

THIS WEEK IN CAREGIVING



August 31, 2022



CAREGIVING IN THE NEWS

Planning for Your Retirement, and for a Child's Needs, All at Once

Rachel Nagler, 39, has worked part time since she was 22, but she will never be financially independent, according to her father. She is legally blind with a seizure disorder and mild cognitive impairment, the result of birth trauma.

For her parents, Sam and Debra Nagler of Concord, Mass., planning for retirement required them to focus on Rachel's future as well as their own.

From: New York Times | Published: August 27, 2022

[READ MORE](#)



COVID-19's Negative Impact on Caregivers and 4 Ways to Help Them

The COVID-19 pandemic has had unprecedented effects on our society and even more so on our senior population, as they struggle to manage care. In some cases, they are without their loved ones being able to visit them, creating a further sense of isolation, heightened anxiety and depression due to fear of contracting the virus.

From: ABC News | Published: August 18, 2022

[READ MORE](#)



Documentary Holds a Mirror Up to Caregiving in America

A new film promises to open the conversation about family caregiving in America by focusing on a topic traditionally spoken of in whispers: mental health.

In the documentary "Hidden Wounds," writer and director Richard Lui introduces viewers to three families, including his own, to reveal the tightrope family caregivers walk, balancing their daily lives with caregiving duties.

From: Seniors Matter | Published: August 27, 2022

[READ MORE](#)





NAC NEWS AND UPDATES

Live Virtual Event

Taking Public Health Action for Family Caregivers

September 14, 2022 at 10AM EDT



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.



Taking Public Health Action for Family Caregivers

September 14, 2022 | 10:00 AM – 11:00 AM ET | Online

Join the National Alliance for Caregiving and the National Association of Chronic Disease Directors for the release of a new public health framework designed to guide the public health community's efforts to support the growing needs of America's 53 million family caregivers. Experts will share insights into the caregiving issues relevant to public health and outline actions public health professionals can take to safeguard the health of family caregivers.

Featured Speakers Include:

Kristi Pier, MHS, MCHES; Director of the Center for Chronic Disease Prevention and Control at the Maryland Department of Health; Board Chair, National Association of Chronic Disease Directors

Jason Resendez, President & CEO of the National Alliance for Caregivers

Jane Carmody DNP, MBA, RN, FAAN, Senior Program Officer, The John A. Hartford Foundation

Lauren J. Parker, PhD, MPH; Assistant Scientist in the Department of Health, Behavior and Society at Johns Hopkins Bloomberg School of Public Health

Mike Wittke, VP of Research & Advocacy, National Alliance for Caregiving

Leslie Best, Senior Public Health Consultant, National Association of Chronic Disease Directors

[REGISTER](#)



World Carers Conversation 2022 Session Recordings

World Carers Conversation returned May 19, 2022 as a global, virtual event with the support of EMD Serono and Embracing Carers. Innovators, researchers, policymakers and carer advocates from around the globe learned about advancements in the field, got inspired, and made connections that matter for the future of carers everywhere. These recordings cover the primary conversations and topics discussed.

To view the slide deck used in the event, click [here](#). To view the recordings, click below.

VIEW RECORDINGS



Global Voices of Caregiving: A PhotoVoice Project

As part of the World Carers Conversation 2022, NAC worked with Chief Story Officer Anne Levy and caregivers from around the globe to help them tell their own story through a series of photos. These photos addressed simple questions about being a caregiver, such as what works, what doesn't work, and what a world that embraces and supports caregivers would look like. Each one of these stories is unique to the caregiver's own experience and tells a diverse story of what it's like to care for others, an act which connects us all.

To view and hear these stories, please click on the red button below.

I am always learning from and sharing with my fellow carers how to care for myself while caring for my loved one.

- Jean, Taiwan

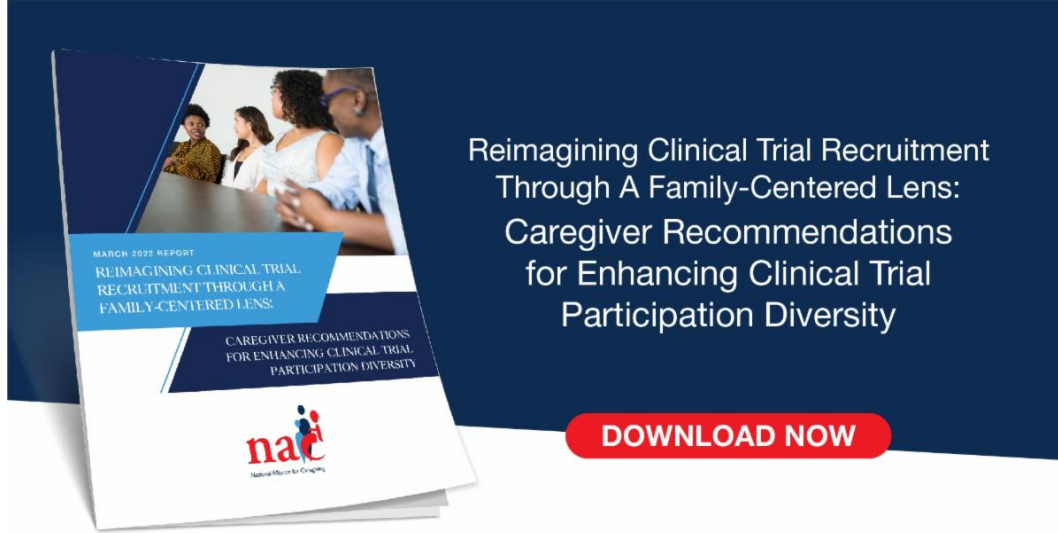
2022
WORLD CARERS
Conversation
A VIRTUAL GLOBAL SUMMIT HIGHLIGHTING INNOVATIONS
IN CAREGIVING RESEARCH, PRACTICE AND POLICY

nac
National Alliance for Caregiving

embracing
carers

VIEW STORIES





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 Traverre 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](#)



EVENTS & OPPORTUNITIES

AUGUST

Healthy Boundaries in Caregiving

A Free Virtual Caregiver Conference



Healthy Boundaries in Caregiving

August 31, 2022 | 12:30 PM - 3:30 PM EST | Online

Learn from our expert speakers how to set personal boundaries and incorporate self-care for improved mental health. Visit our "live" exhibitor booths to meet our members and discover resources and services. Stay for the opportunity prize drawings.

To register for this event, click the red button below.

REGISTER



The Grief Journey of the Dementia Caregiver

August 31, 2022 | 1:00 PM - 2:00 PM EST | Online

This program offers clinicians a breakdown of the types and stages of grief that affect caregivers of persons living with dementia. We will discuss how to identify the area of stress that is most burdensome to each particular caregiver and ways to lessen that burden in order to help that caregiver continue to provide optimal care.

To register for this event, click the red button below.

REGISTER



McCormick Dementia Services

Integrating Technology into Caregiving

August 31, 2022 | 7:00 PM - 9:00 PM EST | Online

Join us for a Zoom webinar where we learn how to integrate technology into caregiving for a person living with dementia.

Have you ever wondered if there is technology available that can assist you with caregiving and enhancing safety in the home?

Join us for a presentation with guest speakers Jennifer Watt, Occupational Therapist with the Behavioural Response Team in Geriatric Mental Health at LHSC and technology expert Ron Beleno, Consultant, Coach and Mentor from RB33. As a caregiver to his father who lived with Alzheimer's for 10+ years, Ron utilized technology and creative strategies

to support his family's life to live well and as best as possible.

