THIS WEEK IN CAREGIVING

National Alliance for Caregiving

April 6, 2022

CAREGIVING IN THE NEWS

Caring for Aging Parents, Sick Spouses is Keeping Millions Out of Work

Courtney Russell loved her job managing a Charleston, S.C., candy store. But early in the pandemic when her husband's cancer returned, she felt she had only one choice: to quit. Her husband, Doug Curtin, needed a bone-marrow transplant and months of chemotherapy. But hiring a home nurse, so she could keep working, seemed risky with rising coronavirus rates in early 2020.

Two years later, the couple is getting by financially with help from family. Curtin still needs help showering, walking and standing, and Russell says it could be years before she considers looking for work again.

From: Washington Post | Published: April 4, 2022

READ MORE >

Now May Be the Best Time for Working Caregivers to Ask for More

When I first went back to work after delivering my preemie twin boys in 2002, my MBA school career counselor told me not to mention to any prospective employers that I was a new mom. He also advised me against negotiating for any schedule that involved "flexibility."

This was post-9/11 in Washington D.C., and the financial markets were in the tank. Truth be told, I was terrified of "mommy tracking" myself. So, when I started interviewing, as far as the job market was concerned, I was not a mom.

We Can Turn the Caregiver Crisis Around, but Fast Action is Needed

The COVID-19 pandemic laid bare how decades of state and federal underinvestment in our aging services infrastructure has created a crisis for families trying to access long-term care services—and historic challenges for aging services providers who serve millions of older adults.

The good news is that, with fast, meaningful action, we can still turn this crisis around.

From: The Hill | Published: March 26, 2022

From: MSNBC | Published: March 30, 2022

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READ MORE >

NAC NEWS AND UPDATES

World Carers Conversation 2022: Register Now

May 19, 2022 | 8:0 AM - 6:00 PM EST | Online

As the uncertainty around the future of the global COVID-19 pandemic continues, support for carers remains critical. NAC is convening global leaders, experts, influencers, researchers, policymakers, innovators, and other stakeholders in caregiving to share their unique research, case studies, programs, interventions, and perspectives on the future of caregiving as part of this event.

This free event will be made available to the public via Zoom and Facebook Live. The 2020 World Carers Conversation enjoyed participation of caregiving experts and stakeholders from six continents (Africa, Asia, Europe, Oceania, North America, South America) and fifteen countries (Australia, Canada, China, France, Ghana, India, Ireland, Israel, Mexico, New Zealand, South Korea, Taiwan, United Kingdom, United States) with more than 4,000 attendees.

To learn more, click here. To register for the event, click the red button below.

REGISTER >

NAC Releases New Report: Reimagining Clinical Trial Recruitment Through a Family-Centered Lens: Caregiver Recommendations for Enhancing Clinical Trial Participation Diversity

The National Alliance for Caregiving is proud to present *Reimagining Clinical Trial Recruitment Through a Family-Centered Lens: Caregiver Recommendations for Enhancing Clinical Trial Participation Diversity*, a new report developed with sponsorship from Travere Therapeutics. Building on the priority area of clinical trials recruitment and retention identified in NAC’s 2019 report *Paving the Path for Family-Centered Design: A National Report on Family Caregiver Roles in Medical Product Development*, this report synthesizes outputs from a series of three roundtables. In collaboration with Health Leads, NAC mobilized its network of researchers, policymakers, innovators, patients, families and caregivers to discuss and develop strategies for improving how researchers engage caregivers from populations most impacted by structural inequities in order to better understand how to increase representation of diverse patients in clinical trials.

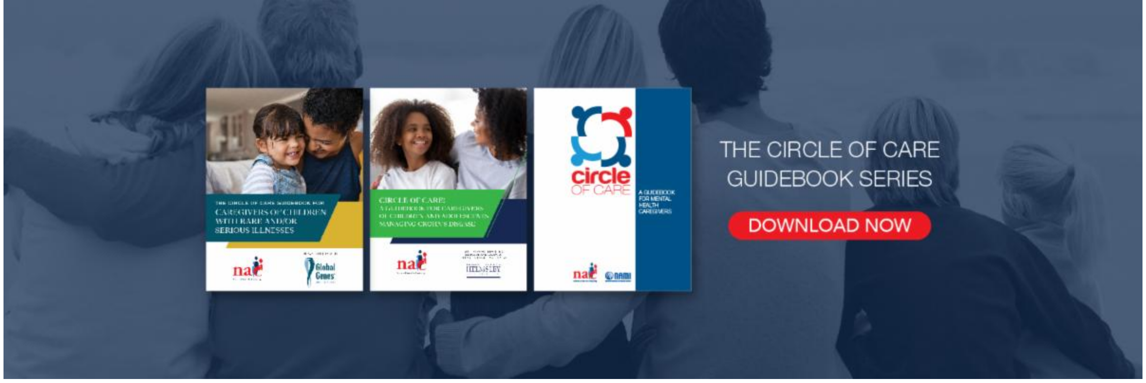
Included in this report:

