ACCESSING COMMUNITY RESOURCES

Community resources can help caregivers manage daily challenges, reduce stress, and plan for the future. This guide outlines where to start, where to go, and how to find reliable, trustworthy support.

1 Why Community Resources Matter

- Provide education, guidance, and emotional support
- Help caregivers avoid burnout and isolation
- Connect families to services that promote safety, independence, and quality of life
- Offer practical assistance such as transportation, meals, respite care, and care coordination

2 Where to Start

Start Local and Trusted

- Begin with organizations that specialize in aging, dementia, or caregiver support

Talk to Professionals

- Healthcare providers, social workers, and care coordinators can often recommend reputable resources
- Ask specific questions about caregiver support, dementia services, and safety planning

3 The Dubin Center

- A trusted starting point for caregivers seeking guidance and education
- Offers information, referrals, caregiver support, evidence-based caregiver training, and dementia-focused programming
- Can help caregivers understand options and next steps based on individual needs

4 Area Agency on Aging of SWFL (Sarasota) Senior Connection Center (Manatee)

- Connects older adults and caregivers to state and local services
- Provides access to:
  - Caregiver support programs
  - Respite services
  - Benefits specialist
  - Transportation and in-home support

5 Additional Community Supports

- Alzheimer's and dementia organizations
- Faith-based or community nonprofits
- Local senior centers and adult day programs
- Legal and financial planning services specializing in aging

6 How to Find Reliable Resources

- Use reputable organizations (Area Agencies on Aging, nonprofit health organizations)
- Be cautious of services that require upfront payment or make unrealistic promises
- Ask: Is the organization licensed or accredited? Do they specialize in dementia or caregiving? Are services free, low-cost, or covered by insurance?

7 You Are Not Alone

- Keep a list of contacts, notes, and follow-up steps
- Don't hesitate to ask the same question more than once
- Advocate for your needs—support services exist to help you
- Remember that needs change over time; revisit resources regularly

Accessing community resources is not a sign of failure—it's a strength. Reaching out early can make caregiving more manageable and improve quality of life for both caregivers and those they support. If you're unsure where to begin, contact the Dubin Center for guidance and referrals.

For more information, resources, or support- please call and schedule a consultation with a social worker.

www.DubinCenterSarasota.com | 941-275-2941 | InfoSarasota@dubincenter.com