



caregiving

THE CAREGIVER JOURNEY

Caring for the Future

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To care always.

Looking to Boost Your Health and Well-Being?



ElderSource, the Area Agency on Aging and Aging and Disability Resource Center, is pleased to announce a new initiative to help you get the most out of your own life, on your own terms! In partnership with BetterAge, we invite you to take small but meaningful steps to improve your health and well-being, starting with a **free and confidential 7-to-10 minute assessment**.

When completed you'll receive a personal health and well-being report that includes some great tips and recommendations. Use this information to start taking action!

Taking part in this initiative will not only benefit you but also help ElderSource and your local senior center know what's important to you in maintaining your health. Feedback from this assessment will be used to improve the programs and services that we offer.

Start now:

Scan
here



Type this link into your web browser:
[eldersource.health-
wellbeing.betterage.net/getStarted/](https://eldersource.health-wellbeing.betterage.net/getStarted/)

Small steps today can make a big difference!

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Meet Our Experts

Megan Wall

Managing Attorney, St. Johns County Legal Aid

Karen Rees, RN

Executive Director, PACE Program

Karen Murillo

Attorney and Assoc. State Director of Advocacy, AARP Florida



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The Legal Aspects of Caregiving

Megan Wall

Managing Attorney, St. Johns County Legal Aid



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About St. Johns County Legal Aid

The mission of St. John's County Legal Aid is to provide high quality legal assistance to low income and special needs groups - to empower them to accomplish energetic and affirmative advocacy, all to alleviate the circumstances, incidents and causes of poverty and discrimination.



Important Legal Documents to Prepare Called Advanced Directives:

- ❖ Durable Power of Attorney
- ❖ Healthcare Surrogate
- ❖ Legal Will



ST. JOHNS COUNTY
Legal Aid

Who Should I Appoint to Act for Me?

- ❖ The most ethical person you know.
- ❖ Someone who will do what you want.
- ❖ The person can live anywhere in the world and there is not requirement to be related



ST. JOHNS COUNTY
Legal Aid

Capacity

- ❖ Determine the possibility of exploitation.
- ❖ The more there is, the higher the capacity needs to be.
- ❖ If there is not sufficient capacity, must be a Guardianship

Guardianship

- ❖ What is guardianship - an involuntary order taking away the power of another to make choices.
- ❖ When is it time to consider this decision? When it's too late to do a voluntary Advanced Directive.
- ❖ Don't wait --- Act --- prepare in advance!



ST. JOHNS COUNTY
Legal Aid

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PACE Yourself: The New Frontier of Caregiving for Complex Needs

Karen Rees, RN

Executive Director, PACE Program



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PACE Yourself

*The New Frontier of
Caregiving
for Complex Needs*



What is PACE?

Program of **A**ll-Inclusive **C**are for the **E**lderly

Medicare and **Medicaid** program that gives **community-based care** and services to people 55 or older who would otherwise need **nursing home level of care**.

PACE is an integrated system of care for the elderly that is:

- **Community-based**
- **Comprehensive**
- **Capitated**
- **Coordinated**



PACE Philosophy

Honoring the wants and needs of frail adults and their families:

- To be cared for in familiar surroundings
- To maintain autonomy of their care
- To maintain a maximum level of physical, cognitive, and social function

The **heart of PACE** is the belief that it is better for the well-being of frail elders with chronic care needs and their caregivers to be served in the community whenever possible



PACE Background

Existing care models could not serve the older Asian and Pacific Islander American community in their Chinatown North Beach neighborhood homes.

In 1971, the first PACE program opened in San Francisco (On Lok).

Today, there are 186 PACE organizations located in rural areas, inner cities, and the Cherokee Nation Reservation.

These programs empower a diverse range of older adults and those living with disabilities to remain independent as long as possible while living in their homes and communities.



Who Does PACE Serve?

