

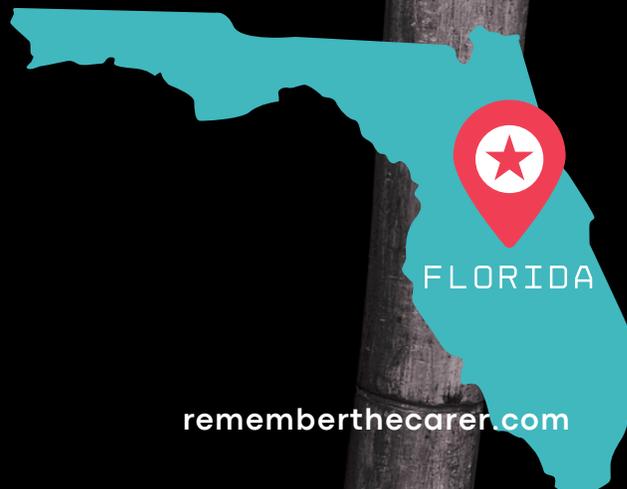


2026

A BRIEFING FOR MEDICAL PROVIDERS

THE DEMENTIA CARE CRISIS

Understanding and Addressing the direct Impact for medical providers, unpaid caregivers & supporting non-clinical Services in the state of Florida.



rememberthecarer.com



Remember the Carer provides non-medical education, caregiver support, and wellbeing coaching services.

We do not provide medical, psychological, diagnostic, or therapeutic services or medication prescriptions, and no physician-patient or therapist-client relationship is created. Clinical care remains with the treating medical provider.

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A Briefing for Medical Providers

Understanding the national dementia care crisis in the United States, and addressing the direct impact for medical providers, unpaid caregivers & supporting non-clinical services in the state of Florida.

The United States is currently experiencing a dementia crisis driven by population aging, increased life expectancy, and insufficient preparedness across healthcare, social systems, and workforce infrastructure.

As of 2024, an estimated 6.9 million Americans aged 65 and older are living with Alzheimer's disease—the most common form of dementia (Alzheimer's Association, 2024).

This number is expected to rise dramatically as the Baby Boomer population ages, with projections reaching 13.8 million by 2060 (CDC, 2023)

Several factors contribute to the national dementia crisis:

- **Rapid population aging:** By 2034, older adults will outnumber children in the U.S. for the first time in history (U.S. Census Bureau, 2020).
- **Increased longevity:** More individuals are living into advanced age, where dementia prevalence sharply increases.
- **Chronic disease burden:** Conditions like diabetes, hypertension, obesity, and cardiovascular disease significantly elevate dementia risk (NIA, 2023).
- **Insufficient workforce preparation:** There is a shortage of dementia-trained clinicians, direct care workers, and specialists.
- **Underdiagnosis and delayed diagnosis:** Many individuals remain undiagnosed for years, increasing risks for crises, emergency visits, and caregiver strain.

Dementia is now recognized as one of the most costly chronic conditions in the U.S.—financially, emotionally, and medically.

The Impact of the National Dementia Crisis in the State of Florida

Florida has one of the highest proportions of older adults in the United States, making it uniquely vulnerable to the accelerating dementia epidemic.

Rapid population aging, workforce shortages, and high caregiver burden have positioned Florida as a focal point of the national dementia crisis, with disproportionate impacts on healthcare systems, the economy, and families statewide. (Alzheimer's Association, 2024; Florida Department of Elder Affairs [FDOEA], 2023).

Florida's Dementia Crisis

Florida is home to one of the largest and fastest-growing older adult populations in the nation:

- **More than 580,000 Floridians** aged 65 and older are currently living with Alzheimer's disease and related dementias (Alzheimer's Association, 2024).
- Florida is projected to experience a **24% increase in dementia cases by 2030**, outpacing national growth rates and placing the state among the highest-burden jurisdictions nationwide (Centers for Disease Control and Prevention [CDC], 2023).

Several counties—including **Miami-Dade, Palm Beach, Pinellas, and Sarasota**—report **exceptionally high dementia prevalence**, driven by dense concentrations of older adults (FDOEA, 2023).

