THIS WEEK IN CAREGIVING

nac
National Alliance for Caregiving

July 27, 2022

CAREGIVING IN THE NEWS

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.

From: TIAA Institute | Published: July 2022

READ MORE >

Why Caregiving Sets You Up for Success as a Business Leader

One in five Americans in the U.S. (or around 53 million people) are caregivers, according to AARP. Caregiving for a family member or loved one requires a tremendous amount of organization, flexibility, communication, problem solving and resilience—all skills that are sought out and valued in hiring processes. However, most caregiving happens at home, in private, without peers or an audience, and these strengths too often go unrecognized, usually never making it to a person's resume or LinkedIn profile even though over 60% of caregivers also work.

From: Fast Company | Published: July 21, 2022

What I Learned From Caregiving: Embracing Vulnerability

"Wow — I'm amazed by your vulnerability."

This statement dominates the feedback on my memoir about my husband's battle with early-onset Alzheimer's disease. At first, it struck me as odd. I merely told it as it was, my reality for over five years. Caregiving, particularly for someone with dementia, was brutal. But as I received this comment, again and again, I started to feel guilty. Why? It didn't take much soul searching to realize that when it came to vulnerability, I sucked at it.

From: Being Patient | Published: July 19, 2022

READ MORE
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READ MORE
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NAC NEWS AND UPDATES

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

nac
National Alliance for Caregiving

embracing
carers

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.

VIEW STORIES

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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
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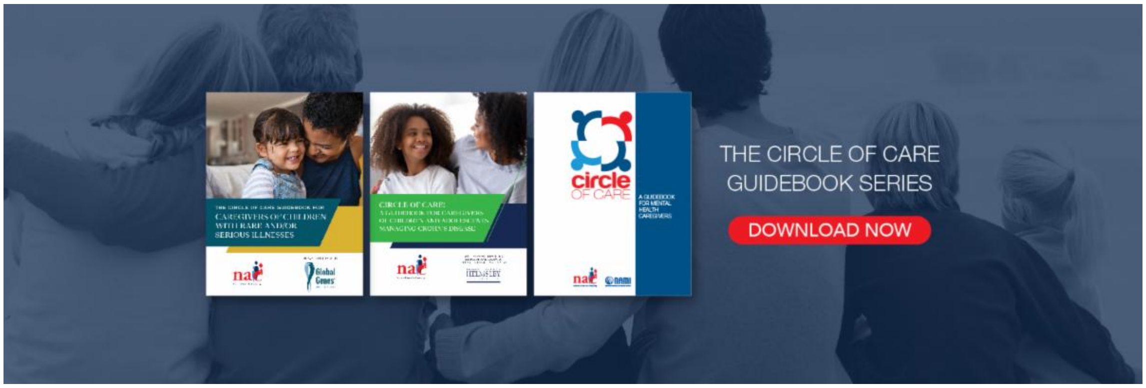

The Circle of Care Guidebook Series

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

JULY

lifewaymobility

Home Modifications for a Person with Dementia

July 27, 2022 | 12:00 PM - 1:00 PM EST | Online

Join Amy Finke of Lifeway Mobility to learn about options for home modifications to make your home safe and friendly for a person living with dementia.

ZOOM LINK: https://us02web.zoom.us/j/88295724590
MEETING ID: 882 9572 4590

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

REGISTER >

USC Leonard Davis
School of Gerontology
Family Caregiver Support Center

CONFIDENCE: Financial Education & Training for Latino Family Caregivers

Thursdays, July 21 - August 18, 2022, 4:00 PM – 7:00 PM EDT | Online

CONFIDENCE is a free, 5-week virtual financial education program made for Latino family caregivers who help a loved one with dementia, including Alzheimer's Disease, and/or memory problems.

As part of this course hosted by the University of Southern California's School of Gerontology, you will learn how to:

- Lower your out-of-pocket care expenses
- Find community resources
- Manage someone else's money
- Balance employment and caregiving
- … and more!

To register for this class, email Alex Gonzalez by clicking on the red button below.

EMAIL TO REGISTER >

SECOND WIND
DREAMS®

Live Virtual Roundtable: Family Reunions and Caregiving

July 28, 2022 | 2:00 PM - 3:00 PM EST | Online

Join Second Wind Dreams and AARP Georgia for an online roundtable discussion about how we manage the needs of individuals living with dementia and family expectations at social gatherings.

