

# THIS WEEK IN CAREGIVING



May 13, 2021



## CAREGIVING IN THE NEWS

### When an Ailing Parent Needs More Care, Sibling Conflicts Can Arise and Add to Stress

One sibling typically shoulders the greatest burden. It may be the one who lives closest to the parent or has fewer family or work obligations than the others. Most often, the chief caregiver ends up being the oldest or youngest daughter or the parent's favorite, says Jacobs, who writes AARP's caregiving column and wrote '[The Emotional Survival Guide for Caregivers](#).'

Today, close to 1 in 5 Americans are caring for an aging adult, according to a [2020 report](#) produced by AARP and the National Alliance for Caregiving (NAC). That comes to 41.8 million caring for someone 50 and older — 20 percent more than in 2015. And within that group, 1 in 4 are caring for two people.

The most common grievance of primary caregivers: 'Why is no one helping me?'

On average, the person in this role devotes 24 hours per week to caregiving over a period of four to five years, according to the AARP-NAC report. This, while the majority hold other jobs, too."

*From: The Washington Post | March 8, 2021*

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### Doing 'The Washing Machine' With My 84-Year-Old Mother

"Before coronavirus, she and I took walks every weekend to a coffee shop or to Lafayette Park, where dogs played and locals practiced tai chi against the backdrop of San Francisco Bay. But it had been a year since my parents' assisted living facility went on lockdown, meaning it had been a year since she and I had seen each other in person.

### Stress on Family Caregivers Soars During Pandemic

"The first challenge is a foundational one — getting yourself grounded and identifying what you need to do,' Grace Whiting said. 'Learn about the disease or condition and what you may be called upon to do to help your friend or family member. What sort of assistance will they need with activities of daily living like dressing, bathing and feeding? Will they have mobility issues? Will they need help

For the first months, I would call many times a day to check in. 'Ma, are you OK?' 'Are you washing your hands?' I would implore her to keep her mind and body active: 'If you don't keep moving, you will become a vegetable' 'Watch the news!'

Around Thanksgiving, when it was clear we wouldn't be able to gather for the holidays, we started to meet on FaceTime to exercise, which we refer to in her native Japanese as 'taiso.' I quickly discovered that I couldn't just call and expect her to click the button on her computer to connect us. The process required step-by-step instructions, reminders and intricate planning."

*From: The New York Times | May 7, 2021*

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managing their finances or shopping? What sort of medical nursing tasks might you be required to handle?'

She encouraged caregivers to talk with their care recipients to understand their caregiving goals and wishes and to work together to map out a plan for what the caregiver can handle themselves and where they need outside help.

The COVID-19 pandemic has caused some existing caregiving issues to erupt. Whiting pointed to telehealth and technology in general as one of the COVID-19 pressure points facing caregivers."

*From: HealthWell Foundation | April 28, 2021*

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## EVENTS & OPPORTUNITIES

### It's Older Americans Month!



May is Older Americans Month! Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

Click the red link below to see the President's proclamation on Older Americans Month!

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### Month of the Military Caregiver



In May, NAC is joining the [Elizabeth Dole Foundation](#) in celebrating the month of the Military Caregiver, a 31-day long celebration of America's hidden heroes! The Elizabeth Dole Foundation is sharing ways you can honor the service and sacrifice of military caregivers all month long, so be sure to follow them on [Facebook](#), [Twitter](#), and on their website at [hiddenheroes.org](#).

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## Mental Health Awareness Month

May is also Mental Health Awareness Month! This year, the [National Alliance on Mental Illness](#) (NAMI) will continue to amplify the message of "You Are Not Alone." and focus on the healing value of connecting in safe ways, prioritizing mental health, and acknowledging that it's okay to not be okay through NAMI's blog, personal stories, videos, digital toolkits, social media engagements, and national events.

YOU ARE  
**NOT**  
ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives — a nation where no one feels alone in their struggle.

Click the red link below to learn how to get involved!

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## UPCOMING EVENTS

**Pride of Care Series for LGBTQ Caregivers**

**June, 2021 | Every Thursday at 11 AM EST| Online**

WellMed is hosting a series of hour long virtual sessions focusing on LGBTQ caregivers. The series, *Pride of Care*, will take place every Thursday in June 2021 at 11 AM EST on Zoom.

Click the red link below to learn more and click [HERE](#) to register.