Key Drivers of Florida's Dementia Crisis

These converging factors create a statewide landscape in which dementia care needs are increasing faster than available resources:

- **High concentration of retirees:** Florida has the second-highest percentage of adults aged 65+ in the U.S. (U.S. Census Bureau, 2023).
- **Rapid population aging:** In multiple Florida counties, older adults represent more than 30% of residents, intensifying demand for dementia-related care (FDOEA, 2023).
- **Workforce shortages:** Persistent deficits exist across home health, long-term care, and dementia-trained clinical roles (PHI, 2022).
- **Limited dementia-specific physician training:** Many primary care providers report inadequate preparation for dementia diagnosis and management (FDOEA, 2023).
- **Socioeconomic and geographic barriers:** Rural areas and underserved urban communities face reduced access to early diagnosis, specialty care, and caregiver support services (CDC, 2023).



Wellbeing Impact on Unpaid Caregivers and Families in Florida

Unpaid caregivers form the backbone of dementia care in Florida:

- Florida families provide more than **1.3 billion hours of unpaid dementia care annually**, valued at approximately **\$28.4 billion in economic contribution** (Alzheimer's Association, 2024).

Caregivers in Florida experience disproportionately high levels of strain, driven by demographic pressures, workforce gaps, and rising long-term care costs (AARP, 2021).

Emotional and Psychological Impact

- **High prevalence of chronic stress, anticipatory grief, and emotional exhaustion**
- **Increased risk of depression and anxiety among caregivers** (AARP, 2021)
- **Social isolation** due to caregiving intensity and lack of respite

Financial Impact

- Florida's **long-term care costs exceed national averages**, placing additional strain on families (CMS, 2022)
- Many caregivers **reduce work hours or exit the workforce**
- Out-of-pocket dementia-related expenses remain among the highest in the Southeast (AARP, 2021)

Access Barriers that caregivers frequently encounter:

- **Limited respite care** availability
- **Short supply** of adult day health centers
- **Long waitlists** for Medicaid Managed Long-Term Care (MLTC) waivers
- **Transportation challenges**, particularly in rural counties
- **Difficulty locating dementia-trained home health providers** (FDOEA, 2023)

These pressures significantly elevate caregiver burnout risk, contributing to patient crises, emergency department use, and premature institutional placement

Impact of the Dementia Crisis on Florida's Healthcare System & Physicians

Florida's healthcare system faces escalating strain as dementia prevalence rises:

Healthcare Utilization

- Individuals with dementia experience **significantly higher hospitalization rates** than cognitively intact peers (Centers for Medicare & Medicaid Services [CMS], 2022).
- Emergency departments report frequent visits related to **falls, behavioral symptoms, dehydration, and medication errors** (CMS, 2022).
- Behavioral symptoms such as agitation and wandering often precipitate **crisis-driven care**.

Provider Capacity Challenges

- Many Florida counties lack adequate numbers of **geriatricians, neurologists, and dementia-trained primary care providers** (American Geriatrics Society [AGS], 2023).
- Physicians report difficulty assisting families with placement due to **long waitlists and high facility costs**.
- **Time-limited appointments** constrain providers' ability to address dementia's complex behavioral and psychosocial dimensions.

Systemic Strain

- **Increased** care coordination demands
- **Higher** readmission rates
- **Greater complexity** in chronic disease management due to cognitive impairment
- **Disproportionate impact** on emergency and inpatient services

Impact of Dementia on Florida's Economy

Dementia is emerging as one of Florida's most financially burdensome public health challenges:

Cost Burden

- **Florida Medicaid spends over \$4 billion annually on dementia-related care**, driven primarily by long-term services and hospital utilization (CMS, 2022).
- **Dementia ranks among the costliest chronic conditions** due to extended care duration and institutional needs (Alzheimer's Association, 2024).
- Long-term care **expenditures are rising faster than state budget allocations for aging services** (Florida Office of Economic & Demographic Research, 2023).

Workforce & Productivity Impact

- **Caregiver workforce withdrawal reduces productivity and income tax revenue**
- Employers report **increased absenteeism and caregiver-related stress impacts**

Long-Term Care Infrastructure

- **High operational costs from staffing shortages**
- **Turnover rates exceeding 60%** among CNAs and home health aides (PHI, 2022)
- **Insufficient memory care capacity to meet projected demand**



Dementia Care Workforce Shortages in Florida

Florida faces a severe workforce shortage that directly affects access, quality, and continuity of dementia care.