Participants are eligible to join PACE if they:

- Are 55 years of age or older
- Live in a PACE service area
- Are certified as needing nursing home care
- Are able to live safely in the community with the services of the PACE program at the time of enrollment

80.5%
19.1%
0.4%

PACE PARTICIPANTS^{iv}

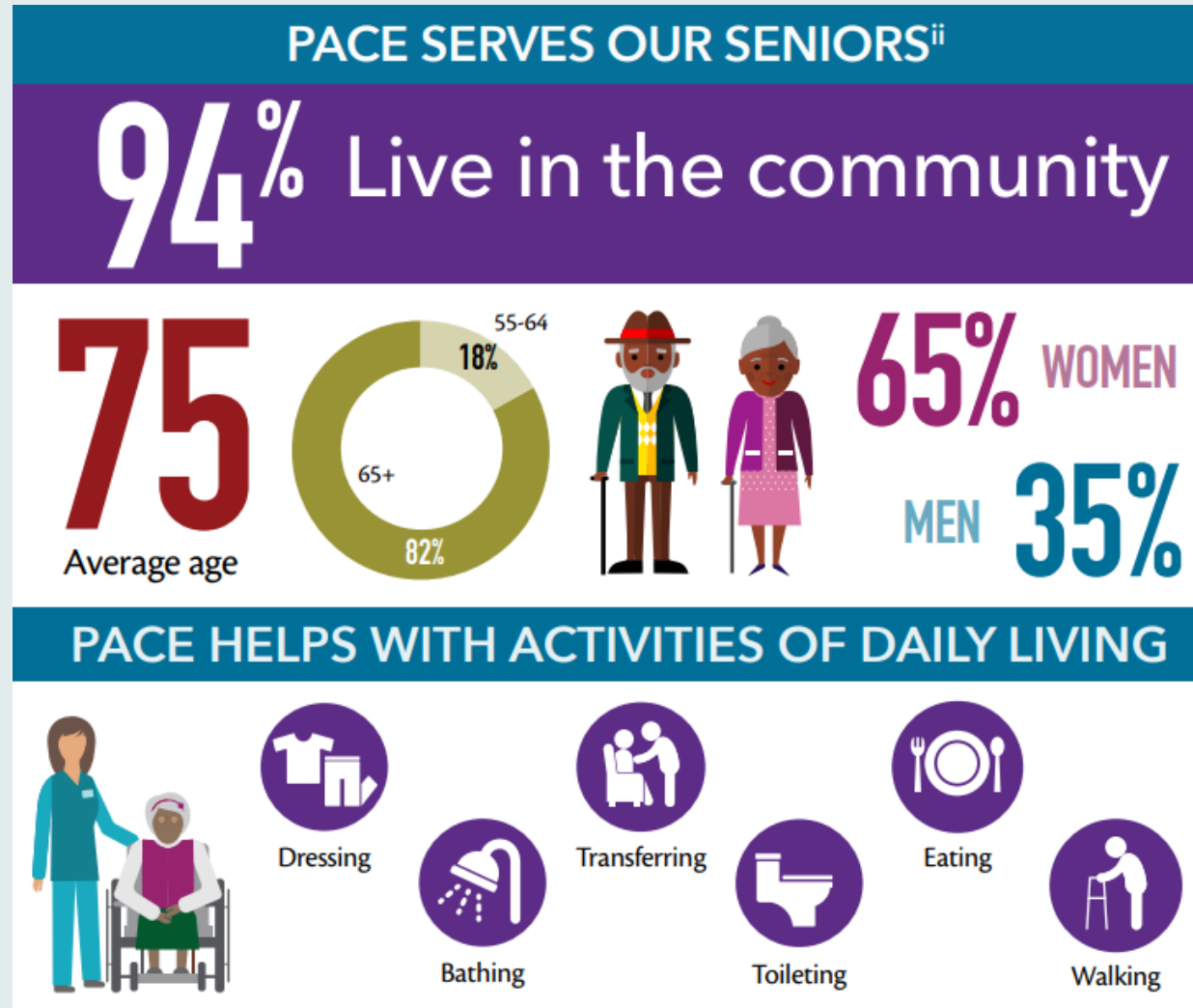
Are dually eligible for Medicaid and Medicare

