

THIS WEEK IN CAREGIVING



October 5, 2022



CAREGIVING IN THE NEWS

VA Family Caregiver Program Open to Thousands More as of October 1

Beginning Oct. 1, caregivers of combat veterans who served from the mid-1970s to late 2001 can apply for health care and benefits under the [Department of Veterans Affairs](#) program for families.

The inclusion of veterans who served from May 7, 1975, to Sept. 11, 2001, in the Comprehensive Assistance for Family Caregiver Program completes an expansion that began in 2020 to include injured veterans of all eras who need daily help and supervision.

From: Military.com | Published: September 30, 2022

READ MORE



Alzheimer's Meds Are Mostly Tested in Whites. That Worries Black Patients, Caregivers

Larry Griner resigned from his job in California and moved back to his childhood home in Baltimore nearly five years ago so he could care for his mother, Norma.

She had been diagnosed with Alzheimer's disease almost 12 years earlier, which took away her short-term memory and completely changed the life she used to have. When the 63-year-old Griner moved back home, he watched in agony as Alzheimer's slowly stole his mother's memory. Although her memory was supposedly being helped by the medication she was taking, Griner had his

It's Time to Take Caregiver Needs Seriously

Although I applaud the passage of the Inflation Reduction Act, I'm frustrated that the provisions aimed at helping women — namely, to better support paid and unpaid caregivers — were left on the cutting room floor.

As I have [written](#) repeatedly, we are in the midst of a care crisis in our country. Labor Department data show that the share of women participating in the workforce has yet to rise to pre-pandemic levels, with mothers working less than other women. Most cite the lack of affordable child care or elder care as a reason for cutting back hours or dropping out of the workforce altogether.

From: McKnights Senior Living | Published:

doubts.

October 3, 2022

From: KOAM | Published: October 3, 2022

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NAC NEWS AND UPDATES

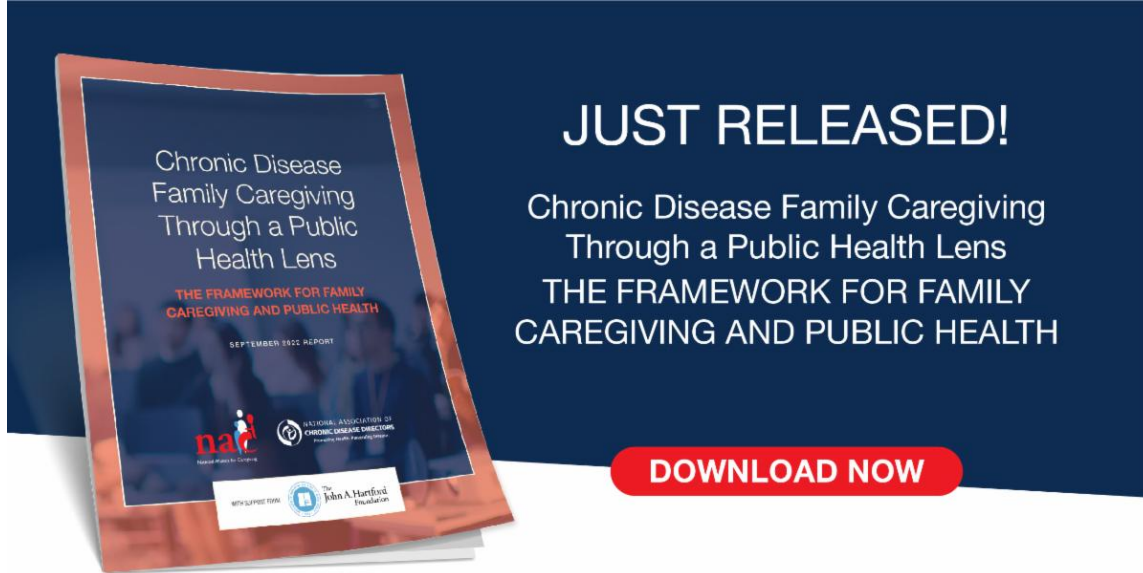


It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores those caring for someone with chronic pain and the tools that are available to assist them. [Assessing the Pain of Care Recipients: Tools Available to Family Caregivers](#) utilizes a rapid literature review to identify and discuss the tools available to chronic pain caregivers to assess pain in their care recipient and how these caregivers can be better supported in their role.

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

VIEW THE REPORT





NAC Releases New Report: Chronic Disease Family Caregiving Through a Public Health Lens: The Framework for Family Caregiving and Public Health

The National Alliance for Caregiving is proud to present *Chronic Disease Family Caregiving Through a Public Health Lens: The Framework for Family Caregiving and Public Health*, a new report developed with support from The John A. Hartford Foundation and in partnership with the National Association of Chronic Disease Directors (NACDD). This framework outlines policy recommendations, implementation actions and messaging content to help the public health community address the complex needs of America's 53 million family caregivers.

Included in this report:

- A foundation of the framework and background into why it's needed;
- Strategies and recommendations for viewing family caregiving through a public health lens;
- A framework comprised of public health data gathering research, education, and awareness and service coordination and delivery across sectors and siloes;
- Actions for implementing an expanded family caregiver support infrastructure via a pilot program.

Guided by the expertise of state-based chronic disease directors, NAC's report and framework recognizes the importance of caregivers as a vital part of the health care team and that supporting these family caregivers is essential for improving public health outcomes for communities and the nation.

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



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](#)



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

OCTOBER

Communication in Dementia

October 5, 2022 | 11:00 AM - 12:00 PM ET | Online

Pain causes an estimated 50 percent of the behaviors in a Person With Dementia. Dementia professionals use a variety of tools to determine decline and remaining function in Persons With Dementia. Specific tools help give physicians, nurses and caregiving staff a better picture of what is happening to the resident. Assessing for depression, anxiety, ADLs, IADLs, Pain, etc., keeps arguments out of the doctor's office and helps assist families in understanding the disease process.

Tune in for this webinar to learn how to assess, plan and provide for pain treatment, including the use of narcotic medications.

To register, click the red button below.

[REGISTER](#)



SO' TSOH FOUNDATION

UNDERSTANDING ALZHEIMER'S & DEMENTIA

Understanding Alzheimer's & Dementia

October 5, 2022 | 5:30 PM - 6:30 PM ET | Online

In partnership with the Alzheimer's Association, we're happy to have Understanding Alzheimer's session!

