

# THIS WEEK IN CAREGIVING



July 7, 2021



## CAREGIVING IN THE NEWS

### Building an Infrastructure of Care

This week, the White House announced its support for the Bipartisan Infrastructure Framework, hailing it as, “the largest long-term investment in our infrastructure and competitiveness in nearly a century.” The agreement, if it becomes law, will fund transportation, as well as infrastructure relating to water, power, broadband, and environmental remediation.

In a statement, the White House noted that there is more work to do “to grow our economy, create jobs, improve living standards, reduce climate pollution, and ensure more Americans can participate fully and equally in our economy. President Biden remains committed to the comprehensive agenda laid out in the American Jobs Plan and American Families Plan.”

Though it was not included in the bi-partisan plan released yesterday, in its original proposal for the American Jobs Plan, the administration included this action item:

*Solidify the infrastructure of our care economy by creating jobs and raising wages and benefits for essential home care workers. These workers—the majority of whom are women of color—have been underpaid and undervalued for too long. The President’s plan makes substantial investments in the infrastructure of our care economy, starting by creating new and better jobs for caregiving workers. His plan will provide home and community-based care for individuals who otherwise would need to wait as many as five years to get the services they badly need.*

The care economy includes child care, elder care, and care for people who are ill or disabled and in need of assistance. That care is provided by home-based businesses, care centers, and by individuals who work in the homes of those they care for. Because of the loose nature of this network, some have bristled at the idea that the care economy might be classified as infrastructure, though few deny the necessity of caregivers in our current economic system. They make appeals to traditional uses of the term—things that are necessary, durable, and concrete—and they count on that last adjective to leave images of bridges and dams dancing in the minds of the populace.

Aspen Institute | June 25, 2021

[Read the Article](#)



## How family caregivers can deal with stress, find help during the pandemic

Being a family caregiver — often a spouse or adult child who steps forward to care for another adult who is frail or ill — can be trying even in ordinary times. But during the pandemic, caregivers lost access to many essential resources, such as adult day care, in-home help and informal assistance from friends or neighbors.

“They’re suffering,” says Terri Harvath, director of the Family Caregiving Institute at the Betty Irene Moore School of Nursing at the University of California at Davis. “We know that social isolation has deleterious effects both on older adults and their family caregivers.”

Some previously shuttered services are available again. Even if they’re not, Harvath and other experts say caregivers still have options for getting help, taking care of themselves and reducing overall stress.

*From: Washington Post | June 14, 2021*

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## Credit for Caring Act Would Provide Tax Credit to Family Caregivers

Some of America's 48 million family caregivers would get much-needed financial assistance under the Credit for Caring Act, introduced on May 18 in the U.S. Senate and House of Representatives. The bipartisan bill would provide an up to \$5,000 federal tax credit for eligible working family caregivers — which could help defray the nearly \$7,000 that many families spend each year in out-of-pocket caring costs.

“America's nearly 48 million family caregivers are the unrecognized backbone of the long-term care system,” said Nancy LeaMond, AARP executive vice president and chief advocacy and engagement officer. “Family caregiving can be overwhelming, exhausting and a major financial challenge. That’s why AARP is fighting to make life a little bit easier for unpaid family caregivers and ease their financial concerns. We are delighted to support the bipartisan Credit for Caring Act, which will help put a little money back in the pockets of caregivers who spend in the service to their loved ones.”

*From: AARP | June 24, 2021*

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## EVENTS & OPPORTUNITIES

### UPCOMING EVENTS

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## We Can Do This Covid-19 Vaccine Toolkit Webinars

**June 15 - July 8, 2021 | Online**

The HHS We Can Do This campaign is a national initiative working hand in hand with trusted leaders and community organizations to continue to build confidence in COVID-19 vaccines and get more people vaccinated. This campaign offers tailored resources and

toolkits for stakeholders to use to provide COVID-19 vaccine information to at-risk populations.

The Centers for Medicare & Medicaid Services (CMS) is partnering with the campaign to offer several webinars to walk through each toolkit and its resources and train community organizations, local voices and trusted leaders to use the campaign tools for vaccine outreach efforts to diverse communities.

This week's webinar, the final one in the series, is:

- Thursday, July 8, 1:00-1:30 PM EST: Older Adults Toolkit | [REGISTER HERE](#)

## Rare Disease Week

**July 14-22, 2021 | Online**

EveryLife Foundation is hosting Rare Disease Week on Capitol Hill, a week for rare disease members from across the country to come together, meet other advocates, be educated on federal legislative issues and to share their stories with legislators.