Are Medicaid-only

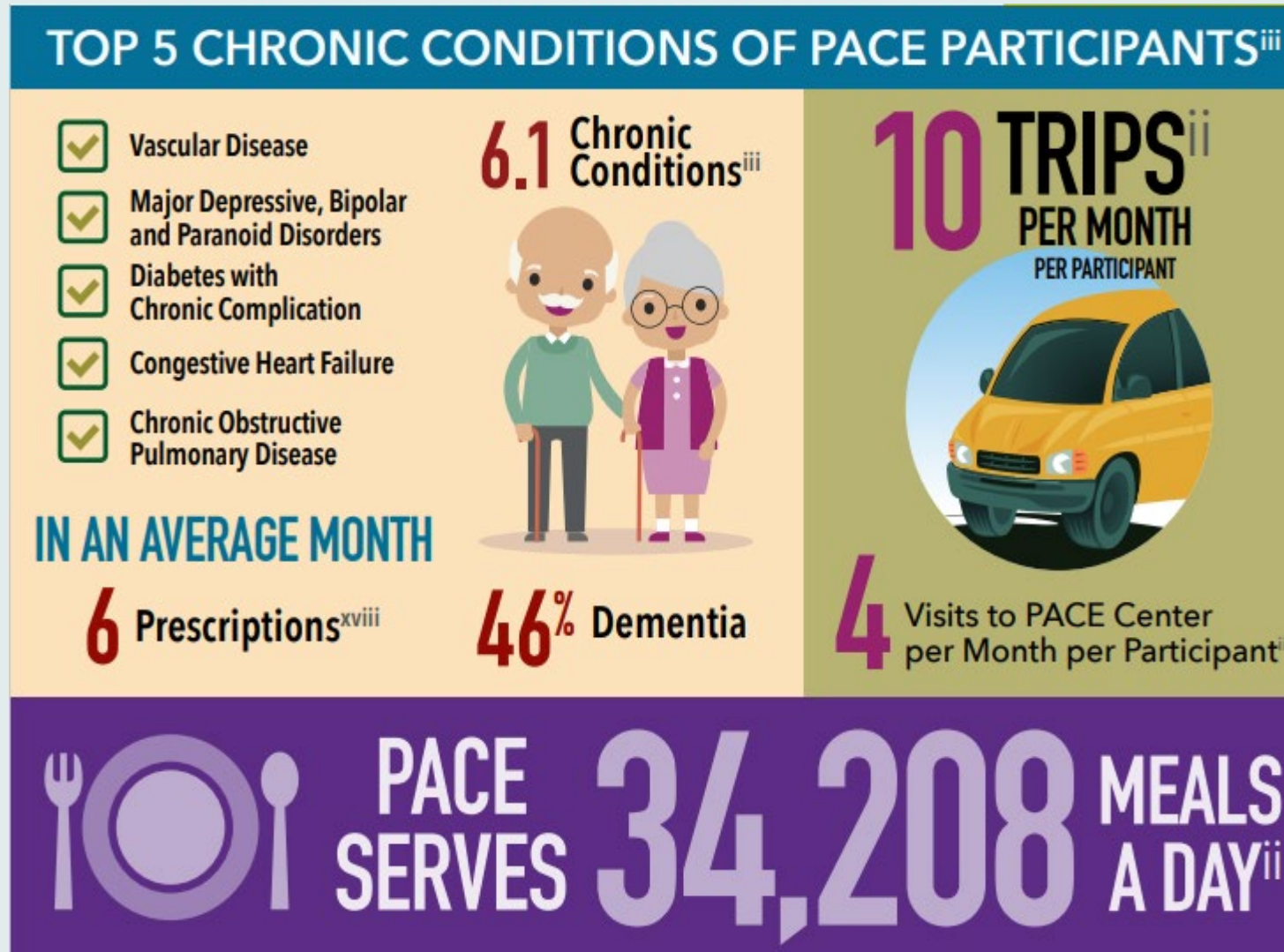
Pay a premium (Medicare-only and other)



Who Are PACE Participants?