Alzheimer's is not normal aging.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer's Association resources.

Certificate of Completion will be provided.

To register, click the red button below.

REGISTER



Webinar: Burnout & Compassion Fatigue

October 5, 2022 | 9:00 PM - 10:00 PM ET | Online

Despite technology (or perhaps because of it), our lives seem to be busier than ever, and we are less connected to other people. Many of us feel stressed, anxious, and overwhelmed. Burnout and compassion fatigue are experiences that seem to be occurring more frequently across a wide range of people.

Burnout is the complete exhaustion that results from having a workload that is too heavy, or too stressful, or both.

Compassion fatigue is the emotional and physical fatigue that helpers experience when they feel compassion for those they help, but don't have adequate time away from their caring responsibilities to refuel and care for themselves.

Both experiences can happen to anyone, and often people don't realise they're an issue for them until they are completely overwhelmed by exhaustion. This presentation will discuss these two topics, including ways to prevent burnout and compassion fatigue, and what to do if you develop either of them.

About the speaker: Deborah Shand is the National Psychological Services Manager at Rehab Management. She is an experienced Clinical Psychologist and Service Manager, with a demonstrated history of work in the mental health care industry, providing treatment, clinical supervision, clinical training, and service program design and operational management. She specialises in the treatment of complex trauma, psychosis, and personality disorders.

Her role as National Psychological Services Manager supports senior managers and employees to deliver consistent psychological services. She is responsible for the end-to-end psychological service delivery framework across Rehab Management, providing support to staff in continuous professional development, learning, service improvement, and the delivery of best practice services that meet and exceed customer requirements.

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

REGISTER



Identifying and Reaching Family Caregivers: Innovative State Strategies

October 6, 2022 | 1:00 PM - 2:15 PM ET | Online

In the U.S., roughly 41 million people — including family and “chosen” family — serve as caregivers for an older adult, supporting daily health and functional needs. This important workforce faces physical, emotional, and financial challenges related to their responsibilities, and many state agencies, like Medicaid and Departments of Aging, are seeking to better support them in this work. However, states are often challenged to accurately identify the number, diversity, and unique needs of family caregivers, and to do so in a way that is culturally attuned and supportive.

This webinar, made possible by The John A. Hartford Foundation and the Michigan Health Endowment Fund, will highlight innovative state strategies to identify and reach more family caregivers. Three states participating in the Center for Health Care Strategies’ Helping States Support Families Caring for an Aging America initiative — Iowa, New York, and Texas — will describe their efforts in helping more caregivers access supports and services.

State agencies, health systems, health plans, community-based organizations, and other interested stakeholders are invited to join this 75-minute event.

To register, click the red button below.

REGISTER



The Long Shadow of Covid: Older People and the Ongoing Pandemic

October 11, 2022 | 12:00 PM - 1:30 PM ET | Online

The covid-19 pandemic continues to cast a long shadow over the lives of older adults and their family caregivers in the United States, even as many Americans resolve to move on and resume normal activities. Even President Joe Biden declared “the pandemic is over,” in a recent interview, a controversial statement that he later sought to clarify.

Millions of older adults have lost loved ones or suffered declines in their health during the pandemic. Many are struggling with ongoing grief or the disabling effects of long covid. And anxiety, depression, and social isolation remain ongoing threats to mental health.

Confusion about the current state of the pandemic remains rampant. Is it over? Are ongoing precautions warranted? Should older adults get boosters? Should they continue to wear masks, and under what circumstances? What kinds of social interactions are safe and which may not be? How can older adults and their family caregivers best protect themselves in the months ahead, including over the holidays?

KFF’s Kaiser Health News (KHN) and The John A. Hartford Foundation will explore these questions and more during a live, 90-minute, interactive web event beginning at noon ET

on Tuesday, Oct. 11, 2022.

To register, click the red button below.

REGISTER



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 ET | 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.

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BOLD
PUBLIC HEALTH
CENTER OF EXCELLENCE
ON DEMENTIA
CAREGIVING

Public Health and Faith: Part 3

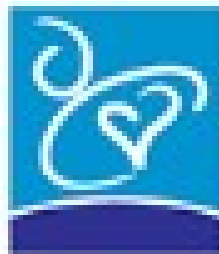
October 12, 2022 | 12:00 PM - 1:00 PM ET | Online

This is the last installment of the “Public Health and Faith” webinar series presented by the BOLD Public Health Opportunities and Challenges of Dementia Caregiving . This webinar will explore more examples of the ways in which public health can partner with faith institutions in their dementia caregiving efforts, and highlight the work faith-based organizations (FBOs) do to support people living with dementia, their families and caregivers.

This session will showcase the leading work of the Jewish Family Service of St. Paul, Minnesota, the Arkansas Department of Health, and the Respite for All Foundation of Alabama.

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

REGISTER



NATIONAL CAREGIVERS CONFERENCE

“Emerging Forward, Together”

2022 National Caregivers Conference

October 16th - 17th, 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



AFA's Women & Alzheimer's Summit

October 18, 2022 | 9:00 AM - 1:00 PM ET | In Person

The Alzheimer's Foundation of America (AFA) host an in-person Women & Alzheimer's Empowerment Summit on October 18, at The Whittemore House, 1526 New Hampshire Ave NW, Washington, DC. Women are more likely than men to develop dementia and are disproportionately represented as care partners for those living with the disease. To explore this dichotomy and present new tools and best practices for care partners, AFA's conference will feature Members of Congress, researchers, medical providers, and care

partners who will relay their experience to empower attendees with the confidence and knowledge to provide better dementia care. Interested parties are encouraged to register as soon as possible

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

REGISTER
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Workshop: The Cancer-Alzheimer's Disease Nexus: Exploring Relationships, Mechanisms, and Therapeutic Implications

October 18th - 19th, 2022

On October 18 and 19, 2022, the National Institute on Aging (NIA) will sponsor a 2-day virtual workshop on Alzheimer's Disease and Cancer. Recent research has suggested a complex relationship between Alzheimer's disease and cancers. Several potential mechanisms have been proposed and warrant further investigation. Understanding the intersection of the underlying causes and biology for these two distinct families of diseases with one another may offer novel approaches to identify new therapeutic approaches and possible opportunities to repurpose existing drug candidates.