Critical Workforce Gaps

- Shortages of home health aides, CNAs, and personal care workers
- Burnout and low wages driving high turnover
- Projected need for 150,000+ additional direct care workers by 2030 (PHI, 2022)
- Limited dementia-specific training across care settings

Specialist Shortages

- Insufficient geriatricians across urban and rural counties (AGS, 2023)
- Limited access to neurologists and memory care specialists
- Barriers to affordable behavioral health care for caregivers

System-Level Impact

- Longer hospital stays due to placement delays
- Increased readmission rates
- Reduced primary care capacity for other chronic conditions
- Escalating caregiver burnout destabilizing home-based care
- Growing demand for memory care beds exceeding supply

Without substantial workforce expansion and dementia-specific training infrastructure, Florida will be unable to meet the projected needs of its rapidly aging population.



Key Takeaway for Florida Medical Providers

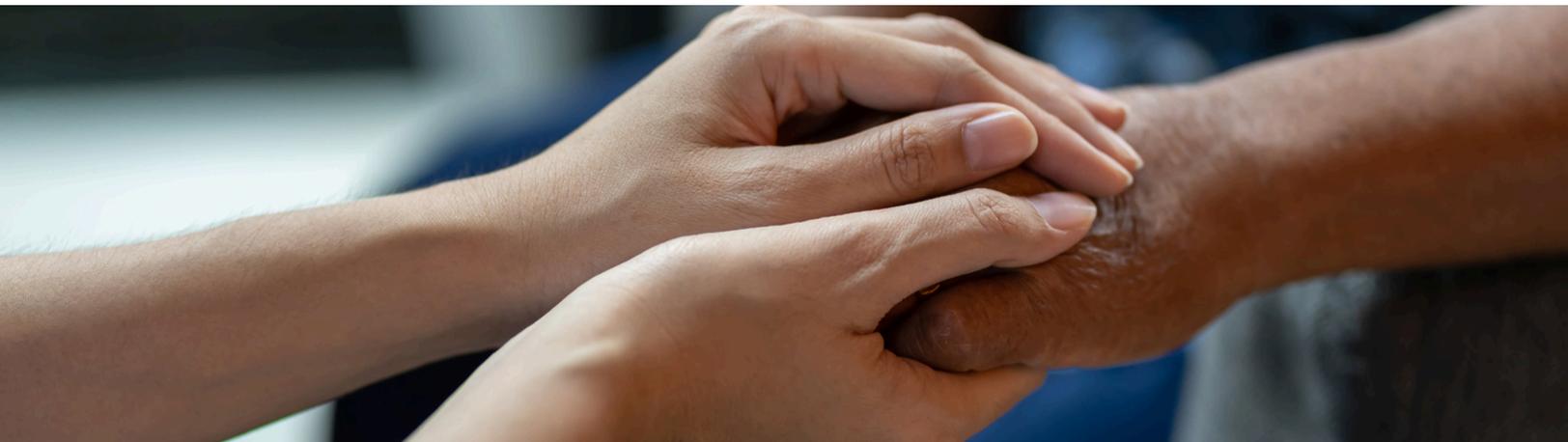
Florida experiences the national dementia crisis at an intensified level. The convergence of **high prevalence, billions in unpaid caregiving, healthcare system strain, and severe workforce shortages** underscores the urgent need for:

- Dementia-specific clinical education
- Early care navigation and specialist support
- Integration of caregiver wellbeing and neuroscience-informed interventions
- Community-based models that reduce crisis-driven care

How Remember The Carer Supports Caregivers, Families, and Medical Providers

Dementia does not only affect the individual—it reshapes the wellbeing, stability, and daily functioning of entire families. As the dementia crisis grows, medical providers are under unprecedented pressure to manage complex behavioral symptoms, caregiver distress, and care coordination gaps. Remember The Carer exists to bridge these gaps by delivering specialized, person-centered, highly responsive dementia support that reduces caregiver burden and improves patient outcomes.