- Summary of caregiver expert convening including their key insights on caregivers’ role in clinical trials and barriers to patient and caregiver participation;
- Summary of clinical trial roundtable including current strategies that improve caregiver engagement and support caregiver roles related to trials;
- Direct quotations from caregiver experts about their experiences with clinical trial participation;
- Outputs of a co-design session with both caregiver experts and clinical trial experts;
- Individual-level, community-level and systems-level focus areas for acting on these co-developed recommendations.

NAC’s report underlines that engaging caregivers more effectively in the clinical trials process to promote better trial enrollment diversity requires investment and collaboration from not only industry partners and sponsors, but also from federal regulatory agencies, policymakers, healthcare leaders, community care providers and patients and caregivers themselves. Recognizing the value – the contributions, the expertise, the health impact – of what caregivers do, as partners in innovation, is a key part of creating a more equitable, person and family-centered health care system.

To read the report and access our findings, click on the red button below.

LEARN MORE >



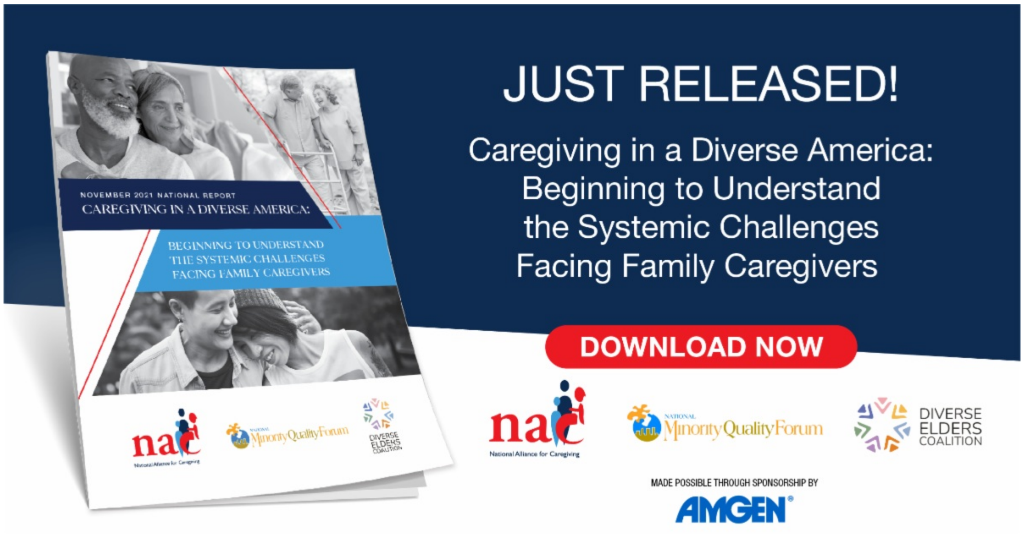
The Circle of Care Guidebook Series

The National Alliance for Caregiving's *Circle of Care* library is a series of guidebooks dedicated to providing resources, support and information to caregivers caring for someone in a specific disease space. Part of an ongoing effort of NAC, these first three guidebooks were developed with the assistance of both patient-advocacy and consumer-facing partners:

- **Circle of Care: A Guidebook for Mental Health Caregivers**
- **Circle of Care: A Guidebook for Caregivers of Children and Adolescents Managing Crohn's Disease**
- **The Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Diseases**

NAC is proud to lend their expertise on caregiving through these guidebooks. To access the guidebooks for yourself and to share them with other caregivers in your life, please visit the link below.

VIEW THE GUIDEBOOKS >



NAC Releases New Report: Caregiving in a Diverse America: Understanding the Systemic Challenges Facing Diverse Family Caregivers in the U.S.