Together, Jenny and Ron will showcase a broad range of tools available to help you with caregiving and address everyday challenges that you might be facing, or potentially could face in the future. They will share information on what these tools can be used for taking into consideration the person living with dementia's right to privacy, their cost, where to get them, and how to set them up.

Please come ready with your questions about caregiving and technology

To register for this event, click the red button below.

REGISTER



SEPTEMBER

Communication in Dementia

September 7, 2022 | 11:00 AM - 12:00 PM EST | Online

A Person With Dementia is suffering from a terminal brain disease. Understanding how memory works, knowing the type of dementia your resident has, along with the stage of the disease, allows caregivers to target conversations to the memories that continue to function. Using this skill allows for interactions with old memory and can lead families and professional caregivers to new insights into their loved one's younger life.

To register for this event, click the red button below.

REGISTER



Webinar: Navigating a Dementia Diagnosis and Care Needs

September 7, 2022 | 1:00 PM - 2:00 PM EST | Online

Knowing the warning signs of Alzheimer's disease is important for early detection and diagnosis. Family members often are the first to notice the signs, but may struggle on how to approach their loved one about scheduling an appointment with their doctor. Once they do broach the subject, they may be met with resistance or denial. If a diagnosis is received, the individual and their family may be at a loss for what do next and what to expect for their loved one's care needs. As professionals, it is important to help older adults and their families navigate life after a dementia diagnosis by providing them with useful information and support. Join this webinar during World Alzheimer's Month to learn more about what to do next after a dementia diagnosis, what changes to expect and how to best care for someone living with dementia.

Participants in this webinar will be able to:

- Review the 10 warning signs of Alzheimer's disease and the importance of diagnosis
- Discuss what to expect after a diagnosis and what changes are likely to occur
- Learn communication strategies and care tips to best support the individual
- Discover resources for professionals and families for diagnosis, care and support

To register for this event, click the red button below.



Keeping the Communication Going

September 7, 2022 | 1:30 PM - 3:00 PM EST | Online

This event aims to explain how dementia can affect language and communication. There will be an opportunity to explore the emotional impact of a breakdown in communication / relationships for a carer and the person with dementia and to identify strategies to help establish effective and meaningful interactions.

This session is for you if:

- you would like to gain a better understanding of how communication can be affected for a person with dementia
- you would like to learn about different strategies to support a persons ability to communicate and understand
- you want to spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment

- you would like to meet other people who are taking care of a friend or family member with dementia in a similar situation

To register for this event, click the red button below.

REGISTER



Common Family Reactions to Mental Illness

September 8, 2022 | 1:00 PM - 2:00 PM EST | Online

Understanding why people experience things differently can help to ease tension & increase acceptance. Discuss the caregiving experience, the stages of emotional response, and learn how to respond and cope in this one-hour seminar with a licensed therapist.

Fine print: Certificates of attendance are provided at no cost. CEUs are not provided. Everyone who registers will receive the webinar recording & resource info 24 hours after the live event.

About the instructor: Jaymi Dormaier is a Licensed Master Social Worker with ten years of experience in the mental health field. In Jaymi's career as a social worker and therapist she has worked with diverse populations focusing on anxiety, depression, grief, trauma, foster care, adoption, homelessness, and addiction. She is passionate about helping others live a life they love.

To register for this event, click the red button below.

REGISTER



Hopeful Alzheimer's & Caregivers' Symposium

September 10, 2022 | 11:00 AM - 3:00 PM EST | Online

The Hopeful Alzheimer's & Caregivers' Symposium provides education and information for caregivers of loved ones suffering from Alzheimer's disease. The 2022 program will include a video of persons suffering from various types of dementia. Additionally, some of these individuals will join us and answer questions. Dr. Monica Parker, Director of the Goizueta Alzheimer's Disease Research Center at Emory University will discuss the illness and the latest research findings. Mrs. Shondale Coleman of Amedicis Hospice will discuss how to access hospice services, once a person has an Alzheimer's diagnosis. Attorney Joseph Gilsoul will discuss how to apply for Social Security Disability benefits, once an Alzheimer's diagnosis is received.

To register for this event, click the red button below.

REGISTER





Long Term Care: From a Woman's Point of View

September 10, 2022 | 12:00 PM - 1:00 PM EST | Online

When everyone is counting on you, you can count on us. This webinar will discuss the impact caregiving has on women, what you can do to protect your loved ones, what is long term care and what can you expect.

To register for this event, click the red button below.

REGISTER



Caregivers Count 12th Annual Conference

Saturdays, September 10 - October 1, 2022, 1:00 PM – 3:00 PM EDT | Online

The 12th Annual Caregivers Count Conference is tailored specifically for family or informal caregivers who are caring for older adults.

The conference will be held for four consecutive weeks, September 10, 17, 24, and October 1. Attendees will have the opportunity to hear from informative speakers as well as senior service agencies to learn about supportive services in Santa Clara County.

This year's conference format will be streamed live via Zoom. In addition, for the opening session on September 10, there will be an optional in-person "watch party" held at a location in Santa Clara County (more info to come).

Sessions will also be recorded so that caregivers can refer back to them after the conference.

EVENT TOPICS:

September 10, 2022: Keynote: A Holistic Approach to Self-Care (Jenn Chan, Senior Shower Project)

September 17, 2022: Strategies for Dementia Caregiving (Tami Anastasia, Dementia Caregiver Educator & Trainer)

September 24, 2022: Introduction to Long-Term Care (Vanessa Souza, Alzheimer's Association)

October 1, 2022: Fall Prevention & Home Safety (Santa Clara County Fire Department; Jenn Schachner, Lecturer @ San Jose State University)

To register for this event, click the red button below.

REGISTER
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Building Partnerships to Scale Effective Dementia Care Supports: Indiana University and Indiana's Area Agencies on Aging

September 12, 2022 | 1:00 PM - 2:00 PM EST | Online

Indiana University (IU) was awarded grant funding in 2020 under the Administration for Community Living Alzheimer's Dementia Programs Initiative to implement the Caregiver Stress Prevention Bundle (CSPB) for people living with dementia and their informal caregivers. The CSPB is delivered through five area agencies on aging (AAA) by trained care coaches who are community health workers employed by the AAAs and supported by IU dementia care experts. Presenters will share how the university partnered with AAAs to implement the dementia care program and results-to-date. Reasons why AAAs partnered with IU to launch a dementia care program and plans for sustainability will also be discussed.

Participants in this webinar will:

- Describe how IU partnered with five of Indiana's AAAs to scale a dementia care program developed and tested at IU.
- List three key elements of the IU/AAA partnership leading to successful program implementation and process improvement.
- Identify three reasons why the AAAs partnered with IU to launch a dementia care program.
- Discuss plans for sustainability and statewide expansion of the IU/AAA dementia care program.

To register for this event, click the red button below.

REGISTER
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2022 RARE Patient Advocacy Summit

**September 12th - 14th, 2022
San Diego, CA (and virtually!)**

Each year, Global Genes convenes one of the world's largest gatherings of rare disease patients, caregivers, advocates, healthcare professionals, researchers, partners, and allies at the RARE Patient Advocacy Summit.

This year we're celebrating being back together again, and have opportunities for you to join us in person or online for two days of connection opportunities, educational sessions, fun, and the RARE Champions of Hope Awards Ceremony and Dinner!

Summit sessions provide attendees with insights about the latest in rare disease innovations, best practices for advocating on an individual and organizational level, and actionable strategies to take home. This year, the Summit will be a hybrid event so all can attend – in person at the Town & Country Hotel in San Diego, California and live streamed online in our virtual event platform.

To learn more, click [here](#). To register for this event, click the red button below.

