



Caring Together Newsletter

This Issue: *Caring for the Caregiver: Mind and Body*

Summer 2021 Edition - Volume 2

Dear Caregiver,

As a caregiver your main focus is often keeping your loved one safe, healthy and active, but do you care for yourself in the same way? The reality is that many caregivers have a hard time maintaining their personal health and well-being while also managing caregiving responsibilities. This edition of *Caring Together* features resources and strategies to maintain your physical health by preventing falls, in addition to tools to implement self-care into your routine. Remember, caring for yourself is one of the best ways to care for those around you.

Kandise Chrestensen
Coalition Coordinator

Falls Prevention Awareness Week is September 20-24

Every year one in four older adults experiences a fall, making falls the leading cause of both fatal and nonfatal injuries for older Americans. However, falls can be prevented through practical lifestyle changes, communication with physicians, and improved balance and strength. Here are some tools and resources to help keep you and your loved ones safe:



This [Falls Prevention Conversation Guide for Caregivers](#) provides information on the basics of fall prevention in addition to step-by-step recommendations to create an action plan.



[Check for Safety: A Home Fall Prevention Checklist for Older Adults](#)
Most falls happen at home, but there are easy and inexpensive ways to make sure your home is safe for you and your loved ones.

Not sure if you or your loved one are at risk for falling? Answer these 12 simple questions to learn more about your risk and steps you can take to prevent a fall.

[Get My Falls Free CheckUp](#)

Register Now!

"Saving Claire" Fall Prevention Documentary and Expert Panel Discussion

When: Friday, August 27 10am-12pm

Where: Zoom

Cost: Free!

THE GROUNDBREAKING DOCUMENTARY



Does Linda Goldman have to kill her friend Claire to save her?

"Saving Claire" tells the story of how Clearwater resident Linda Goldman became a playwright at the age of 70 and wrote "Denying Gravity" - the fall prevention play about a woman, a fall, and the dramatic effect on her life, her family and her friends.

Join us for an exclusive virtual screening of the documentary, followed by a discussion panel of local subject matter experts in physical and occupational therapy; technology and home modification; movement and fitness; and social work.

[Click Here to Register](#)

This event is sponsored by:



September is National Self-Care Awareness Month



Virtual Caregiver Workshop: *Caring for Yourself as You Care for Others*

Many caregivers are experiencing difficult emotions as a result of the recent surge in COVID-19 Delta-variant cases. How do we handle these difficult emotions and create time for self-care during such unpredictable circumstances? Watch our Virtual Caregiver Workshop to learn ways to cope and better care for yourself as you care for others.

[Watch Now](#)

Taking Care of YOU: Self Care for Family Caregivers

By, Family Caregiver Alliance

Family caregivers of any age are less likely than non-caregivers to practice preventive healthcare and self-care behavior. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When you care for yourself, the person you care for will benefit, too.

[Read
More](#)



TCARE

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](#)

Did you Miss Our July Virtual Caregiver Conference?

The reality of the caregiving journey is that it can be dark, messy, and emotionally exhausting. As a loved one's disease or condition progresses, it can be more difficult to manage care while also



Virtual Caregiver Workshop
***Preserving a Loved One's
Dignity When Caregiving
Gets Messy***

Friday, July 16th
10:00am - 12:00pm

preserving their dignity. If you feel like you're in the midst of the mess, there is something in this workshop for you.

[Watch Recording](#)

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



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.

Vaccination Access for Homebound Seniors

The Florida Department of Elder Affairs' (DOEA) "We Will Meet You at Home" campaign is designed to ensure every older adult who wants a shot receives one. While many of Florida's older residents have received a COVID-19 vaccination, not every senior is able to leave their home. In these

cases, the Florida Department of Elder Affairs and the state's 11 Area Agencies on Aging (AAAs) are offering seniors access to transportation to go and receive a vaccine. Older adults also have the option of having a health care worker bring the vaccine to their front door.



Those wanting to coordinate getting a vaccine to a homebound senior or someone who may need a ride to the site can be directed to:

1-888-779-6121 or email Homeboundvaccine@em.myflorida.com

Upcoming Virtual Events

**Every Friday
in August**

4:30pm

AARP Florida Virtual Resiliency Workshop

This series of 30-minute seminars inform and teach resilience skills for coping with life, to bolster wellness and mitigate isolation. [Click here for more information.](#)

17 August

12:00pm

Healthy Living for Your Brain and Body with The Alzheimer's Association

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. [Click here to learn more.](#)

27 August

10:00am

Saving Claire Documentary Screening and Fall Prevention Expert Panel Discussion

Falls are not normal at any age. Learn the risks associated with falls in older adults and how you can keep you and your loved ones safe and independent. [Click here to learn more.](#)

[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!

Florida Blue 

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Baptist AgeWell Center for Senior Health, 2021 Gold Sponsor

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



[Why Join the Caregiver Coalition?](#)



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

2021 Gold Sponsors



AgeWell
Center

2021 Silver Sponsor



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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 Senior Services; Almost Home; Alzheimer's Association; Baptist AgeWell; Berg Bryant Elder Law; City of Jacksonville Senior Services Division; Community Hospice & Palliative Care; Devoted Health ; ElderSource; First Coast YMCA; Florida Blue; Florida Christian Center; Home Instead; Jacksonville Center for Grief and Loss; Jewish Family and Community Services; Mayo Clinic; Millennium Physicians; Northeast Florida AHEC; St Johns Council on Aging; Sunshine Health; Toulia Wootan, Caregiver Advocate and Founder; VITAS Healthcare.

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