The National Alliance for Caregiving is proud to present *Caregiving in a Diverse America: Understanding the Systemic Challenges Facing Family Caregivers in the U.S.*, a new report conducted with sponsorship by Amgen, Inc., with support from the Diverse Elders Coalition and in partnership with the National Minority Quality Forum. Based on a secondary analysis of the survey results found in *Caregiving in the U.S. 2020*, the data presented includes multiple logistic regression analyses by Dartmouth College researchers. The report highlights significant disparities in support, caregiving intensity, health, and financial impacts among African American, Hispanic and Asian American and Pacific Islander caregivers, LGBTQ caregivers, as well as caregivers across different income brackets and geographical areas. While conducting the research for this report, it became clear that more inclusive methods of data collection are needed to inform research on the needs and possible supports and services that can be provided to diverse family caregivers.

The findings in this report highlight:

- African American, Hispanic, Asian American/Pacific Islander, LGBTQ, rural and socioeconomically diverse caregivers;
- Disparities in living situations, financial status, caregiving activities, self-reported health, and information and services used;
- Personal stories of diverse family caregivers that provide human context to the data;
- Next steps in ensuring data collection and research is inclusive of and equitable to all family caregivers;
- Future policies and improvements to supports, services and the health care system that can better the caregiver experience for diverse populations.

LEARN MORE ABOUT THE NAC REPORT >

Addressing the Needs of Diverse Family Caregivers for Older Adults

This 20-page report is the product of a series of activities conducted by the Diverse Elders Coalition (DEC) and its members' organizations, and in partnership with the National Alliance for Caregiving, to better understand and highlight the lived experiences of diverse family caregivers for older adults. It highlights key findings from 300+ diverse caregivers for older adults from the DEC's constituent communities, including racially and ethnically diverse people; American Indians and Alaska Natives; and lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ+) people as they provide care through the pandemic. The goal of the full length report is to offer research and recommendations to help ensure services and supports for caregivers intentionally address health disparities and systemic barriers that diverse family caregivers for older adults face.

READ THE REPORT >

Lessons from the Workplace: Caregiving During COVID-19

New clarification from the U.S. Equal Opportunity Employment Commission confirms that caregiver stereotypes can result in violation of Federal laws. The EEOC Chair, Charlotte A. Burrows, encouraged employers to understand their responsibilities and underscored the collective interest in protecting caregivers from workplace discrimination as workplaces shift to a post-pandemic world and caregiving continues, "The work that caregivers do – whether as employees or as unpaid workers in the family– is in all of our interests. By ensuring that caregivers know their rights and employers understand their responsibilities, the EEOC will help ensure that America's recovery from the pandemic is an equitable one”.

In November's **article** of NAC's Spotlight series, Social Innovations in Caregiving, the National Alliance for Caregiving detailed the hardships the COVID-19 crisis magnified for millions of working caregivers and explored the mismatch between what family caregivers need to meet the demands of working while caregiving and what benefits and supports employers offer. “The pandemic has exposed the reality that working Americans must too often choose between caring for loved ones and holding onto their jobs,” said Grace Whiting, former President, and CEO of NAC.

Social Innovations In Caregiving:
SPOTLIGHT ON THE WORKFORCE

nac
National Alliance for Caregiving

OCTOBER 2021

Lessons from the Workplace: Caregiving During COVID-19

Guest authored by Peg Rosen,
for the National Alliance for Caregiving

There are 23 million working caregivers in this country.

One in six working Americans provides unpaid care to a family member or friend with a chronic, serious, or disabling health condition. Cancer researcher Shivapriya Ramaswamy counts herself among the privileged minority in this significant, but historically marginalized, group.

Employed by a Fortune 500 pharma giant in the Boston Area, Ramaswamy has a steady salary and access to copious caregiver-friendly benefits, among them paid family medical leave, backup elder care, assistance referral services, and flexible work arrangements.

Yet, during the four years that Ramaswamy lived with and cared for both her aging parents, she made little use of what was on offer. “It took time I didn't have to go over what was available... and going to HR for help felt too public and impersonal,” she says. Though she desperately wanted a more flexible schedule, she never considered asking. “I had colleagues who worked some days from home. They were seen as less committed,” she says. “I couldn't afford that stigma.”

So Ramaswamy—like many of the 23 million working caregivers in this country—stretched herself until she nearly snapped. “I'd find myself staring at my computer screen, unable to think at work, partially because I was exhausted and partly because I was so worried about what was going on at home,” she says. “I know that I brought some of this on myself. But the truth is I didn't feel comfortable discussing my caregiving issues at work and never thought of my employer as a solution to my problems.”

Ramaswamy is, indeed, among the most privileged working caregivers in this country. Still, her story illustrates many of the issues that have generally stood between caregivers and the

> “ I'd find myself staring at my computer screen, unable to think at work, partially because I was exhausted and partly because I was so worried about what was going on at home.