Facilitated by SWD CEO Gwenyth Johnson, discuss and learn about resources, new developments and best practices available to caregivers.

Thanks to generous support from our sponsor AARP Georgia, there is no cost to register. Click the Register button sign up.

Contact us at 678-624-0500 or info@secondwind.org with any questions.

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

REGISTER >

DFA-Mid County Presents a Virtual Family Caregiver Conference

July 30, 2022 | 10:00 AM - 1:00 PM EST | Online

Please join DFA Mid-County for a FREE virtual conference for individuals living with dementia and family caregivers to include break out sessions for Male Caregivers and Youth.

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

REGISTER >

AUGUST

Larry Minnix Leadership Academy

Deadline: August 1, 2022

The Larry Minnix Leadership Academy is designed to develop the leadership capacities and core competencies of aging services professionals by tapping into their natural talents and authentic leadership styles, irrespective of their professional experience, job title or type of position within an organization.

Unlike many leadership programs that focus on building a core skillset for new leaders or are geared toward nurturing a specific career path for “emerging” leaders, the Leadership Academy provides a leadership foundation rooted in reflective practice—developing a deep understanding of one’s self, uncovering one’s unique leadership attributes, and learning how to stretch and leverage those capacities to have the most impact as leaders.

The year-long curriculum draws on adult learning theory to delve into the core principles of reflective leadership through a variety of components. The program emphasizes self-exploration and relationship-building to enable participants to embrace diversity of thought, move beyond pre-conceived assumptions and view their own experiences and those of others as learning opportunities.

To learn more about the Larry Minnix Leadership Academy, contact BMoss@LeadingAge.org or call 202-508-9490.

To apply, click the red button below.

APPLY >

Apply to Be a Macy Faculty Scholar

Deadline: August 1, 2022

The Macy Faculty Scholars Program, now in its second decade, aims to identify and nurture promising early career educators in medicine and nursing. The Program will help develop the next generation of national leaders in medical and nursing education by identifying outstanding educators, physicians, nurses, and role models—individuals who represent the breadth of diversity seen in learners, patient populations, and health care settings around the country. By providing the Scholars with resources—especially protected time, mentorship, and a professional network of colleagues—the Program aims to accelerate Scholars’ careers, to turn their teaching practice into scholarship, and to help them become impactful leaders locally, nationally, and beyond.

To learn more about the Macy Faculty Scholars Program, click here. To apply, click the red button below.

APPLY >

Engaging Caregivers: A Program for Healthcare workers

August 3rd, 10th, and 17th, 2022

WellMed's Caregiver Teleconnection sessions are one hour learning sessions for caregivers of older persons. Experts from around the country share information important to caregiving. Caregivers will have the opportunity to ask questions as well as hear from other caregivers.

Our sessions are geared for the family members taking care of a loved one over the age of 60. Professionals are also welcome to participate as well.

Learn about defining roles and responsibilities with patients and caregivers, the role of diversity and culture, and where to find resources to help with difficult situations and elder abuse.

Upcoming Caregiver Teleconnection sessions will be held on August 3rd, 10th, and 17th. Click on any of the three links below to learn more or register for each event. A certificate of attendance will be provided upon request.

Registration links:

August 3rd at 11:00 am EST: **Defining Caregivers & Recognizing Their Experiences**

August 10th at 11:00 am EST: **Difficult Situations & Elder Abuse**

August 17th at 11:00 am at EST: **Diversity & Caregiving**

To view the Caregiver Teleconnection flyer, click the red button below.

VIEW THE FLYER >

Banner.
Alzheimer's Institute

Why Do They Do That? Managing Common Challenging Dementia-Related Behaviors

August 4, 2022 | 11:00 AM - 12:15 PM EST | Online

Conversations with Dr. Tam Cummings - A Monthly Education Series for the Dementia Caregiver

Dr. Tam Cummings will discuss common behaviors witnessed by dementia family caregivers including:

Cursing
Movement changes
Hunting and gathering
Accusations of theft
Taking away the car keys
Sundowning
Bathroom issues, including toileting and bathing
Bedtime issues

We will also review the five senses which addresses changes leading to potentially dangerous or annoying behaviors. Stress relief tips will be shared, and handouts will include materials to self-measure caregiver stress and self-compassion.

