

CAREGIVER SUPPORT RESOURCES

Practical help for memory care, respite, emotional support, aging services, benefits, and legal needs

Vitality Respite Center — St. Andrew's UMC

Provides a safe, engaging social program for people with memory loss while giving caregivers several hours of respite. Activities include socialization, music, art, brain-stimulating activities, and lunch.

Phone: 813-689-6849, Ext. 5 **Web:** saumc.net/vitality-respite-center

Program Director contact is available through the Vitality Respite Center page.

Mind and Heart Caregivers Support Group — St. Andrew's UMC

A warm, confidential gathering for caregivers of loved ones living with memory changes, dementia, or Alzheimer's disease. Meets the 1st and 3rd Tuesday of each month at 10:00 a.m. in the Church Library (second floor). Zoom is available as needed.

Facilitator: Gary Uremovich **Phone:** 813-727-7078

Phone: St. Andrew's: 813-689-6849 **Web:** zoom.us/j/8137277078

St. Andrew's UMC, 3315 S. Bryan Rd., Brandon, FL 33511 • Church website: saumc.net

Dementia & Caregiver Guidance

Alzheimer's Association — 24/7 Helpline

Free, confidential support for dementia questions, care planning, local referrals, emotional support, crisis assistance, housing options, and caregiver concerns.

Phone: 800-272-3900 **Web:** alz.org/help-support/resources/helpline

Alzheimer's Foundation of America (AFA)

Licensed social workers provide information, caregiver guidance, education, memory-screening resources, and support by phone, text, and online chat.

Phone: 866-232-8484 **Web:** alzfdn.org

Helpline hours: 7 days a week, 9:00 a.m.–9:00 p.m. Eastern.

Family Caregiver Alliance

National caregiver information, education, online support, CareNav tools, and links to caregiver services by state.

Phone: 800-445-8106 **Web:** caregiver.org

Local & Florida Aging Support

Senior Connection Center / Florida Elder Helpline

The Area Agency on Aging serving Hillsborough and surrounding counties. Helps locate respite care, transportation, meals, in-home services, caregiver programs, benefits, and other aging resources.

Phone: 800-963-5337 (1-800-96-ELDER) **Web:** seniorconnectioncenter.org

Eldercare Locator

A national service of the U.S. Administration for Community Living that connects older adults and caregivers with Area Agencies on Aging and community services anywhere in the United States.

Phone: 800-677-1116 **Web:** eldercare.acl.gov

SHINE — Medicare & Health Insurance Counseling

Free, unbiased, confidential counseling for Medicare, Medicaid, prescription coverage, and health-insurance questions for older adults, families, and caregivers in Florida.

Phone: 800-963-5337 **Web:** floridashine.org

Emotional, Crisis & Community Support

988 Suicide & Crisis Lifeline

Free and confidential emotional and crisis support. Call or text when someone is in severe emotional distress, feels unsafe, or needs immediate crisis counseling.

Phone: Call or text 988 **Web:** 988lifeline.org

If there is immediate danger or a medical emergency, call 911.

211 / First Contact — Tampa Bay Community Resources

Connects people with local food, housing, financial assistance, transportation, health, mental-health, caregiver, veteran, disaster, and other community services.

Phone: Dial 211 • Text ZIP code to 898211 **Web:** firstcontact.org

Legal, Safety & Veteran Support

Florida Senior Legal Helpline — Bay Area Legal Services

Free civil legal advice and referrals for eligible Florida residents age 60+. Topics include housing, benefits, advance planning, wills/estates, guardianship, family issues, contracts, and elder abuse prevention.

Phone: 888-895-7873 **Web:** bals.org/senior-legal-helpline

VA Caregiver Support Line

Information, counseling, education, caregiver stress support, and connections to local VA Caregiver Support Program teams for caregivers of Veterans.

Phone: 855-260-3274 **Web:** caregiver.va.gov

Florida Abuse Hotline — Vulnerable Adults

Report suspected abuse, neglect, abandonment, or exploitation of a vulnerable adult. Available 24 hours a day, 7 days a week.

Phone: 800-962-2873 (1-800-96-ABUSE) **Web:** reportabuse.myflfamilies.com

For immediate danger, call 911.

Keep this page where you can find it quickly. Asking for help is part of good caregiving.

Resources and contact information verified September 13, 2026. Services, eligibility, and hours may change.