Offering potential solutions on how employers can address this mismatch, NAC advances recommendations for workplace policies and practices that help caregivers thrive at work and home. These recommendations include flextime, compressed workweeks, and public policy strategies to help reinforce workplace solutions such as redefined paid leave criteria.

READ HERE >

EVENTS & OPPORTUNITIES

Solicitation for Nominations To Serve on the Family Caregiving Advisory Council

Deadline: April 11, 2022

The Principal Deputy Administrator of the Administration for Community Living (ACL) seeks nominations for individuals to serve on the Family Caregiving Advisory Council.

The Advisory Council studies and prepares findings, conclusions, and makes recommendations to the Administrator of ACL/Assistant Secretary for Aging on matters pertaining to: (a) Evidence-based or promising practices and innovative models for the provision of care by family caregivers or support for family caregivers; and (b) Improving coordination across federal government programs. The Advisory Council advises and provides recommendations to the Administrator on recognizing and supporting family caregivers.

Nominations must be submitted electronically by 11:59 p.m., Eastern on April 11, 2022 to be considered for appointment.

Nominations, including all requested information and attachments, must be submitted electronically to: **RAISE.mail@acl.hhs.gov**.

To learn more about this call for nominations, click **here**.

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Nominations must be submitted electronically by 11:59 p.m., Eastern on April 11, 2022 to be considered for appointment.

Method of Submission: Nominations, including all requested information (see Nomination Process below) and attachments, must be submitted electronically to: **RAISE.mail@acl.hhs.gov**.

To learn more about this call for nominations, click **here**.

Call for Applications for the 2022-2023 Class of Health and Aging Policy Fellows

Are you committed to improving health and aging? Are you interested in learning about policymaking to increase your impact?

If so, we invite you to apply to join the next class of Health and Aging Policy Fellows!

As a Health and Aging Policy Fellow, you have the opportunity to join a dynamic community of 166 Fellows who are committed to improving health and quality of life for older Americans.

The one-year Fellowship runs from October 1 – September 30 and has full-time and part-time tracks. It is conducted as a hybrid program of mentoring, networking, learning and practicum experiences. Health and Aging Policy Fellows work across diverse fields of aging. They develop lifelong partnerships and networks. Individually and collectively they are improving the lives of older adults around the country.

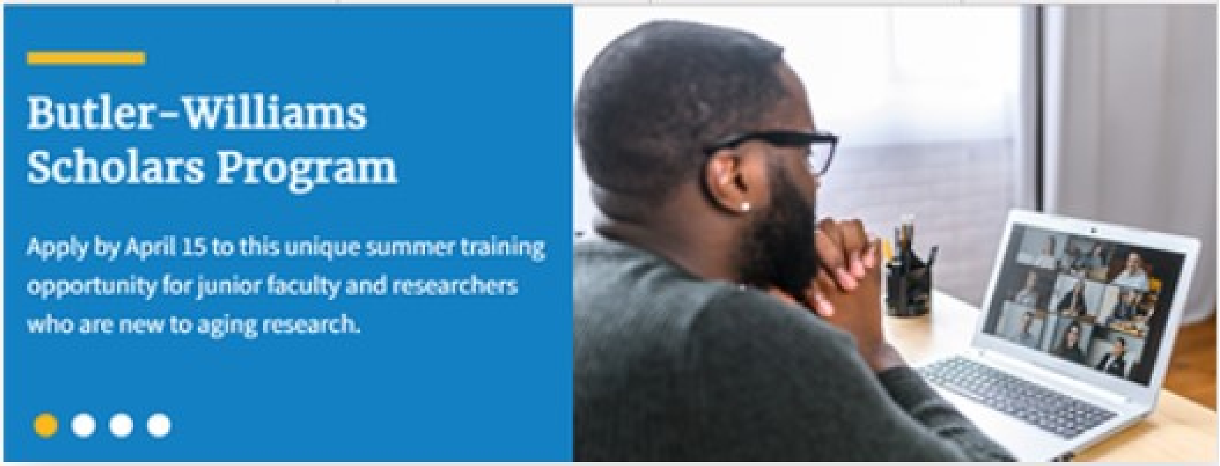
The Health and Aging Policy Fellows Program aims to create a cadre of leaders who will serve as change agents in health and aging policy to ultimately improve the health care of older adults. The year-long fellowship offers a rich and unique training and enrichment program that is focused on current policy issues, communication skills development, and professional networking opportunities to provide Fellows with the experience and skills necessary to help affect policy.

Submission deadline: April 15, 2022

Fellowship begins October 2022

To learn more about the fellowship, click **here**. To apply, click the red button below.

