WHOLE & HOLY · ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

Caring for the Caregiver: Resources

You Can't Pour From an Empty Cup · November 12, 2026

You don't have to do this alone. Every resource below is free to contact, and each one can help you find the next right step, even if it isn't the final answer.

On the Islands & in Southwest Florida

The Dubin Center (Fort Myers) · **239-437-3007**
Dementia caregiver support groups (including men's, FTD and grief groups), caregiver training, memory screening. dubincenter.com

Avow (Lee County) · **239-261-4404**
Hospice, palliative care, and free grief and caregiver support groups, open to anyone. avowcares.org

Hope Hospice (Lee County) · **239-482-4673**
Hospice care, caregiver support, and free grief support groups. hopehcs.org

Area Agency on Aging for SW Florida · **866-413-5337**
The Elder Helpline (866-41-ELDER) is the starting point for in-home help, respite, meals and caregiver programs. Mon–Fri, 8–5. aaaswfl.org

FISH of SanCap (Sanibel) · **239-472-4775**
Island senior services: meal delivery, medical equipment loans, rides to appointments, wellness calls and visits, Friendly Faces luncheons. fishofsancap.org

Lee Physicians Group Memory Care Clinic (Fort Myers) · **239-343-9220**
Our area's state-designated memory disorder clinic, for evaluation and diagnosis.

Close to Home

St. Michael's
Wendy, our parish nurse, and our clergy are here to listen, pray with you, and help you work out where to start.

Shell Point
3 caregiver groups available: Peer-Led Group, Group for Men, and Connections Circle.

Next in Whole & Holy: "When Your Loved One Forgets," with guest Christine Loconte, CEO of the Dubin Center.
Sunday, December 6 · 11:15 a.m. · Church Library

National Helplines

Alzheimer's Association 24/7 Helpline · **800-272-3900**
Talk with a dementia specialist any hour, any day: crisis help, care consultations, local referrals. alz.org

AARP Family Caregiving Line · **877-333-5885**
One-on-one help finding resources; no membership needed. Mon–Fri, 8 a.m.–8 p.m. ET. En español: 888-971-2013.

Eldercare Locator · **800-677-1116**
Finds services where your loved one lives, in any state. Useful for seasonal residents. eldercare.acl.gov

Family Caregiver Alliance · **800-445-8106**
Fact sheets, online classes, and a state-by-state Family Care Navigator. caregiver.org

Caregiver Action Network · **855-227-3640**
Information, educational materials and support for family caregivers. caregiveraction.org

988 Suicide & Crisis Lifeline · **Call or text 988**
Free, confidential support for anyone in emotional distress, 24/7.

Online Communities & Learning

ALZConnected · alzconnected.org
Free online message boards for caregivers, families and people living with dementia.

ALZNavigator · alz.org
An interactive tool that points you to the education and resources you need at each stage.

AARP Family Caregivers Discussion Group (Facebook)
Ask questions and share what's working with other caregivers.

Virtual support groups & classes
The Alzheimer's Association offers them online; call 800-272-3900 for times and log-in details.

My first call this week:

Caring for yourself is part of caring for them.

Numbers checked November 2026; please confirm hours and group times.