

Empowering Caregivers and Improving Lives:

Caregiver Coalition of Northeast Florida

This profile spotlights the Caregiver Coalition of Northeast Florida's comprehensive approach to caregiver support, highlighting key services, innovative approaches, and strategic partnerships. Designed as a collaboration resource for aging service networks, it provides valuable insights and examples of how the coalition is increasing caregiving awareness, reducing caregiver stress, and improving resource accessibility.

Understanding Family Needs in Florida

As part of the National Caregiver Support Collaborative's Goal One work, the LeadingAge LTSS Center @UMass Boston conducted a [baseline survey](#) of caregivers in Florida and found that many face significant barriers to support, even when services exist. Caregivers often cite time, stress, and cost as major obstacles to seeking help. Key challenges include:

- **Limited access to respite care**, making it difficult to take essential breaks.
- **Low awareness of available resources**, particularly among new or informal caregivers, 58 percent were unaware of online classes designed to help them navigate the caregiving environment.
- **High rates of burnout**, driven by emotional, physical, and financial strain. Many caregivers rely on informal networks like churches or doctors, with 58 percent unaware of burnout workshops and 51 percent unaware of support groups.

Supporting Florida Caregivers

The Caregiver Coalition of Northeast Florida was originally started by the [Community Hospice of Northeast Florida](#), with the strategic goal of broadening the reach of their services in the caregiving community. Now run by Elder Source, a local area agency on aging and Aging and Disability Resource Center, the coalition is actively working to close the gaps in barriers to accessing support by expanding the reach and accessibility of programs that support caregivers at every stage of their journey. These efforts help bridge the gap between available services and the caregivers who need them most.

Notable services include:

- **Tailored Caregiver Assessment and Referral Program (TCARE):** Helps prevent caregiver burnout by identifying individual stressors and building personalized care plans. TCARE specialists offer one-on-one phone support and connect caregivers with tailored resources to support well-being and aging in place.
- **Virtual Caregiver Support Program:** A weekly online space where caregivers can share experiences, reduce isolation, and receive peer support.
- **Powerful Tools for Caregivers:** A free six-week course that empowers caregivers to care for themselves while supporting others. Participants learn stress management, self-care practices, and how to access local resources.
- **Memory Cafés:** In-person gatherings designed for people experiencing memory loss and their caregivers. These events offer connection, fun, and a welcoming environment for shared activity and support.
- **Medical Supplies:** The Sharing & Caring Closet accepts and provides consumable medical supplies, at no cost, to those in need once every three months. Closet items are available depending on current inventory.

Lessons Learned

As the needs of older adults and caregivers evolve Florida's aging network must be equipped with responsive, practical tools. The Caregiver Coalition of Northeast Florida offers a strong example of how aging services can be tailored to meet this moment, through caregiver support, professional training, and community-centered education grounded in a mission to engage, educate, and empower.

- **Education Opportunities and Training Accessibility:** Providers should consider prioritizing training programs rooted in lived experience and designed to meet caregivers where they are. This means offering flexible learning options that reflect a range of literacy levels, time constraints, and learning styles, preparing caregivers for both present and future challenges.
- **Integrating Mental Health Support:** With burnout remaining a top concern, there is a growing need to expand emotional and mental health resources for caregivers. Organizations can integrate support groups, counseling, and stress management tools into their offerings to address this critical aspect of caregiving.

Coalition Members

Coalition members are organizations from both the public and private sectors and include [Aging True](#), [Almost Home](#), [Arc Jacksonville](#), [Berg Bryant Elder Law Group](#), Center for Independent Living Jacksonville, [City of Jacksonville](#), [Community Hospice and Palliative Care](#), [Florida Blue](#), [Florida Department of Elder Affairs](#), [InSight OT Services and Consulting](#), [Irion Insurance Group](#), [J. Akin Law](#), [Mayo Clinic Florida](#), [Modified Independence Evaluations Inc.](#), [Northeast Florida AHEC](#), [Palm Aging Life Management](#), [River Garden Senior Services](#), [Sage Brain Academy](#), [SilverLink Consulting](#), [Shepherd's Center of Orange Park](#), [St. Johns Council on Aging](#), [Westminster Woods on Julington Creek](#), and [YouMeCare](#).

To learn more about the Caregiver Coalition of Northeast Florida and get involved, please visit the [Caregiver Coalition website](#).

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