Questions can be directed to **VirtualSeminars@arden-courts.org**.

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

REGISTER >

Cultivating Positivity in Caregiving: Research-Based Ways to Promote Happiness and Well-being

August 4, 2022 | 12:30 PM - 1:30 PM EST | Online

Research shows that caregiving and navigating day-to-day life with memory and movement disorders can be positively impacted by planting seeds of happiness.

Join Banner Alzheimer's Institute & Banner Sun Health Research Institute as we share research-based ideas to cultivate happiness, well-being and success for caregivers and people living with memory and movement disorders. Research proves that happiness not only lifts spirits, it can also improve overall quality of life and well-being. Learn research-based tips to improve coping skills, emotional well-being and quality of life throughout the dementia journey.

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

REGISTER >

Peer Support Mentoring Program – Spirituality Calls

The VA Peer Support Mentoring (PSM) Program and the National Chaplain Office will be hosting a 12-month series addressing spiritualty and caregiving. These calls are open to caregivers of Veterans enrolled in both the Program of General Caregiver Support Services (PGCSS) and the Program of Comprehensive Assistance for Family Caregivers

(PCAFC).

Calls will be held on the first Friday of each month from 12:00 p.m. to 12:30 p.m. ET (11:00 a.m. to 11:30 a.m. CT; 10:00 a.m. to 10:30 a.m. MT; 9:00 a.m. to 9:30 a.m. Pacific) and will be hosted on WebEx using the dial-in information below. There is NO registration required. Meeting Call in number: USA Toll-free Number 1-833-558-0712. Meeting number (access code): 2762 030 9378

Topics:
- August 2022 - Spirituality and Grief
- September 2022 - Spirituality and Self Reflection

To learn more, click the red button below.

LEARN MORE >

Webinar: Value-based Care and the Geriatric ED

August 8, 2022 | 3:00 PM - 4:00 PM EST | Online

Join Geriatric Emergency Department Collaborative (GEDC) for this webinar on of Value-Based Care and how it is relevant to older adult care in the emergency department.

Goals of this webinar

1. To describe the concept of Value-Based Care and how it is relevant to older adult care in the emergency department
2. To review the connection between Accountable Care Organizations and Geriatric EDs
3. To discuss opportunities and strategies for Geriatric ED champions to partner with local Value-Based Care organizations

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

REGISTER >

Caregiving Basics: Medication Administration

August 9, 2022 | 9:00 PM - 10:00 PM EST | Online

This training will go over everything you need to know about Medication Administration, basic procedures, and protocols of medication administration to comply with the title code regulations 22 requirements to provide training to direct care staff who administer and manage medication for residents.

As DSP and Direct Care Staff, we play a crucial role when it comes to administering medication to patients. This training will provide you with an overview of how to successfully administer it. Along with some challenges you may face and how to best address them. The Training will be conducted by our Pharmacist Partner; by the end of this training, you will be able to:

1. Understand your roles and responsibilities when administering medications.
2. Understand some challenges you may face and how to best address them.
3. Understand day-to-day situations that may cause errors when doing so.

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

REGISTER >

Take a Breath! Tips from a Caregiver Coach

August 11, 2022 | 12:00 PM - 1:00 PM EST | Online

Caregiving is complicated. Knowing where to turn and how to care for yourself can be overwhelming. Caregiver coaches get it – they have real-life experience, tips, and tools to help you! Join the Ontario Caregiver Organization's webinar with a Caregiver Coach to:

- Discover helpful OCO tools and resources
- Try some practical 5-minute self-help activities you can do TODAY
- Learn how to create a self-care plan with helpful tips

Our Speaker
Suzanne McKenna has been a caregiver for 15 years for her son with a severe traumatic brain injury due to an accident. With a certification in Motivational Interviewing/Counselling and ten years of work experience as a System Navigator, she has many skills in compassionate support. As a caregiver coach and mentor, Suzanne guides the caregiver in building confidence through their ups and downs, helps find resources and encourages them to find time for themselves without guilt.