The goal of this 2- day workshop is to set scientific priorities and determine future directions for research in this area. We look forward to exploring the state of the science, as well as the opportunities and challenges, in areas such as:

- The link between cancer and Alzheimer's Disease
- Genes, Mechanisms, and Epidemiological Evidence
- Cancer Chemotherapy and Cognitive Dysfunction
- Meds, Mechanisms, and Drug Repurposing

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

REGISTER
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2022 NHCGNE Leadership Conference

October 18th - 20th, 2022 | Online

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



AFA Educating America Tour

October 19, 2022 | 9:00 AM - 12:30 PM ET | In Person

AFA's Educating America Tour connects communities across the country with information about Alzheimer's disease, brain health, caregiving and more. Each tour stop provides a free educational conference to the community where participants can learn from local and national experts and ask questions.

To register, click the red button below.

REGISTER



Forms and Stages of Dementia

October 19, 2022 | 6:00 PM - 7:00 PM ET | 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 >

Reasoning, Planning and Emotional Responses

October 20, 2022 | 8:30 AM - 10:00 AM ET | Online

This online session is a good opportunity to focus specifically on some of the planning and emotional control challenges which can occur for a person with dementia. We explore support strategies which can really impact on the wellbeing of the person and most importantly your ability, as carer, to cope with the challenges.

These challenges may include the ability to start and stop tasks, moderate emotional responses and using appropriate social behaviours.

By understanding the challenges for the person with dementia, this session will provide you with the knowledge that you have the ability and skills to support some of these challenges.

This session is for you if:

- you would like to learn about how changes in the brain can affect the emotional responses and ability to control of everyday situations
- you would like some ideas for supporting the person and reduce your own fear or embarrassment of potential situations
- 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, click the red button below.

REGISTER



Managing Money: What Every Alzheimer's Caregiver Needs to Know

October 20, 2022 | 6:00 PM - 7:00 PM ET | Online

Learn about the benefits of early planning, how to assess a loved one's financial and legal needs, finding support and more.

When a loved one is diagnosed with Alzheimer's Disease or dementia, it is often a marathon of emotions, challenges, and decisions that caregivers and family members need to face. And among these many challenges is that of personal finances.

To explore some of the financial challenges facing caregivers, Town & Country is collaborating with the Alzheimer's Association of Maine to offer this virtual education session on "Managing Money: What Every Alzheimer's Caregiver Needs to Know". In this session you will learn how to start a conversation about finances with your loved one, the benefits of early planning and budgeting, how to assess long-term financial and legal needs, finding support, community resources and more.

If you are a loved one of or the caregiver for a person with Alzheimer's Disease or dementia, plan to join us on October 20th for an hour with Anne Romney, an Alzheimer's Association volunteer and educator, who will share her knowledge and insights into the many financial challenges facing families of someone with Alzheimer's and provide strategies and resources to help you plan and navigate this journey.

To register, click the red button below.

REGISTER



Memory Loss: Progression, Behaviors, and Interventions, Parts 1 & 2

October 20, 2022 and October 27, 2022 | 1:00 PM - 2:30 PM ET | Online

This two-part series presented by the Pima Council on Aging will offer participants an in-depth look at dementia. The training will focus on the 3-stage model of dementia progression.

To register to the first session, click the red button below. To register for the second session, click [here](#).

REGISTER



Autoimmune Community Summit

Autoimmune Community Summit

October 21st - 22nd, 2022 | Online

The Autoimmune Community Summit is a FREE, virtual two-day event designed for patients and care partners.

This inspiring event offers educational and empowering sessions led by autoimmune experts including physicians, nurses, policy experts, and patient advocates. Hear about the most pressing topics that impact the autoimmune community, including clinical trials, health equity, access, complementary medicine, nutrition, coping mechanisms, medical and personal relationships, and more.

Join us to:

- Discover tips for managing your autoimmune disease
- Learn about the latest research in autoimmune disease and gain an increased understanding of future treatments
- Connect with autoimmune patients and caregivers and build your autoimmune family

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

REGISTER



Webinar: Relationships, Family, and Mental Health

October 25, 2022 | 1:00 PM - 2:00 PM ET | Online

The complicated nature of mental illnesses can make relationships challenging, and

caregiver stress — the emotional and physical stress of caregiving — is common. Learn strategies to set boundaries, respond to difficult behavior, and manage your own stress in this one-hour webinar 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, click the red button below.



Everyone's Telling Me to Take Care of Myself

October 25, 2022 | 2:00 PM - 3:00 PM ET | Online

As caregivers our plates are full and being told we need to add self care to our lists can feel both tone deaf and hurtful, even as we recognize that our own well-being could use some extra support. Join caregiver and creator of The Negative Space, Allison Breininger, for an interactive session about how to realistically care for ourselves in the midst of caregiving.

Allison Breininger has been a caregiver for her husband since 2011, through a bone marrow transplant and seven cancer diagnoses. Experiencing firsthand the ways that caregivers are unseen and unsupported, she founded the non-profit The Negative Space, through which she shines light on the realities of caregiving, provides direct services to caregivers and educates and equips those who support them with concrete tools and strategies. She co-hosts the In Sickness podcast, provides individual coaching to caregivers nationwide, facilitates support groups and education sessions, partners with multiple organizations to more intentionally support caregivers, and sells caregiver gift boxes.

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



Setting Healthy Boundaries in Relationships

October 26, 2022 | 1:00 PM - 2:00 PM ET | Online

Maintaining a balance between taking care of loved ones and setting healthy boundaries for yourself can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises 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 webinar, click the red button below.

REGISTER



**American
Red Cross**

Veterans Caregiver Workshop

October 26, 2022 | 8:00 PM - 9:00 PM ET | Online

Please join us for an online workshop designed for Caregivers of Veterans and Veterans who are Caregivers. You will be able to share with others, learn and practice new skills, and ask questions in a small group environment. We invite you to join us for a 1-hour workshop with a Red Cross mental health volunteer and other members of the Caregiver community.