CLICK HERE TO APPLY FOR THE FELLOWSHIP
>



Call for Applications:
The Butler-Williams Scholars Program 2022

The National Institute on Aging's (NIA) Butler-Williams Scholars Program has a call for applications for their 2022 cohort.

The program provides distinctive opportunities for researchers and faculty who are new to the field of aging to gain more knowledge about this field. It includes lectures, seminars, and small group discussions in research design relative to aging, including issues relevant to aging of ethnic and racial minorities. Lectures will cover topics in research on aging, including: the biology of aging; genetics and Alzheimer's disease; and health, behavior, and aging.

Researchers with an interest in health disparities research are encouraged to apply.

Applications are due April 15.

To learn more about the Butler-Williams Scholars Program, click **here**.

To apply, click the red button below.

CLICK HERE TO APPLY FOR THE PROGRAM
>

VISION HEALTH
ADVOCACY COALITION

Thyroid Eye Disease Patient & Caregiver Event

April 16, 2022 | 8:30 AM - 10:30 AM EST | Rosemont, Illinois

Living with or caring for somebody with thyroid eye disease? Join us for a free discussion on living with and managing the disease.

About this event

Location:

Sheraton Suites Chicago O'Hare
6501 Mannheim Road
The Chicago Room
Rosemont, IL 60018

Schedule:

Saturday, April 16
- 8:30am - Complimentary Breakfast & Registration
- 9:00am - Program

Important COVID-19 Information:
To promote the health and safety of this indoor event and the community as a whole, all attendees will be asked to provide proof of either COVID vaccination or negative COVID test results (taken within 48 hours of event) at check in.

Parking is free and will be validated after the event.

Contact Information:
For any questions, please contact Lauren Carter-Early at lcarterearly@allianceforpatientaccess.org or (202) 951-7076.

To register, click the red button below.

REGISTER FOR THE EVENT >

Bridging The Digital Divide To Increase Social Engagement

April 27, 2022 | 2:00 PM EST | Online

The April 27 webinar at 2:00 pm ET will focus on bridging the digital divide to increase social engagement of older adults. During the webinar, Older Adults Technology Services from AARP will highlight how its Aging Connected campaign can help the Aging Network connect more consumers to affordable broadband and access social engagement opportunities. The Federal Communications Commission will then provide details on the Affordable Connectivity Program and resources for the consumers you serve. Attendees will also hear from the Eastern Oklahoma Development District Area Agency on Aging on how it helped consumers connect to broadband and how organizations can create similar strategies.

To register for the conference, click the red button below.

REGISTER >

BOLD PUBLIC HEALTH CENTER of EXCELLENCE ON DEMENTIA CAREGIVING

SAVE THE DATE!

The Public Health Opportunities and Challenges of Dementia Caregiving

June 14th-15th, 2022

You are invited to the in-person BOLD Public Health Opportunities and Challenges of Dementia Caregiving Conference on June 14 & 15! Join the BOLD Public Health Center of Excellence in Dementia Caregiving in person @McNamara Alumni Center (MN), and hear from experts what states and communities are doing to elevate dementia caregiving as a public health issue.

To learn more or register for the conference, click the red button below.

REGISTER >

PATIENT AND CAREGIVER STUDIES

Welcome to the WeCareAdvisor Research Study!

Are you a family caregiver for a person living with dementia? The WeCareAdvisor Study may be right for you!

The WeCareAdvisor is an innovative tool developed by researchers at Drexel University and University of California, Davis to help family caregivers manage common behavioral and psychological symptoms of dementia like anger, irritability, asking repeated questions, pacing, or refusing needed help. The WeCareAdvisor walks caregivers through a step-by-step approach to understand why behaviors may be occurring, and to provide strategies that are customized to the situation that caregivers can use to manage the behaviors. Enrolled caregivers are randomly assigned to one of two groups, both of which have access to WeCareAdvisor. Caregivers also complete four phone interviews over six months, and receive a $15 Amazon e-gift card for each completed interview.

The study is good fit for family caregivers who are 21 or older; able to read, speak, and understand English; the primary caregiver of a person diagnosed with dementia for at least the past 6 months; currently managing challenging dementia-related behaviors; have an internet-capable device, such as a computer, tablet, or smartphone; and have Internet access.

For more information, email **WeCare@drexel.edu**, call us at 267-359-1111, or visit **http://wecareadvisorstudy.com**.

