



# Caring Together Newsletter

*This Issue: Finding and Creating Support*

Summer 2020

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Welcome to the second edition of Caring Together. I hope this finds you well.

This edition is about finding and creating support around you and your loved one. Support can take many forms: assistive technology, emotional and mental health support, home health aides, financial support, legal support, and much more. Whether you are a long-time caregiver or find yourself new to the responsibilities, you cannot do everything on your own. Remember, you don't have to be alone on your caregiving journey. This newsletter includes resources to assist you in daily tasks as well as support resources for when the journey gets a little overwhelming.

Please feel free to share this newsletter with fellow caregivers, or reach out to us and share your caregiving story. We look forward to *Caring Together*.

*Kandise Chrestensen*  
*Coalition Coordinator*

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## New: Virtual Caregiver Workshops



*The Legal Aspects of Caregiving*  
*Lawyers' Valuable Tips for Caregivers*

**Date: Saturday, June 20th**  
**Time: 10am-11am EST**

In this session you'll hear from two local elder law attorneys on their **most valuable tips for caregivers!** Tune in to learn what to do to ensure you and your loved ones are prepared in case you have to make any critical medical or

financial decisions.

Learn about the following:

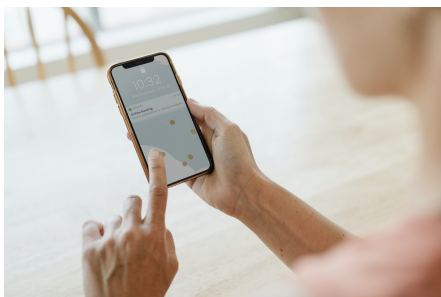
- The six important documents to ensure legal and financial security.
- The importance of a Power of Attorney.
- Finally, how to safely get these documents notarized in a time of social distancing.

[Click here to register](#)

**Did you miss the last Virtual Caregiver Workshop? [Click here to watch the session recording!](#)**

## Assistive Technology: Reducing Isolation, Easing Burdens, Increasing Safety

Enhancements in assistive technology alongside the widely utilized TeleHealth platform means loved ones can experience more independence, reduced social isolation, and a sense of safety and well-being in their own home. These resources could be **especially helpful in assisting long-distance caregivers** or those who cannot safely enter their loved one home due to the COVID-19 crisis.



### Six Tech Tools I Wish I'd had When I was a Caregiver

By, Carol Bradley Bursack

Many of these products are easy to use, help seniors continue to live independently and simplify caregivers' many responsibilities.

[Click here to read more.](#)

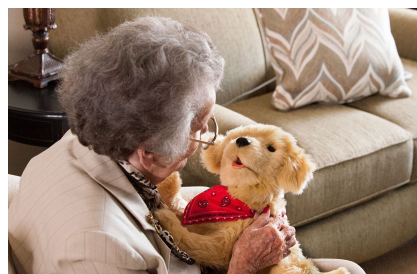


### Florida State University Launches Zoom Initiative to Help Older Adults Fight Isolation

From Florida State University

View and download How-To Guides on how to create, join, and schedule Zoom meetings. You can also schedule to talk to a Zoom mentor that can assist you in any questions about the platform.

[Click here to read more.](#)



### Florida Department of Elder Affairs Offers Companion Pets to Older Adults and Those Living with Dementia

The interactive pets help combat social isolation and depression among older individuals and people living with AD/DRD by improving overall mood and quality of life.

[Click here to request yours.](#)

# Finding the Right 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.

[Read about how to find the right support group.](#)

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## Support Resources



### African- American Alzheimer's Caregiver Training and Support

ACTS 2 is a FREE faith-based, skills-building and support program designed to meet the needs of distressed family caregivers of older adults with dementia. ACTS 2 consists of 12 sessions, 7 group sessions and 5 individual sessions, delivered over the telephone in the homes of family caregivers.

[Click here for more information.](#)

### Virtual Caregiver Support Group



### Virtual Caregiver Support Group

ElderSource Institute 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 sign up.](#)



alzheimer's  association®

**24/7 Helpline**  
**800.272.3900**

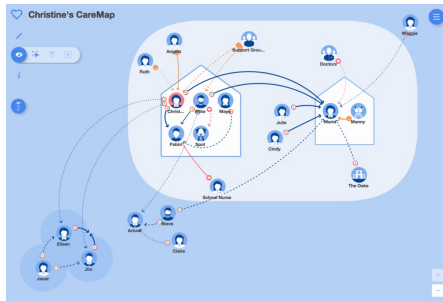
### 24/7 Helpline

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.](#)

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.

[www.thecaregiverspace.org](http://www.thecaregiverspace.org)



## Atlas Caremap

The Atlas Caremap is a tool for drawing a visual representation of your support system. This method helps you clearly see who is supporting whom and how.

[Learn how to use Caremaps.](#)

## Upcoming Member Events

A banner for a virtual workshop titled "Elder Abuse: It's More than Scams". The text indicates it is hosted by ElderSource, with the tagline "start here for help". The background image shows an elderly woman with her hands clasped, looking thoughtful.

**Elder Abuse: It's More than Scams**  
Monday, June 15th 12:00pm-1:30pm

[Register Now](#)

This FREE, workshop will provide an overview of how seniors are targeted for financial, psychological and sexual abuse, as well as important information about how to avoid fraud and scams. Presented by ElderSource and the Florida Department of Health in Nassau County, this event is held each year in conjunction with World Elder Abuse Awareness Day.

[Click here for event agenda and details.](#)

**AARP**® Real Possibilities  
**Jacksonville**

**How to Stay Financially Resilient during COVID-19: Strategies and tools to support your financial health.**

Monday, June 22nd 2pm-3pm EST

Online and digital tools can help us accomplish many of these tasks without leaving our homes, but many are using these tools for the first time and may not know where to start. Join the conversation as we discuss:

- How digital & fintech tools can help you stay on top of your financial health.
- Why social connections matter and how to stay connected from a distance.
- The scams you should beware of and tips to protect your wallet from fraudsters.

[Click here for more information and to register.](#)

[View our full Event Calendar](#)

For more information,  
or if you're interested in  
volunteering or joining  
the Caregiver Coalition, please contact:



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[Visit our website](#)

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. Partners include: ElderSource; Alzheimer's Association Central & North Florida Chapter; Baptist Health AgeWell Center for Senior Health; AARP; Community Hospice and Palliative Care; Aging True; City of Jacksonville, Senior Services Division; Brooks Rehabilitation; YMCA of Florida's First Coast; St. Johns Council on Aging; Jewish Family and Community Services; Mayo Clinic Florida; Berg Bryant Elder Law Group PLLC.. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.