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## COVID-19 and Brain Health: Advancing Equity for Caregivers & Communities

**TODAY May 13, 2021 | 2:00 PM EST | Online**

Join experts from the [UsAgainstAlzheimer's Center for Brain Health Equity](#), [AARP](#), and the [BOLD Public Health Center of Excellence on Dementia Caregiving](#) for a Public Health Town Hall to explore strategies for educating, supporting, and safeguarding the health and well-being of dementia caregivers of color during the pandemic. This public health town hall will highlight community-anchored strategies for addressing vaccine hesitancy and engaging hard to reach populations through safe community events and culturally tailored online education. Attendees will learn directly from public health practitioners working to respond to COVID-19 in Latino and Black communities.

REGISTER  
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## PATIENT AND CAREGIVER STUDIES

### Families Coping Together with Alzheimer's Disease Study

Researchers at Yale University are interested in learning about families coping together with Alzheimer's disease. If you are at least 18 years old and caring for a parent age 55 and over living with early stage dementia, you may be eligible to participate in a free and confidential research study to understand your experience coping with dementia together.

The survey can be done through the mail, an online survey link, or over the phone. The interaction session takes places over zoom or on the phone. For completing all 4 sessions, there will be a compensation of \$600.

To learn more, contact Kathleen Williams at 203-641-5373  
or [kathleen.williams@yale.edu](mailto:kathleen.williams@yale.edu).

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## IN CASE YOU MISSED IT...

### I'm Not Elderly: Changing the Conversation About Aging

**May 4, 2021**



In honor of Older Americans Month, **AGE of Central Texas** hosted a media professionals virtual presentation about the aging population in Central Texas and how to better discuss the issues facing the aging community.

**WATCH RECORDING**  
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### **This Is Getting Old Podcast Episode 57: Age Friendly Ecosystems**



For decades, advocates have called for communities, neighborhoods, and organizations like hospitals to become more “age-friendly.” Although the idea of an age-friendly society has been promoted both locally and internationally, adoption remains more aspirational than an organized practice.

In this week’s episode of This Is Getting Old, Dr. Terry Fulmer and Amy Berman walks through an overview of what it means to have created an Age-Friendly Ecosystem.

**LISTEN**  
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**RESEARCH & RESOURCES**

## COVID-19 Vaccination Resources

[The Centers of Medicare and Medicaid Services](#) (CMS) has published new resources and information regarding the COVID-19 vaccine:



### CDC Guidance for Fully Vaccinated People: What You Need to Know

- If you are **fully vaccinated**, you can start doing many things that you had stopped doing because of the pandemic.
- When choosing safer activities, consider **how COVID-19 is spreading in your community**, the number of people participating in the activity, and the location of the activity.
- Outdoor visits and activities are safer than indoor activities, and fully vaccinated people can participate in some indoor events safely, without much risk. Additional CDC guidance can be found **here**.
- If you haven't been vaccinated yet, **find a COVID-19 vaccine near you** at **Vaccines.gov**.

### Avoiding Fraud as a Medicare Beneficiary

Medicare covers the **COVID-19 vaccine** at no cost to you, so if anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam. Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

[CMS.GOV](https://www.cms.gov)



### Tennessee Center for Decision-Making Support

The Tennessee Center for Decision-Making Support is a NEW virtual resource center that provides decision-making information, resources, and tools to assist individuals with disabilities, their families and support providers when planning for their future. In a recent webcast, attendees were introduced to the Tennessee Center for Decision-Making Support website and Center resources, and decision-making support for students with disabilities.

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### Do You Know the Facts about the COVID-19 Vax?

Take the VaxFacts quiz to test your ability to separate fact from fiction when it comes to the COVID-19 vaccines. **NewsGuard** and Microsoft have created an interactive media literacy quiz to help you spot false claims about the COVID-19 vaccines while boosting your media literacy skills.

**Click the red link below to take the quiz from VaxFacts.**

[TAKE THE QUIZ](#)



## Paper: A Home-Based Care Research Agenda by and for Homebound Older Adults and Caregivers

"Homebound older adults have not had a voice in establishing a research agenda relevant to their needs and perspectives. We engaged homebound older adults receiving home-based primary care and caregivers to serve as stakeholder advisors to develop a patient- and caregiver-centered research agenda for home-based care. Over 9 months, we facilitated eight tablet-enabled videoconference meetings. We oriented advisors to patient-centered outcome research and research question development. Advisors developed and prioritized a list of 14 research domains and 127 associated research questions. The top three prioritized research domains in descending rank order (number of associated research questions) were out-of-pocket costs of caregiving (10), access to home-based care and related policy issues (19), and relationship with doctors (15). This research agenda can guide researchers' efforts to focus on areas of importance to the ultimate end users of their research."

**Click the red link below to read the paper.**

From: Journal of Applied Gerontology | April 1, 2021

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