One evening in 2016, Sabrina Nichelle Scott checked in on her aging grandmother in New York City. She found Lillian, then in her early 90s, trying to cook meat that was still in its plastic packaging.

That was when Scott realized her grandmother’s advancing dementia required more care than visiting home health aides alone could provide. Scott left her job as a systems trainer for New York City Health + Hospitals and became her maternal grandmother’s primary caregiver. With help from multiple aides and other family members, Scott was able to ensure her grandmother was receiving the care she needed, while also carving out enough time to start her own consultancy.

That system worked okay for Scott, now 56 — until the pandemic hit.

Suddenly, much of the outside support became too risky, and Scott needed to provide round-the-clock care in her grandmother’s Harlem apartment. She helped Lillian with basic hygiene, prepared enticing meals to encourage her to continue eating (Scott herself subsisted mostly on oatmeal, grits, and sausages), and spent long, sleepless nights trying to ensure her grandmother didn’t leave the apartment and risk exposure to Covid-19.

“From March through October of last year, I did not have a break,” Scott told Vox.

From Vox | August 4, 2021

Q&A: Caregiving and Late-Stage Dementia, With Dr. Lynn Hallarman

The COVID-19 pandemic has taken a toll on all of us, but for people living with dementia and their families, the public health crisis has been an especially stressful period when it comes to managing care, finding down time for oneself and searching for safe ways of

Working Family Caregivers Say Post-Pandemic Return to the Office Is Fraught With Concern

For the past 18 months — since COVID-19 shut down offices nationwide — Michail Sklansky has been a caregiver for his two 90-something parents.

But after being let go temporarily from his
seeing friends and family. Such trying times, however, can also spur people to turn the responsibilities of caregiving into a journey of personal growth.

Being Patient spoke with Dr. Lynn Hallarman, author of *The Great Escape*—*A Physician Confronts Family Caregiving During the COVID-19 Pandemic* published in JAMA, about her family’s experience of caring for her late mother Paula as COVID-19 cases began surging last year.

Hallarman shared insights on caregiving strategies, the challenges she faced of balancing being a daughter and palliative care physician, and her memories of Paula throughout the different stages of dementia.

From: Being Patient | August 2, 2021

He’s lucky. For the time being, the Philharmonic is allowing him to continue to work from home. But he knows that could change — and his life will get complicated if it does. His dad has a serious heart condition, advanced dementia and hearing loss; his mom has vertigo.

From: AARP | August 4, 2021

**The Legacy Interviews**

**June 23 - September 8, 2021 | Online**

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.

[Click here to register for the webinar](https://www.asaging.org/legacy-interviews), [Click on the red button below to learn more](https://www.asaging.org/legacy-interviews).

**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.

LEARN MORE >

Building and Maintaining Relationships After a Dementia Diagnosis: Dementia Care Partners and Social Isolation

August 24, 2021 | 1 PM EST | Online

Social isolation has a detrimental impact on the millions of persons living with dementia and their care partners in the United States. Conversely, we generally see greater satisfaction with support when emotional and social support are present for the caregiving dyad. In this webinar, the presenters will discuss the importance of emotional and social support, why it may “dry up” after diagnosis, why dyads may self-isolate, and propose some ideas for the families to foster support.

Participants in this webinar will be able to:
- Understand the importance of emotional and social support for care partners of people living with dementia;
- Become familiar with the difference facets of isolation that often occurs with dementia and cognitive impairment;
- Be able to critically think about preparing families and care partners of people living with dementia to reduce the frequency and impact of isolation; and
- Be able to identify actionable items to recommend to care partners of people living with dementia.

Click here to register for the webinar, Click on the red button below to learn more.

