

Leading with INTENTIONAL Friendship & Service



October 1, 2025

Welcome

Vanessa Falls

Southern Area Director
Birmingham (AL) Chapter

Leading with
INTENTIONAL
Friendship & Service



AGENDA

Introduction

Link Kimberly LaMotte
Southern Area Chair
National Trends and Services Facet

Presentation

Link Dionne Polite
President, North Broward County (FL)

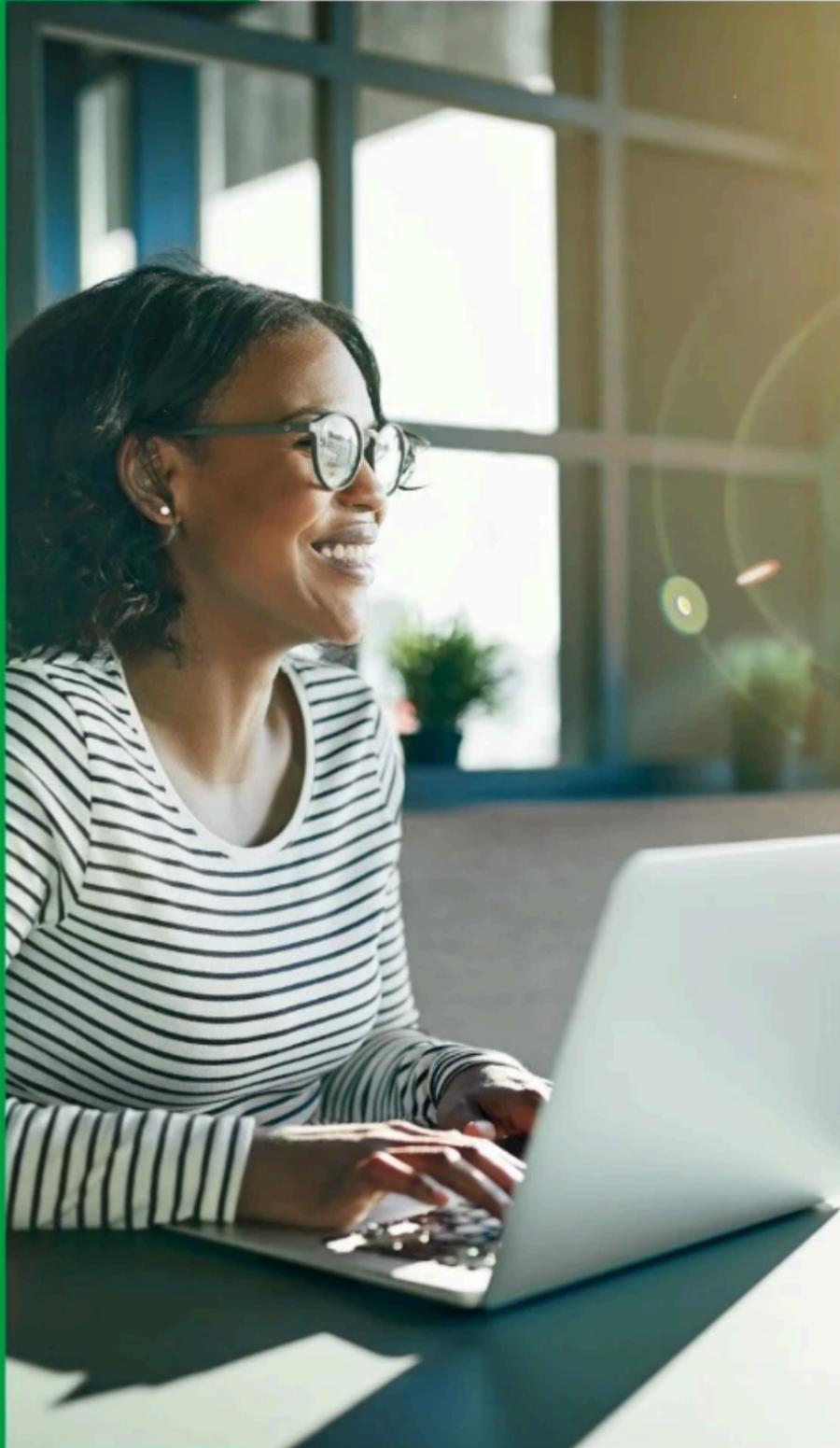
Caregiver Testimonial

Link Julie Owens
Member, North Broward County (FL)



Southern Grace:
Stories, Support, and Strength for Caregivers

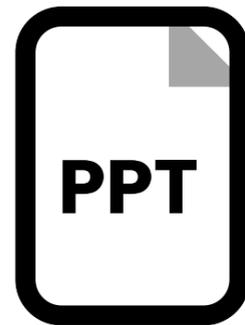
AARP: ARE YOU READY?
National Initiative
National Trends and Services Facet



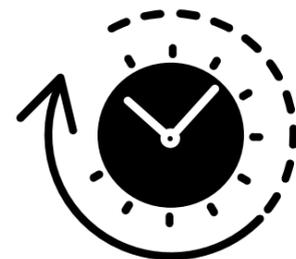
Microphones will be muted by the Technology Team for the duration of the webinar. We ask all attendees to please keep microphones muted to minimize any disruption or interference.