REGISTER
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Equity and Inclusion in Rare Disease Clinical Trials: Beyond Buzzwords

September 13, 2022 | 10:00 AM - 11:00 AM EST | Online

The rarity of each individual rare disease introduces many unique challenges and complexity in clinical research including barriers to achieving representative trial populations and equitable access to trials. Focused effort and dedicated action are essential to create an equitable clinical research environment.

Join the featured speakers for an in-depth, interdisciplinary panel discussion of research leaders and community advocates from BridgeBio, the Duke ALS Clinic, RARE-X and The Sumaira Foundation to learn about:

- Barriers and effective strategies to mirroring the patient community make-up in rare disease clinical trials
- Challenges that rare disease Patient Organisations are tackling to improve diversity, equity and inclusion (DE&I) in their own communities
- Consequences of getting it 'wrong' in the clinical stage and beyond

To register for this event, click the red button below.

REGISTER
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**Area Office on Aging
of Northwestern Ohio, Inc.**

Caregiver Educational Series - "Incontinence Products"

September 13, 2022 | 12:45 PM - 2:30 PM EST | Online

This webinar hosted by the Area Office on Aging of Northwestern Ohio will discuss incontinence products in the context of caregiving. It will be presented by Janet Firestone, National Account Executive Medicaid, Principle Business Enterprises/ Tranquility Products.

To RSVP and obtain access instructions, call Jennifer Forshey at (419) 725-6983, or email her by clicking on the red button below

To register for this event, click the red button below.

RSVP
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UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Virtual

Alzheimer's Program: Understanding Alzheimer's Disease

September 13, 2022 | 4:00 PM - 5:30 PM EST | Online

Alzheimer's is not a normal part of aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join the Alzheimer's Association for this webinar to learn about the differences of Alzheimer's and dementia and more.

To register for this event, click the red button below.

REGISTER
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NATIONAL LIFESPAN RESPITE CONFERENCE

September 13-15, 2022

2022 National Lifespan Respite Conference

September 13th - 15th, 2022

Join us for Reimagine Respite!, the 2022 National Lifespan Respite Conference to be held in Madison, WI on September 13-15, 2022. The ARCH National Respite Network and Resource Center and its cohost, the Respite Care Association of Wisconsin, are excited to provide this space to advance knowledge and understanding of respite by learning from and with national leaders and innovators in the field of respite.

You are invited to Reimagine Respite with us! Register today at arch.wildapricot.org/2022-Conference-Registration. The pandemic cast a harsh light on the lack of support for family caregivers, but it also presented opportunities to raise awareness and rethink traditional supports. Learn, grow, network, and imagine what we can do to expand respite options for all family caregivers by joining us in Wisconsin in September!

The full Conference Program can be found on the conference [website](#).

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

LEARN MORE



Dementia Information Series

September 14, 2022 through November 2, 2022 | 7:00 PM - 9:00 PM EST | Online

The Dementia Information Series is a comprehensive 8-week series on **Wednesday evenings** is designed for families who are caring for a loved one with dementia or Alzheimer's disease. You can understand the disease, learn how it affects your relative, how to access support in the home and community, how to cope, and how to communicate.

Register as early as possible to reserve a spot for this popular education event.

To register for this event, click the red button below.

REGISTER



Caregiving & Dementia

September 14, 2022 | 2:00 PM - 4:00 PM EST | Online

Learn about the impact of Alzheimer's disease. The difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms.

In addition, learn about approaches to communication and challenging behaviors, and how to create a plan in case you become ill and cannot care for your loved one.

For more information email mcrc@csuchico.edu or call (530) 898-5925.

To register, click on the red button below.

REGISTER >



Jamal's Helping Hands: Building a Bridge of Trust

September 15, 2022 | 6:00 PM - 8:00 PM EST | Online

Jamal's Helping Hands provides client-focused support to patients and their families dealing with a chronic illness.

We help these patients and families navigate the many and difficult travails of today's healthcare industry. Our services include various resources and educational information to help you better manage your loved-one's healthcare.

It is our goal to enhance the quality of our clients' lives and to make things easier for their families.

Jamal's Helping Hands is hosting a webinar entitled "Building a Bridge of Trust" on September 15, 2022. This event is to provide guidance, education, and assistance to underserved and underrepresented patient communities regarding rare disease, diagnostic testing, advocacy and the importance of participating in clinical trials and research.

To register, click on the red button below.

REGISTER



Request for Applications for NIA's Career Development Award Program

Deadline to apply: September 15, 2022

The National Institute for Aging's IMPACT Collaboratory seeks to build the nation's capacity to conduct pragmatic clinical trials of interventions embedded within health care systems for people living with dementia and their care partners.

IMPACT Collaboratory has issued a request for applications for its Career Development Award Program. The award is intended for scientists pursuing careers in embedded pragmatic clinical trials for people living with Alzheimer's disease and Alzheimer's disease-related dementias (AD/ADRD) and their care partners

To learn more, click [here](#) or on the red button below.

LEARN MORE





**Falls Prevention
Is A Team Effort**

Family & Friends

Ask family and friends
to help check and rid your
home of falls hazards.



ncoa FallsFree
national council on aging

Falls Prevention Awareness Week

September 18th - 24th, 2022

Join the National Council on Aging in observing Falls Prevention Awareness Week, September 18-24, 2022. The week is a national health campaign observed on the first day of fall to increase awareness around falls health and injury prevention.

The NCOA has created Falls Free Check-Up, an online screening tool that can serve as a first step for older adults to learn more about falls risk and steps to prevent falls and accidents. To take the Check-Up, click the red button below.

FALLS CHECK-UP



What is Hospice Palliative Care?

DYING TO KNOW EDUCATION SESSION

WITH ERIN FORSYTH

What is Hospice and Palliative Care?

September 20, 2022 | 8:00 PM - 9:30 EST | Online

Most people want to die at home. Informing ourselves of the available options can go a long way towards making plans. Erin Forsyth, Director of Clinical Care at Hospice Calgary's residential hospice Rosedale, will share information about Hospice and Palliative Care as well as how to access services and resources. Please note, login information for Zoom will be sent to registrants closer to the event date.

If you have any questions, please contact Fiona McColl at fiona.mccoll@hospicecalgary.ca.

To register for this event, click the red button below.

REGISTER



Virtual Event: Anchoring Race Equity and Advancing Health Justice

September 20th - 22nd, 2022

The Anchoring Race Equity and Advancing Health Justice convening seeks to create an inclusive space for Community Catalyst and local, tribal, state and national and community partners to engage in reflective learning and explore strategies and opportunities to build the power of a united health justice movement rooted in racial equity. Innovative ideas and perspectives will be unpacked through sessions, workshops and plenary discussions that move us towards coalition/movement building.

We encourage all community partner organizations to join for our three day virtual convening. Together, we'll share, learn and participate in timely workshops on communications, policy, organizing and power building. We also look to forward networking, restorative opportunities and most importantly some radical truth telling as we vision forward.

To learn more about this event, click [here](#). To register, click the red button below.

REGISTER





Virtual Duke Caregiver Community Event

September 20, 2022

Duke University is hosting a free, virtual event that will offer you the chance to learn about the latest disease research, understand advancements in caregiving, and discover ways to find support as you care for loved ones. After the event is held on September 20, 2022, its presentations and information sessions can be accessed online by those who register. Materials can be viewed at any time on your computer or mobile device through September 2023.

Conference materials will be available virtually in English and Spanish. Presentations will go live on Sept. 20 and cover these topics and more:

- African-American, Hispanic, Latino, and LGBTQ+ experiences in caregiving
- Challenges of long-distance caregivers
- Physical, occupational, and speech therapy options
- Adult guardianship benefits and misconceptions
- Finding help for mental health care
- Advancements in technology to understand health needs

To learn more about this event, click [here](#). To register, click the red button below.