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

REGISTER



Dementia and Continence

October 27, 2022 | 3:00 PM - 4:30 PM ET | Online

Continence issues can be a difficult topic to talk about.

This session will help you to support the person with dementia maintain their continence for as long as possible by informing you about things that can be put in place to eliminate or minimize problems when they occur.

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

- Learn about the different factors which can contribute to a person's continence
- Support own needs for wellbeing and those of the person with dementia

- 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



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 | Online

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



Learn a Latte: Caregiving and You - Resources for Self Care

November 2, 2022 | 10:00 AM - 11:00 AM ET | Online

Whether you're caring for someone full time or trying to fit caregiving into a busy life, the demands and stress of taking care of someone else can lead to burnout. Give yourself a break and tune in for this much-needed session on taking good care of the caregiver ... you!

*AARP will email all registrants a link to this live event within 48 hours of the event start time. If you do not find this email, please be sure to check your email spam folder.

To register, click the red button below.

REGISTER
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The Integrative Approach to Alzheimer's Disease

November 3, 2022 | 1:00 PM - 1:30 PM ET | Online

November is Alzheimer's Awareness month and our practice is helping spread the facts about the disease that affects about 50 million people worldwide.

CentreSpringMD invites you to join Dr. Stephanie Grossman, our Alzheimer's specialist, as she discusses:

- Risk factors of the disease
- Preventative measures
- Signs and symptoms
- The Bredesen Program
- Our holistic approach to treatment and management

At the end, there will be a question and answer segment where you can submit your questions to Dr. Grossman. See you there!

To register, click the red button below.

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Dementia Caregiver Stress and Self Care

November 7, 2022 | 6:00 PM - 7:00 PM ET | Online

In this interactive webinar, learn the basics of the disease and its progression, how to approach stress, and avenues for self care. Walk away equipped with resources and tools

to feel supported, knowledgeable, and confident, no matter your role.

To register, click the red button below.

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

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



AmeriHealth Caritas Partnership Presents:

Championing Caregivers



November is **#NationalFamilyCaregiversMonth**! Caregiving can feel at times like a thankless job. Join this workshop where we will take a closer look at resources available to those who give that extra care, as well as offer tips for self-care, advocacy, and ways to de-stress.

Championing Caregivers: Celebrating National Family Caregivers Month

November 9, 2022 | 12:00 PM - 12:45 PM ET | Online

November is National Family Caregivers Month.

Caregiving can feel at times like a thankless job. This November, we celebrate those who lovingly take on extra everyday tasks for those who may not be able to do so for themselves. Whether it's bathing; cleaning; cooking; shopping; or comforting family or the friends we consider family, caregivers need our support too. These individuals often dedicate much of their free time caring for others. This workshop will take a closer look at resources available to those who give that extra care, as well as offer tips for self-care, advocacy, and ways to de-stress.

Virtual Presentation via Zoom

Audience: Caregivers and Friends & Family of Caregivers

Duration: 45 Minutes

Hosted by: Glenn Ellis, MPH, CHCE

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

REGISTER



Save The Date: November 10, 2022
2022 Caregiver Summit :
Caregiver Wellness - Mind, Body, Spirit
In Person or Online

2022 Caregiver Summit:
Caregiver Wellness-Mind, Body, Spirit

November 10, 2022 | 11:00 AM - 2:00 PM ET | Online

Please join us for the 2022 Caregiver Summit! Our theme this year is Caregiver Wellness-Mind, Body, Spirit. When you are caring for someone, it can be easy to put your own needs low on the priority list. We have two great speakers who will share how you can shift your focus a little bit and give yourself permission to take steps towards self-care.

This will be a hybrid event. The speakers will be online, but we will have satellite locations in different locations airing the event.

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

REGISTER



Comfort for Caregivers: Strategies for
Dealing with Caregiver Stress

November 10, 2022 | 5:00 PM - 6:00 PM ET | Online

Caring for a loved one strains even the most resilient people. In this workshop presented by HopeHelp, we will discuss strategies for dealing with caregiver stress and learn effective ways to preserve your own health and well-being.

This workshop is part of a series designed to provide education, support, and resources for those caring for loved ones with an illness. Offered in both English and Spanish on Zoom, the workshops are free and open to the public. There will be time for Q&A following each presentation.

Questions? Contact us at CommunityEducation@HopeHealthCo.org

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

REGISTER



The 13th Annual **INTERNATIONAL CONFERENCE ON STIGMA**

Power of Peer Support: Breaking the Chains of Stigma Together

November 15th - 18th, 2022 | Online

Almost everyone will find themselves in the role of caregiver at some point in their lives. Whether it is for a child, a spouse, a parent, or other relative or friend, the responsibilities of caregiving can be challenging.

Join us for an in-depth guide to how you can preserve your own well-being as you care for others.

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

REGISTER





Dementia Behavior/Symptom Management

November 16, 2022 | 6:00 PM - 7:00 PM ET | Online

Reframe how you approach the “behaviors” of dementia by recognizing that they are really “symptoms” of dementia. Learn how to avoid triggers, methods to alleviate negative symptoms, the art of redirection, and how to use ‘fiblets’. We will end with an open Q+A discussion, so bring your questions!

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

REGISTER



**Caregiving: How to Take Care of Yourself
while Taking Care of Others**

November 17, 2022 | 7:00 PM - 8:00 PM ET | Online

Almost everyone will find themselves in the role of caregiver at some point in their lives. Whether it is for a child, a spouse, a parent, or other relative or friend, the responsibilities of caregiving can be challenging.

Join the Katz Institute for Women's Health for an in-depth guide to how you can preserve your own well-being as you care for others.

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

REGISTER



DECEMBER



Alzheimer's Family Support Center
Until there's a cure, there's community.

J. Levin Memorial Conference on Alzheimer's: Behavior Management Strategies

December 2, 2022 | 10:00 AM - 3:00 PM ET | Online

The Alzheimer's Family Support Center presents its annual free Zoom conference on Alzheimer's featuring Teepa Snow.

About this event

This year's conference focuses on behavior management. Topics include:

- Managing Behavior: Start With Yourself
- Developing Activities That Have Meaning for Those Living With Dementia
- Humor and Caregiving
- Learning the Difference Between Letting Go and Giving Up

CE certification pending. Registration is required.