Today's session is being recorded and will be available to members on the Southern Area Website



The presentation slides will be posted in the Members' section of the Southern Area Website



Attendees will earn 1 hour for attending this webinar.

Family Caregivers

Provide emotional support and companionship

Help with household tasks (paying bills, preparing meals)

Carry out intimate, personal care (bathing, dressing)

Arrange for and provide transportation

Manage and give multiple prescriptions

Use their lunch hour to run errands for relative or friend

Coordinate care after a hospitalization

Communicate with health professionals

Serve as "advocate" during medical appointments and hospitalizations

There are only four kinds of people in the world. Those who have been caregivers.

Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.

**Former First Lady
Rosalyn Carter**

AARP's Top 5 Steps for Caregiver Preparation

1. Start the Conversation

Begin discussions early—before a crisis occurs—about your loved one's values, preferences, health care wishes, and financial matters. Use gentle prompts like news articles or personal planning to open the dialogue.



2. Form Your Team

Don't go it alone. Build a network of family, friends, neighbors, and community members who can help. Include people with different strengths—some may help with errands, others with finances or emotional support.



3. Make a Plan

Create a caregiving plan centered on your loved one's needs and wishes. Use checklists to assess immediate and future needs, assign tasks, and communicate clearly with your team.



AARP's Top 5 Steps for Caregiver Preparation



4. Find Support

Seek out local, state, and national resources for caregivers. Connect with professionals, organizations, and support groups that offer guidance, respite care, and financial assistance.



5. Care for Yourself

Prioritize your own health and well-being to avoid burnout. Schedule breaks, seek emotional support, and make time for activities that restore your energy.



Link Julie Owens The Atawa Group

Certified Patient Advocate
julieowens@theatawagroup

How to Find a Health and Patient Advocate

You can find an Independent Patient Advocate by searching professional directories, connecting through advocacy organizations, or through community networks.

The largest online directory of Independent Patient Advocates is Greater National Advocates.

<https://gnanow.org/>

You can search by location, specialty, area of expertise and more to find someone who fits your specific needs.

Southern Area Focus



EMERALD PLATE

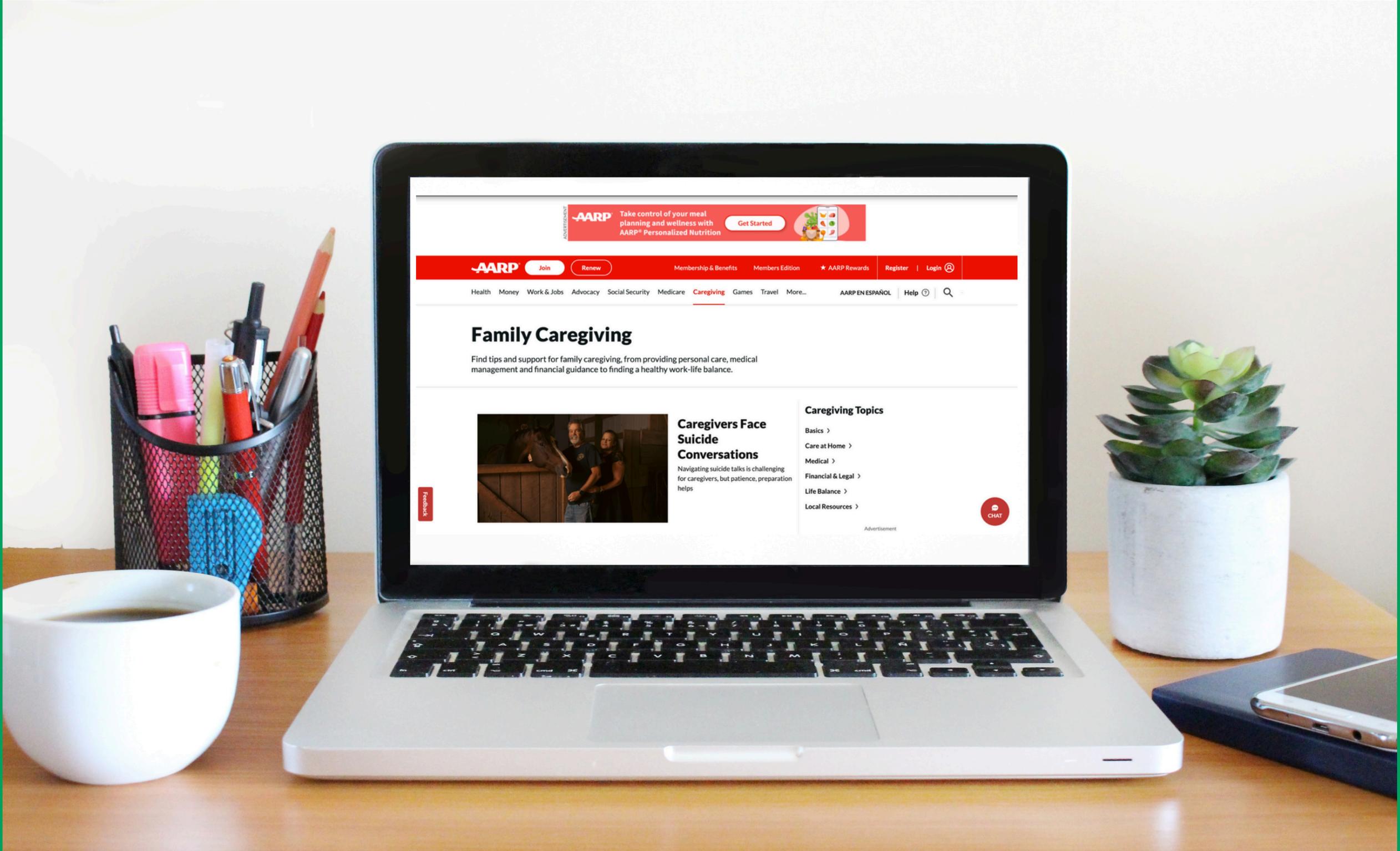
- Meals on Wheels
- Exercise & nutrition programming
- Food-related health outcomes