REGISTER
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Caring for Those Who Care: Meeting

the Needs of Diverse Family Caregivers

September 21, 2022 | 1:00 PM - 2:30 PM EST | Online

This webinar is a training curriculum created by the Diverse Elders Coalition. This 90-minute Diverse Family Caregivers Overview training is designed for healthcare, social service and aging professionals who wants to better serve diverse family caregivers and older adults. This DEI-centered training highlights the lived experiences of unpaid caregivers for older adults from the following communities:

- African American and Black Caregivers
- American Indian and Alaska Native Caregivers
- Chinese American and Korean American Caregivers
- Hispanic and Latino Caregivers
- Lesbian, Gay, Bisexual, Queer/Questioning and Transgender (LGBTQ+) Caregivers
- Southeast Asian American Caregivers

By attending this training, training participants will be able to:

- Identify and address the unique experiences and needs of family caregivers from racially and ethnically diverse communities, American Indian and Alaska Native communities, and LGBTQ+ communities.
- Explore how a lack of culturally and linguistically appropriate services impact family caregiver experiences and their health outcomes.
- Deepen their cultural understanding and learn provider level best practices to better serve diverse caregivers and older adults.

Please note this training will not be recorded

To register, click the red button below.

[REGISTER](#)



Activities & Engagement in Dementia

September 21, 2022 | 6:00 PM - 7:00 PM EST | Online

Learn Montessori-style methods for engaging someone with dementia in daily care, activities, and how to balance high and low energy times of day.

To register, click the red button below.

[REGISTER](#)



Live online learning

Memory Changes

September 28, 2022 | 8:30 AM - 10:00 AM EST | Online

As dementia progresses, it affects people's ability to store and retrieve information as the memory becomes less efficient.

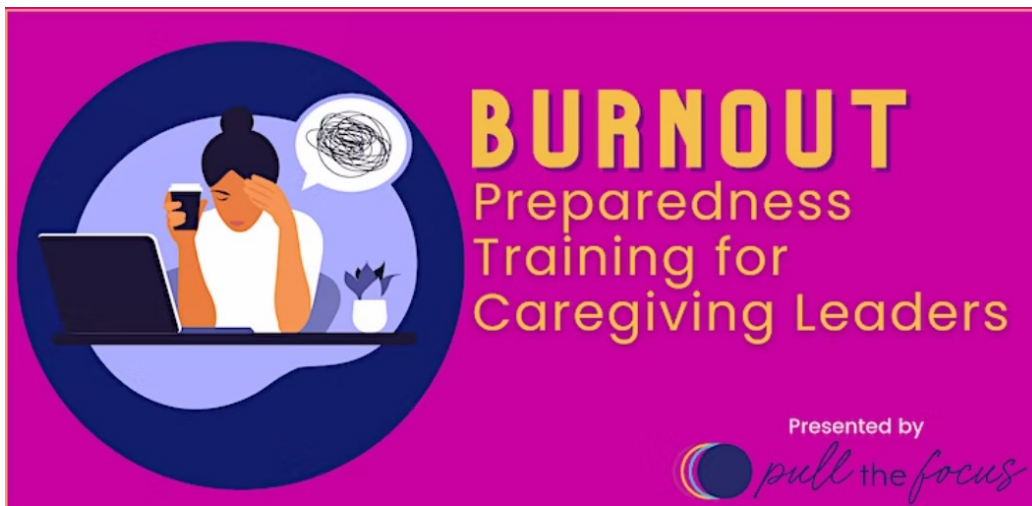
This is an opportunity to focus specifically on some of the memory challenges which can occur for a person with dementia and some ideas and strategies to support these challenges. It will provide you with the confidence to try new ways to support the person and to look after yourself.

The session is for you if you would like to ...

- Learn about how changes in the brain can affect memory
- Get ideas for supporting the person's memory
- Spend time with experienced healthcare professionals who will answer your questions in a safe and supportive environment.
- Meet other people who are taking care of a friend or family member with dementia in a similar situation

To register, click the red button below.

[REGISTER >](#)



Burnout Preparedness Training for Caregiving Leaders

September 29, 2022 | 8:30 PM - 9:30 PM EST | Online

All leaders battle bouts of burnout at some point. It comes with the territory of being in charge -- burning out isn't a matter of if, but when. Compounded with the working caregiver CEO-at-home responsibilities, exhaustion, stress and overwhelm add up to burnout.

But just like any leadership skill, tools to prepare for burnout can be learned, developed, personalized and perfected.

Join **Pull the Focus** founder and leadership coach, Michelle Manassah, for this 1-hour workshop to walk away with tools to:

- identify your own own burnout
- shake the shame that you can't do it all
- create your own ground rules to prevent burnout
- plus 10 actionable strategies to prepare for and overcome burnout

Burnout Preparedness Training doesn't come with a prescription for bubble baths. Instead, we get real about how stress affects your body, what to do when stressors show up, and how to overcome stress cycles everyday to ensure you continue to lead with goals in focus.

To register for this event, click the red button below.

[REGISTER >](#)

Carers' Rights and Benefits

September 30, 2022 | 8:30 AM - 10:00 AM EST | Online

Caring for a family member or friend with dementia can be financially challenging. There is a range of financial support available, but getting to grips with the system can be tricky.

This session explores the range of carers' rights and benefits and the types of assessments and support available.

The various benefits will be described, and there will be an opportunity to reflect and apply this to your own situation.

This session is for you if you would like to ...

- Gain a better understanding of the rights and benefits available to you and the person you care for
- Spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- Meet other people who are taking care of a friend or family member with dementia in a similar situation

To register, click the red button below.

REGISTER



OCTOBER

WHEN LIVING AT HOME IS
NO LONGER AN OPTION

Virtual

Alzheimer's Program: When Living at Home is No Longer an Option

October 11, 2022 | 4:00 PM - 5:30 PM EST | Online

Changes in thinking may reduce your ability to make appropriate decisions about self-care and your day-to-day needs as the disease progresses. You may be at increased risk for harm, falls, wandering and/or malnutrition. You also may have difficulty managing personal hygiene or household tasks, which can lead to unsafe living conditions. Plan ahead for how you will address your basic needs, including housing, meals and physical care.

If friends or family have expressed concern about your ability to perform certain roles or tasks, listen to their observations. Alzheimer's will eventually limit your own insights as to what you can safely do.

To register, click the red button below.

REGISTER





NATIONAL CAREGIVERS CONFERENCE

“Emerging Forward, Together”

2022 National Caregivers Conference

October 16-17, 2022

The Family Resource Network, a New Jersey-based organization, will re-convene many of the nation’s industry leaders and family caregivers for the 2022 National Caregivers Conference.

The theme of NCC 2022 is “Emerging Forward, Together”. COVID-19 took a significant toll on the Nation becoming the most challenging times we’ve ever faced. Unpaid family caregivers were impacted by the pandemic in four categories: environmental, technological, societal, and economic. As the Nation is on the path of recovery, The Family Resource Network puts emphasis on the necessity to address the issues in conjunction with the others. The effectiveness of the recovery relies solely on how well policymakers, leaders, and professionals work together. The National Caregivers Conference is committed to creating a space to collaborate, learn and support.

Virtual Attendance

Family Caregiver

\$100 Virtual Early Bird Family Caregiver

\$125 Virtual Final Family Caregiver

Professional

\$175 Virtual Early Bird Professional

\$200 Virtual Final Professional

For more information about the conference, click [here](#). To register, click the red button below.

