

National Caregiver Support Collaborative

Building our capacity to support family, kinship, and tribal caregivers

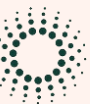
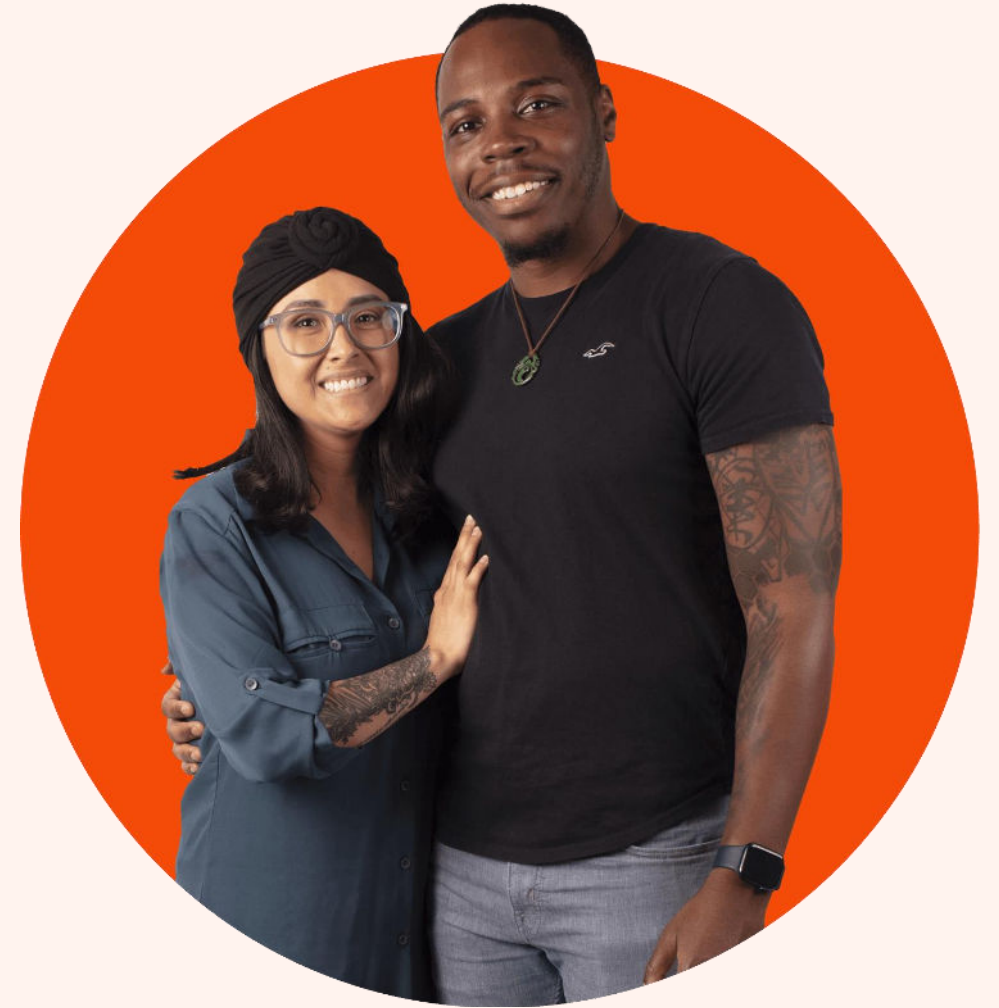


Implementing Goal #1 of the RAISE National Strategy: Awareness and Outreach to Family Caregivers

April 2, 2025

Our Mission

Community Catalyst's mission is to build the power of people to create a health system rooted in race equity and health justice and a society where health is a right for all.



Tennessee Caregiver Coalition



- Who We Are: A statewide nonprofit dedicated to providing relief and support for family caregivers through respite services, advocacy, and community programs.
- What We Do:
- Respite Services – Direct financial assistance & volunteer-based respite programs.
- Advocacy – Working to improve caregiver policies at the state & federal level.
- Education & Support – Support groups, caregiver training, & outreach events.



NCSC Project Overview

- Goal 1: Increase awareness of and outreach to family caregivers
- One of six grantees in the National Caregiver Support Collaborative (NCSC)
- Working with state partners to provide technical assistance and training for engaging family caregivers
- Comprehensive evaluation
- Administered by ACL



**Amplifying the Power of Family Caregiver
Voices: A National Call to Action**



Highlighted Strategies



STRATEGIES

Caregiver Ambassador Program



TENNESSEE CAREGIVER COALITION

CAREGIVER Ambassador PROGRAM

The Tennessee Caregiver Ambassador Program is a network of dedicated caregivers who help spread awareness about caregiver resources, connect families to vital support programs, and advocate for caregiver-friendly policies across the state.

These ambassadors use their personal experiences to uplift, educate, and empower fellow caregivers, ensuring they know they are not alone. Through outreach, education, and advocacy, they play a vital role in strengthening Tennessee's caregiver community.