Who Are PACE Participants?



PACE Model of Care

PACE IS AN INNOVATIVE MODEL OF CARE



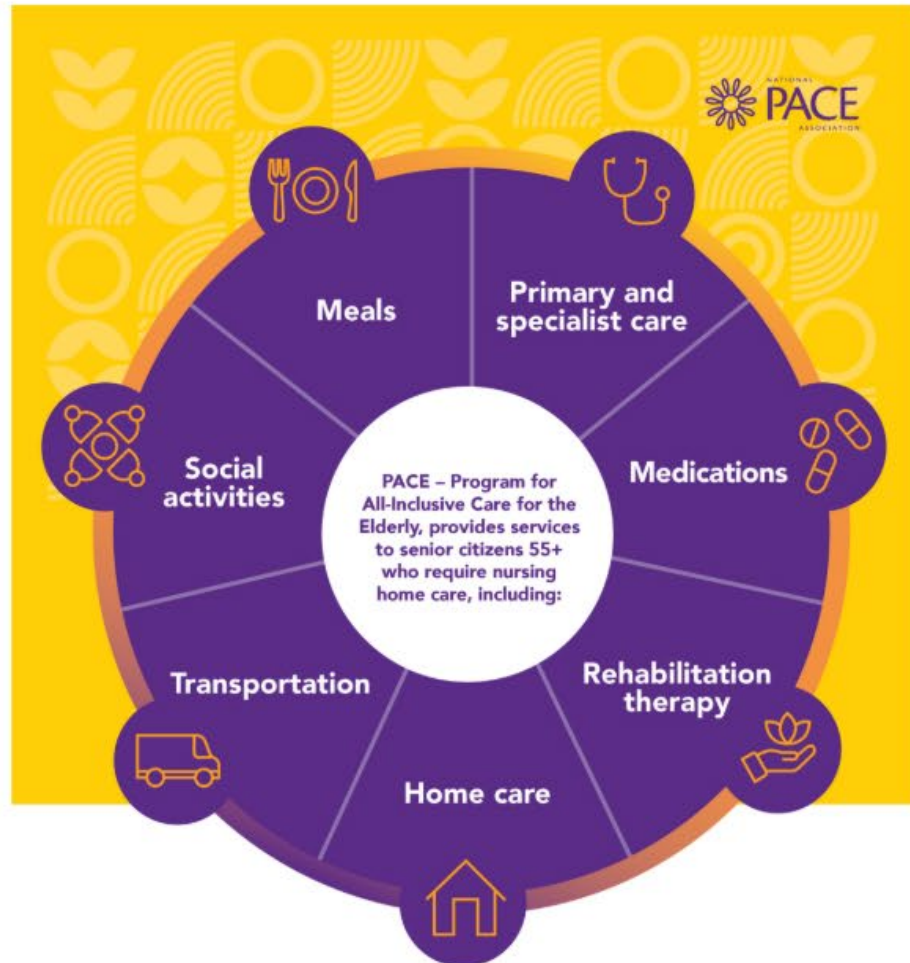
Across **ALL** settings, PACE integrates and coordinates care for participants, including drugs, transportation and meals.

- Interdisciplinary team approach
- Participants receive services in the PACE center and in their homes
- PACE is a Medicare Part D provider and provides all prescription drugs with no benefit limitations, copays, or deductibles



Additional PACE Services

Other Services Provided



- Nursing
 - Nutritional Counseling
 - Social Work
 - Medical Care
 - Personal Care
 - Social Services
 - Audiology
 - Dentistry
 - Optometry
 - Podiatry
 - Respite Care
 - Care Management
- Hospital and nursing home care are provided when necessary.
 - Any other care, services or supports deemed medically necessary to maintain or improve the health status of participants.

If a PACE participant needs nursing home care, the PACE program pays for it and continues to coordinate the participant's care.