REGISTER



Rare Diseases and Orphan Drug
Products Breakthrough Summit

October 17th - 18th, 2022

The National Organization for Rare Diseases (NORD) is hosting its annual Rare Diseases and Orphan Drug Products Breakthrough Summit, which will be held on October 17-18, 2022, in Washington DC. During this annual conference, expert rare disease leaders will cover critical topics and the life-changing experiences of millions of Americans impacted by rare disease.

For more information about the Summit, click [here](#). To register, click the red button below.

REGISTER



2022 NHCGNE Leadership Conference

October 18th - 20th, 2022

The National Hartford Center of Gerontological Nursing Excellence (NHCGNE) will be hosting its 2022 Leadership Conference from October 18-20, 2022.

The conference will feature plenary sessions, leadership workshops, discussant reports and panel discussions that explore the current state of knowledge about national and international aging, dementia and mental health science, curricular innovations, evidence-based clinical practice, and health policies.

For more information about the conference, click [here](#). To register, click the red button below.

REGISTER



Forms and Stages of Dementia

October 19, 2022 | 6:00 PM - 7:00 PM EST | Online

This webinar will provide attendees with a a better understanding of what dementia is, the most common types, signs/symptoms, and its progression.

To register, click the red button below.

REGISTER



Hospital at Home Users Group™ Virtual Annual Meeting, Thursday, October 27, 2022



AAHCM 2022 Annual Meeting Home Based Medical Care: Growth Across the Field

October 27th - 29th, 2022

The Home Care Medicine (HCM) landscape has evolved rapidly to become one of the fastest growing healthcare segments, expected to nearly double by 2028. Fueling this incredible growth is an aging population with both complex care requirements and an unprecedented desire to age in place with dignity and comfort. Collaboration across the HCM field is key to meeting the growing needs of this vulnerable population. From primary care to palliative care, social work to supportive care, hospital-at-home to home health agencies and beyond, we must work together to grow HCM and transform the industry for our patients.

Join colleagues, industry partners, and home care advocates to share insights and inspiration at the AAHCM 2022 Annual Meeting. For more than 25 years the Academy has represented the leaders of medical care in the home, and at this year's meeting we will explore the incredible potential of home care medicine to improve the lives of patients and transform the healthcare industry.

Be a part of all the ways we can grow together — be at the 2022 Annual Meeting in Orlando!

We'll dive into evidence-based clinical insights, decipher the evolving policy landscape, examine the latest in population health and health equity, share practice management innovations, and more.

For more information about the conference, click [here](#). To register, click the red button below.

REGISTER



NOVEMBER



ALZHEIMER'S PROGRAM: Healthy Living for Your Brain & Body

November 8, 2022 | 4:00 PM - 5:30 PM EST | Online

For centuries, we've known that the health of the brain and the body are connected. But

now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

To register, click the red button below.

REGISTER



PATIENT AND CAREGIVER STUDIES



National Alliance for Caregiving is Looking for Diverse Family Caregivers to Participate in Oral Histories

The National Alliance for Caregiving is conducting oral histories with diverse caregivers who are caring for or have cared for someone living with lupus, blood cancer, lung cancer, or heart failure. We will be asking questions about how your culture and identity have affected the way you care. We would love to have you participate.

Caregivers who participate in an oral history will receive \$100 for their time and for sharing their experience.

Please click on the red button below to read the full scope of what these oral histories will entail, and if you are interested, please contact Lauren Tokarewich at lauren@caregiving.org.

LEARN MORE ABOUT THE ORAL HISTORIES





UC-San Diego Caregiver Study

Do you provide care for a family member who has Alzheimer's Disease, Parkinson's Disease, Lewy Body dementia, or other dementia? Do you find caregiving stressful? Are you at least 40 years of age?

If so, you may qualify for a research study examining ways to help caregivers cope with stress.

UC-San Diego is conducting research on how caregiving impacts the emotional and physical well-being of caregivers. The study began over 40 years ago and continues today.

Our study aims to help address the stressors that come with being a caregiver through the usage of internet-based caregiver programs designed to teach coping skills that may reduce caregiver stress or improve emotional well-being. We provide access to our web-programs for up to 15 months, monetary compensation for participation, 6 support calls and feedback about participants' progress throughout the study.

If you qualify for this study, you will receive, at no cost to you:

- Access to our internet-based caregiver program designed to teach coping skills that may reduce caregiver stress or improve emotional well-being.
- Access to our web programs for up to 15 months
- Monetary compensation for your participation
- Feedback about your progress during your participation

Interested in participating or want to request more information? Call our Study Coordinator at (858) 534-9479 or click the red button below.

[LEARN MORE ABOUT THE STUDY](#)



KU School of Nursing

Changing Talk: Online Training (CHATO)

The University of Kansas School of Nursing is currently recruiting nursing homes to participate in a national NIA-funded research study testing the Changing Talk: Online Training (CHATO).

CHAT educates staff about reducing elderspeak (infantilizing communication) and results in reduced behavioral symptoms and need for psychotropic medication for residents with dementia. The new online version (Changing Talk: Online Training (CHATO)) consists of 3; one-hour interactive online modules that provide flexible and accessible access for staff.

There is no cost, direct-care staff can earn 3 contact hours, and all staff get a Certificate of Completion for their file.

Benefits to you, your staff, and your residents include:

- A person-centered approach.
- Education about elderspeak and better communication strategies.
- Reduction in resistiveness to care and other behavioral symptoms in residents with dementia.
- Reduction in the need for psychotropic medication.
- Convenient, online educational format for busy nursing homes.
- Qualifies for CMS dementia care training hours requirements.
- A free, nonpharmacological, evidence-based intervention is an excellent addition to a Quality Improvement Plan.

If you are interested in taking the training and participating in the research, click the red button below.

PARTICIPATE IN THE STUDY



RRDC Patient Needs Study

The Black Women's Health Imperative (BWHI) is a national non-profit organization dedicated to advancing health equity and social justice for Black women, across the lifespan, through policy, advocacy, education, research, and leadership development. The Rare Disease Diversity Coalition (RRDC) is an initiative launched by BWHI to address the extraordinary challenges faced by rare disease patients of color.

The RRDC is conducting a study regarding what rare disease organizations are doing to support diversity, equity, and inclusion in rare disease research and treatment. Survey responses will help to inform future RRDC advocacy efforts on behalf of diverse rare disease patients. The survey takes about 15 minutes to complete and respondents will be entered to win \$2,500 for participating.

If you have questions about the study, send an email to teneasha@washingtongroup.com. To participate in the study, click the red button below.

PARTICIPATE IN THE STUDY





Life Enhancing
Activities for
Family Caregivers
LEAF

LEAF: Life Enhancing Activities for Family Caregivers

If you take care of a family member with Alzheimer's Disease, you probably already know that this can be a demanding, stressful job. Family caregivers often suffer with higher levels of stress, anxiety, depression, and impaired physical health, and many provide care with little or no support.

Researchers at UCSF and Northwestern University are testing a program for family caregivers of people with Alzheimer's Disease designed to increase levels of positive emotion, which in turn can help lower stress and support ways of coping with the stresses of caregiving.

We are seeking caregiving adults nationwide to participate in the LEAF Study. English-speaking participants with access to wi-fi internet will receive a positive-emotions building program that may help with stress. Because the program is conducted online, caregivers can participate from wherever they are in the USA. Participants will take part in an hour-long learning session once a week for six weeks, plus home practice activities and online surveys. (If you don't have a working computer at home, we can help!)

If you are interested in participating, please click the red button below to fill out our pre-screen survey. If you appear eligible, we will contact you as soon as possible.

