

Helping Seniors Caregivers Conference

at the Senior Resource Center of Brevard

10am-2pm Thursday November 19th at the Senior Resource Center of Brevard



Jennifer Barton (Seniors Helping Seniors) moderates a Caregiver's Panel Session at the July 2026 Caregivers Conference. Jennifer returns to moderated the November sessions as well.

Navigating the Caregiving Journey.

A Free Resource for Caregivers to help you Care for Yourself while Caring for Others.

Becoming a Caregiver is often like diving headfirst in the deep end of the pool and having to learn how to swim from there. July 2026 saw the first highly attended - and now highly recommended Helping Seniors Caregivers Conference at the Senior Resource Center at 1344 S Apollo Blvd, Melbourne Florida.

Recognizing the importance of continuing to help Caregivers find solutions while navigating the complex and often changing road that they face, Helping Seniors is offering a November 19th 2026 Caregivers Conference at the Senior Resource Center.



Stroke Survivor Grant Southwell speaks at the Caregivers Conference, as his wife, Alisa Southwell, shares her view as Caregiver.

The 10am-2pm November 19th Conference is FREE for Caregivers and lunch is included, compliments of the Law Firm of Cheryl A. Ward. Sessions includes sessions on "Caring for Yourself While Caring for Others, Navigating the Caregiving Journey and Community Resources and Building Your Caregiver Team.

Panelists include experts from AARP, Alzheimer's Association, Brevard Alzheimer's Foundation, Aging Matters, and One Senior Place as well as Case Managers, Home Care Experts and Medical Providers.

The sessions are not lectures, but rather an interactive discussion between the panelists and caregivers who are in the room - with the emphasis on ensuring that our valued Caregivers are getting the information and resources needed to help them in their efforts.



Some of the Caregiver Panelists who volunteered at the July 2026 Caregivers Conference.

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According to the AARP Florida Caregiving Report, where about 24% of adults act as caregivers, the local caregiver population scales to roughly 129,000 residents - and the tools and resources provided in this free session are designed to make the caregiving journey easier.

The event is free, but RSVP is required as space is limited. Please call (321) 473-7770 for your seat.

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