Remember the Carer was created specifically to support unpaid caregivers—those who provide the majority of dementia care at home and who experience the highest levels of stress, burnout, and health decline. Through structured education, personalized coaching, wellbeing programs, and communication strategies grounded in neuroscience and dementia care expertise, Remember The Carer enhances caregiver resilience and reduces preventable crises that overwhelm the healthcare system.



Our Point of Difference: What Makes Remember the Carer Unique

Unlike traditional dementia services that focus primarily on the patient, **Remember the Carer focuses on the caregiver as a critical part of the care team.** This distinction is essential, as caregiver wellbeing directly influences patient safety, symptom management, and long-term stability.

1. Caregiver-Centered Clinical Education and Coaching

Most caregivers receive little guidance on communication techniques, behavior de-escalation, emotional regulation, or daily care strategies. Remember The Carer provides:

- Practical education based on dementia science
- Communication coaching tailored to the family's needs
- Step-by-step behavioral support strategies
- Navigation assistance for medical appointments and care planning
- Tools for managing stress, grief, and role strain

This lifts an enormous emotional and cognitive load from caregivers, giving them confidence and skills that directly reduce medical emergencies and behavioral escalations.

2. Expertise Across All Stages of Dementia and Caregiver Needs

With 20+ years of dementia experience—including dementia support services, day programs, chaplaincy, gerontology education, and neuroscience-based coaching—Remember The Carer offers multi-disciplinary guidance that most community agencies cannot provide.

This includes:

- Early-stage communication and planning support
- Middle-stage behavioral symptom management
- Late-stage care coordination, grief support, and family mediation
- Guidance around safety, wandering, refusal of care, and caregiver burnout

This breadth of knowledge gives families clarity when they need it most.

3. Holistic Wellbeing Programs That Protect Caregiver Health

Caregiver health decline is one of the strongest predictors of hospitalizations, placement decisions, and patient instability. Remember The Carer provides:

- Stress-reduction frameworks
- Emotional processing support
- Parenting-style tools adapted for dementia communication
- Personalized wellbeing plans
- Resilience and coping strategies

These programs not only improve quality of life—they reduce unnecessary medical visits and prevent caregiver collapse.

4. Rapid, Accessible Support That Fills a Critical Gap

Many dementia services have long waitlists, narrow eligibility criteria, or limited capacity. Remember The Carer offers:

- Fast access to coaching and guidance
- Individualized support without restrictive referral criteria
- Services delivered privately, consistently, and flexibly
- Support that complements—not replaces—clinical care

Families receive help when they need it, not months later.

5. A Values-Driven Approach: Dignity, Compassion, Clarity, and Empowerment

All services reflect an ethos of warmth and respect—building trust with families who feel overwhelmed and frightened. Medical providers consistently report that families who work with Remember The Carer are more stable, more informed, and more engaged in the care process.

Why Medical Providers Benefit From Partnering With Remember The Carer

Medical providers are facing increasing pressure as dementia rates climb. Time-limited appointments, underdiagnosed caregiver burnout, and the complex interplay of behavioral symptoms and chronic disease create significant strain.

Partnering with Remember the Carer supports providers in several key ways:

1. Reduced Caregiver Distress = Reduced Patient Crises

Caregivers who receive proper education and support experience:

- Lower burnout
- Better management of behavioral symptoms
- Improved medication consistency
- Fewer emergency calls and unscheduled visits
- More stable home environments

This directly lightens the load on primary physicians and emergency departments.

2. Improved Communication Between Families and Providers

Caregivers who understand dementia communicate more effectively with clinicians. They:

- Bring accurate information to appointments
- Follow through on care recommendations
- Ask meaningful questions
- Identify symptoms earlier
- Implement medical guidance more consistently
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This results in better diagnostic accuracy and more efficient appointments.

3. Enhanced Continuity of Care

Remember The Carer acts as a bridge between:

- Medical care
- Community resources
- Family needs
- Daily dementia behaviors

Providers gain a partner who reinforces clinical goals, helps prevent crises, and supports long-term disease management.

4. Reduced Provider Burnout

Physicians often struggle with:

- Limited time for complex dementia cases
- Repeated visits driven by caregiver overwhelm
- Navigating family conflict
- Behavioral symptoms outside their clinical scope
- Pressure to manage non-medical caregiver needs

We relieve these burdens by supporting the caregiver directly and proactively.