Information

- Please note that this presentation is available in English only.
- For any difficulty with registration or any other questions, please contact us at info@ontariocaregiver.ca or call 1-888-877-1626 X 1011

REGISTER >

THE ONTARIO
caregiver
ORGANIZATION

Balancing Caregiving and Work

August 11, 2022 | 6:30 PM - 7:30 PM EST | Online

Join the Ontario Caregiver Association for a webinar about striking the right balance between caregiving and professional commitments. Learn more about caregiving experiences, explore the best strategies for balancing work and caregiving, and gain access to resources focused on their needs.

REGISTER >

Dementia 101: The Basics

August 17, 2022 | 6:00 PM - 7:00 PM EST | Online

If you've heard of dementia (or many of the other "memory loss" terms), but aren't sure what it is or you want to learn more, this webinar can help! Spend an hour learning the basics of all things "dementia". You're invited to bring your questions for an open Q+A!

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

REGISTER >

Spotlight Series: Let’s Talk About Driving

August 22, 2022 | 2:30 PM - 4:00 PM EST | Online

This educational event hosted by the Alzheimer Society of Durham Region (Canada) will discuss driving from the perspective of an older adults, people living with Mild Cognitive Impairment or people living with dementia and their families. Guest speakers from Alzheimer Society Southwest Partners and the Thames Valley Health Team will provide information on warning signs, retirement from driving, and the role of healthcare providers and the Canadian Ministry of Transportation. All populations are welcome to attend this presentation.

Healthcare providers are welcome to attend, but this event will not provide training on how to assess fitness to drive.

This session will be hosted on Zoom (with a phone in option)

Zoom session: Once you have registered for the session, you will receive a link with instructions on how to connect.

For Technological Support please contact the Community Education Team for education@alzheimerdurham.com

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 >

SEPTEMBER

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.

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 >

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 us to learn about the differences of Alzheimer's & dementia and more.

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

REGISTER >

NIA IMPACT
COLLABORATORY
TRANSFORMING DEMENTIA CARE

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

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Virtual Duke Caregiver Community Event

September 20, 2022

Duke University is hosting a free, virtual event offers 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 >

OCTOBER

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
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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
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PATIENT AND CAREGIVER STUDIES

GO2 FOUNDATION FOR LUNG CANCER

Empower Everyone. Ignore No One.

Lung Cancer Registry

The Lung Cancer Registry at the GO2 Foundation for Lung Cancer has initiated a new worldwide survey focused on the experiences of those caring for patients with lung cancer. The information collected will directly guide caregiver support programs and resource development.

To complete this survey join the Lung Cancer Registry. Once you log in, you will be taken to the 'Home' page of the Lung Cancer Registry where you will find the Caregiver Survey. Every response is the start of a valued conversation.

Anyone with questions or concerns, please feel free to contact a registry coordinator at registry@go2foundation.org.

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

PARTICIPATE IN THE STUDY >

Brain Donation: A Gift for Future Generations

Brain donation helps researchers study brain disorders, such as Alzheimer's disease and related dementias, that affect millions of people. Learn about why people donate their brains, the process of brain donation, and how you can enroll to make this generous gift.

Our brains are amazing, intricate networks that help us think, love, and breathe. But sometimes things go awry and cause brain disorders, such as Alzheimer's disease and related dementias. By studying the brains of people who have died — both those who had a brain disorder and those who were healthy during life — researchers learn more about how types of dementia affect the brain and how we might better treat and prevent them. Brain donation provides an opportunity to help researchers better understand these disorders, which can lead to improved treatments for future generations.

While many people think that signing up to be an organ donor includes donating their brain, the purpose and the process of brain donation are different. Rather than helping to keep others alive, such as with kidney donation, brain donation helps advance scientific research. One donated brain can make a huge impact, potentially providing information for hundreds of studies. But many brains are needed from diverse populations and ages to help researchers investigate the causes of disease and to develop more effective therapies that can then be applied broadly.

Researchers use donated brain tissue to study brain diseases that affect millions of people. These diseases include Alzheimer’s disease, Lewy body dementia, frontotemporal disorders, mixed dementia, Parkinson’s, and Huntington’s disease, as well as brain injuries such as trauma and stroke.

To learn more about brain donation, click the red button below.

LEARN MORE >

University of Georgia Survey on Access to Health Services (Georgia residents only)

Elisa Childs, a doctoral student at the University of Georgia's School of Social Work, is conducting a study examining older Georgians’ access to health care. Georgia has one of the fastest-growing populations of adults 65 and older yet has some of the worst access to health care in the country.