TAKE THE PRE-SCREENING SURVEY



Asian Cohort for Alzheimer's Disease

Little is known about the genetic and lifestyle risk factors of Alzheimer's disease in people of Asian ancestry, largely due to the relatively low numbers of research participants from this group. An ongoing survey, the Asian Cohort for Alzheimer's Disease (ACAD) study seeks to address this gap for Alzheimer's research by recruiting participants of Chinese, Korean, and Vietnamese ancestry, and later extending to other major Asian populations.

Participants complete questionnaires, receive cognitive testing, and provide a saliva sample for genetic analysis. Researchers will compare the DNA, medical histories, and lifestyle factors of healthy participants and participants with cognitive impairment. The study team will also track participants' memory and other cognitive test scores over time. Results from this study may help researchers to identify risk factors associated with Alzheimer's in people of Asian ancestry and improve the development of diagnostics and treatments.

The minimum age to enroll is 60. Enrollees must be of Chinese, Korean, or Vietnamese ancestry.

To learn more about the study's participation procedures, click [here](#). To participate in the survey, click the red button below.

[SIGN UP FOR THE STUDY](#)



Decisions Around Dementia and Surgery (DeCADES) Project

Decisions Around Dementia and Surgery (DeCADES) Project

Deciding whether a person with dementia will undergo surgery requires the physician and family to consider a variety of factors. This study will gather information from caregivers and people living with dementia to improve the decision-making process and enhance recovery, when surgery is chosen. People with dementia who have recently had surgery or are currently scheduled for surgery, along with their caregivers, will be interviewed about the priorities and unmet needs of the person with dementia and their families around surgical decision-making. All interviews will be conducted remotely by phone or video conferencing.

To enroll in the study, please email Rachel Adler at radler1@bwh.harvard.edu or Joel Weissman at jweissman@partners.org. To learn more about it, click the red button below.

[LEARN MORE](#)



NTG Family Support Committee Survey

The National Task Group on Intellectual Disabilities and Dementia (NTG) is a national advocacy and technical assistance organization chartered to aid and advocate around issues related to dementia among adults with intellectual disabilities and their caregivers.

The NTG is undertaking an initiative to expand the available information on dementia for families, agencies, and others and is reaching out to family and other caregivers to help us better understand where they get their information and what information might be of most use to them.

The NTG has developed a brief 15-item survey with questions tapping some key areas related to information and its access. It should not take more than 10 minutes to complete.

NTG does not ask for any identifiers and the information will be used only in aggregate form to help plan the organization's information initiative.

NTG is looking to get all responses as soon as possible and anyone who is a friend, advocate, mate, family member, or other care partner can participate.

If any questions about this survey arise please contact Family Support Committee familysupport@the-ntg.org. The NTG website can be accessed at www.the-ntg.org.

To participate in the survey, click the red button below.

TAKE THE SURVEY



Families Coping Together with Alzheimer's Disease Study (FACT-AD)

Does your mom or dad have memory loss?

If you are at least 18 years old, and you have a parent that is at least 55 years old and has early stage dementia, you and your parent may be eligible to participate in a free and confidential study to understand your experience coping with dementia together. Participation involves one 2-hour interview session and one 2-hour interactive session with you and your parent completing tasks together now and one year later. Interview and interaction sessions can be completed over the phone, by mail, or on the computer. Compensation up to \$600 for completing all sessions.

To learn more or to see if you are eligible to participate, please contact Kathleen Williams at (203) 641-5373 or email her by clicking on the red button below.

EMAIL KATHLEEN WILLIAMS



Free Online Health and Wellness Education for Caregivers of People with Alzheimer's

We are looking for adult caregivers who are taking care of a loved one who has Alzheimer's. The purpose of this research is to help improve the health and wellness of caregivers.

Study participants who qualify will be asked to attend one 45-minute online session each week for four weeks. They will also be asked to complete questionnaires about the sessions and their health and wellbeing.

Participants must be at least 18 years old and a caregiver of a person with Alzheimer's.

Each participant who completes the study will receive \$30.

This study has been approved by the Northern Illinois University IRB protocol # HS21-0419.

If interested in participating or if you have questions, please contact Dr. Yujun Liu by clicking the red button below.

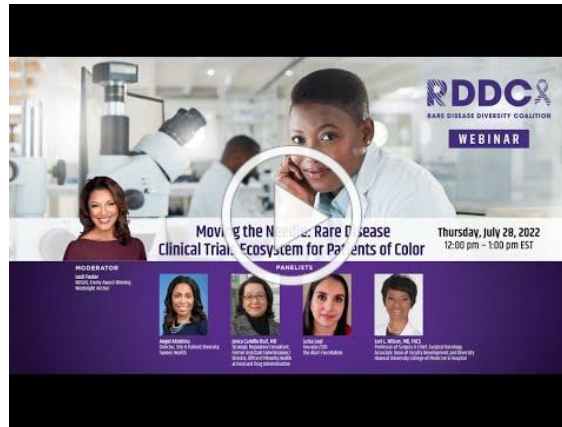
CONTACT DR. LIU



IN CASE YOU MISSED IT...

Moving the Needle: Rare Disease Clinical Trials

Ecosystem for Patients of Color



The Rare Disease Diversity Coalition (RDDC) was founded to address the extraordinary challenges faced by rare disease patients of color. The Coalition brings together rare disease experts, health and diversity advocates, and industry leaders to identify and advocate for evidence-based solutions to alleviate the disproportionate burden of rare diseases on communities of color.

To assist in achieving this most important goal, the RDDC has developed a seminar series focused on exploring the role that clinical trial researchers, principal investigators, and healthcare professionals (HCPs) can play in effectively addressing disparities in the rare disease space. This virtual conversation features a discussion among diverse subject matter experts and professionals about the importance of a shared identity among patients and providers to improve diversity in research and clinical trials.



RESEARCH & RESOURCES

Healthy Meal Planning: Tips for Older Adults

Answering the question “what should I eat?” doesn’t need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Simple adjustments can go a long way toward building a healthier eating pattern.

Click the red button below for tips to plan healthy and delicious meals.

[TIPS ON HEALTHY MEAL PLANNING](#)



How Older Adults Can Get Started with Exercise

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age.

To learn more, click the red button below.

[LEARN MORE](#)



PREVIOUSLY APPEARED



Clinical Research: Frequently Asked Questions

Many people like the idea of participating in clinical research studies but are reluctant to join a trial due to misinformation or past clinical trial history. When you join a study or trial, you may help researchers discover new ways to diagnose, treat, and prevent Alzheimer's disease and related dementias.

Alzheimers.gov has published answers to 12 common questions regarding participation in clinical trials. To view them and learn more about this topic, click the red button below.

LEARN MORE ABOUT CLINICAL STUDIES



CARING FOR CAREGIVERS TRAINING



REQUEST A TRAINING

"This was an amazing training. It helped me see better ways to communicate with caregivers in diverse families" - Training Participant

[BIT.LY/DECCAREGIVINGPAGE](https://bit.ly/deccaregivingpage)

Caring for Those Who Care: Meeting the Needs of Diverse Family Caregivers

The Diverse Elders Coalition's training curriculum, "**Caring For Those Who Care**" is a resource for health, social service providers, and aging professionals to learn about the unique needs of diverse family caregivers. The training curriculum will equip professionals with insights into the lived experiences of the following caregiving communities: African American and Black Caregivers, American Indian and Alaska Native Caregivers, Chinese American and Korean American Caregivers, Southeast Asian American Caregivers,

Hispanic and Latino Caregivers, and LGBTQ+ Caregivers.

