

THIS WEEK IN CAREGIVING



April 19, 2021



CAREGIVING IN THE NEWS

What COVID-19 Taught Us About Race, Health, and Wealth

"This year has taught us that solutions to this crisis (and the next one) won't come from a single sector, a single piece of legislation or a single medication — no matter how effective. COVID-19 took advantage of the gaps in our social safety net and has proven that repairing them should be a national priority.

The pandemic has taught us that the nearly 42 million **unpaid caregivers** who assist older adults are an essential workforce that deserve greater support during times of crisis and beyond.

Despite this reality, this vulnerable community has been shortchanged by our public health response and our economic recovery efforts."

From: PBS Next Avenue | March 17, 2021

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Caregivers Face Impossible Challenges During COVID

"I'm trying to cope. At times, I'm drowning, sinking, exhausted. Then I remember, 'I'm a swimmer and if needed when waters get rough, I know how to float.'"

I can breathe and remind myself to relax and take long, deep breaths. It helps especially with a soothing hot bubble bath.

People constantly ask, 'Are you OK?' 'I'm not OK but I'm doing the best I can for Steve and for me.' It's what caregivers do especially during a pandemic."

From: USA Today | March 20, 2021

7 Tips for Managing Your Finances as a Caregiver

"If you are starting to care for a family member or worry that you will need to do so in the future, it's important to think about the potential toll that caregiving can take on your personal finances. Consider these tips to handle your money while helping out with the needs of someone else."

From: Bankrate | March 18, 2021

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For more help managing finances as a

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caregiver, check out the [Caregiver Calculator](#) from [Caregiving.com](#) in the [Resources](#) section below.



EVENTS & OPPORTUNITIES

UPCOMING EVENTS



3rd International Young Carers Conference

May 3-6, 2021 | Online

The 2nd International Young Carers Conference, held in 2017 in Malmö, Sweden, focused on the theme “Every child has the right to...”. Stakeholders from different sectors and from across the world agreed that young carers should be able to enjoy the same rights as any other children and pointed out that the vision put forward by the UN Convention on the Rights of the Child is still far from being a reality for many young carers.

The 3rd International Young Carers Conference will build on these conclusions and will reflect on the concrete actions required to enable young carers to reach their full potential. The need to “IDENTIFY, SUPPORT, AND LISTEN TO YOUNG CARERS” are the main recommendations identified by young carers themselves during the previous conference and this entails the participation of a wide range of stakeholders.

Learn more and register with the red link below!

[REGISTER](#)



Connect Advocate Research Educate (CARE) Conference

April 22, 2021 | 9:30 AM - 3 PM EST | Online

Join the American Association of Caregiving Youth (AACY) for their virtual conference on April 22, 2021, Connect Advocate Research Educate (CARE) Conference. The first hour will focus on how organizations **CONNECT** and support caregiving youth in the military, those who care for someone with ALS, and on AACY's Caregiving Youth Project in Palm Beach County, FL. The second hour brings **ADVOCACY** from an initiative at UVA, an initiatives in Florida and the rest of the U.S. After a lunch break, the program will move to **RESEARCH** about caregiving youth with highlights from UNC Chapel Hill, UM Miller School of Medicine, and the University of WI. The final hour is devoted to **EDUCATION** about caregiving youth with the launch of a new program by the Florida Department of Adolescent Health, AACY's District Behavioral Health, and in the UK through the National

Alliance for Caregiving. You'll also hear from Kaylin, a caregiving youth from Tallahassee.

Click the red link below to learn more. To register, e-mail kelly@aacy.org.

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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 SUBMISSIONS

Hilarity of Charity Humans of Dementia Contest

Deadline: April 22, 2021

You're invited to enter Hilarity for Charity's (HFC) Humans of Dementia contest for high school and college students! Your story (written or photo) will help preserve memories, create connections, and normalize the conversation about this devastating disease that robs so many of what it means to be human.

