

THIS WEEK IN CAREGIVING



March 2, 2021

COVID-19 UPDATES: VACCINATING CAREGIVERS

NEWS

- Caring for Caregivers -- COVID-19 Vaccinations for Essential members of the Healthcare Team", New England Journal of Medicine. See the article [HERE](#).
- Mobilize Family Caregivers to Speed the Rollout of COVID Vaccinations", STAT Op-Ed. See the article [HERE](#).
- "The Coronavirus Pandemic Highlights Why Family Caregivers Need to Be Integrated into the Health Care Team and Shows Us How to Make It Happen", RAND Corporation. See the article [HERE](#).

OPPORTUNITIES

- Trust for America's Health (TFAH), in partnership with the John A. Hartford Foundation, are seeking best practices and policies for vaccinating homebound older adults. Email TFAH your recommendations or examples of best practices and policy recommendations to ensure homebound older adults and people with disabilities receive COVID-19 vaccines. Click [HERE](#) to submit an e-mail.



CAREGIVING IN THE NEWS

Caregiving Was Already Hard; COVID-19 Made It Nearly Unbearable

"In the new EMD Serono **Global Carer Well-Being Index**, 64% of caregivers said caregiving has gotten harder during the pandemic and 20% reported becoming caregivers for the first time.

... According to Grace Whiting, president and CEO of the **National Alliance for Caregiving**, an advisor to Embracing Carers, respite care programs that provided relief for caregivers pre-pandemic aren't available anymore. The layers of stress—from grief or anxiety, to family responsibilities, self-care, and work—create a 'snowball effect' when typical avenues for support are closed."

From: Forbes | February 17, 2021

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History of National Caregivers Day

Last week, Americans celebrated National Caregivers Day, observed on the third Friday in February, to honor both paid and unpaid caregivers. [National Today](#) put together an article outlining the history of National Caregivers Day:

"There are different types of caregivers who are not just limited to the health sector. The types are: family caregiver, professional caregiver, independent caregiver, private duty caregiver, and informal caregiver. Some of them are not always paid, which is why it is essential to appreciate and thank them for their long-term commitment."

From: National Today | February 19, 2021

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60% Of First-Time Caregivers Are Gen Z Or Millennial

"In the new [Global Carer Well-Being Index](#) from [Embracing Carers](#), 25% of Gen Z and Millennial caregivers were in caregiving roles for the first time during the pandemic, compared with 15% of Gen X and Boomer caregivers.

... Grace Whiting, president and CEO of the [National Alliance for Caregiving](#) which advises Embracing Carers, attributes some of the increased burdens to a "boomerang effect." College students and other young adults who moved home because of Covid-19 may discover their aging parents or grandparents are struggling."

From: Forbes | February 20, 2021

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EVENTS & OPPORTUNITIES

INTERVIEW OPPORTUNITY FOR CAREGIVERS

Interview Opportunity with Clara Health

Our partner, [Clara Health](#), is looking to interview a few caregivers from diverse backgrounds! To learn more about this paid opportunity and to apply, please click [here](#) or the red link below.

If you have any questions, please contact Clara's Patient Advocacy & Community Engagement Lead, David Banda, at david@clarahealth.com.

APPLY



UPCOMING EVENTS

COVID-19, Nutrition, and Meeting the Needs of the Most Vulnerable

March 3, 2021 | 2-3 PM EST | Online

Join the National Health Council on March 3rd for a webinar on COVID-19, Nutrition, and Meeting the Needs of the Most Vulnerable. Vulnerable populations are at risk for the significant immediate and long-term impacts of COVID-19. Compounding this risk is lack of proper nutrition, both before and as a result of the pandemic.

You'll hear from:

- C. Grace Whiting, JD, President and CEO, National Alliance for Caregiving; and
- Shirley Y. Chao, PhD, RD, LDN, FAND, Director of Nutrition, Massachusetts Executive Office of Elder Affairs.

REGISTER
>

World Rare Disease Day

February 28, 2021 | Worldwide

Held the last day of February each year, World Rare Disease Day is an annual observance to raise awareness for 400 million people affected by rare disease globally. World Rare Disease Day 2021 was February 28th, 2021.



Here's what can you do to help elevate the cause and shine a light on rare disease patients and caregivers around the world:

- **Join a Rare Disease Event**
- **Wear Your Blue Denim Genes Ribbon**
- **Interact on Social Media by Tweeting with the hashtag #RareDiseaseDay and #CareAbout RARE.**

CALL FOR NOMINATIONS

United Hospital Fund 2021 Distinguished Community Service Award

Deadline: March 1, 2021

The Distinguished Community Service Award annually recognizes exceptional voluntary leadership of a specific initiative that is improving health and health care in the New York metropolitan area.

To nominate an outstanding leader for the award, send a brief e-mail to dsca@uhfnyc.org with the following information:

- Nominee's full name, title, and business affiliation (if any), address, and telephone number;
- Description of the nominee's specific initiative, project, or organization, its significance, and its benefit to the community;
- Summary of the nominee's role in the initiative, particularly their voluntary leadership;
- Your name and affiliation (if any), contact information, and how you know the nominee.

E-mail nomination to dsca@uhfnyc.org by March 1, 2021!

CALL FOR APPLICATIONS

**Apply to Be a Health and
Aging Policy Fellow**

Deadline: April 15, 2021



**HEALTH AND AGING
POLICY FELLOWS**

Candidates with a strong commitment to health and aging issues, leadership potential, and interest in aging-relevant policy work are invited to join the next class of Health and Aging Policy Fellows (2021-2022).

The Health and Aging Policy Fellows Program continues to make great strides in advancing policy with creative solutions in the context of COVID-19.