Southern Area Focus



LINKAGES TO FINANCIAL WELLNESS

- National toolkit is pending update
- Southern Area resources on website
- Bank of America & Link Catherine Brown-Butler of the Orlando (FL) Chapter



AARP Take control of your meal planning and wellness with AARP® Personalized Nutrition [Get Started](#)

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Family Caregiving

Find tips and support for family caregiving, from providing personal care, medical management and financial guidance to finding a healthy work-life balance.



Caregivers Face Suicide Conversations

Navigating suicide talks is challenging for caregivers, but patience, preparation helps

Caregiving Topics

- [Basics >](#)
- [Care at Home >](#)
- [Medical >](#)
- [Financial & Legal >](#)
- [Life Balance >](#)
- [Local Resources >](#)

[CHAT](#)

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Our free weekly newsletter, *Sisters From AARP* is **created by Black women for Black women**, celebrates Black women by offering the very **best** in health, work, **and** money, culture, beauty, **and** relationships and much more.





Give Congress 100 Reasons to Support Family Caregivers

Reason #63

“It's overwhelming at times... actually most times. And the financial impact is tough.”

Katy, Pennsylvania

#100Reasons



Reason #78



48 million

Americans care for a parent, spouse or other loved one.

#100Reasons

Reason #19

“It would have helped me from robbing Peter to pay Paul. I used my savings account, credit cards, and loans to fill the gaps.”

Abaree Rayfield, Ohio

#100Reasons



Add your reason [to the list](#). Join us in giving Congress 100+ reasons to prioritize a tax credit for family caregivers.

We'll share your reasons with Congress so that they understand what family caregivers experience day-in and day-out as they care for their parents, spouses, and other loved ones.

Reason #1: Family caregivers spend on average \$7,200+ a year out of their own pockets to help keep their loved ones at home, where they want to be. They pay for home improvements like building ramps or installing grab bars, home care aides and adult day care, transportation, and so much more.

The bipartisan Credit for Caring Act could help offset these costs by providing a federal tax credit of up to \$5,000 to family caregivers who qualify.

***Share in 10 words or less: Why do you think lawmakers should prioritize a tax credit for family caregivers?**

November 6, 2025
7:00 p.m. CT/8:00 p.m. ET

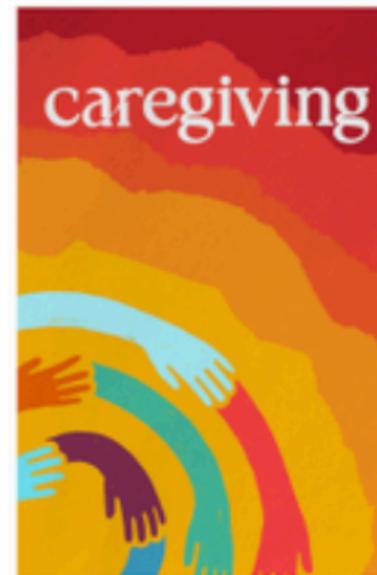
**MOVIES FOR
GROWNUPS**

AARP Real Possibilities

Online Screening

Caregiving

November 6, 2025 at 8:00 p.m. ET





Southern Grace:

Stories, Support, and Strength for Caregivers

Wednesdays

11:30am (Central)/12:30pm (Eastern)

December 3, 2025

February 4, 2026

April 8, 2026



Linked in Friendship, Connected in Service
Southern Area



Thank you.

[Link to recorded video here](#)



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Vanessa Falls, Southern Area Director