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

REGISTER



PATIENT AND CAREGIVER STUDIES

Online Support and Skills Training for Dementia Caregivers

Stress related to caregiving can lead to depression, anxiety, social isolation, financial strain, and health issues. This study will test the effectiveness of GamePlan4Care, an online education and skills training program for dementia caregivers, to reduce stress and caregiver burden and improve caregiver well-being. Participants will be randomly assigned to either the GamePlan4Care program or another online support program for six months. Participants will also be assigned to a dementia care specialist who will encourage engagement and follow up after the training with phone calls for a six-month period.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Provides at least eight hours, on average, of weekly care or supervision for a friend or family member with symptoms or a diagnosis of Alzheimer's disease or a related dementia
- Access to the internet at least three times per week, on average
- Lives within the Texas recruitment area in one of the following counties: Bastrop, Bell, Blanco, Burnet, Caldwell, Coryell, Fayette, Hamilton, Hays, Lampasas, Lee, Llano, Milam, Mills, San Saba, Travis, Williamson
- English-speaking

Must NOT have:

- Current participation in another caregiving study or evidence-based caregiver program
- Previous participation in any study designed to collect information for development of the GP4C program

To learn more or sign up, contact Alan Stevens, PhD, by clicking on the red button below.

LEARN MORE OR ENROLL



Storytelling to Reduce Depression and Anxiety in Family Caregivers

This study will test whether the Caregiver Speaks storytelling program can reduce depression, anxiety, and grief intensity in bereavement in family caregivers of people with dementia. Participants will be randomly assigned to receive either usual hospice and support care or the Caregiver Speaks intervention. Those participating in Caregiver Speaks will share photos and have discussions with one another in a private, facilitated Facebook group. Researchers will use online surveys to collect information on participant depression and anxiety symptoms from the time of study enrollment up to six months after the death of their loved one.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Family member or friend providing unpaid care to a person living with dementia who is enrolled in hospice care
- Involved in hospice care decisions for the person with dementia
- Access to a digital camera or another photo-taking device such as a cell phone
- Willing to photograph images to capture caregiving and bereavement experiences
- Access to email to complete study surveys
- Willingness to set up a Facebook social media account and join the private Facebook group

Must NOT have:

- None

To learn more or sign up, contact Debra Parker Oliver, PhD by clicking on the red button below.

[LEARN MORE OR ENROLL](#)
>



Online Training for Dementia Caregiving in a Crisis

Crisis situations, such as the COVID-19 pandemic, add new stressors and challenges for dementia family caregivers. This study will evaluate the effectiveness of an online dementia caregiver training program to provide caregivers with the problem-solving skills needed to modify in-home dementia caregiving during a crisis, navigate a complex health care system, and reduce stress. Participants will be randomly assigned to either begin the study training program immediately or to be placed on a waitlist to begin the study training program eight weeks later. Researchers will use questionnaires and interviews to assess changes in caregiver skill mastery, emotional health (e.g., depression, anxiety), and the frequency and severity of care recipient behavioral problems.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Main caregiver for a family member or friend with a confirmed diagnosis of dementia
- Live at home with the person with dementia
- Access to a computer with internet service
- Can read and understand English

Must NOT have:

- None

To learn more or sign up, contact Carolyn Clevenger by clicking on the red button below.

[LEARN MORE OR ENROLL](#)
>



FTD Disorders Registry

The Frontotemporal Degeneration (FTD) Disorders Registry is an online resource and database that securely collects information and stories from people affected by FTD to advance the science and development of FTD treatments. Anyone affected by FTD can join the registry, including people with an FTD diagnosis, as well as their family members, caregivers, and friends. After joining the registry, participants will receive emails about FTD including research updates and study opportunities.

Participation is open to anyone affected by FTD, including:

- People diagnosed with any type of FTD, including but not limited to behavioral variant FTD, any one of the primary progressive aphasia, progressive supranuclear palsy, corticobasal degeneration, or FTD with motor neuron disease
- Current and former caregivers of a person living with FTD
- Family and friends of a person living with FTD

For more information or to enroll, click on the red button below.

[LEARN MORE OR ENROLL](#)



Twitter-Based Support for Hispanic and Black Dementia Caregivers

This study will evaluate communications among anonymous followers of two Twitter social media accounts designed to provide community support for Black and Hispanic dementia caregivers. Study participants will be asked to follow and receive short messages from either the Black dementia caregiver group Twitter account or the Hispanic dementia caregiver group Twitter account based on their own identification with these groups. Participants will be required to use a Twitter account name that is anonymous and does not use their real name or photo. Researchers will assess changes in the discussion topics, as well as emotional and networking styles, including how users are communicating, supporting, and responding to others within their Twitter group.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Self-identify as a Black or Hispanic person
- Live in the United States, including the U.S. territories
- Caregiver for a family member or friend with dementia
- Able to speak English or Spanish
- Use a smartphone or a feature phone (i.e., a cell phone with text messaging)
- Agree to Twitter's terms and conditions of use, its privacy policy, and the rules for the dementia caregiver network

Must NOT have:

- Unwilling to use or create an anonymous Twitter account to use for study participation

To learn more or sign up, contact Sunmoo Yoon, PhD, by clicking on the red button below.

LEARN MORE



Beyond Listening: Music for Dementia Caregiving

This study will evaluate a home-based music program that uses singing, listening to music, and moving with music to lessen dementia symptoms, such as depression, and caregiver stress. Dementia caregivers will attend online training workshops that meet for one hour weekly for six weeks. Caregivers will use the music program with their person with dementia and report about their experiences in weekly diaries, a focus group, and questionnaires. Study participation is available online.

Must have:

Caregiver participants:

- Family member or close friend of a person with dementia
- Able to read and write in basic English

Dementia participants:

- Diagnosis of dementia
- Currently experiencing neuropsychiatric symptoms of dementia (e.g., agitation, restlessness, depressed mood, etc.)