5. Better Patient Outcomes and Delayed Institutionalization

Studies show that stable caregivers delay nursing home placement and reduce healthcare costs significantly. By strengthening caregiver capacity, Remember The Carer enhances:

- Patient emotional comfort
- Safety in the home
- Behavioral stability
- Treatment adherence
- Long-term quality of life

This aligns with healthcare system goals and value-based care models.

How Remember The Carer Helps Ease the Dementia Crisis

The dementia crisis requires more than medical treatment—it requires informed families, resilient caregivers, and community-based behavioral support.

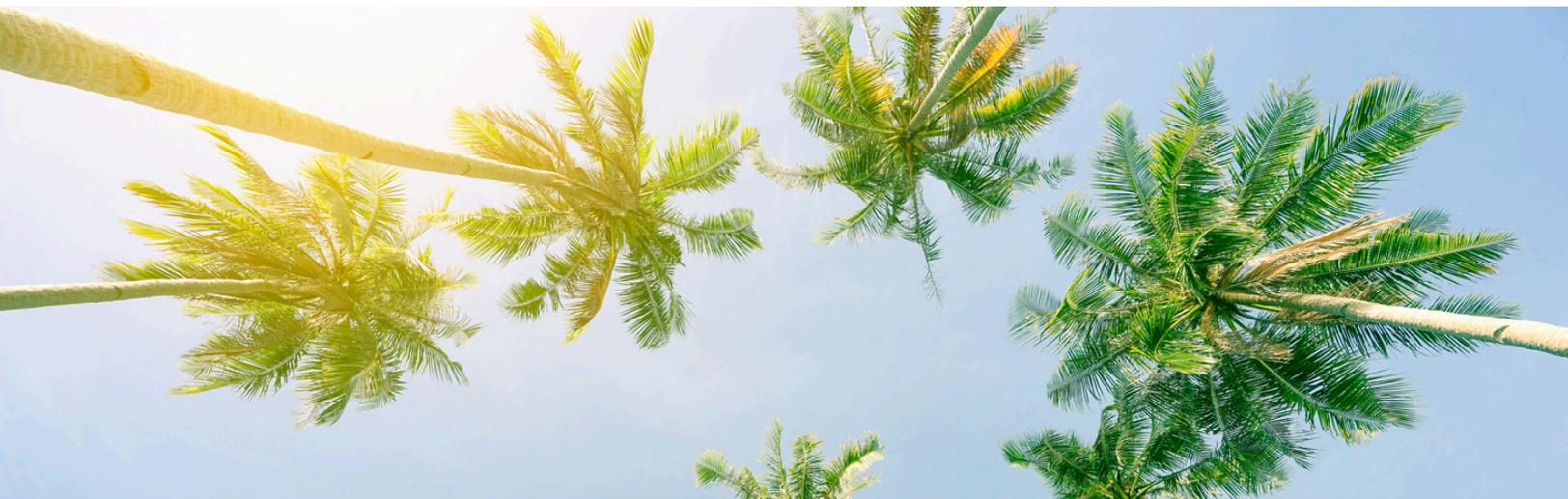
Remember the Carer contributes to solving this crisis by:

- Reducing caregiver burnout (a key cause of preventable placement and hospitalizations)
- Preventing crises that lead to ED visits and readmissions
- Improving safety and stability in the home
- Relieving pressure on primary care through education-driven support
- Providing fast, accessible dementia guidance where the system cannot keep up
- Supporting families throughout the entire dementia journey, not only at crisis points

This model strengthens caregivers, supports physicians, and preserves healthcare resources—making it a vital component of the dementia care ecosystem.

If you are a physician, dementia-care clinician, or care coordinator facing overwhelmed families, caregiver burnout, or frequent admissions — please consider partnering with **Remember the Carer**.

We offer **expert, compassionate dementia coaching and support services** tailored to unpaid caregivers and families throughout the entire dementia journey — from early diagnosis to late-stage care.



What We Provide for You and Your Patients

- Immediate access for families without long wait-lists.
- Caregiver-centered coaching, education, and support — building skills, resilience, and confidence.
- Behavioral and safety guidance, communication training, care-planning support, and wellbeing programs to reduce crises.
- Coordination and continuity of care to complement your medical treatment plans and reduce avoidable ED visits, readmissions, and caregiver breakdowns.
- Relief for medical providers — letting you focus on clinical care while we help patients' families thrive at home.

