

Empaira Is Building the Largest Online Support Community for Long-Term Caregivers

A free, community-driven platform designed to help caregivers feel seen, supported, and less alone across long-term care journeys.

NASHVILLE, TN, UNITED STATES, February 11, 2026 /EINPresswire.com/ -- [Empaira](#), a rapidly growing online support community, is bringing together long-term caregivers through connection and practical support designed to make the caregiving journey feel lighter. Built specifically for caregivers supporting loved ones with chronic, progressive, or lifelong care needs, Empaira focuses on validating caregivers' lived experiences while growing a meaningful community at scale.

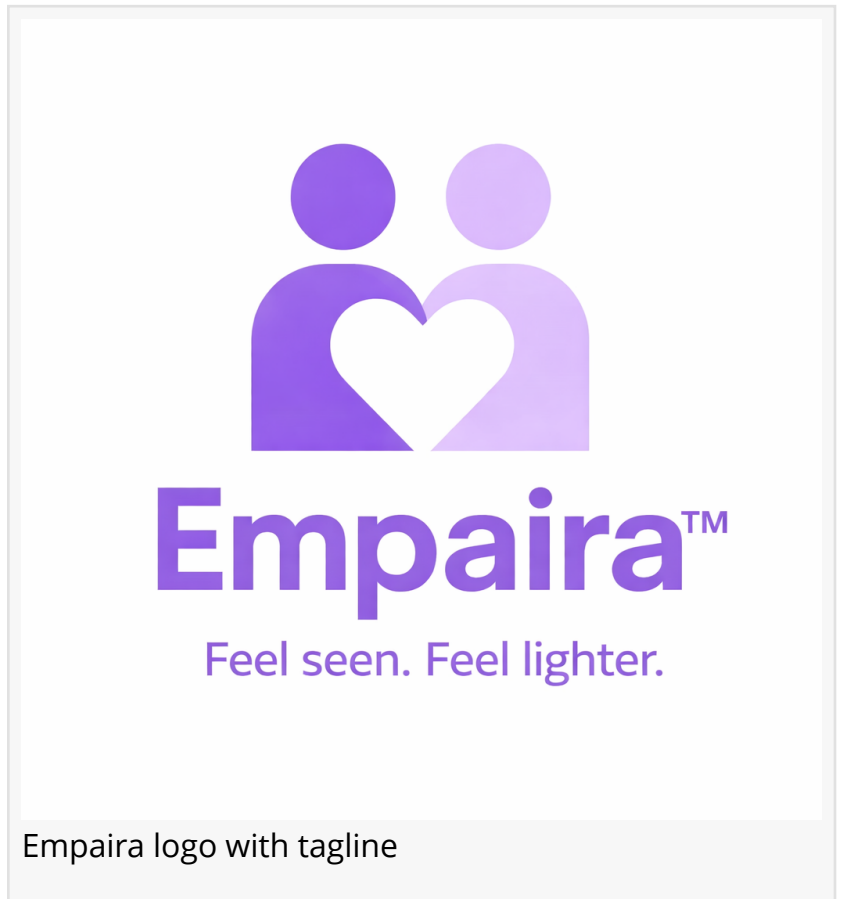
Many caregivers turn to anonymous forums or broad social platforms to share what they're experiencing. Empaira was created to offer a more intentional form of support, rooted in connection with others who understand, paired with simple tools that help caregivers pause, reflect, and steady themselves over time.

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Tim Otis, Founder of Empaira

“Empaira is about building a place where caregivers can feel understood first,” said Tim Otis, Founder and CEO of Empaira. “Our mission is to support 100,000 long-term caregivers by the end of the year by growing a community grounded in shared experience and acknowledgment. When caregivers feel seen, the weight they're carrying doesn't feel quite as heavy.”



Empaira serves family caregivers supporting loved ones with Parkinson's disease, Alzheimer's,

ALS, MS, stroke recovery, paralysis, lifelong or special-needs-related care, and other chronic or degenerative conditions, journeys that often unfold over years and require sustained emotional support.

“Caregivers are often carrying years of emotional strain without recognition,” said Sara Balter, LPC/MHSP (A), Licensed Professional Counselor and Mental Health Services Provider and Chief Growth Advisor to Empaira. “When that experience is acknowledged, without judgment or expectation, isolation decreases and caregivers are better able to sustain themselves and their relationships.”

Empaira is not a medical, clinical, or therapeutic service and does not provide medical advice, diagnosis, treatment, or licensed counseling. The platform exists to offer connection, understanding, and peer support, complementing, not replacing, professional care.

Empaira is free to join and continues to expand nationwide, with global growth planned through multilingual support. Long-term caregivers of all conditions can join at myempaira.com.

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