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



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## Life for Siblings and Sibling Young Carers of Disabled Children in the UK

**July 13, 2021 | 9:30 AM - 1:00 PM GMT | Online**

According to research by Sibs and UCL Institute of Education (IOE), many young carer siblings of disabled children are providing more care during lockdown, are experiencing a decline in their mental health and are feeling increasingly isolated. The UK's Public Policy Exchange is hosting an upcoming webinar in which the report's authors discuss ways to effectively address these problems. This timely symposium will provide an opportunity for all stakeholders engaged with siblings and sibling young carers to discuss with the authors their recent research, gain a deeper understanding into the challenges facing siblings, and explore recommended actions for improving outcomes for these young carers.

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

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## Powerful Tools for Caregivers: Virtual Edition

**July 14 - August 25, 2021 | 6 PM EST | Online**

The six-week Powerful Tools for Caregivers Program helps people who are caring for an aging loved one. This could be a parent, grandparent, spouse, sibling, neighbor or friend. This virtual, interactive workshop will help caregivers learn techniques to help them take care of themselves while taking care of a loved one, manage stress and understand the complex emotions that often come with caregiving.

The class will help you:

- Find resources
- Learn relaxation techniques
- Manage emotions, including depression, guilt and resentment
- Find confidence in dealing with the demands of caregiving

Click the red link below to learn more and register by calling (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org).

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## **Understanding Social Isolation and its Impact on Older Adults and Those Living with Disabilities**

**July 28, 2021 | 2 PM EST | Online**

Strong social connections are central to our physical and mental well-being. But when vulnerable older adults experience setbacks or life transitions, they may become disconnected and isolated. Through research, we know that the negative health consequences of social isolation include impaired mental performance, a compromised immune system, and a heightened risk of chronic disease, as well as depression. The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day. This webinar presentation and discussion hosted by the National Council on Aging is designed to help practitioners across sectors – as well as individuals and caregivers – better understand the similarities and important differences between loneliness and social isolation and the impact on health and well-being of older adults.

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

**LEARN MORE**



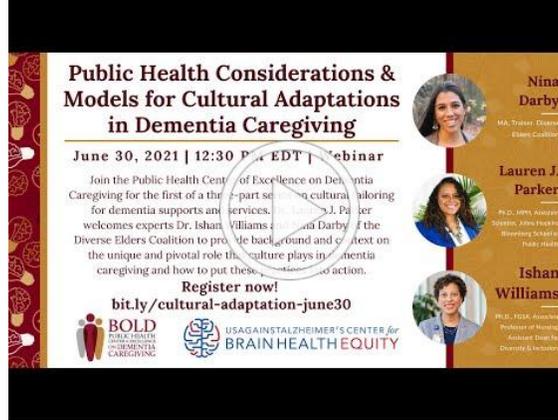
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### **IN CASE YOU MISSED IT...**

#### **Webinar: Public Health Considerations and Models for Cultural Adaptations in Dementia Caregiving**

The BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC) and UsAgainstAlzheimer's Center for Brain Health Equity held a webinar on June 30, "Public Health Considerations and Models for Cultural Adaptations in Dementia Caregiving."

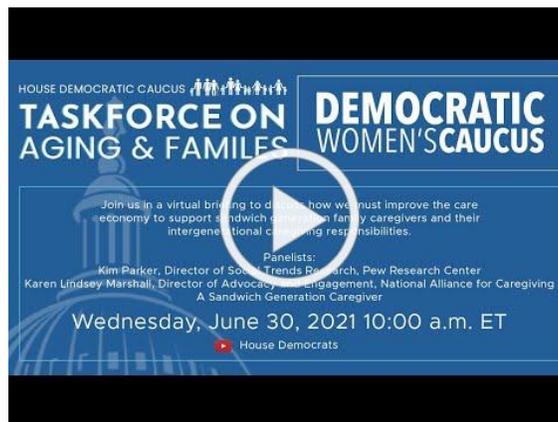
Culture is essential in shaping our individual experiences and health. Yet surprisingly little attention has been paid to the interplay between culture and dementia caregiving. Dementia supports and services are not adequately tailored to meet the cultural needs of older adults and their caregivers, despite the projected rise in the diversity of caregivers in the U.S.



## Roundtable on Supporting the Sandwich Generation and Their Intergenerational Caregiving Responsibilities

More than a year later, the impacts of the COVID-19 pandemic are still being felt by everyday Americans. As our nation looks ahead to life after the virus, we must contend with the lasting damage it has inflicted on the most vulnerable. The challenges faced by the sandwich generation and their families have underscored the need to reimagine the care economy.

The House Democratic Caucus Task Force on Aging & Families and the Democratic Women's Caucus convened a virtual roundtable of Members, national experts and caregivers on June 30 to discuss how critical improvements in the care economy can support these family caregivers and their intergenerational caregiving responsibilities.