WE SERVE
• Knoxville • Nashville • Memphis
"Chattanooga coming soon"



STRATEGIES

Caregiver Affinity Groups



Caregiver Peer Support Group

4TH MONDAY OF EACH MONTH

6PM CENTRAL STANDARD TIME

VIRTUAL ON ZOOM

EMAIL
RESPITE@TNCAREGIVER.ORG
TO REGISTER



What We Offer:

- **Peer Connection:** Connect with fellow caregivers who share similar experiences.
- **Safe Space:** A confidential and non-judgmental environment to express yourself.
- **Resource Sharing:** Exchange valuable tips, resources, and coping strategies.
- **Empathy and Understanding:** Gain insights and support from those who walk a similar path.



Tennessee Caregiver Coalition

CARING IN COLOR: A SUPPORT GROUP FOR BLACK CAREGIVERS

Caring in Color is a supportive space for Black caregivers to connect, share resources, and find encouragement from others who understand the journey. Join us to build community and navigate caregiving together!

Join us on Zoom

Every 1st Tuesday
6PM-8PM CST



Funded by a grant from the Healing Trust Foundation



STRATEGIES

Caregiver Conferences



OKLAHOMA FAMILY CAREGIVER CONFERENCE

NOVEMBER 7, 2024 • DOORS OPEN AT 9AM
PROGRAMMING FROM 10AM - 3PM

To Register or to be a Sponsor 



FREE ADMISSION! DOOR PRIZES!

Learn About: Respite • Ways to Recharge • Stress Management • Support Across the Lifespan

www.okcares.org • 918-493-0604

Locations: Tulsa, OKC, Ardmore, McAlester, Enid, and Online!



STRATEGIES

Storytelling



STRATEGIES

Storytelling



STRATEGIES

Storytelling

Think back to a time you provided care for someone. What resources or supports helped you provide this care?

Reflecting on your caregiving journey, share a moment when you encountered, and successfully overcame, a caregiving challenge or obstacle. What helped? What did...



Think back to a time you provided care for someone. **What resources or support systems helped you provide this care?**

RECORD YOUR VIDEO >



STRATEGIES

Social Media



TENNESSEE CAREGIVER COALITION

CAREGIVER HAPPY HOUR

DISCOUNTED DRINKS

FREE ENTRY

TUESDAY, AUGUST 13TH

FROM 4PM-7PM
AT TAILGATE BREWERY
7300 CHARLOTTE PIKE, NASHVILLE, TN 37209

www.tn-caregiver.org/events



TULSA PARENT CAFÉ Playdate for Parents

A Parent Café is a safe, welcoming space where parents and caregivers come together to share their experiences and support each other.

HARDESTY LEADERSHIP CENTER
4810 S 129TH E AVE TULSA, OK 74134
MONDAY, JANUARY 13TH, 6:30-8:00 PM
Dinner + Childcare Provided!

SCAN TO REGISTER!



Lilyfield **OKLAHOMA COMMISSION ON CHILDREN AND YOUTH** **OSU** **girl scouts of eastern oklahoma** **MENTAL HEALTH ASSOCIATION OKLAHOMA** **CENTER FOR FAMILY RESILIENCE** **Birtheright (LIVING LEGACY) INC**



SENSORY FRIENDLY SKATE PARTY

TENNESSEE CAREGIVER COALITION **AUTISM TENNESSEE**

SUNDAY
FEBRUARY 9TH
5:30-7:30

FREE ENTRY
FREE SKATES
FREE PIZZA

Rivergate Skate Center
119 Gleaves Street
Madison, TN 37115



Best Practices





Recommendations

1. **ASK family caregivers what they want and need**
2. **Create leadership and advisory opportunities for family caregivers**
3. **Cultivate community**
4. **Make it fun!**
5. **Work in partnership**
6. **Ensure staff reflects the diversity of family caregivers**



Discussion



Have you tried any of these strategies?
How did it go?

What other strategies have you tried that we didn't cover today?

What would you add to our list of best practices?

What challenges and successes have you encountered in your outreach/public awareness campaign work?

What role do you see your organization taking in supporting Goal #1 of the National Strategy?

State Partners – Family Caregiver Coalitions

Florida – ElderSource

Georgians for a Healthy Future

Idaho Caregiver Coalition

Maine People's Resource Center

Massachusetts Healthy Aging Collaborative

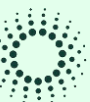
Minnesota – The Negative Space

New Mexico Caregiver Coalition

Oklahoma Caregiver Coalition (OK Cares)

Pennsylvania – Liberty Resources, Inc.

Tennessee Caregiver Coalition



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Thank you!

NCSC microsite: <https://acl.gov/ncsc/about>

Siena Ruggeri, Community Catalyst:
sruggeri@communitycatalyst.org

Dr. Megan Schwalm, Tennessee Caregiver
Coalition: <https://tncaregiver.org/>