If you are a Georgian who is at least 65 in age, your participation in this 15-minute survey can help bring attention to this critical issue. Survey results will be used for Ms. Childs's doctoral dissertation and will potentially serve as the foundation for federal and state grant applications aimed to increase access, minimize disparities, and improve health outcomes in rural areas.

To learn more about this survey, click **here**, or feel free to contact Ms. Childs at **emc04605@uga.edu**.

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

PARTICIPATE IN THE STUDY >

Study: Caregiver Perspectives on Alzheimer’s Disease and Related Dementias Clinical Trials

Our team at the University of Illinois Urbana-Champaign is conducting a study to learn more about engaging family caregivers of racial/ethnic minority participants in clinical trials for Alzheimer’s Disease and related dementias (ADRD).

We’d like to learn more about your experiences with helping your relative navigate participation in clinical trials for ADRD. We hope to learn about ways that we can better support family caregivers so they can better support their relative through these trials.

To participate in this study, the participant must be:

- Age 18 or older
- Speak and understand English
- A caregiver for someone with ADRD who has either a) received information about a clinical trial, b) been invited to participate in a clinical trial, or c) has participated in a clinical trial
- Identify as part of a racial or ethnic minority community

Participation includes a 25-30 minute virtual interview. Participant will receive a $25 gift card upon completing the interview.

Please contact Dr. Minakshi Raj if you are interested in participating by clicking the link below.

CONTACT >

Participants Needed for Study on Caregiving for Family Member with Memory Problems

Are you helping a family member with memory problems? The Virginia Tech Center for Gerontology is seeking grandchildren, siblings, nieces/nephews, and step family members (any relationship) living in Virginia to participate in a research study about caring for a relative with dementia living in the community (not in an assisted living or nursing home). This study involves one initial phone interview (approx. 70 minutes) and a brief phone interview for 8 days in a row (15-20 minutes each evening).

You will be asked questions about your experiences providing care, family involvement and use of paid services, and challenges you face caring for your relative.

Compensation is $110 for full participation (VT IRB# 20-742). Interested? Visit the study website careex.isce.vt.edu, call: 540-231-9250 or email us at careex@vt.edu.

To learn more, click the red button below.

LEARN MORE >

VetCareMind Project

Do you provide unpaid care for a veteran or non-veteran with a neurocognitive disorder and/or Post Traumatic Stress Disorder (PTSD)? Are you 18 years old or older? Do you have a computer, tablet, or smartphone? If so, researchers developing an intervention want your help! Eligible caregivers will complete an online survey before participating in two focus group interviews with 4 to 5 participants. The online survey will take about 30 minutes and the focus groups will be between 90 to 120 minutes each.

Participants will receive a $30 gift card after each focus group interview.

For any questions about the study, please contact the research team at the following email or phone number:

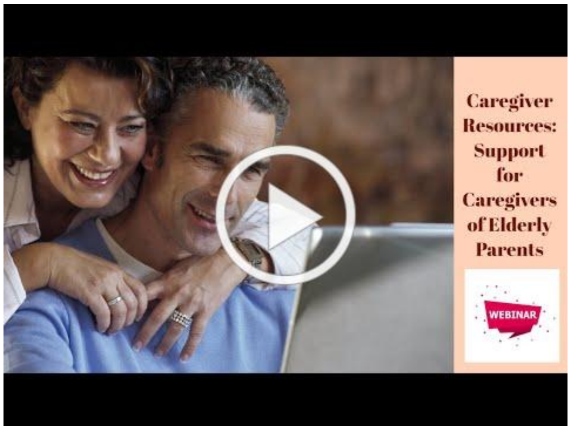
Email: vetcaremind@illinois.edu
Phone: 217-244-9363
Principal Investigator: Dr. Sandraluz Lara-Cinisomo

To determine if you are eligible to participate, complete a brief online screening by clicking on the red button below.

COMPLETE THE SCREENING >

IN CASE YOU MISSED IT...

Caregiver Resources



Caregiver resources include a wide range of support services for family caregivers who wonder how they will continue to care for elderly parents, spouses, and loved ones.

What resources are available to caregivers? Caregiver resources include support for family caregivers who are managing emotional or physical burnout, those planning for and managing the health and financial care of elderly parents, identifying care communities, local services, and more.