What PACE Means for Caregivers

- One-Stop Support System
- Respite
 - In Home
 - Adult Day Center
 - Community
- In-Home Services
- 24/7 Support
- Personalized care in the community



How PACE helps caregivers thrive

- Relieves caregiver stress
- Gives back time
- Offers professional support and guidance
- Educates and empowers
- Builds a circle of support



How PACE helps caregivers thrive

95%

of family caregivers would
recommend PACE
to someone in a similar situation



- PACE enrollees are less likely to suffer depression. A study showed that 27 percent of new PACE enrollees scored as depressed on an assessment administered before enrollment. Nine months later, 80 percent of those individuals no longer scored as depressed.^{xiv}
- Participants rated their satisfaction with PACE as 4.1 out of 5.^{xv} The disenrollment rate is almost 5 percent less than Medicare Advantage plans.^{xvi,xvii}

PACE Place

- PACE Place opened its doors to the Jacksonville community on March 1, 2020
- Not-for-profit corporation formed for the sole purpose of bringing PACE to Jacksonville and surrounding areas
- PACE Place is the only PACE program in northeast Florida
- PACE Place started as a joint venture between Community Hospice & Palliative Care and the Aging True
 - PACE Place is now fully owned by Community Hospice & Palliative Care



Learn more about PACE

National PACE Association: [Home | NPA | National PACE Association](#)

PACE Place: 904-428-0400



The Big Picture: Advocating for Caregivers

Karen Murillo, Attorney

Associate State Director of Advocacy, AARP Florida



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YOU NEVER STOP CARING

So neither will we.



AARI

JULY 2025

Caregiving in the US

R E S E A R C H R E P O R T



AARP[®]

 NATIONAL ALLIANCE
FOR CAREGIVING

AARP-NAC Report: ***45% Increase*** in Americans Providing Care

Study reveals

63 million Americans

are now family
caregivers, facing rising
stress, health risks
and financial strain.



Caregivers Vote!

Family caregivers matter in competitive elections

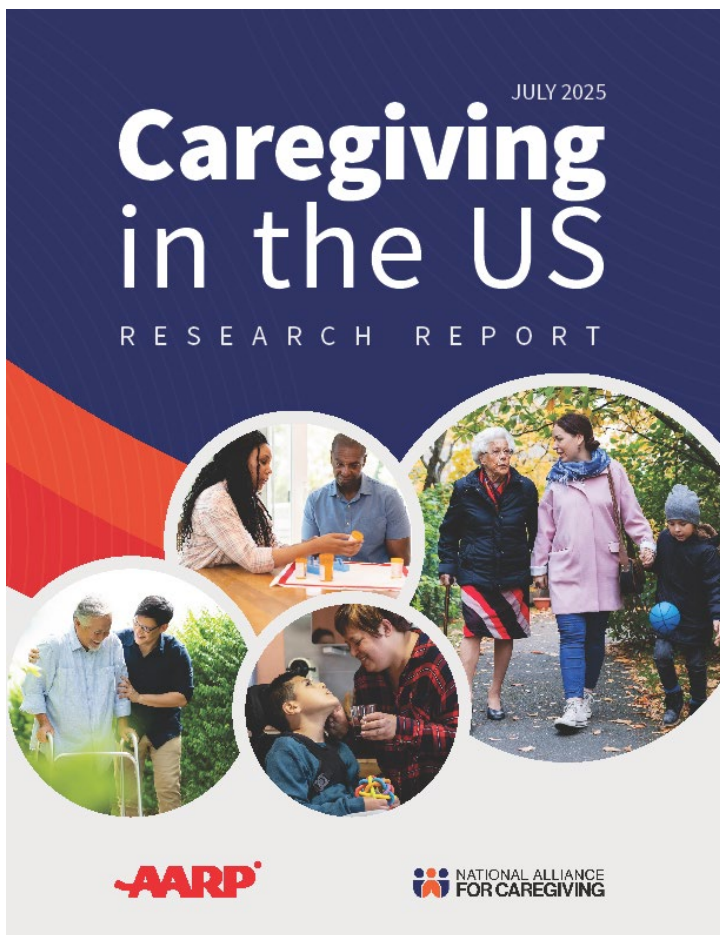


- 1 in 4 Americans
- More than 2.7 million Florida caregivers
 - 2.6 billion hours of care
 - Over \$40 billion in labor

Nearly

24% of voters 18+

in competitive Congressional districts are family caregivers



Almost half
44%
of the
63M
family caregivers
are in
high-intensity
situations.