Training Details

- 90-minute individual or 6-part series virtual training hosted over Zoom
- Learn culturally-affirming best practices for caregivers on the provider, organizational, communications and policy levels
- Sliding Scale Fee Structure
- Interactive training tailored to your organization

If you have questions, please email Training@diverseelders.org.

To request a training, click the red button below.

LEARN MORE



Healthy Aging Tips for the Older Adults in Your Life

If you have older family members or loved ones, you may worry about their health as they age. Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. As a family member, it's important to encourage healthy lifestyle behaviors in your loved ones — it's never too late to start!

For tips on healthy aging, click the red button below.

LEARN MORE



Pain and Older Adult

Pain is a signal that something may be wrong in your body. You've probably been in pain at one time or another but found that it often goes away as the body heals or with treatment. However, many older people may have ongoing pain from health problems like arthritis, diabetes, shingles, or cancer.

A few things you can do to help manage your pain and feel better are:

- Keep a healthy weight. Being overweight can slow healing and make some pain

worse. A healthy weight might help with pain in the knees, back, hips, or feet.

- Be physically active. Pain might make you inactive, which can lead to more pain and loss of function. Activity can help.
- Get enough sleep. It can reduce pain sensitivity, help healing, and improve your mood.

The National Institute for Aging has released an informative booklet discussing different aspects of pain experienced by older adults. To view the booklet, click the red button below.

[VIEW THE NIA BOOKLET](#)



**best practice
caregiving**

*Guiding organizations
to dementia programs
for family caregivers*

Early-Stage Partners in Care

Early-Stage Partners in Care, EPIC, is one of more than 40 dementia caregiving programs found in Best Practice Caregiving (bpc.caregiver.org), a free, online database that helps organizations identify, compare and adopt best-fit programs for their clients and community. EPIC is proven, vetted and ready to implement.

To learn more, click the red button below.

[LEARN MORE](#)



Mindfulness-Based Dementia Care

Mindfulness-Based Dementia Care is an evidence-based dementia caregiving program that offers eight in-person, group mindfulness practice sessions. You can find full information, including program components and characteristics, research evidence, sustainability strategies and more at the program's [full profile page](#) at Best Practice Caregiving.

To learn more, click the red button below.

[LEARN MORE](#)



Under the Hood: Best Practice Caregiving's Compare Feature

The Compare feature is one of the most deceptively simple (yet robust) functions of the **Best Practice Caregiving** site. In designing the database, the project developers — all experts in the caregiving and aging space — knew this feature was a must-have.

The Compare feature lets you compare up to three programs of like purpose or similar outcome. As you go through the database, searching for a perfect-fit program, you can check the ones (up to 3) that look promising. Then, compare them side by side, using the

at-a-glance view that helps you narrow your choices, highlight differences and prioritize program characteristics.

To learn more, click the red button below.

[LEARN MORE](#)



Loss of Smell Linked to Alzheimer's Cognitive Impairment and Biomarkers

Decline in sense of smell is connected to faster buildup of Alzheimer's disease-related pathology seen in brain scans, according to new research focused on older adults who live outside of nursing homes. The findings provide additional evidence that loss of smell (known as anosmia) is a key early sign of Alzheimer's-related cognitive impairment and the accumulation of associated harmful proteins, such as amyloid-beta and tau. The research, led by NIA scientists, was published in the *Journal of Alzheimer's Disease*.

Decline in sense of smell had previously been confirmed as an early warning sign for Alzheimer's in both human and animal studies, but its connection to the uptick of dementia-related brain imaging biomarkers over time had not been as closely studied in larger populations of older adults. For this study, the team tracked 364 participants from the Baltimore Longitudinal Study of Aging (BLSA) over an average period of about 2.5 years. The NIA-led BLSA is the longest running study of healthy aging in America.

To learn more, click the red button below.

[LEARN MORE](#)





Family
Caregiver
Alliance®

“You’re Not Alone” Videos Shine a Light on Family Caregiving for ALS, MS, Parkinson’s, and Huntington’s Diseases

“If you’re looking for guidance on how to care for someone with a neurodegenerative disease, there’s not a lot out there,” says Leah Eskenazi, Operations Director at Family Caregiver Alliance of San Francisco. “Not only is there a shortage of information, there’s so much to learn—about treatment options, care planning, what’s covered by Medicare... the list goes on.”

Eskenazi wanted to address this need for caregivers, so she led a team at FCA to create “You’re Not Alone,” a four-part video series on caregiving for individuals diagnosed with a neurodegenerative disease.

“With ‘You’re Not Alone,’” says Eskenazi, “we packed need-to-know information about family caregiving for each disorder in one video.” There’s guidance for every stage of each disease, along with essential resources and recommended contacts you’ll need along the way.

In each “You’re Not Alone” video, caregivers learn what to expect, how to prepare for their role, essential legal and financial preparations, and much more. The videos are accompanied by fact sheets and essential resources guides.

To learn more or view the videos, click the red button below.

[LEARN MORE](#)



CANCERcare®

Research on Cancer Caregivers and Decision-Making

Caregivers are the unsung heroes in cancer care. They may be spouses, family members, or close friends. They are not paid and are usually not trained to provide cancer care, yet they often become the lifeline for a person with cancer.

Caregivers are faced with information needs as soon as their loved one is diagnosed, when they immediately become immersed in helping to make medical choices for which they are typically ill prepared. The weight of treatment decision-making involves significant logistical, physical, emotional, financial, and professional consequences. The challenges that cancer caregivers face are often exacerbated by a lack of information and knowledge sufficient to make sound medical and treatment decisions. In fact, recent studies, including ours, indicated that 30-40% need more information when they are in decision-making roles.

CancerCare has presented a white paper, **Caregiver Treatment Decision-Making**, that is based on a series of focus groups among CancerCare social workers and cancer caregivers. It explores the various ways caregivers participate in decision-making, their uncertainty and the lack of support they receive from clinicians.

Cancer Caregivers: National Research Report on Shared Treatment Decision-Making is a broad and deep exploration of shared decision-making dynamics, challenges and needs. It is based on the survey responses from a nationally representative sample of 2,700 unique cancer caregivers, and indicates that most need more information in order to more effectively share in making these very important decisions. It also shows that many of them are dissatisfied with the educational materials provided by the care team. The detailed data and analyses identify the scenarios that caregivers find particularly perplexing and why. We learn what exacerbates their distress and their opinions regarding resources and programs that could help them as they strive to provide the very best care. It provides enlightening findings regarding Hispanic vs. non-Hispanic caregivers, and identifies a psycho-social segmentation scheme that helps us understand the specific challenges and needs of each group.

To view the report, click the red button below.

[READ THE REPORT](#)



Finding Dementia Care and Local Services

A person with dementia will need more care as symptoms worsen over time. Problems with memory, thinking, and behavior often present challenges for those with dementia as well as for their family members. Whether the disease is in early or late stages, there are support systems, resources, and services that can help.

While it can be difficult for some to admit they need assistance with care or caregiving, it is okay to ask for help. In fact, when it comes to caregiving, taking care of yourself is one of the most important things you can do.

To find more information about dementia care and local services, click the red button below.

[LEARN MORE](#)



Policies and Resources Identified by Youth as Being Important to Prepare for Caregiving Responsibilities

The Journal of the American Board of Family Medicine's July edition features a new article examining ways to support young caregivers.

Background: Youth are increasingly upholding significant caregiving responsibilities. These caregiving responsibilities can have emotional, educational, and professional impacts on youth and young adults. And yet, policies and resources focus on adult caregivers and are limited in supporting young caregivers. The purpose of this study was

to describe the different types of support that youth identify as being important to prepare to take care of an adult relative.