CANCER SUPPORT
COMMUNITY
CANCER EXPERIENCE REGISTRY

Cancer Experience Registry

The Cancer Experience Registry (CER) is an IRB-approved research study that aims to understand the emotional, physical, practical, and financial impact of cancer and identify critical unmet needs among cancer patients, survivors, and caregivers. Our research is one of a kind because it captures the lived experiences of people impacted by cancer through longitudinal data collection, as well as patient and caregiver data that can be linked to understand how their experiences impact each other.

Who can take the survey? The CER is open to any adult who has been diagnosed with cancer at any point in their life or has been a family or informal caregiver to someone with cancer. Participants must live in the United States, a U.S. territory, or Canada and be able to read and understand English.

To learn more about the registry, click the red button below.

LEARN MORE

SHUTi CARE
Sleep Healthy Using the Internet - Caregiver Acceptability Research

SHUTi CARE Research Study

Many caregivers have sleep problems. Our team of researchers from researchers from the University of Virginia and the University of Pittsburgh developed and tested SHUTi, an interactive, web-based training program to improve the sleep of adults with insomnia. SHUTi provides a tailored educational program to individuals who are experiencing sleep difficulties, including those having difficulty falling asleep, waking in the middle of the night, or waking too early in the morning.

SHUTi has been tested and found successful in helping adults in the general population. The purpose of this study is to understand how caregivers who have sleep problems use and benefit from SHUTi.

To learn more about the study, click here. To participate, click the red button below.

PARTICIPATE IN THE STUDY >

Are You a Nurse and Family Caregiver?

What is this research study about?

We want to understand the issues that impact emotional and financial well-being for nurses who are also family caregivers.

What will I do?
If you qualify for this study you may:
*Take a 30 minute survey
*Participate in a 60 minute interview
*Participate in a 90 minute focus group

You may qualify for this research study if:
*You are 18 years of age or older
*You care for someone with a chronic illness for 10 or more hours per week
*You have worked as a nurse in the past two years

Participants will receive compensation for each phase of the study.

To learn more about this study, click the red button below.

LEARN MORE ABOUT THE STUDY >

Study of Caregivers Caring for Parents Who Mistreated Them

The University of Wisconsin is seeking to interview adult children who are caring for a parent who caused them harm in childhood. The leads of this study hope to understand these caregivers' experiences, motivations and interactions with the healthcare system. The goal of the study is to inform the creation of more robust support and resources for these caregivers and assist healthcare professionals to recognize, assess, and intervene more effectively when working with individuals and families with this history.

To learn more about the study, click the red button below. To view the Facebook group for this study, click **here**. To participate, click the red button below.

LEARN MORE ABOUT THE STUDY >

SURVEY RESEARCH CENTER
AGING & BIOPSYCHOSOCIAL INNOVATIONS
UNIVERSITY OF MICHIGAN

INVITATION TO TAKE PART IN THE

SWEL Care
Study

Stress and Well-Being in the Lives of Caregivers Study

The University of Michigan's SWELCare study focuses on the daily experiences, well-being, and cardiovascular health of individuals living with a family member or friend who is experiencing cognitive decline. The study team is looking for caregivers and persons with cognitive decline over the age of 18 to participate. No formal diagnosis of dementia is required.

WHO CAN TAKE PART IN THE STUDY?

Individuals who are Black or White, living with and helping a family member or friend who has Alzheimer's or related dementia and are residents of the state of Michigan.

WILL I BE PAID FOR PARTICIPATING IN THE STUDY?

YES! The family member/friend and the person living with dementia will receive a combined amount of up to $400 for taking part in the study.

To learn more about the study, click **here**. To participate, click the red button below.

PARTICIPATE IN THE STUDY >

Survey from Lupus and Allied Diseases Association on Health Technology Assessments

Lupus and Allied Diseases Association, Inc. (LADA) is inviting U.S. based patient advocacy organizations to participate in a brief survey regarding Health Economic Assessments (HEAs), Health Technology Assessments (HTAs) and Value Assessments (e.g. ICER Drug Reviews).

The results will help us to better gauge the current level of knowledge and experience that organizations have with these assessments and to inform the degree of educational resources needed to better prepare groups to participate.

Please have only one individual take the survey on behalf of your organization and once you have completed it please share the survey with your patient advocacy networks based in the United States only.

This project is being developed and managed entirely by LADA and once the survey is closed we will share the findings.

TAKE THE SURVEY >

LGBTQ+ Research Connections

LGBTQ+ Research Connections is a new offering through the National Resource Center on LGBT Aging. Each year the NRC receives numerous requests to help identify older LGBTQ+ people to participate in academic research studies. LGBTQ+ inclusive research is important to expand the knowledge base related to aging as an LGBTQ+ person. Through LGBTQ+ Aging Research Connections, academic researchers are invited to submit an application for review and approval for listing on the website. LGBTQ+ community members will then be able to learn about research opportunities they may wish to participate in.