Source:
Caregiving in
the US 2025

Financial Support

Of the ways being proposed to help caregivers financially, how helpful would you (find / have found) to be helpful?

Percent Helpful (4–5)



Source: Caregiving in the US 2025



Credit for Caring Act

S.925/H.R. 2036

AARP urges passage of the bipartisan Credit for Caring Act

- **Offset the cost of certain caregiving expenses**
 - Like home care aides, home modifications, respite care, transportation, etc.
- **Tax credit for 30% of qualified expenses**
 - Up to a maximum of \$5,000



Florida Sponsor
Rep. Vern Buchanan

Lowering Costs for Caregivers Act

S. 1565/H.R. 138

AARP urges passage of the bipartisan Lowering Costs for Caregivers Act.

- **Allow family caregivers to use pre-tax health expense payment accounts**
 - Health savings account, flex spending, Archer medical savings, health reimbursement accounts
 - Parents, parents-in-law, spouses, and dependents

Caregiver Support

What forms of help (would be / have been) helpful to you as a caregiver?

Having respite services available, where someone would take/have taken care of your recipient to give you a break



Requiring a doctor, nurse, or social worker to ask you about what you need to help care for your care recipient



Requiring a doctor, nurse, or social worker to ask you about what you need to help care for yourself



Source: Caregiving in the US 2025

Caregiver Support



Q48. Which of the following topics do you feel you need/needed more help or information? Select all that apply.



Florida Sponsor
Rep. Kat Cammack

Alleviating Barriers for Caregivers Act (ABC Act)

S. 1227/H.R. 2491

AARP urges passage of the bipartisan ABC Act.

- **Reduce the red tape for family caregivers with CMS and SSA**
- **Require agencies to:**
 - Reduce administrative challenges in application and eligibility processes.
 - Seek caregiver input on solutions.
 - Simplify and streamline procedures for family caregivers.



Employer Support



“They needed more time than what I had and I couldn’t take any more time off of work...I was working 60 hours a week and coming home and doing everything too... to lose that income, it was a big hit.”

***—Marci, Kansas
Caregiver to her mother and her grandson
Had to leave her job to provide care***



\$1.7 trillion

Additional amount
U.S. GDP could grow
in 2030 if family
caregivers age 50-
plus have access to
support in the
workplace

How can I host?

Just choose a topic (or topics) listed below and gather your team virtually. We'll gather the Guest Expert and all the content, tools and resources.



Choose a single workshop or a series of 3-5 programs.

Each topic is designed as a 60-minute program. Email us to confirm the topics from the list below and the dates that you're interested in, or if you would like our help packaging a series of programs from the topics we offer.



Invite your employees

You can use these program descriptions in your invitations. Provide them with a link to the virtual meeting platform you'll use to host.



Share the resources with your team

For each topic in your series, we will provide links to supporting resources. This way, your team will always know where to go to find resources, even if they can't make every program session.

AARP Employer Caregiving Program Series

New Incentives for Employers to Offer Paid Leave Will Help Caregivers



- **Makes tax credit permanent.**
 - Previous tax credit set to expire at end of 2025.
- **Applies to workers after 5 months of employment.**
 - Previous minimum employment requirement was one year.