[LEARN MORE](#)



U.S. NAM Catalyst Award Competition Round 2 (2021)

Deadline: March 8, 2021

As part of the Healthy Longevity Global Competition, the U.S. National Academy of Medicine (“NAM”), with support from Johnson & Johnson Innovation, will issue up to 24 Catalyst Awards per year, in three annual rounds (i.e., in 2020, 2021, and 2022). Each Catalyst Award includes a \$50,000 cash prize as well as travel costs to attend an annual Innovator Summit.

There will be one application period per year. The current request for applications is for Round 2 of the NAM Catalyst Awards. The application period opens on January 25, 2021 and closes on March 8, 2021.

Catalyst Awards will reward bold, new, potentially transformative ideas to improve the physical, mental, or social well-being and health of people as they age, in a measurable and equitable way.

Click the red link below to learn more and apply.

[APPLY](#)



CAREGIVER AND PATIENT STUDIES

Caregivers of Veterans with Traumatic Brain Injury

Researchers at the University of Illinois at Urbana-Champaign are conducting a study of caregivers of veterans with traumatic brain injury. The study is led by Dr. Sandraluz Lara-Cinisomo, a researcher with expertise in the well-being of caregivers of veterans.

Click the red link below to learn more and participate.

[LEARN MORE](#)



Emotional Regulation in Millennial Caregivers

Researchers at the University of Utah are currently working on a research study examining stress and emotional regulation in Millennial caregivers.

Click the red link below to learn more and participate.

[LEARN MORE](#)



IN CASE YOU MISSED IT...

RAISE Family Caregivers Advisory Council January Meeting

January 19, 2021 | Virtual

The RAISE Family Caregiving Council met virtually for its seventh meeting on January 19, 2021. The National Academy for State Health Policy provided an overview of various state Medicaid programs supporting the needs of family caregivers. Community Catalyst presented the feedback collected from family caregivers of diverse age, race, ethnicity, employment status, and family structure, with additional tailored groups such as Latinx, teen, and grandparent caregivers over the course of 15 listening sessions.



Caring for People with Serious Illness in the Home: Lessons from the COVID-19 Pandemic: A Webinar

February 16, 2021 | Online



On February 16, 2021, the National Academies of Sciences, Engineering, and Medicine's Roundtable on Quality Care for People with Serious Illness hosted a discussion to explore best practices and lessons learned during the COVID-19 pandemic for caring for people with serious illness in the home setting.

For more information on caring for someone with a serious illness, check out the resources section below.

LEARN MORE



RESEARCH & RESOURCES

Resources for Caregivers of Individuals with a Serious Illness

[Get Palliative Care](#) provides resources and tips for family caregivers of people with a serious illness. For many caregivers of chronically ill, disabled, or elderly family members or friends, it is difficult to balance caregiving with work and other responsibilities, like raising children. [This article](#) provides an overview of the resources available to family caregivers. Get Palliative Care also offers a handout with information for families about palliative care. Click the red link below to learn more.

Palliative Care What You Should Know

To learn more about
palliative care, go to
getpalliativecare.org

Palliative Care (pronounced *pal-lee-uh-th*) is specialized medical care for people with serious illness. This type of care is focused on providing relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment.

1 WHERE DO I RECEIVE PALLIATIVE CARE?

Palliative care can be provided in a variety of settings including the hospital, outpatient clinic and at home.

2 DOES MY INSURANCE PAY FOR PALLIATIVE CARE?

Most insurance plans, including Medicare and Medicaid, cover palliative care.

3 HOW DO I KNOW IF PALLIATIVE CARE IS RIGHT FOR ME?

Palliative care may be right for you if you suffer from pain, stress or other symptoms due to a serious illness. Serious illnesses may include cancer, heart disease, lung disease, kidney disease, Alzheimer's, HIV/AIDS, amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's and more. Palliative care can be provided at any stage of illness and along with treatment meant to cure you.

4 WHAT CAN I EXPECT FROM PALLIATIVE CARE?

You can expect relief from symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. Palliative care helps you carry on with your daily life. It improves your ability to get through medical treatments. It helps you better understand your condition and your choices for medical care. In short, you can expect the best possible quality of life.

5 WHO PROVIDES PALLIATIVE CARE?

Palliative care is provided by a team including palliative care doctors, nurses and other specialists.

6 HOW DOES PALLIATIVE CARE WORK WITH MY OWN DOCTOR?

The palliative care team works in partnership with other doctors to provide an extra layer of support for you and your family. The team provides expert symptom management, extra time for communication about your goals and treatment options and help navigating the health system.

7 HOW DO I GET PALLIATIVE CARE?

You have to ask for it! Just tell your doctors and nurses that you would like to see the palliative care team. You can start with the Provider Directory on getpalliativecare.org. That's where you can find palliative care in your area, quickly and easily.

GET PALLIATIVE
CARE

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"The palliative care team will also take care of you. They will give you tips for taking care of your loved one, connect you with community resources, and make sure that you are able to take care of your own physical and emotional health".

From: *Get Palliative Care* | "Strategies and Resources for Family Caregivers"

SEE MORE



Acadia Pharmaceuticals Launches MoreThanMemoryLoss.com

Acadia Pharmaceuticals Inc. (Nasdaq: ACAD) today announced the launch of MoreThanMemoryLoss.com, a new website with educational resources designed to help caregivers and people living with dementia to learn more about dementia-related hallucinations and delusions.

"As a leading, national caregiver organization, we hear from dementia caregivers every day about the challenges they experience caring for loved ones with behavioral symptoms of dementia. This new resource provides information and support to address these symptoms that can have a devastating impact on families," said John Schall, Chief Executive Officer, Caregiver Action Network.

From: *Business Wire* | February 19, 2020

To access the new site for resources, go to MoreThanMemoryLoss.com.

SEE MORE



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