Methods: We conducted an open-ended, text-message based poll of youth ages 14 to 24 in August 2020. We conducted a content analysis to categorize and describe the different types of support respondents identified in their responses. We compared types of support identified by age-group, gender identity, and prior caregiving experience.

Results: Most respondents (42.2%) identified education (eg, skills training) as being an important resource. Other types of support reported included financial support (eg, assistive programs), workplace policies (eg, paid leave), mental health support, and professional support.

Discussion: Policy makers should extend existing policies (eg, Family and Medical Leave Act) to include and consider the circumstances of youth and young adults. Policies enabling young caregivers to actively participate in their adult relative's health care visits could be critical to preparing youth for the skills required and the physical and emotional demands associated with caregiving. Coordinated efforts between health and education systems could support youth in learning information about caregiving, medical decision making, and medical tasks.

To read the article, click the red button below.

[READ THE ARTICLE](#)
>

The Economic Effects of Family Caregiving on Women

Family caregivers—i.e., unpaid care providers, the majority of whom are women—provide an average of 23 hours of unpaid care per week, the equivalent of part-time employment. Persistent wage gaps for those who also do paid work and the lack of Federal policies to support caregivers intensify the negative economic effects of family caregiving on women.

The TIAA's [Women's Voices of Expertise and Experience](#) has produced a new report examining this topic written by NAC's **Patrice Heinz** and **Fawn Cothran**. To view the report, click the red button below.

[READ MORE](#)
>



The Impact of COVID-19 on Carers: An International Perspective

The Impact of COVID-19 on Carers: An International Perspective

The International Alliance of Carer Organizations has produced a new report that explores international perspectives on caregiving during the Covid-19 pandemic. Building on IACO members' reports, statements and surveys, this study provides an international view of

caregivers' needs and the measures individual countries have taken to support carers during the COVID-19 pandemic and beyond.

To view the report, click the red button below.

[VIEW THE REPORT](#)



Driving Safety and Alzheimer's Disease

Good drivers are alert, think clearly, and make good decisions. When people with Alzheimer's disease are not able to do these things, they should stop driving. But some people may not want to stop driving or even think there is a problem.

As the caregiver, you must talk with the person about the need to stop driving. Do this in a caring way. Understand how unhappy the person may be to admit that he or she has reached this new stage.

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

[LEARN MORE](#)



What is Parkinson's Disease?

Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. Symptoms usually begin gradually and worsen over time. Common symptoms include:

- Tremor in hands, arms, legs, jaw, or head
- Muscle stiffness, where muscle remains contracted for a long time
- Slowness of movement
- Impaired balance and coordination, sometimes leading to falls

While the exact cause of the disease remains unknown, many researchers believe that Parkinson's results from a combination of genetic and environmental factors. There is no cure for Parkinson's, but there are medicines, surgical treatments, and other therapies that can relieve some of the symptoms associated with the disease.

To learn more about Parkinson's disease, click the red button below.



How To Evaluate Health Information on the Internet

The internet makes finding health information easy and fast. But, it can also lead you to a lot of false and misleading information. The National Institutes of Health offers tips on how to decide whether the health information you find on the internet is reliable.

To learn more about to assessing health information online, click the red button below.



Know the Signs of Elder Abuse and How to Get Help

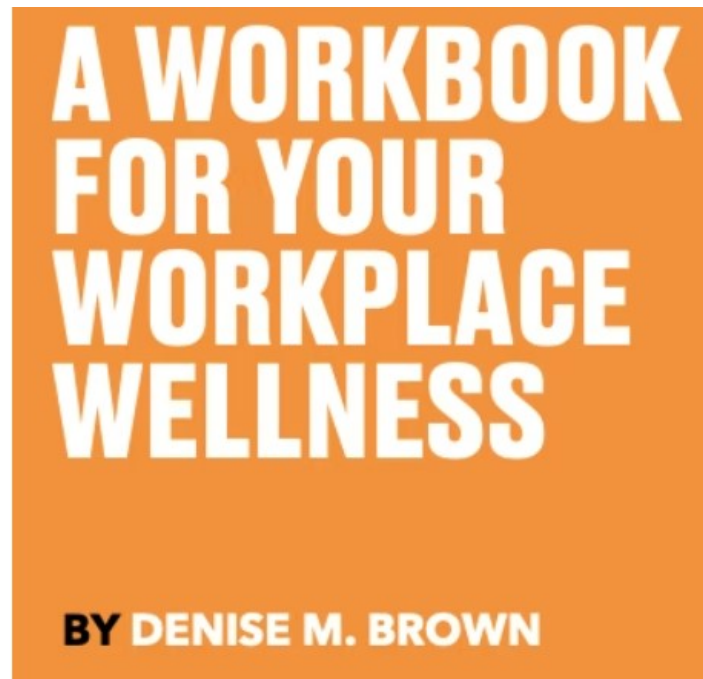
The mistreatment of older adults can be by family members, strangers, health care providers, caregivers, or friends. Abuse can happen to any older adult, but often affects those who depend on others for help with activities of everyday life. Learn how to

recognize some of the signs of elder abuse so you can step in and help. For example, you may notice that the older adult:

- Seems depressed, confused, or withdrawn
- Appears dirty, underfed, or dehydrated
- Has unexplained bruises, burns, cuts, or scars
- Has unpaid bills or recent changes in banking or spending patterns

To learn more about the signs of elder abuse, click the red button below.

LEARN MORE



A Workbook for Your Workplace Wellness

Our work life now includes our life's work – caring for a family member with a chronic illness or disease or injury. How do we make room for both experiences in the workplace? How do we take time during our work day to manage our stress and worries? How do we console our colleagues who grieve?

[The Caregiving Years Training Academy](#) has come up with a free new tool to caregivers for managing caregiving, grieving and working. *A Workbook for Your Workplace Wellness* shares tools to help you manage your experiences as an employee, a co-worker and a family caregiver.

The workbook includes a Worksheets section which features tools to use daily and weekly to manage your stress, grief and wellness.

To learn more, click [here](#). To view or download the workbook, click the red button below.

VIEW THE WORKBOOK





U.S. Department
of Veterans Affairs

VA and Rosalynn Carter Institute for Caregivers Launch Partnership

The VA is committed to caring for Veterans, caregivers, families and survivors. Strong partnerships within and outside of the VA are critical to ensuring caregivers receive the support they need. That's why the VA is partnering with the Rosalynn Carter Institute for Caregivers (RCI) to further promote the health and well-being of those who care for our nation's Veterans.

The VA and Rosalynn Carter Institute for Caregivers launched the new partnership to support caregivers of Veterans, caregivers who are Veterans, and caregivers who work for the VA. Both organizations will work collaboratively to increase awareness of the needs of caregivers of Veterans, increase caregiver access to programs, services and resources, and improve caregiver outcomes.

For more information about this partnership and the VA's Caregiver Support Program, click the red button below.

LEARN MORE



ROSALYNN **FOR**
CARTER **CAREGIVERS**
INSTITUTE 

Get the Support You Need

The Operation Family Caregiver (OFC) program at the Rosalynn Carter Institute for Caregivers helps create stronger, healthier, more resilient families by supporting the unsung heroes behind our heroes: the caregivers. These friends and family who take care of America's wounded warriors do so, in many cases, at the expense of their own health and well-being. The challenges that our veterans face can affect the entire family, but services and programs rarely focus on the caregiver.

OFC provides eight free and confidential one-on-one coaching to the families, friends and supporters of those who have served our nation and returned home with either visible or invisible injuries. OFC is tailored to each caregiver's unique needs and delivered virtually on their schedule.

For more information about Operation Family Caregiver, click [here](#). To enroll, click the red button below.

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