

# THIS WEEK IN CAREGIVING



March 26, 2021



## CAREGIVING IN THE NEWS

### U.S. Unpaid Caregivers Struggling the Most with Emotional Health Problems: Report

"The Embracing Carers report tells a critical story — that caregivers need more attention so that they can protect the people most at risk from COVID-19 and those who care for them," C. Grace Whiting, J.D., president and CEO of the National Alliance for Caregiving told McKnight's Home Care Daily. 'Notably, the research found that the women in our lives shoulder more care burden and aren't being heard.'

Most of these caregivers represent 'mothers, sisters, aunts, and others who need our help,' Whiting added.

'The research also makes clear that it's not enough just to talk about racial justice — we need to strengthen infrastructure for communities of color, where caregivers in racial or ethnic minorities face a greater risk from COVID-19 and less access to caregiving supports,' she said."

*From: McKnight's Senior Living | February 25, 2021*

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### Ending Racial Disparities in Rare Disease Care

"Racial bias is entrenched in our healthcare system and deeply lowers the quality of care for patients of color. The Rare Disease Diversity Coalition is working to educate, support and empower rare disease patients of color and their caregivers so they can be their own advocates," said Dr. Elena Rios, President & CEO of the National Hispanic Medical Association."

Learn more about the Rare Disease Diversity Coalition [HERE](#).

### The Saving Power of a Caregiving Journal

"There is something about recording what is happening to us and our emotional reactions that enables family caregivers to stand apart from the onrush of tasks and crises they're immersed in and observe what they're going through, reflect on its greater meanings and feel more in control.

There is no one right way to journal; all who practice it find the focus and style that work for them. But here are some general suggestions."

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## EVENTS & OPPORTUNITIES

### INTRODUCING A *Unified Strategy to Support Family Caregivers Across the Nation*



NOW AVAILABLE!

**FROM MOMENTUM TO MOVEMENT:**  
DEVELOPING A UNIFIED STRATEGY  
TO SUPPORT FAMILY CAREGIVERS  
ACROSS THE NATION

DOWNLOAD NOW

The National Alliance for Caregiving (NAC) has released ***From Momentum to Movement: Developing a Unified Strategy to Support Family Caregivers Across the Nation.***

This report represents the first iteration of a living document and compilation of resources to help guide advocates in developing statewide caregiving strategies that address community-level needs. This report presents a strategic process to foster the development of actionable goals in new state plans. It also includes core policy recommendations in person-centered domains intended to coordinate alignment across key global, national, and state-level priorities and to strengthen movement toward a robust, unified caregiving strategy for caregivers across the lifespan.

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### UPCOMING EVENTS

#### The Longevity Project Webinar: Caregiving in Crisis - What Should Congress Do?

**March 31, 2021 | 1:00-2:00 PM EST | Online**

On Wednesday, March 31st, the Longevity Project, in collaboration with the Stanford Center on Longevity, will kick off the National Conversation on Caregiving, an initiative

designed to raise visibility around the caregiving crisis in the United States. In this virtual event, we bring together experts in policy and caregiving to discuss opportunities for Congress and the new Administration to better support caregiving and caregivers.

Keynote Conversation:

- Congressman Jim Langevin (D-RI)

Panelists:

- Jon Broyles, Executive Director of the **Coalition to Transform Advanced Care (C-TAC)**;
- Dr. Terry Fulmer, President of **The John A. Hartford Foundation**; and
- Dr. Jennifer Olsen, CEO of the **Rosalynn Carter Institute for Caregiving**.

**REGISTER**

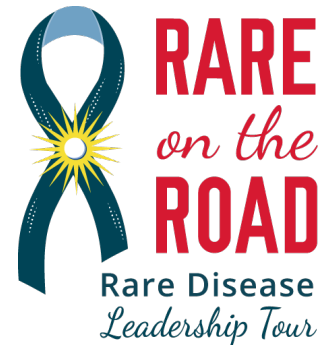


## RARE on the Road: Global Genes Rare Disease Leadership Tour

**March-May 2021**

Since 2017, **Global Genes** and the **EveryLife Foundation** have partnered to host RARE on the Road events around the country, developing the next generation of advocacy leaders. With feedback from the community, RARE on the Road 2021 will consist of one interactive webinar, open to all who wish

to attend, regardless of their geographic location, and three virtual, state-specific meetings focusing on issues and resources relevant to residents in Nevada, Florida, and Illinois.



Click the red link below to learn more.

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## Health Equity Summit

**April 28, 2021 | 11 AM - 2:30 PM EST | Online**

Amgen's 2020 Health Equity Summit illuminated the value of cross-sector/functional partnerships intended to disrupt systemic barriers to good health among vulnerable populations.

Amgen's 2021 Health Equity Summit



The 2021 Summit will highlight innovative collaborations that have emerged from this time of adversity and best practices for building strategic partnerships to help make American health care more equitable for all people.

**REGISTER**



**CALL FOR APPLICATIONS**



**Deadline: April 15, 2021**

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.