Must NOT have:

- Diagnosis or history of mental illness
- Inadequate hearing even with the use of a hearing aid or other corrective device
- History of psychosis or other mental disorders other than depression
- History or presence of substance or alcohol abuse

To learn more or sign up for the study, contact Kendra Ray, PhD, by clicking on 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



Cancer Experience Registry

The Cancer Experience Registry (CER) survey from Cancer Support Community (CSC) uncovers the emotional, physical, practical, and financial impact of cancer to help patients and caregivers get the support they need. Through the CER survey, we reach those impacted by cancer so their voices can be part of this important research and so that together, we can:

- *Influence health care policies
- *Enhance cancer care
- *Improve cancer support services

The survey takes about 35 minutes to complete.

To learn more about the survey, click [here](#). To participate, click the red button below.

PARTICIPATE IN THE SURVEY





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](#)



IN CASE YOU MISSED IT...

6th Annual Katz Policy Lecture: Diversity in Aging



The Katz Policy Lecture was established in 2007 in honor of the late Sidney Katz, MD, Benjamin Rose's Distinguished Scholar. The lecture convenes advocates to explore potential policy approaches to important issues of aging. Sidney Katz, MD — physician, scientist, teacher, mentor, author and public servant — pioneered the concept of active aging, championed the development of the field of geriatric care, and was responsible for the creation of local and national programs to enhance quality of life and improve long-term services for older adults.

This year, the 16th annual Katz Policy Lecture will examine diversity in aging. Our keynote speaker, Lauren Pongan, national director for the Diverse Elders Coalition, will discuss new directions in national and state policies related to older adults and their family and friend caregivers from diverse and marginalized communities. Following our keynote speaker, a reactor panel of industry experts will give their responses to the presentation and discuss their impressions of the impacts of these policies to individuals and the communities they are a part of.



RESEARCH & RESOURCES



Understanding the Options

FAIR Health created a new consumer website for older adults and family caregivers with decision-making and treatment cost tools to help them make informed choices and navigate the health care system. The tools assist in answering questions like “should I have a hip replacement?” and estimating costs of care for conditions such as Alzheimer’s disease.

To view the website, click the red button below.

[LEARN MORE](#)
>



Vaccinations and Older Adults

When fall arrives, many of us know it’s time to get the annual flu, or influenza, shot. It’s also a good time to consider what other vaccines or boosters to get to protect your health.

Staying up to date on vaccines is especially important for older adults. Our immune system helps the body fight infection, but it gets weaker as we age. Vaccines help to strengthen the immune system.

Other vaccines that are important to older adults include COVID-19, pneumonia, shingles, and TDP (tetanus, diphtheria, and pertussis).

To learn more about vaccinations and older adults, click the red button below.

[LEARN MORE](#)
>



Hearing Loss and Older Adults

Hearing loss is a sudden or gradual decrease in how well you can hear. It is one of the most common conditions affecting older and elderly adults. Approximately one in three people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing. Having trouble hearing can make it hard to understand and follow a doctor's advice, to respond to warnings, and to hear doorbells and alarms. It can also make it hard to enjoy talking with friends and family. All of this can be frustrating, embarrassing, and even dangerous.

To learn more hearing loss, click the red button below.

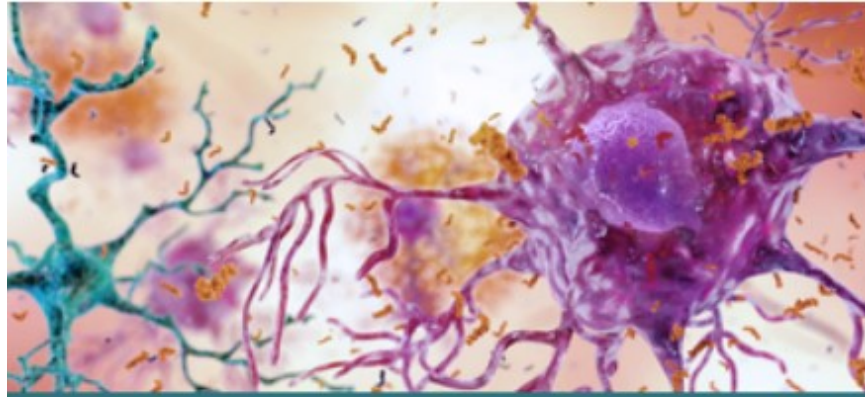
[LEARN MORE](#)
>

Six Tips To Help Prevent Falls

The risk of falling increases with age. Falls can be especially dangerous for older adults, often causing fractures, hospitalization, and disability. More than one in four people age 65 years or older fall each year, yet many falls can be prevented. The good news is that many falls are avoidable.

To learn more preventing falls, click the red button below.

[LEARN MORE](#)
>



Watch: How Alzheimer's Changes
the Brain

How Biomarkers Help Diagnose Dementia

Biomarkers are measurable indicators of what's happening in the body. These can be found in blood, other body fluids, organs, and tissues. Some can even be measured digitally. Biomarkers can help doctors and researchers track healthy processes, diagnose diseases and other health conditions, monitor responses to medication, and identify health risks in a person. For example, an increased level of cholesterol in the blood is a biomarker for heart attack risk.

Before the early 2000s, the only sure way to know whether a person had [Alzheimer's disease or another form of dementia](#) was after death through autopsy. But thanks to advances in research, tests are now available to help doctors and researchers see biomarkers associated with dementia in a living person.

To learn more, click the red button below.

LEARN MORE
>

PREVIOUSLY APPEARED

CONVERGENCE



Convergence Dialogue on Reimagining Care for Older Adult Adults

In a new report, Convergence Center for Policy Resolution released recommendations from its Convergence Dialogue on Reimagining Care for Older Adults. The report offers consensus solutions produced by leaders and experts who participated from across the political spectrum in a multi-stage convening. These unlikely allies propose changes to America's systems of care that reflect the unique needs and realities of aging adults today and in the future.

To review the report, click the red button below.

