make sure you take time to for your own needs as well. This might mean tending to personal relationships, taking care of preventative health needs, taking a yoga class, or simply taking some quiet time to yourself. Try some of these strategies when taking that much-needed time to yourself:



Go For A Walk

Exercise of any type is a natural stress-reliever. It prompts the brain to release serotonin, which is a natural feel-good hormone and mood booster. You don't have to spend money on a gym membership or formal class. Simply put on some headphones, listen to your favorite music, and take a walk around the block. Or turn on some upbeat music you love and dance!

Take Time For Yourself

Make an appointment with YOURSELF that you treat like all of the other appointments on your calendar. Literally, put an appointment with yourself on your calendar regularly and keep it!

Practice Relaxation Techniques

Controlled breathing exercises, yoga, and meditation can all reduce stress and boost your overall wellbeing. Even five minutes at the beginning and end of the day to focus and calm your mind can keep you from worrying about things outside of your control and put you in a better position to provide the care your loved one needs. A practice called “mindfulness meditation” is a great way to calm that inner chatter we all have. There are many free apps that can guide you in mindful meditation practices.

Hire Respite Care

Just like employees need vacations from their 9-to-5 jobs, you also need a break from your caregiving duties. Respite care gives you the chance to take time away from your duties and focus on your own needs. Refer to the recording of The Caregiver Coalition of Northeast Florida's most recent event mention above to learn more about the types of respite care that exists to support you.

A healthy and happy caregiver is often a more effective caregiver who simply has more to give.



**TCARE IS A FREE PROGRAM TO
SUPPORT CAREGIVER BURNOUT**

Thanks to a generous grant from the Florida Blue Foundation, ElderSource now offers 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.

To Learn More Call: 904-391-6621

Email: caregiversupport@myeldersource.org

or

Visit: ElderSourceTailoredCare.com

CONSIDER A SUPPORT GROUP

Whether you are new to caregiving or took the responsibilities on long ago, you are not expected to

carry the burdens alone. Joining a support group has a number of benefits that can improve your quality of life, and in turn allow you to better care for your loved one:

1. The opportunity to share and relate to the experiences of others facing the same issues.
2. Learning new coping strategies and finding solutions to common issues.
3. Affirmation that caring for yourself is just as important as caring for your loved one.
4. Forming friendships with those that understand what you're going through, and reducing the tendency to isolate when responsibilities get overwhelming.
5. The opportunity to help others and share the skills and knowledge you've acquired on your own journey.



Support Resources

Virtual Caregiver Support Group



Virtual Caregiver Support Group

ElderSource hosts a Virtual Caregiver Support Group making it possible for caregivers to connect face-to-face in real time with other caregivers using today's technology.

Any caregiver living in Northeast Florida can sign up; however the group will be focused on those who feel they cannot leave their loved one to attend a support group but would benefit from participating in one.

[Click here to learn more or to register!](#)

alzheimer's association

24/7 Helpline
800.272.3900

24/7 Helpline

The Alzheimer's Association 24/7 Helpline is available around the clock. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

[Click here to visit alz.org for more resources.](#)



The Caregiver Space

A community forum created by and for caregivers in any circumstance. Join the Facebook groups specific to your caregiving situation to

receive daily support and encouragement from other caregivers.

[**TheCaregiverSpace.org**](#)

