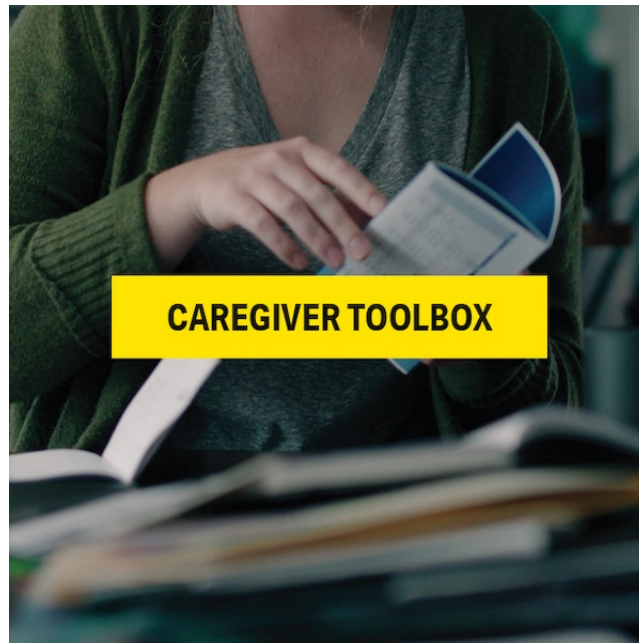


# Building a better toolbox: Resources for caregivers



Did you know there are 2.7 million family caregivers in Florida? At Florida Blue, we're committed to supporting these caregivers and making their journey a little easier. That's why we offer a range of resources to help caregivers support others and themselves.

- Learn more about self-care and strategies to avoid burnout. Watch our Caregiver Connections presentation, "Taking care of YOU," featuring Debbie Del Rosario, LCSW, Senior Director of

Behavioral Health Clinical Programs at Florida Blue, in the **Caring for You** section in our [Caregiver Connections YouTube Playlist](#).

- Join the [Caregivers Connection Facebook support group](#), an online community led by our Florida Blue Center [Community Specialists](#) to bring caregivers together, offer advice and support. Or visit one of our [Florida Blue Centers](#), where Community Specialists are available to

provide ongoing support, guidance, and encouragement either in person, by phone, or through virtual visits.

- Visit the [FloridaBlue.com/Caregiver](#) website for resources like articles, videos, webinars, a [Family Caregiver Guide](#), and more.

Please share this article with a caregiver in your life to help them connect with support and resources available to everyone in the community.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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