[VIEW THE REPORT](#)

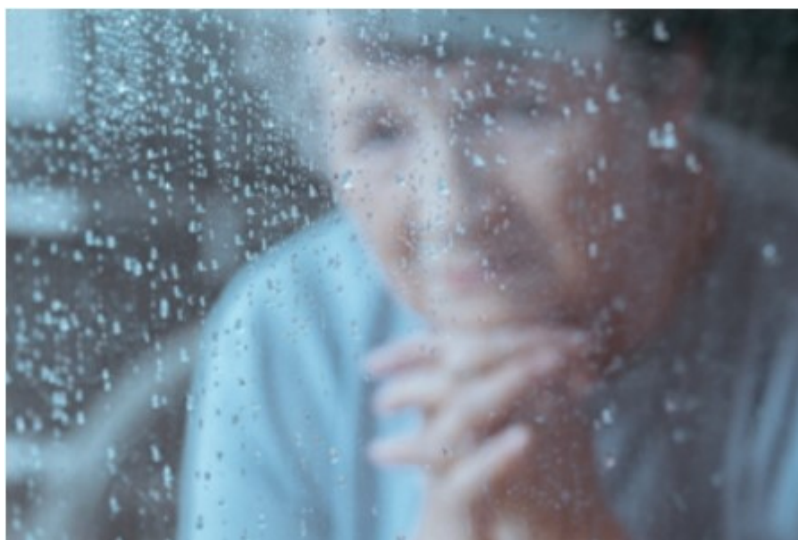


Brain Stimulation Can Affect Memory in Older Adults

The number of older adults worldwide is rising, along with an increase in age-related memory decline. Researchers have long sought ways to prevent or reverse memory impairment. They've been able to pinpoint specific brain circuits and networks that underlie learning and memory. But effective and lasting interventions to improve memory have remained elusive.

To learn more about brain stimulation and memory, click the red button below.

[LEARN MORE](#)



Genetic Risk Factors that Underlie Depression May Also Drive Alzheimer's Disease

Some cases of Alzheimer's disease may be driven by the genetic risk factors that can underlie depression, according to an NIA-supported data-mining study by researchers at Emory University School of Medicine. The results, published in *Biological Psychiatry*, suggest that the activity of at least seven genes may help explain why depression appears to increase the chances one may experience Alzheimer's.

To learn more about the connection between depression and Alzheimer's disease, click the red button below.

[LEARN MORE](#)



Exposure to Green Space May Boost Cognitive Health

Residential areas with more green space were associated with faster thinking, better attention, and higher overall cognitive function in middle-aged women, according to an NIA-funded study. Published in *JAMA Network Open*, the findings suggest that green space — such as trees, flowers, grass, gardens, and parks — could be explored as a potential community-based approach to improving cognitive health.

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

[LEARN MORE](#)



Memory, Forgetfulness, and Aging: What's Normal and What's Not?

Many older adults worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things, or they may sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness — often a normal part of aging — not serious memory problems.

To learn more about issues related to memory and forgetfulness, click the red button below.

[LEARN MORE](#)



What Is Frontotemporal Dementia?

Frontotemporal dementia is caused by a group of disorders that gradually damage the brain's frontal and temporal lobes. These damages cause changes in thinking and behaviors. Symptoms can include unusual behaviors, emotional problems, trouble communicating, challenges with work, and difficulty with walking.

Frontotemporal dementia (FTD), sometimes called frontotemporal disorders, is rare and tends to occur at a younger age than other dementias. About 60% of people with frontotemporal dementia are 45 to 64 years old.

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

[LEARN MORE](#)





Preventing Falls at Home: Room by Room

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help prevent falls and better ensure your safety. Try these tips to reduce the risk of falling at home:

- Put automatic night lights in the bathroom and close to the bed.
- Mount grab bars near toilets and on both the inside and outside of the tub and shower.
- Make sure there is good lighting in stairways and hallways, with light switches at the top and bottom of stairs and on each end of a long hall.
- Keep electrical cords near walls and away from walking paths.

To learn more about fall prevention from the National Institute for Aging, click the red button below.

[LEARN MORE](#)



Get Fit So You Can Do More!

Exercise and Older Adults Toolkit

Physical activity is an important part of healthy aging. NIA has developed a toolkit to help raise awareness about the importance of exercise as you age.

To view the NIA toolkit, click the red button below.

[LEARN MORE](#)





What Is Dementia? Symptoms, Types, and Diagnosis

Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — to such an extent that it interferes with a person's daily life and activities. Some people with dementia cannot control their emotions, and their personalities may change. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of living.

Dementia is more common as people grow older (about one-third of all people age 85 or older may have some form of dementia) but it is not a normal part of aging. Many people live into their 90s and beyond without any signs of dementia.

To learn more, click the red button below.

[LEARN MORE](#)



Partnering with Your Healthcare Provider

A RESOURCE FOR PEOPLE LIVING
WITH MEMORY LOSS AND THEIR
CARE PARTNERS



Partnering with Your Healthcare Provider: A Resource for People Living with Memory Problems and Their Care Partners

The University of Washington Dementia Palliative Education Network and the WA State Dementia Action Collaborative have created a new free toolkit for family/friend care partners of people living with dementia.

The goal of this toolkit is to:

- Explain how to form a working partnership with healthcare providers
- Show how to organize, streamline tasks, and communicate about the care needs of the person living with dementia
- Reduce chances of avoidable care transitions

The toolkit includes:

- Easy-to-navigate narrated presentation
- Video scenario demonstrations
- Care, medication, and appointment log sheets

For more information about the toolkit, click [here](#). To view the flyer, click the red button below.

[VIEW THE FLYER](#)



Investing in Caregiving Podcast

The Grantmakers In Aging Investing in Caregiving podcast series is an initiative of the Family Caregiving Funders Community, network of over 40 funders working to mobilize intellectual and financial capital to improve the caregiving experience.

In this episode, the National Alliance for Caregiving's [Mike Wittke](#) talks about public health partnership and discusses NAC's advocacy collaborative.

To listen the podcast, click the red button below.

[LISTEN TO THE PODCAST](#)





New Report on Impact of Caregiver Shortages on Older Adults, Area Agencies on Aging

New data from USAging shows that existing shortages in the caregiving workforce have grown during the COVID-19 pandemic—posing a significant threat to the ability of older adults to age well in their homes.

Caregiver Needed: How the Nation's Workforce Shortages Make It Harder to Age Well at Home, a new report from USAging, reveals that many AAAs and their direct care provider partners across the country are facing workforce shortages which threatens their ability to provide home and community-based services to older adults who depend on them.

To view the report, click the red button below.

