



1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

CAREGIVING RESOURCES AND INFORMATION

In-Home Services: “In-home” care brings services into homes allowing a person with special needs, illness, or disability to remain in their home. Services may include companion care, homemaking, personal care, and even skilled nursing.

Non-Medical Care Services: Provide supervision, companionship, and assistance to elderly or disabled persons, enabling them to perform their activities of daily living such as eating, bathing, and basic mobility. The specific services offered vary with each provider. Contact directly for more information.

The following steps can help you choose the right care arrangement for your loved one:

- Determine the level and frequency of care needed;
- Determine a budget;
- Research and interview companies and/or caregivers. Ask specific questions about services, staffing, schedules, policies, cost, etc.

Additional resources can be found online at easylivingfl.com and aplaceformom.com

EDUCATION, INFORMATION AND REFERRAL		
Agency for Health Care Administration (AHCA)	floridahealthfinder.gov	888-419-3456
AHCA is responsible for licensing, inspecting, and enforcing the regulation of health facilities, providing tools that identify a facility’s status, the number of beds it has, and (is applicable) any negative reports.		
Alzheimer’s Project, Inc.	alzheimersproject.org	850-386-2778
The Alzheimer’s Project provides a comprehensive array of self-care tools for family caregivers, to help manage their personal health and well-being.		
American Association of Retired Persons (AARP)	aarp.org/caregiving	888-227-7669
Offers a wide variety of resources and information for people age 50 and older. Includes a specific section of tools that addresses concerns and issues common to caregivers.		
American Society on Aging (ASA)	asaging.org	800-537-9728
Provides education and training to improve the skills of those who care for seniors.		
Elder Helpline (Aging Resource Centers)	aaanf.org	800-963-5337
Comprehensive information and referral for all elder care and caregiver programs and services, including services offered in Leon and surrounding counties. Can also research elder services for caregivers whose care recipients live in another part of Florida.		
Tallahassee Senior Center Counselor Dr. Shirley Zahn, Licensed Marriage & Family Therapist	talgov.com/seniors	850-576-4721
Dr. Shirley Zahn, Ph.D., Licensed Marriage & Family Therapist, specializes in working with seniors, caregivers and family members, and couples.		
SUPPORT GROUPS		
Alzheimer’s Association	alz.org/help-support	800-272-3900
Resources and support groups available to family members and caregivers of an older adult experiencing Alzheimer’s or dementia.		

Caregiver Support Group Alzheimer's Project, Inc. provides local support groups for caregivers.	alzheimersproject.org/services	850-386-2778
Ability1st.info Offers education/training and other support services to caregivers meeting eligibility requirements.	ability1st.info	850-575-9621
Family Caregiver Alliance Offers an online support group for the family, partners, and caregivers of any adult with a chronic debilitating health condition. Additional resources about caregiving available.	caregiver.org/support-groups	800-445-8106
UPSLIDE (Utilizing and Promoting Social engagement for loneliness, isolation and depression in the Elderly) , Melanie.Lachman@talgov.com UPSLIDE program offers support groups facilitated by a Licensed Clinical Social Worker, as well as other supportive resources. Assessments and individual counseling are available as well.		850-891-4066
ADULT DAY SERVICES & CAREGIVER RESPITE		
Alzheimer's Project Offers group respite provided by trained volunteers.	alzheimersproject.org	850-386-2778
Azalea Garden's Day Program Azalea Gardens is an assisted living and memory care facility offering adult day stay and caregiver respite.	sunshineretirementliving.com/azalea-gardens	850-583-4909
Caring Connections Caregivers can provide in-home assessments, access to information and training, support, hourly respite care and home safety checks.	caringconnectionsllc.com	850-354-5336
Elder Care Services Adult Day Stay Supervised day care.	eldercarebigbend.org	850-222-4208
Pacifica Senior Living Woodmont Short-term day and overnight respite.	pacificaseniorliving.com	850-562-4123
SAFETY FOR WANDERERS		
PROJECT LIFESAVER Provides a wrist transmitter with tracking signal for quick location and rescue of missing persons. Distributed by the Alzheimer's Project, Inc. in partnership with Leon County Sheriff's Dept.	alzheimersproject.org	850-386-2778
WEBSITE RESOURCES		
Today's Caregiver Magazine		caregiver.com
Department of Elder Affairs/Elder Service		elderaffairs.state.fl.us
Our Aging Parents		ouragingparents.net
Empowering Caregivers		empoweringcaregivers.org
National Family Caregivers Association		caregiveraction.org
Family Caregiving Alliance		topseniorcaregivers.com
Caring.com		caring.com