## Speaker Nancy Pelosi news conference with Democratic Women's Caucus highlights the importance of investing in caregiving

U.S. House of Representatives Speaker Nancy Pelosi held a care economy press conference on Thursday, July 1st with several members of the Democratic Women's Caucus calling for investment to 'build back better' with women. Noting that the pandemic has pushed women out of the workforce and made it hard for them to return due to their roles as caregivers, she specifically called for family and medical leave among the initiatives to help families move forward, out of the pandemic into the future. Drawing upon her dialogue during Wednesday's roundtable, Congresswoman Lois Frankel called for investing in making good quality care more accessible and affordable for America's families.



## RESEARCH & RESOURCES

### Search. Find. Help. Connecting Organizations To Resources That Help Older Adults And Their Caregivers During Emergencies

Today, a new resource is available to help leaders and staff at organizations serving community-dwelling older adults and their caregivers find resources to support these populations during public health emergencies.

**Search. Find. Help.** is a searchable online library that connects organizations to approximately 300 existing resources that can help older adults and caregivers—ranging from tip sheets to prepare older adults for public health emergencies to tools to identify individuals in a community who need support following a disaster. The resources focus on addressing social isolation, chronic conditions, elder abuse and neglect, caregiver support, delayed medical care and emergency preparedness.

Search. Find. Help. was born out of the need to connect organizations to existing resources that can help older adults and their caregivers before, during, and after an emergency. A recent formative research study found hundreds of resources that could help older adults and their caregivers—but there was a need to centralize the resources and connect them to organizations that could use them. Search. Find. Help. organizes hundreds of resources and offers easy-to-use search features for organizations to identify and learn more about resources that can meet the needs of their populations.

[Explore Search. Find. Help.](#)



### Supporting Better Dementia Care

Attending to an older adult's mentation, or cognitive function, is a fundamental principle of our Age-Friendly Health Systems movement and is especially critical for older adults and their families living with all forms of dementia. In 2020, the John A. Hartford Foundation expended its efforts toward improving dementia care through initiatives that support clinicians and family caregivers who provide it.

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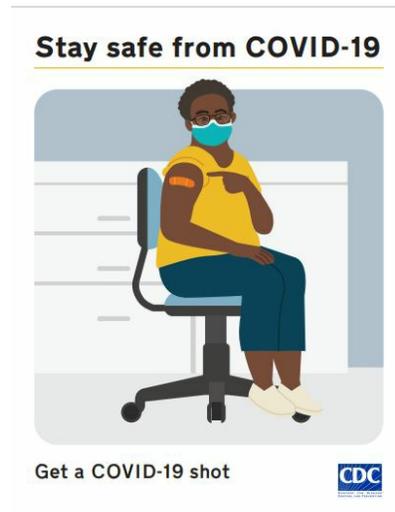
## Chronic Disease Month Social Toolkit



July is Chronic Disease Month. Take a look at the Chronic Disease Coalition's social toolkit for ideas about how to to educate, advocate and activate chronic patients everywhere.

[Click Here to View the Toolkit](#)

## New Materials on COVID-19 Vaccination for People With IDD and Caregivers



COVID-19 is challenging to explain, live through, and communicate about. The Centers for Disease Control and Prevention's (CDC) National Center on Birth Defects and Developmental Disabilities has developed a new set of COVID-19 vaccine materials specifically designed for people with IDD who have extreme low literacy and their caregivers. These free materials use simple illustrations and easy-to-read messages to explain how to get a COVID-19 vaccine.

[Click Here to View the Materials](#)

## 2021 Global State of Caring Report

The International Alliance of Carer Organizations's 2021 Global State of Care report provides an in-depth profile of the issues, approaches, policies, and innovations that are needed to support carers. It profiles the carer policies and practices in 18 countries. This interacting tool features carer initiatives addressing six universal carer priorities:

- Recognition: Legislation and awareness campaigns
- Financial support: Income support, pensions, and benefits
- Work and education: Carer-friendly workplaces and educational initiatives
- Health and well-being: Health and social supports
- Information and knowledge: Resources and education
- Evidence-informed practices: Innovative policies and practices

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### AHEAD Study

Join a trial that aims to help prevent Alzheimer's disease, funded by the National Institutes of Health (NIH) and Eisai Inc., which is testing an investigational treatment aimed at delaying memory loss before noticeable signs of Alzheimer's disease begin.



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### LEAF: Life Enhancing Activities for Family Caregivers



Researchers at UCSF and Northwestern University are testing a program for family caregivers of people with Alzheimer's Disease designed to increase levels of positive emotion, which in turn can help lower stress and support ways of coping with the stresses of caregiving.

Click the red link below to learn more and click [HERE](#) to take the pre-screening survey.