Research opportunities are updated on a monthly basis.

Browse Current Research Opportunities >

IN CASE YOU MISSED IT...

Partners In Social Engagement: Collaborating With Faith Communities

The March engAGED webinar featured speakers from USAgainstAlzheimer's, AgeOptions and Lutheran Social Service of Minnesota who shared how partnerships with faith-based groups and communities can provide social engagement opportunities for older adults and caregivers.

RESEARCH & RESOURCES

CENTER FOR CONSUMER ENGAGEMENT in *health innovation*

A better way to better health. For everyone.

Report Offers Action Steps for Supporting Family Caregivers

Family caregivers are a critical link in the network of providing long term services and supports (LTSS). Yet their needs are often overlooked. By collecting concerns, suggestions, and priorities from a diverse range of stakeholders working with family caregivers, a new report from the Leading Age LTSS Center @UMass Boston and Community Catalyst's Center for Consumer Engagement in Health Innovation presents a strategic roadmap for better support.

To read the report, click the red button below.

READ THE REPORT

Frequently Asked Questions About Palliative Care

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

What is Palliative Care?

Palliative care is specialized medical care for people living with a serious illness. Palliative care can be received at the same time as your treatment for your disease or condition. It focuses on providing relief from the symptoms and stress of serious illness. The palliative care team works to prevent or ease suffering, improve quality of life for both the patient and their family, and help patients and their families make difficult health care decisions. When a patient decides to forgo treatment for their serious illness or is near the end of life, they may decide to enter **hospice care**.

To learn more, click the red button below.

Learn More
>

What Do We Know About Diet and Prevention of Alzheimer's Disease?

Can eating a specific food or following a particular diet help prevent or delay dementia caused by Alzheimer’s disease? Many studies suggest that what we eat affects the aging brain’s ability to think and remember. These findings have led to research on general eating patterns and whether they might make a difference.

The Mediterranean diet, the related MIND diet (which includes elements designed to lower blood pressure), and other healthy eating patterns have been associated with cognitive benefits in studies, though the evidence is not as strong as it is for other interventions like **physical activity, blood pressure and cognitive training**. Currently, researchers are more rigorously testing these diets to see if they can prevent or delay Alzheimer’s disease or age-related cognitive decline.

To learn more, click the red button below.

Learn More
>

What It’s Really Like Growing Up as a Military Caregiver (Podcast)

What is it really like to grow up as a caregiver for a wounded warrior? A mother and son share their heart-wrenching perspectives and what types of support have helped them through hard times.

About the guests:
Elizabeth Rotenberry works as a fellows program manager at the Elizabeth Dole Foundation, and her son, Kris Rotenberry, is a senior in high school. They are caregivers for their husband and father, a Marine veteran who sustained a traumatic brain injury in an

IED in 2011 and also lives with severe post-traumatic stress. Their family lives in Baltimore, Maryland.

To learn more about the podcast, click the red button below.

LEARN MORE
>

Black and Aging in America

Black and Aging in America©, a new report by the National Caucus and Center on Black Aging (NCBA), presents summaries, statistics, and perspective on the status of Older African Americans. By examining social, economic, health and other indicators, in comparison to other racial and ethnic groups, this report illustrates progress as well as the many challenges that remain.

Some organizations, academic studies, and government agencies consulted for this report define seniors as over age 55. However, unless otherwise noted, this report reflects information on the 65-and-older cohort. Black and Aging in America© condenses this broad spectrum of information into one simplified presentation—a readily accessible portrait of the status of Older African Americans.

To read the report, click on the red button below.

READ THE REPORT
>

USAging
Answers on Aging
PODCAST

Answers On Aging Podcast

Answers on Aging is a monthly podcast inviting listeners to take a deep dive into the work of USAging and our members on hot topics, current events, their work in the field and more. Stream the **first episode** now to hear from USAging CEO Sandy Markwood who shares with us her thoughts about the road ahead for USAging members and the entire Aging Network.

To learn more about the podcast, click the red button below.

LEARN MORE >

The Hospital-at-home Presents Novel Liabilities for Physicians, Hospitals, Caregivers, and Patients

Healthcare is increasingly provided in a patient’s home, with potential cost savings and clinical improvements. But the hospital-at-home also raises unique liability issues not only for physicians and hospitals but also for caregivers and patients.