[VIEW THE REPORT](#)
>

**NATIONAL
ACADEMIES** *Sciences
Engineering
Medicine*

Caring for People with Serious Illness

The COVID-19 pandemic has highlighted existing weaknesses in the United States health care system, while creating a new set of challenges related to caring for people with serious illness. The National Academy of Sciences, Engineering, and Medicine's Roundtable on Quality Care for People with Serious Illness hosted a three-part workshop to explore the initial responses to the pandemic by health care teams providing care to people with serious illness, the impact of the pandemic on the health care workforce, the use of telehealth, issues related to clearly communicating with the public about health emergencies, and policy opportunities to improve care for people with serious illness.

To view the workshops' results, click the red button below.

[VIEW THE RESULTS](#)



Alliance for Aging Research Mental Health Tips

More than 20 percent of older adults aged 60 and over suffer from a mental or neurological disorder. The most common neuropsychiatric conditions are dementia and depression, according to the World Health Organization. Substance-use disorders related to use of alcohol, illicit drugs, and prescription medications are increasing in prevalence among older adults, along with chronic pain issues that may complicate treatment access.

Individuals with Alzheimer's disease (AD) and other dementias are often not diagnosed, despite numerous benefits of early detection including time to explore treatment options and clinical trials, establish a care plan, develop support networks, and plan for the future. As their disease progresses, these patients experience changes in how they communicate as well as significant behavioral changes that can cause depression, anxiety, agitation, apathy, psychosis, and other neuropsychiatric symptoms.

The Alliance for Aging Research offers a variety of tips and information resources on its website for individuals facing these issues and those who care for them.

To learn more, click the red button below.

[LEARN MORE](#)



Assessing Changes in Memory and Function

If you do not see an aging friend or relative often, changes in his or her health may seem dramatic. In contrast, the primary caregiver might not notice such changes or realize that more help, medical treatment, or supervision is needed. Or, the primary caregiver might not want to accept the fact that the health of his or her spouse or parent is failing.

As a caregiver, you can provide support by helping an aging friend or relative get the care they need.

To learn more, click the red button below.

[LEARN MORE](#)



Cloudy Vision? It Could Be Cataracts

Your eyes are your windows to the world. If something clouds them, you may have trouble seeing well enough to read, drive, or do other daily activities.

One common cause of cloudy vision is cataracts. These form in the lens of your eye. Cataracts are a normal part of aging. They occur when proteins in the lens break down over time and clump together.

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

[LEARN MORE](#)



Reducing Your Risk of Dementia

Healthy Lifestyle Choices
That May Help Lower Your
Risk of Dementia



Reducing Your Risk of Dementia

Many factors may influence your risk of dementia, including genes, environment, and lifestyle. You can't change some factors, but, as with many diseases, there may be steps you can take to help lower your risk. Learn more about how leading a healthy lifestyle is important for your health.

To learn more, click the red button below.

[LEARN MORE](#)



Midlife Cholesterol and Blood Sugar Levels May be Risk Factors for Alzheimer's Disease

Abnormal cholesterol and glucose (or blood sugar) levels as early as age 35 may be associated with Alzheimer's disease risk later in life. These findings, published in *Alzheimer's & Dementia*, suggest that people with normal cholesterol and glucose measurements in early through middle adulthood may be less likely to develop Alzheimer's as older adults. The study was led by NIA-funded researchers at the Boston University School of Medicine.

To learn more, click the red button below.

[LEARN MORE](#)





Social Stress Contributes to Accelerated Aging of the Immune System, Study Finds

Exposure to social stress was associated with accelerated aging of the immune system, according to an NIA-funded study recently published in PNAS. The body's immune system changes as people age, and there's large variability in these changes. The study, led by researchers at UCLA, investigated whether social stressors added to immune system decline.

To learn more, click the red button below.

LEARN MORE



IMPACT Lived Experience Panel Releases Two Reports on Research Study Outcomes and Ethics in ePCTs for PLWD and Their Care Partners

Reports from the first two series of meetings with the IMPACT Lived Experience Panel (LEP) are now available on the IMPACT website. The two reports share highlights and insights gained during meetings with the LEP facilitated by IMPACT's Patient Caregiver Relevant Outcomes Core and the Ethics and Regulation Core in the first cycle of the Lived Experience Panel. The LEP reflects a coordinated effort between the IMPACT Collaboratory and the Alzheimer's Association.

[The 2021-2022 Lived Experience Panel Report: Priorities for Person and Caregiver Relevant Outcomes in Dementia Intervention Research](#), by Antonia V. Bennett, PhD, Laura C. Hanson, MD, MPH, Gary Epstein-Lubow, MD, Sheryl Zimmerman, PhD, summarizes the discussions with the Lived Experience Panel and members from the Patient Caregiver Relevant Outcomes Core about research study outcomes that are important to people living with dementia and their care partners.

[The 2021-2022 Lived Experience Panel Report: Ethical Challenges in Conducting Research Using a Waiver of Informed Consent with People Living with Dementia](#), by Emily Largent, PhD, JD, RN, Jason Karlawish, MD Steve Joffe, MD, MPH, Gary Epstein-Lubow, MD, documents the insights gained from two meetings between members of IMPACT's Ethics and Regulation Core and the Lived Experience Panel, featuring conversations regarding the ethical challenges related to conducting embedded pragmatic clinical trials among people living with dementia and their care partners using waivers of informed consent.

To learn more, click the red button below.

[LEARN MORE](#)



Coalition for Care Partners Issue Brief: Connecting Care Partners Through Health Information Technology

This issue brief highlights original research and activities led by OpenNotes and the Lipitz Center, which feature the existing patient portal functionalities and the developing, testing, and scaling of new consumer-oriented technologies to effectively engage care partners in care.

To read the brief, click the red button below.

[READ THE BRIEF](#)



Genetic Variant Linked to Parkinson's Found in Immune Cells

NIA researchers discovered that individuals with a DNA variant that has an effect only in an immune cell present in the brain, called microglia, have an increased risk of developing Parkinson's disease. Their study results, published July 27 in *Science Translational Medicine*, suggest scientists should consider cell type when examining possible causes of Parkinson's and other neurodegenerative disorders.

To learn more, click the red button below.

[LEARN MORE](#)



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



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.

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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.

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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.

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“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.

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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.

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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](#)



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