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# Veteran User Experience Research Study

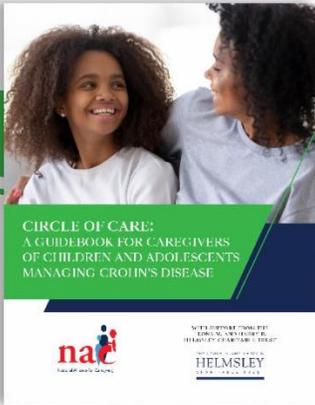
Are you a Veteran? Active duty or Reserves? A caregiver? A family member? The Department of Veterans Affairs wants to make it easier for you to explore, apply for, manage, and track your VA benefits. Teams at the VA want to hear your feedback about improvements they are making to VA websites, mobile applications, and other digital tools -- to ensure that these services are usable and relevant for you.

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

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## NEW Centralized Guidebook for Caregivers of Children and Adolescents with Crohn's Disease



JUST RELEASED!

**CIRCLE OF CARE:**  
A GUIDEBOOK FOR CAREGIVERS  
OF CHILDREN AND ADOLESCENTS  
MANAGING CROHN'S DISEASE

DOWNLOAD NOW



The National Alliance for Caregiving is proud to present a *Circle of Care Guidebook for Caregivers of Children and Adolescents Managing Crohn's Disease*, a new resource designed to help caregivers navigate their journey caring for a child or adolescent with Crohn's disease. The centralized guidebook offers effective information and tools that have helped other caregivers in similar situations. If you or someone you know cares for a child or adolescent living with Crohn's disease, make sure to check out the guidebook at [www.caregiving.org/guidebooks](http://www.caregiving.org/guidebooks).

You'll learn about:

- Everyday tips on caring for a child or adolescent with Crohn's disease;
- Understanding Crohn's disease from a medical perspective;
- Information on treatment and care coordination;
- Understanding the cost of care and access;
- Empowering your child to manage their Crohn's disease; and
- Caring for yourself and your family.

There is also a section with a comprehensive list of other online and print resources for caregivers, the child living with Crohn's disease, and his or her family that are referenced throughout the guidebook.

Visit [www.caregiving.org/guidebooks](http://www.caregiving.org/guidebooks) to learn more and access important resources.

The guidebook was developed with support from  
*The Leona M. and Harry B. Helmsley Charitable Trust.*

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## The John A. Hartford Foundation's Dissemination Center

Employers play a vital societal role by providing employment, work experience, employee benefits, and the ability for workers to save and invest for a secure retirement. This report examines the pandemic's impact on employers across company, their response, and timely opportunities. A strong employee benefits package, including retirement benefits, health insurance, workplace wellness programs, and caregiver support, can create a win-win situation for employers and their employees. Especially now, as our nation is emerging from the pandemic, employers need support from policymakers to continue paving the way for their recovery and to make it as easy as possible to enhance their business practices and expand their benefits offerings.

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### Navigating the Pandemic: A Survey of U.S. Employers

Employers play a vital societal role by providing employment, work experience, employee benefits, and the ability for workers to save and invest for a secure retirement. This report examines the pandemic's impact on employers across company, their response, and timely opportunities. A strong employee benefits package, including retirement benefits, health insurance, workplace wellness programs, and caregiver support, can create a win-win situation for employers and their employees. Especially now, as our nation is emerging from the pandemic, employers need support from policymakers to continue paving the way for their recovery and to make it as easy as possible to enhance their business practices and expand their benefits offerings.

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### The Legacy Interviews

The American Society on Aging has released a **12-week webcast series** that will feature interviews with diverse legendary pathfinders who have spent decades in the field of aging, health and social services. Each interview will be conducted by Ken Dychtwald, to capture the wisdom and character of gerontology's pioneers to inform, inspire and guide current and future professionals in the fields of aging and related services for years to come.

[REGISTER NOW TO WATCH THE WEBCASTS](#)



### Can We Talk About Caregiving? Tips to Support Family Caregivers



Caregivers are an essential part of our healthcare system. Many people, though, don't see themselves as a "caregiver" and, as a result, don't realize the critical role that they play. Here are five tips to help caregivers recognize their role, learn about the resources that can support their specific needs and feel more prepared for the challenges of caregiving.

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### Brain Guide By UsAgainstAlzheimer's



UsAgainstAlzheimer's has released a new resource for you and your family's brain health. It's never too late to take action on brain health. **BrainGuide** is a first-of-its-kind platform that empowers people with knowledge and resources to take the best next steps in managing their own or a loved one's brain health.

The BrainGuide memory questionnaire does not provide a diagnosis, but it can help guide you toward information and resources that inform the next best steps you or a loved one can take. No information is recorded or shared with anyone other than the person completing the questionnaire. The BrainGuide memory questionnaire can be completed as a self-administered questionnaire or filled out by a caregiver or someone close to you. Questionnaires are not recorded or shared with anyone other than the individual completing the questionnaire.

Click the red link below to take the memory questionnaire.

[TAKE THE QUESTIONNAIRE](#)  
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