Learn about options ranging from care at home to community and end-of-life care in this program from Pamela D Wilson. After watching this webinar, caregivers will be able to discuss options with family members to create a financial budget and discuss a care plan for elderly parents.

RESEARCH & RESOURCES

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 >

Alzheimer's Disease Should Stop Driving

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 >

PREVIOUSLY APPEARED

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.

LEARN MORE >

NIH National Institutes of Health
Office of Dietary Supplements

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.

LEARN MORE >

SPOTTING THE SIGNS OF
ELDER ABUSE

About 1 in 10 adults over age 60 are abused, neglected, or financially exploited.

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

BY DENISE M. BROWN

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.

LEARN MORE
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Ignite Change as a Caregiver Advocate

This fall Rosalynn Carter Institute (RCI) for Caregivers is launching its first-ever grassroots advocacy network to fundamentally change the way caregivers are seen and supported. Will you join the movement?

Over the past two years, the essential role of our country’s 53 million caregivers has been elevated to the national stage, emphasizing the fragmented, inaccessible, and oftentimes nonexistent systems in place to support this indispensable population. In the words of our founder, former First Lady Rosalynn Carter, we must “seize this moment” to affect meaningful, systemic change.

To learn more or become an advocate, contact the RCI by clicking the red button below.

CONTACT RCI
>

NIH National Institute on Aging

Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide

Get Alzheimer's caregiving information and advice in this comprehensive, easy-to-read guide produced by the National Institute on Aging. Learn caregiving tips, safety information, common medical problems, and how to care for yourself.

To view or download the guide, click the red button below.

VIEW THE GUIDE >

MAKE YOURSELF A PRIORITY, TOO
[TIPS FOR CAREGIVERS]

Make Yourself a Priority, Too: Tips for Caregivers

Caregiving can be rewarding, but difficult. Learn how you can put yourself back on the priority list.

Share this infographic and help spread the word about caring for yourself while caring for others. Click on the social media icons above, or copy and paste the URL and post it to your account (Twitter, Facebook, etc.).

To download the infographic, click on the red button below.

DOWNLOAD THE INFOGRAPHIC >

NIH National Institute on Aging

How to Share Caregiving Responsibilities with Family Members

Caring for an older family member often requires teamwork. While one sibling might be local and take on most of the everyday caregiving responsibilities, a long-distance caregiver can also have an important role.

As a long-distance caregiver, you can provide important **respite to the primary caregiver** and support to the aging family member.

To learn more, click on the red button below.

LEARN MORE >

Center for
Health Care Strategies
Better care where it's needed most

Making the Invisible Visible: State Strategies for Identifying and Reaching Family Caregivers

Family caregivers — often relatives, friends, and neighbors — provide vital assistance to support the health and functional needs of older adults, but often face physical, emotional, and financial challenges related to their caregiving responsibilities.

Many states are seeking to better support this important workforce, particularly family caregivers in communities of color, but need an effective way to accurately identify the number, diversity, and unique needs of family caregivers in their state.

In identifying family caregivers, states should recognize cultural considerations, including distinct racial and ethnic perspectives associated with caregiving, that may have implications for identification.

This brief by the Center for Health Care Strategies presents key strategies to help states better identify and reach family caregivers.

To view this brief, click on the red button below.

VIEW THE STUDY >

AARP/National Geographic "Second Half of Life Study"

Older Americans are not only the happiest adult Americans as a whole, but also consider themselves healthier and more financially secure than those in their 40s and 50s, reveals a new study published in *AARP Bulletin.* The "Second Half of Life Study," conducted with *National Geographic*, surveyed thousands of adults age 18 to 90 to explore how Americans perceive their current life, their expectations for the future and aging in general as we emerge from the COVID pandemic. About two-thirds of adults over 80 said that they were living their "best possible life" or close to it, compared with just 1 in 5 younger adults.

The study disproves many common misconceptions about aging and suggests that greater focus should be put on adults in their 40s and 50s, who reported higher levels of stress and worry and lower levels of life satisfaction and health than older Americans.

To view the study, click on the red button below.