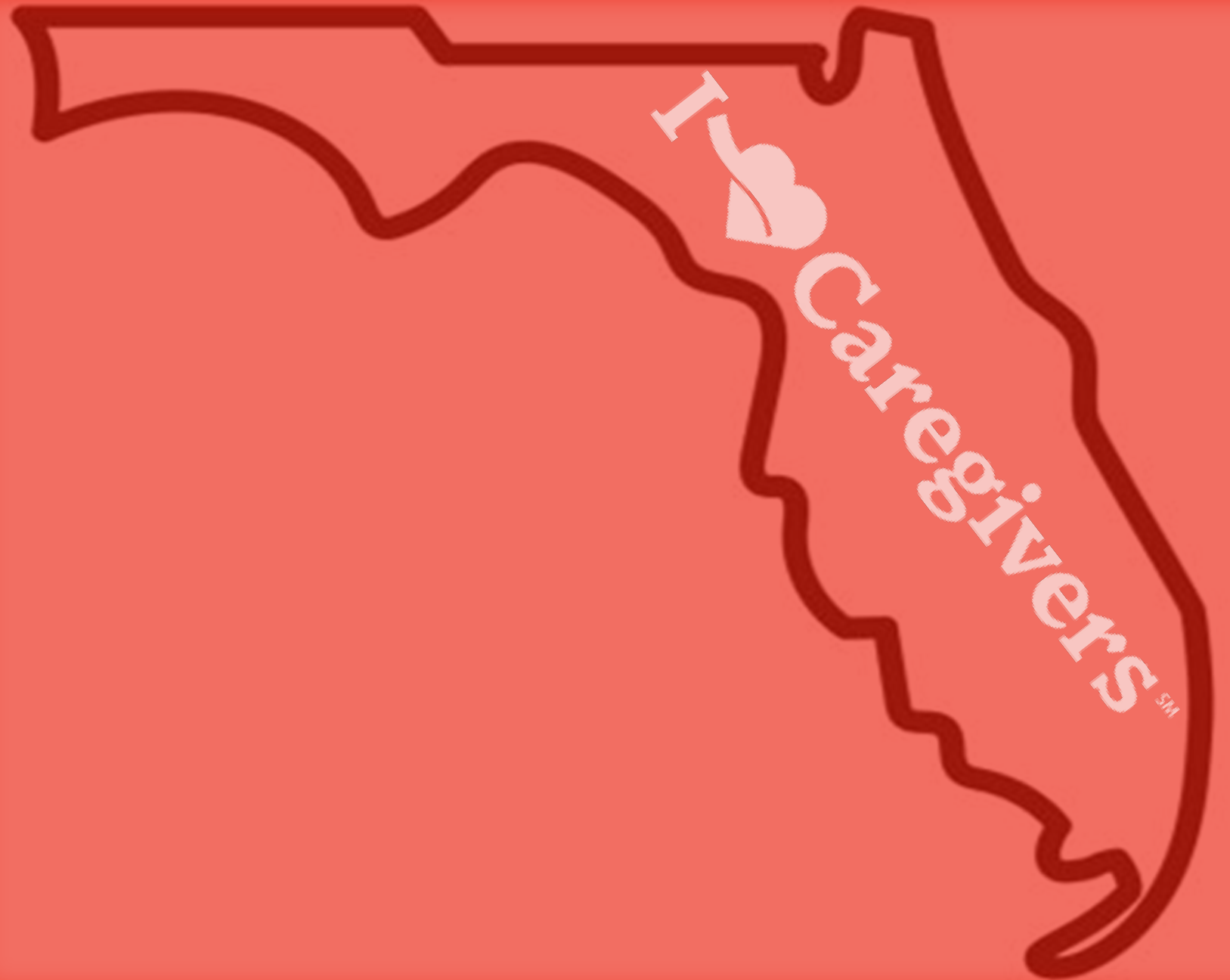
AARP Is Fighting For Caregivers

We're fighting for solutions that will save caregivers time and money and provide them with support.





Solutions for Floridians



Policies & Program Support

Which of the following topics do you feel you (need / needed) more help or information?





Caregiver Resources

- Basics
- Care at Home
- Medical
- Financial & Legal
- Life Balance
- Local Resources

[AARP.org/Caregiving](https://www.aarp.org/Caregiving)



Questions



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