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**CALL FOR PUBLIC COMMENTS**

**Help the NIH End Structural Racism in Biomedical Research**

**Deadline: April 9, 2021**

The **NIH** is requesting a moment of your time to respond to a **Request for Information** for input on practical and effective approaches to improve and strengthen racial equity, diversity, and inclusion across all facets of the biomedical research enterprise, both within NIH and the external community, and expand research to eliminate or lessen health disparities and inequities.

The NIH invites you to share your perspective and recommendations as we thoughtfully consider NIH's proactive approach to address racial and health inequities in biomedical research.

Comments can be submitted through the **submission website** and must be received by April 9, 2021.

**SUBMIT COMMENTS**  
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**IN CASE YOU MISSED IT...**



## Fast-Forward: A Documentary That Helps You Change Your Life

Premiered March 24, 2021 | PBS

Fast-Forward follows four millennials and their parents as they travel through time to meet their future selves. Wearing an MIT-produced “aging empathy suit” and working with professional make-up artists, they grapple with the realizations, conversations and mindset required to age successfully. Ultimately, the families learn they have more control over how they age than they thought.

Next Avenue has partnered with the film to produce courses and a digital toolkit of resources, including step-by-step instructions and a master checklist, designed to help viewers prepare their own aging plans.

Click the link below to learn more about how you can watch.

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## RESEARCH & RESOURCES

### NEW RESEARCH

#### New Research on Men and Caregiving from Better Life Lab

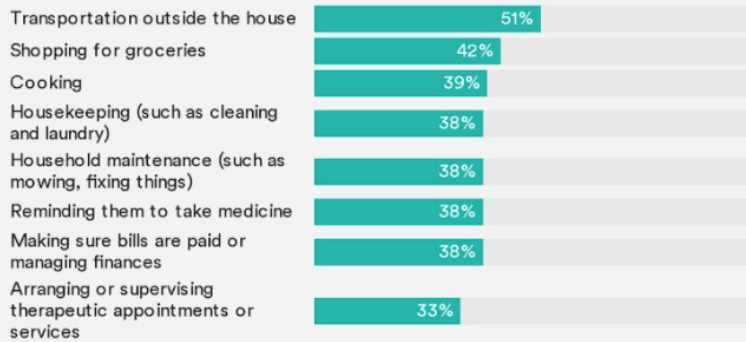
A new Better Life Lab report by Jahdziah St. Julien discusses the experiences of Black men caregivers. The report found that 43% of Black men have provided care in high-intensity care situations. In addition to the report, Jahdziah St. Julien wrote a blog post reflecting on her dad's experience caring for his older brother, who had suffered from a stroke in 2014. You can read the blog, *Painting a Portrait of Caring Black Men: A Personal Reflection*, HERE.



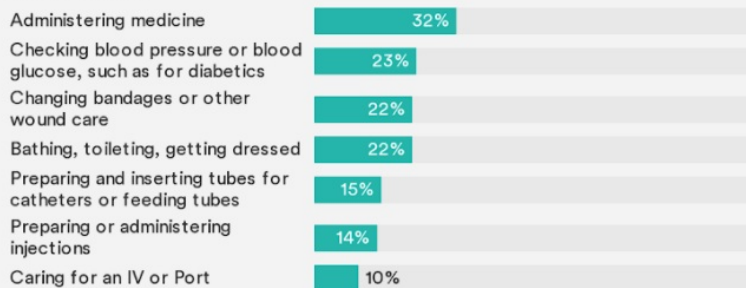
## Black Men Caring for Adults

Percentage of Black male caregivers, the percentage who have ever provided any of the following types of ongoing or periodic living assistance for an adult family member or friend who has/had a serious illness, disability, or needs extra help.

### Hands-off Tasks



### Hands-on Tasks



NEW AMERICA

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The report is part of a [series of men and care in the United States](#). The latest findings from the series, which are based on survey results from a nationally representative study, include how the experience of providing care transforms men and two in-depth reports on different subsets of survey respondents—Black men who care for family members—and men who are professional caregivers (nurses and early childhood educators). We have also launched a series of one-page explainers that distill findings from each report in the series, including a brief on series takeaways for individuals and families, policymakers, and organizations.

Click [HERE](#) to learn more about the series.

## RESOURCES

### Alzheimers.gov

Tips for Caregivers and Families of People With Dementia



Alzheimers.gov, developed by the [National Institutes of Health](#) and the [U.S. Department of Health and Human Services](#), is a new educational resource and portal to federal information on Alzheimer's disease and related dementias for people living with dementia, caregivers, health care providers, community and public health professionals, and researchers.

Click the red link below to view the site and get help today!

[SEE MORE](#)



## Respite Relief for Military and Veteran Caregivers

The Elizabeth Dole Foundation and the U.S. Department of Veterans Affairs have joined together to create a new program, Respite Relief for Military and Veteran Caregivers, which offers family caregivers of veterans or service members access to free, short-term relief with the help of in-home care professionals.



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