



A Community for All Ages

Updates from Kathy

Greetings and Happy Holidays! Our December issue addresses the domain of community support and health services – both mainstays of helping us all in times of physical and mental/emotional needs. Despite the joy that the holiday season brings, many face a variety of needs throughout the year – and for some, holidays can be a particularly difficult period.

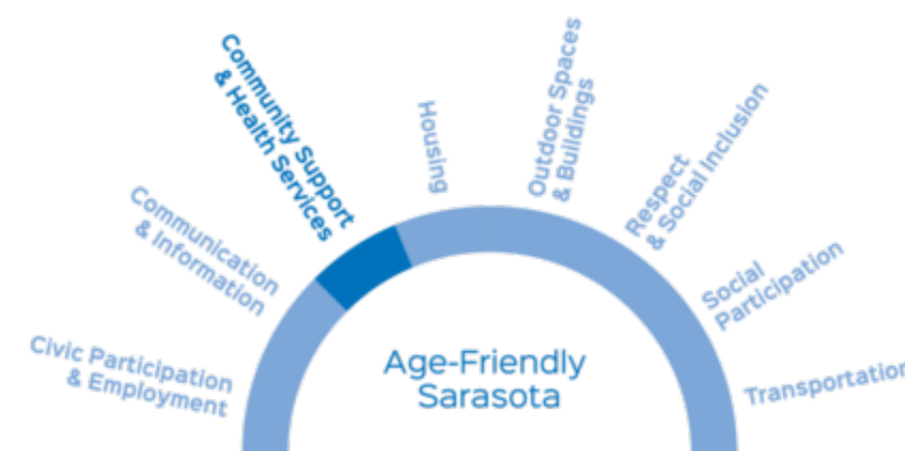


In the sometimes hectic pace of the year, professional and informal caregivers can be particularly strained - in not only meeting their own needs and responsibilities but also the needs of the persons for whom they care. It is for this reason that this issue is dedicated to our caregivers! After all, in the poignant words of Rosalyn Carter:

"There are only four kinds of people in the world: those who have cared for others, those who are currently caring, those who will eventually provide care, and those who will need care."

So as we take a moment to appreciate our caregivers, we should also consider the ways in which our society can further support caregivers and all they do!

- Kathy Black, Age-Friendly Sarasota Initiative Consultant



Have you shared your age-friendly aspirations with us? This is the last month of our baseline research phase, but there is still time if you haven't completed the survey yet. Click [here](#) to share your input on the 8 Domains of Livability.

Domain of Livability

Community Support & Health Services

Good mental and physical health contributes to quality of life and age-friendliness. We know that access to community-related services that support physical or mental well-being, and the availability of health promotion or awareness services that promote and support healthy behaviors and life choices foster healthy aging and well-being throughout one's lifespan.

Our community-based health and social services should aim to meet our changing needs with age-including caregiver support so that people can be supported throughout their lives and live as fully as possible. There are many innovative age-friendly efforts occurring across the nation, and across the globe.

Age-Friendly Innovation

Community Support & Health Services
Family caregivers are rarely prepared to take on the roles they do and can often feel overwhelmed. The Caregiver Coaching Program was launched by Westchester County, New York's Department of Senior Programs and Services as part of their Age-Friendly program. Volunteer coaches are trained by professionals to give individual support to family caregivers through regular telephone conversations. This support can be essential to helping caregivers make informed decisions.

In Taiwan, Hondo Foundation's All in One program recruits a group of four caregivers to serve 6-12 households in the community where older people need support. By delivering care in small groupings, the service aims to be more comprehensive, cost effective, consistent, and to build and maintain community links.

Celebrating Age-Friendly Sarasota

Caregiver Supports
The Caregiver Resource Center is located at both Senior Friendship Center locations (in Sarasota and Venice). It is open to all Sarasota County caregivers without charge.



The Caregiver Resource Centers provide educational programs, compassionate support, and access to a wealth of information to anyone caring for a loved one. Computers provide easy access to online assistance and a staff of caring, experienced volunteers provide assistance Monday through Friday.

Click [here](#) to learn more about services including: support groups, blog, radio, adult day care, powerful tools for caregiving.

Upcoming Events

Venice Farmers Market - Saturday, Dec. 5



Age-Friendly Sarasota will have an informational booth on Saturday, Dec. 5 from 8a-12pm at the Venice Farmers Market located in historic downtown Venice. AFS team members will be offering assistance with completing the AFS survey and will be available to answer any questions you may have.

Click [here](#) for more details.

Did You Know...

- 65+ million (29%) of all Americans care for someone who is ill, disabled, or aged.
- About two-thirds (66%) of caregivers are women.
- One of four caregivers (25%) age 65+ are caring for their spouse or partner.
- One-third (33%) of caregivers age 65+ report fair to poor health.
- The number of hours dedicated to caregiving increases with age of the caregiver.

Source: [Family Caregiver Alliance](#)

Sometimes the person who's been there for everyone else needs someone to be there for them.



Have you thanked a caregiver lately?

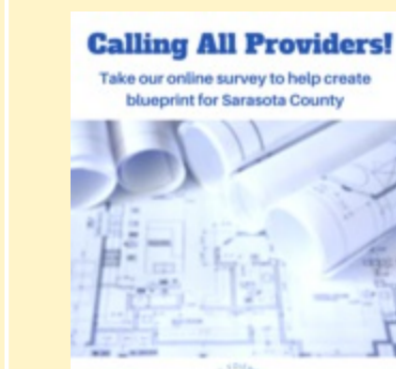
LAST CALL

Get Connected

This is the last month of phase one of our survey collection and research. If you haven't already, and are 50 years or older and a resident of Sarasota County, please provide us with your feedback about community supports, health services and more by taking our survey! You can access our survey by clicking [here](#) or via our [website](#).

Feel free to answer just those questions you want to weigh in on, but please be sure to click "DONE" at the end of the survey!

Surveys (paper and online) are available at all [Sarasota County Libraries](#).



ATTENTION PROVIDERS

Please take our brief online survey so we can capture your age-friendly assets and aspirations for our community.

Click [here](#) to take the survey.

Submit Ideas

Have an upcoming event or program related to making Sarasota County age-friendly that you want to share? Please send to: info@AgeFriendlySarasota.org

Connect

#AgeFriendly
@AgeFriendlySRQ
AFS Facebook Page
AFS Website
Newsletter Sign Up



"To care for those who once cared for us is one of the highest honors."
- Tia Walker

Supported by



Age-Friendly Sarasota Partners



Member of the World Health Organization Global Network of Age-friendly Cities and Communities

For questions, please contact info@AgeFriendlySarasota.org or call us at (941) 444-0243

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

2 N. Tamiami Trail Suite 206
Sarasota, FL | 34236 US

This email was sent to .
To continue receiving our emails, add us to your address book.