Let's Work Together to Ease the Dementia Crisis

By collaborating, we can help reduce caregiver burden, prevent crisis-driven hospitalizations, and improve long-term outcomes for people living with dementia — while preserving dignity, stability, and quality of life for entire families.

Partner with Remember The Carer — because caring for the caregiver strengthens care for the patient.

How to Refer / Connect

Visit our website: rememberthecarer.com

You'll find a secure, HIPAA compliant online referral form to refer patients, along with helpful information and support resources for you, your clinic and your patients.

For any other enquiries you can email us at: info@rememberthecarer.com
or contact us directly by calling: +1 813-426-5494



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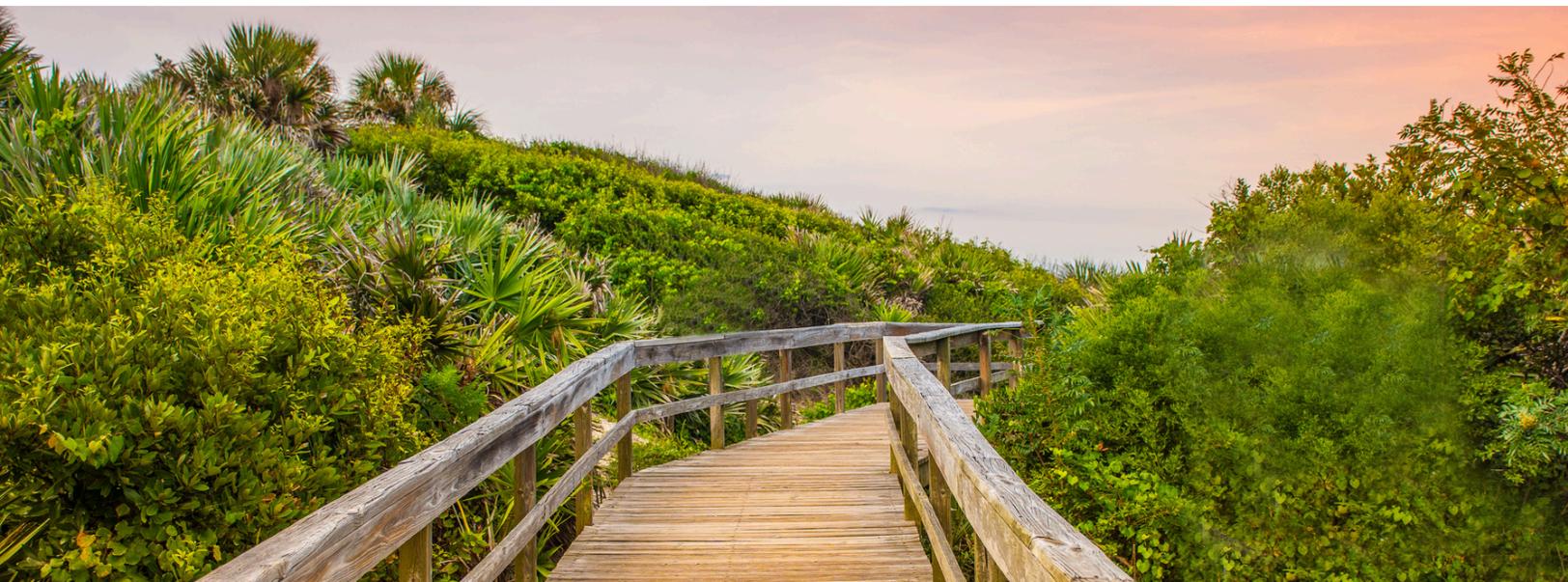
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At Remember the Carer we enhance the lives of caregivers and loved ones living with cognitive change.

We provide effective life strategies and simple wellbeing solutions, personally designed for you.

Our dedicated Dementia Support Specialist, and our compassionate team of Certified Dementia Practitioners, Wellbeing and Neuroscience Coaches are here to serve.



With twenty years of vast experience in dementia care and cognitive change ...you're in great hands.

