

THIS WEEK IN CAREGIVING



May 7, 2021



CAREGIVING IN THE NEWS

The Time for Paid Family Leave for Family Caregivers Is Now

By: C. Grace Whiting, NAC President and CEO; and Jason Rendendez, UsAgainstAlzheimer's Center for Brain Health Equity Executive Director

"Caregiving, and supporting caregivers, isn't a "red" or "blue" issue; it's a bipartisan issue that impacts every person who has needed care or who has cared for a sick friend, a loved one with a disability, a friend with dementia.

More than 60 aging, caregiving and disability rights organizations recently sent [a letter to the Biden administration](#) saying it's time to make care and work easier across the lifespan — from child care to older adult care. This kind of multisector collaboration must continue to put pressure on Washington to include family caregivers of older adults in any future leave legislation.

If COVID-19 taught us anything, it's that we can't go back to the way things were. We can no longer wait until policymakers and employers come around to the fact that America's workers have family responsibilities.

If we really believe that families are the backbone of our society, then it's time for our policies to match our values. The [American Families Plan](#) moves us closer to this reality."

From: PBS Next Avenue | March 3, 2021

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More on paid family leave...

To learn more about what NAC, UsAgainstAlzheimer's, and The Arc are doing to advocate for paid family leave, check out our letter to the White House [HERE](#), signed by more than 60 aging, caregiving, and disability rights organizations. Read more about the recently announced American Families Plan from the Biden Harris Administration [HERE](#).

Last week, The House Ways and Means Committee Chairman Richard E. Neal (D-MA) unveiled universal paid family and medical leave, guaranteed access to child care, and permanently extending worker and family-related refundable tax credits from the American Rescue Plan through the Building an Economy for Families Act. Learn more [HERE](#).

NFL Champion & Caregiver: Chanda & OJ Brigrance

"The Brigrance Brigade Foundation supports research for a cure, but until there is one, the foundation provides funds and resources that help meet the immediate needs of people living with ALS. The biggest need they see is caregiving.

Because people with ALS lose their mobility, they may need to be lifted in and out of bed, someone to operate a lift, and someone to operate the wheelchair if they can't, so the costs are staggering. The foundation provides grants for caregiving services, equipment like wheelchairs, and home modifications for accessibility."

From: The Guardian | May 3, 2021

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Mental Health Month: When a Loved One Needs Help

"I learned that the way to fight the discrimination and overcome the stigma of mental illness is to talk candidly and respectfully with one another about our experiences as caregivers. Too many people believe that with trauma, depression and anxiety, you need only let a smile be your umbrella.

The day I 'came out' to my neighbors was my turning point. Once you get talking, you find out pretty much everyone knows someone struggling with their mental health."

May is Mental Health Awareness Month. Learn how you can get involved in the below section.

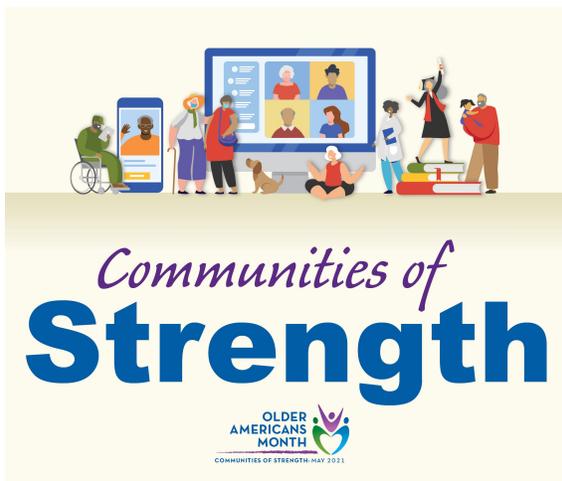
From: StarTribune | May 1, 2021

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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!

[SEE MORE](#)



Month of the Military Caregiver



In May, NAC is joining the [Elizabeth Dole Foundation](https://www.hiddenheroes.org/) 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](https://www.facebook.com/hiddenheroes.org/), [Twitter](https://twitter.com/hiddenheroes.org/), and on their website at [hiddenheroes.org](https://www.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](https://www.nami.org/) (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

Building COVID-19 Vaccine Confidence Webinar

May 13, 2021 | 12:00 - 1:00 PM EST | Online

Dr. LaShawn McIver, Director of CMS OMH, will share information and resources to help you address vaccine hesitancy in your community. Dr. McIver will be joined by Dr. Peter Marks, Director of the Center for Biologics Evaluation and Research (CBER) at FDA, who will give an overview of vaccines and their safety. This webinar will equip you to speak persuasively about the COVID-19 vaccine.

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 place 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.

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IN CASE YOU MISSED IT...

Long-Term Care: Last Week Tonight with John Oliver

April 12, 2021



John Oliver explains the industry behind nursing homes and assisted living facilities, and why long-term care needs fixing.

WATCH RECORDING



When I'm 64 Podcast Episode 12: Caregiving in the Time of COVID - One Year In

What have we learned about taking care of our loved ones during one of the worst health crises of our time? Hosts of the When I'm 64 podcast from the [Stanford Center on Longevity](#) talked to three caregivers who shared how they've coped with a wide array of challenges. Then they spoke to two leaders in the field to discover what they've learned: Grace Whiting the President and CEO of the National Alliance for Caregiving, and Jennifer Olson – the executive director of the Rosalynn Carter Institute for Caregivers.

LISTEN



RESEARCH & RESOURCES

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



White Bagging and Brown Bagging Policies Explained

If you're a patient or caregiver wanting to understand more about health insurance policies for patients with complex, chronic, or rare conditions that require certain treatments, check out this fact sheet from **Aimed Alliance** explaining the processes of white bagging and brown bagging. It also provides recommendations on what providers and patients can do if they're forced to go through these processes.

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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
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NEW RESEARCH

Paying Family Caregivers through Medicaid Consumer-Directed Programs: State Opportunities and Innovations



"Individuals may hesitate about receiving care in congregate care settings, particularly during the COVID-19 pandemic, but many face home-based care service workforce shortages. Programs that incorporate family members who provide care can help support person-centered care for Medicaid enrollees and also help states address the demand for long-term services and supports. States have the opportunity to use Medicaid to support enrollees with long-term care needs and their families by developing consumer direction programs that allow family members to be hired to provide care. This report explores how Connecticut, Florida, and Virginia developed consumer-directed care programs to serve older adults and people with physical disabilities."

Click the red link below to read the report.

From: National Academy for State Health Policy | April 12, 2021

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FOLLOW US TO STAY CURRENT ON CAREGIVING!