A new article in the journal *Nature* discusses these issues as they pertain to medical professionals as well as unpaid caregivers. To read the article, click the red button below.

READ THE ARTICLE >

Picking Up the Pace of Change: Scaling Services for a Changing Caregiver Profile

Family caregivers are experiencing higher levels of isolation and stress due to COVID-19, which has complicated access to respite care and in-home paid caregiving.

Picking Up the Pace of Change: Scaling Services for a Changing Caregiver Profile describes an ongoing project to enhance counseling, training, and other services offered by California's 11 nonprofit Caregiver Resource Centers (CRCs).

Published by the Family Caregiving Institute at UC Davis in Sacramento, CA, the report highlights the CRCs' deployment of an interactive online system to assess and meet caregivers' needs during the pandemic. The report also proposes using data collected in that system to support evaluation of the CRC service model.

Notably, compared with other caregiver populations, CRC clients are more likely to:

- Provide complex medical/nursing care at home
- Live with a care recipient
- Care for people who have dementia and cannot be left alone

READ THE REPORT >

Supporting Family Caregivers of Older Adults with a History of Trauma: Implementation Recommendations for the National Family Caregiving Strategy

The Administration on Community Living has played a crucial role in ongoing efforts to develop a national family caregiving strategy.

In support of those efforts, agencies representing diverse populations and experts from various disciplines have drafted recommendations on person-centered, trauma-informed care for family caregivers of elders with a history of trauma.

The recommendations are aimed at:

- Increasing the use of family caregiver support services
- Promoting better outcomes for both caregivers and care recipients

READ THE RECOMMENDATIONS >

Improving Primary Care for People With Disabilities

The National Association of Councils on Developmental Disabilities (NACDD), with support of UnitedHealthcare Community & State (UHCCS), partnered with the UHCCS National Federally Qualified Health Center (FQHC) Advisory Board and the National Advisory Board (Boards) to more fully understand the challenges individuals with disabilities face when accessing primary care and to identify ways the health care system can be strengthened to deliver comprehensive, person-centered care that best meets their needs. NACDD coordinated community surveys of individuals with disabilities, caregivers, state Developmental Disability (DD) Council leaders, and health care professionals from across the nation in August 2021 to collect feedback and anecdotal evidence on primary care access. These surveys were promoted through the Boards, within the NACDD network of consumers and advocates, and to health care provider partners. The brief provides an overview of those findings with insights from members of the Boards.

READ THE BRIEF >

Yoga 4 Caregivers

Yoga4Caregivers offers a safe, private, non-judgmental online community focused on educating and empowering Caregivers (family/chosen family/professional) to explore the embodied self-care practices of yoga, meditation and mindful movement. These tools are proven to calm the nervous system, increase the mind-body connection and improve physical health, mental health and well-being.

We call this community a Caregiver Kula. Kula is a Sanskrit term that means, an intentional community of the heart. This community is supported by volunteer Yoga Teachers, Yoga Therapists and Wellness Educators.

All Caregivers including family, chosen family and medical/social service professional caregivers are welcome here. All have a shared experience of anxiety/stress, burnout and compassion fatigue.

To follow Yoga4Caregivers on Twitter, click **here**. To join on Facebook, click the red button below.

Join Yoga4Caregivers on Facebook >

Video Series: Tips for Managing Alzheimer's and Dementia Symptoms

Research shows that individuals – including those living with **dementia** – want to stay at home. That goal may become difficult for someone with Alzheimer's disease or another form of dementia. This video series provides tips from Dr. Lakelyn Hogan, Home Instead gerontologist and caregiver advocate, to help you be the best care partner so your loved one may enjoy living at home safely.

To access the video series, click on the link below.

VIDEO SERIES >

Top 17 Resources for Family Caregivers

If you're a family caregiver, you may have questions about your care recipient's health condition, care planning or how to navigate daily care activities. This one-sheet of top resources produced by the Family Caregiver Alliance provides a wealth of answers and guidance to these questions and more. This list contains the most popular resources as rated by the family caregivers we've served for more than 40 years. We hope they help you too!

To access the list of resources, click the red button below.

LEARN MORE >

A Guide to Finding an LGBTQ+ Inclusive Long-Term Care Community

Welcoming policies, practices, and culture are all factors that should be considered when trying to find an inclusive and welcoming long-term care facility for LGBTQ+ elders. Learn how to properly screen facilities for these and other factors in a resource created by the **Human Rights Campaign Foundation** and **SAGE**.

VIEW THE GUIDE >

FOLLOW US TO STAY CURRENT ON CAREGIVING!