This year HFC is awarding prizes in two categories: (1) Written storytelling and (2) Photo storytelling. Students with winning submissions will win a cash prize, a feature on HFC's website and social channels, and will be invited to an exclusive, virtual meet-and-greet with Seth Rogan and his wife, Lauren Miller Rogan, founders of HFC.

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PATIENT AND CAREGIVER STUDIES

Individuals with Dementia with Lewy Bodies and Caregivers

Researchers at the University of Florida are seeking people with dementia with Lewy bodies and their primary caregivers for a

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

study investigating later disease stages.

Virtual study visits will take place every six (6) months for up to three (3) years. The person with DLB and their primary informal caregiver must enroll as a pair and will be compensated with a \$100 gift card per visit.

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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.

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IN CASE YOU MISSED IT...

2021 Symposium: A Glimpse into the Life of a Younger Caregiver

April 7, 2021

Don't miss the recording of an informative webinar with the Alzheimer's Association on younger caregivers. Speakers included Amy LaFleur, who spoke about The Millennial Caregiver Experience, outlining the demographic groups that make up the millennial caregiver population and exploring the educational/employment, financial and social considerations unique to young caregivers. Teresa Santos spoke about Fears Millennials Have about Alzheimer's and Dr. Jessica Zwerling spoke about healthy aging and her research related to caregiver stress. The program ended with an educational program, Healthy Living for your Brain and Body, which offers information on diet, nutrition, exercise, cognitive activity and social engagement.

Click the red link below to access the recording.

Recording password: &dEq?7h*

[WATCH RECORDING](#)



RESEARCH & RESOURCES

RESOURCES

[Caregiving.com Caregiver Salary Calculator](#)

 caregiving.com

Calculate your caregiver salary



Caregivers: You can be a part of social change for the caregiving community in a matter of minutes. We are proud to partner with [Caregiving.com](https://www.caregiving.com) and invite you to use their [caregiver salary calculator](#) to compute the value of your unpaid care work! Fill out the questions and send an invoice to your senators.

Start by clicking the red link below!

Make sure to follow Caregiving.com on social media:
[@caregivingsupport](#) on Facebook and [@caregiving](#) on Twitter.

START HERE



Webinar Series for Hospital Leaders

AARP Public Policy Institute is leading a national conversation with hospital leaders about how to better recognize and support family caregivers, especially the 20 million providing complex care at home.

Click the red link below to view past and upcoming webinars in the series!

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Three Ways Palliative Care Teams Help Caregivers

If you are caring for someone receiving palliative care, it is important to know that the palliative care team can help you in your role as friend or family caregiver.

Click the red link below to learn more about palliative care and how the palliative care team can help you.

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NEW RESEARCH

Research Recommendations to Address Dementia Workforce Development Needs

A new policy paper from [OBM Geriatrics](#) "presents workforce development recommendations for research, clinical care and public stakeholders as they plan future research activities to strengthen the workforce to support the healthcare and social needs of persons living with dementia and their families and caregivers. To create these recommendations, the 2020 National Research Summit on Care, Services and Supports for Persons with Dementia and Their Caregivers (2020 Summit) convened a Workforce Development Stakeholder Workgroup. The Stakeholder Workgroup consisted of an

interprofessional team of health professionals from academia, professional organizations, and the federal government with expertise in dementia workforce development."

The National Alliance for Caregiving is proud to have served on the Stakeholder Workgroup for this policy paper.

Click the red link below to read more about the workgroup's recommendations.

From: OBM Geriatrics | March 16, 2021

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Women and Retirement

Since 2006, **Transamerica Center for Retirement Studies** (TCRS) has been publishing research reports and pursuing outreach campaigns regarding women as part of its annual retirement survey. TCRS aims to raise awareness of retirement risks that women face in order to affect positive change.

TCRS research has found that women around the world are concerned about retirement. Women can take greater control of their financial futures by taking small steps that can ultimately help lead to an improved long-term retirement readiness.

Click the red link below to learn more.

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