VIEW THE STUDY >

engAGED

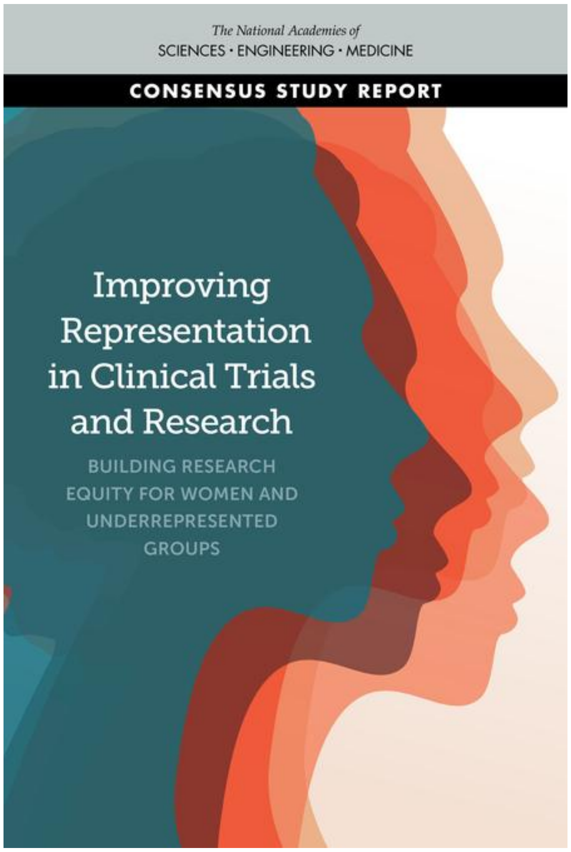
The National Resource Center
for Engaging Older Adults

New Additions to the engAGED Innovations Hub

The engAGED Social Engagement Innovations Hub houses best and emerging social engagement programs. Searchable by a variety of filters—including social engagement intervention type, geographic area served or partners involved—the Innovations Hub gives you access to replicable examples to inspire and inform your organization's social engagement efforts. Each program summary within the Innovations Hub contains all you need to know about that particular program, such as partners involved, outcomes demonstrated, lessons learned, resources needed and contact information to learn more.

To access the Hub, click the red button below.

ACCESS THE HUB >



Improving Representation in Clinical Trials and Research: Building Research Equity for Women and Underrepresented Groups

The United States has long made substantial investments in clinical research with the goal of improving the health and well-being of our nation. There is no doubt that these investments have contributed significantly to treating and preventing disease and extending human life. Nevertheless, clinical research faces a critical shortcoming. Currently, large swaths of the U.S. population, and those that often face the greatest health challenges, are less able to benefit from these discoveries because they are not adequately represented in clinical research studies. While progress has been made with representation of white women in clinical trials and clinical research, there has been little progress in the last three decades to increase participation of racial and ethnic minority population groups. This underrepresentation is compounding health disparities, with serious consequences for underrepresented groups and for the nation.

At the request of Congress, ***Improving Representation in Clinical Trials and Research: Building Research Equity for Women and Underrepresented Groups***, identifies policies, procedures, programs, or projects aimed at increasing the inclusion of these groups in clinical research and the specific strategies used by those conducting clinical trials and clinical and translational research to improve diversity and inclusion. This report models the potential economic benefits of full inclusion of men, women, and racial and ethnic groups in clinical research and highlights new programs and interventions in medical centers and other clinical settings designed to increase participation.

To learn more or to access the report, click the red button below.

LEARN MORE >

Securing today and tomorrow

How to Get Help from Social Security

Local Social Security offices are offering more in-person appointments and have resumed in-person service for people without an appointment.

As in-person service expands, the Social Security Administration expects its offices to become increasingly busy. The SSA strongly encourages beneficiaries seeking assistance to continue to go online, call for help, and schedule appointments in advance.

The Social Security Administration has provided a fact sheet for those seeking assistance. To read the fact sheet, click the red button below.

LEARN MORE >

Home Safety Checklist for Alzheimer's Disease

Use the following room-by-room checklist provided by the National Institute on Aging to alert you to potential hazards and to record any changes you need to make to help keep a person with Alzheimer’s disease safe. You can buy products or gadgets necessary for home safety at stores carrying hardware, electronics, medical supplies, and children's items.

To view the checklist, click the red button below.

VIEW THE CHECKLIST >

FOLLOW US TO STAY CURRENT ON CAREGIVING!