

THIS WEEK IN CAREGIVING



June 21, 2021



CAREGIVING IN THE NEWS

Caregiver Burnout: 8 Ways To Avoid It

The number of people who work as unpaid caregivers rose sharply in recent years. Today, one in five Americans—about 53 million people, up from 43.5 million in 2015—is a caregiver. Unpaid caregivers, also known as family caregivers or informal caregivers, provide aid to at least one relative or friend who needs assistance due to a disease, disability or other condition. Not surprisingly, caregiver burnout—a feeling of emotional depletion—is also on the rise.

As more baby boomers age into needing additional care, many face healthcare systems they find inadequate or difficult to navigate, leading to increasing demands on caregivers and putting those people at higher risk of burnout.

If you're a caregiver, here's how to identify burnout—and what you can do about it.

From: Forbes | June 16, 2021

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How to Be a Caregiver

Even if you're not a caregiver now, odds are that you will find yourself in the role someday. In the United States **about one in five adults** is providing unpaid health or supportive care to someone they love — an aging parent, a family member or child with a disability or a spouse, partner or friend with an illness. We asked experts on caregiving and aging, as well as dozens of people who have been caregivers themselves, for their best advice to help the next generation of caregivers.

Six Things to Know About Caregiving

Diary Of A Pandemic: The Caregivers

Through the worst days of the COVID-19 pandemic, many nurses in Texas assisted living facilities, hospitals and nursing homes were diligent in taking care of elderly residents and patients, even as their own relatives were battling the virus at home.

Yes, vaccinations have recently helped stem the unprecedented health crisis in these facilities, where Latinos are a significant portion of the frontline workers. But it will be some time before these essential workers can overcome the emotional toll of the experience.

We asked readers who had cared for a loved one what a new caregiver should know. Here are six strategies to guide you.

From: *New York Times* | June 17, 2021

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Texas Health and Human Services Commission data shows that between April 2020 and April 2021, nearly 9,000 Texans died in nursing homes -- a rate of 175 per week.

From: *Palabra* | May 31, 2021

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EVENTS & OPPORTUNITIES

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.

REGISTER



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 webinars are:

- Tuesday, June 22, 1:00-1:30 PM EST: Spanish Language Toolkit | [REGISTER HERE](#)
- Thursday, June 24, 1:00-1:30 PM EST: Healthcare workers Toolkit | [REGISTER HERE](#)

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Elder Abuse in People Living with Dementia: Considerations for Prevention, Detection and Intervention

June 23, 2021 | 2 PM EST | Online

Elder mistreatment is a common phenomenon in our society, particularly among older adults with cognitive impairment and dementia. Yet there is hope. Using practical clinical and legal tools, we can look for high-risk situations and prevent abuse, and we can detect abuse at early stages to stop it from getting worse. This webinar, conducted by physician, Laura Mosqueda, MD, and attorney, Charles P. Sabatino, JD, with years of practical experience in the field, will discuss indicators that should raise concern, provide practical tips on when and how to intervene, and pay particular attention to the complicated issue of capacity.

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

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International Respite (Short Break) Conference

June 22-25, 2021 | Online

ISBA is hosting this international conference for everyone who provides, uses or needs respite or short break services. The conference is also intended for policy makers and program administrators who want to understand the needs of family caregivers and those who use respite or short break services.

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

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Living Rare, Living Stronger: NORD Patient and Family Forum

June 26-27, 2021 | Online

Hosted by NORD and featuring the Rare Impact Awards, this event will allow patients, caregivers and advocates to attend panels that will allow them to connect with others in the community and to live their best rare life.

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

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PHCOE-DC Webinar: Public Health Considerations and Models for Cultural Adaptations in Dementia Caregiving

June 30, 2021 | 12:30 - 1:30 PM EST | Online

The BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC) and UsAgainstAlzheimer's Center for Brain Health Equity are holding 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.

Click the red link below to learn more and click **HERE** to register.

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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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.

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CALL FOR SUBMISSIONS

Share Your LGBTQ Caregiving Story

Deadline: June 30, 2021

Caregiving.com is collecting the stories and experiences of LGBTQ caregivers to highlight the important contributions those who are lesbian, gay, bisexual, transgender, queer and questioning have made throughout history. The information gathered will be used to create content for Pride Month and beyond to elevate the stories of LGBTQ caregivers.



Click the red link below to learn more and to share your story.

SHARE
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PATIENT AND CAREGIVER STUDIES

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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IN CASE YOU MISSED IT...

Rally for Paid Leave



The Paid Leave for All campaign is a growing collaborative of organizations fighting for paid family and medical leave for all working people. It believes that everyone should be able to take time to be there for their family — to care for themselves or a loved one without risking their job or paycheck. The group held a virtual rally on June 16.

When I'm 64: Biden's New Care Plan

There's a new president in office, and with him comes a new infrastructure plan, including a plan to improve care infrastructure. But what does the proposed plan entail, and can Washington come together on making it a reality? The podcast got three perspectives. Aisha Adkins is a caregiver and constituency organizer at Caring Across Generations. David Dayen is the Executive Editor of an independent political magazine, The American Prospect. And Terry Fulmer is the President of the John A Hartford Foundation, dedicated to improving the care of older adults.

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RESEARCH & RESOURCES

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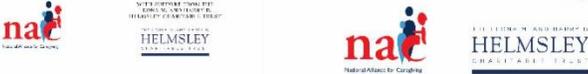
NEW Centralized Guidebook for Caregivers of Children and Adolescents with Crohn's Disease



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.

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 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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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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FOLLOW US TO STAY CURRENT ON CAREGIVING!