LEARN MORE >

Submit Nominations to Health Information Technology Advisory Committee (HITAC)

Deadline: August 24, 2021

The 21st Century Cures Act established HITAC to provide recommendations to the National Coordinator for Health Information Technology on policies, standards, implementation specifications, and certification criteria relating to the implementation of a health information technology infrastructure that advances the electronic access, exchange, and use of health information. The Act gave the Comptroller General of the United States, head of the General Accountability Office (GAO), responsibility for appointing a portion of HITAC’s members.

GAO is now accepting nominations for HITAC appointments. From these nominations, GAO expects to appoint at least five new HITAC members, focusing especially on health care providers, ancillary health care workers, health information technology developers, and patient advocates. Members serve 3-year terms beginning January 1, 2022, with the
Interested nominees should submit letters of nominations and resumes to HITCommittee@gao.gov by August 24, 2021.

**Caring For Those Who Care: Meeting The Needs Of Hispanic Caregivers (webinar)**

**August 26, 2021 | 2 PM EST | Online**

This webinar will help providers further their understanding of the experiences of Hispanic caregivers, and improve their multicultural capacities to meet these caregivers’ needs. This webinar is part of the cultural competency training curriculum created by the staff of the Diverse Elders Coalition and its six member organizations, with the support of a grant from The John A. Hartford Foundation.

Much of the research and many of the statistics cited in the training were the result of a 15-month planning grant, during which the coalition completed a literature review, a survey of diverse family caregivers and a series of focus groups with family caregivers in diverse communities. The research was conducted nationwide, in eight languages, and was led by the older adults and caregivers represented by the coalition.

Participants in this webinar will be able to:
- Identify and address the unique needs and caregiving realities of Hispanic caregivers;
- Gain an understanding of how culture impacts Hispanic caregivers’ perceptions of care and their health outcomes; and,
- Develop skills to deliver Hispanic–competent, person-directed care to improve health outcomes among Hispanic caregivers.

To register for this webinar, click here. To learn more, click on the red button below.

**The Arc's 2021 National Convention will be held in New Orleans from September 27 - 29**

**Deadline to register at standard rate: August 27, 2021**

The Arc’s National Convention is an unmatched opportunity to connect and learn with advocates, professionals, people with intellectual and developmental disabilities, and their families. If you are interested in employment, education, advocacy, housing, criminal justice, and more – our sessions are sure to challenge, inspire, and motivate!

To learn more about the convention click on the button below. Click here to register.
is accepting applications for its year-long participatory learning experience

**Deadline to apply: August 30, 2021**

The goal of the Learning Network is to improve the care provided to homebound patients while promoting a culture of better care and continuous learning in home based medical care practices.

The Learning Network experience starts and ends with in-person meetings commencing and concluding the program. Between in-person meetings, the Learning Network will facilitate a series of video conference interactive learning sessions, technical assistance, and access to web-based quality improvement tools. Teams will complete an initial assessment of their current practice, identify opportunities for improvement, and will work between learning sessions to meet their aims.

To apply for this program, click [here](#). To learn more about it, click the button below.

[LEARN MORE >](#)

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**Webinar: Supporting Family Caregivers of Older Adults with Dementia and a History of Trauma: Unique Challenges and Trauma-Informed Approaches**

**August 31, 2021 | 2 PM EST | Online**

The JFNA Center on Aging and Trauma, a project of the Holocaust Survivor Initiative, invites you to participate in the webinar, Supporting Family Caregivers of Older Adults with Dementia and a History of Trauma: Unique Challenges and Trauma-Informed Approaches on Tuesday, August 31, 2021, from 2:00pm to 3:30pm ET.

Family caregivers of older adults with dementia and a history of trauma face a number of unique challenges, including trauma-related symptoms in their loved ones that can be sudden, frightening, and difficult to explain; and fears of re-traumatizing their loved ones while managing their behavioral and cognitive symptoms during caregiving tasks. This webinar will provide an overview of the intersection between trauma and dementia and of the unique challenges of family caregivers of older adults with dementia and a history of trauma, and provide examples of how person-centered, trauma-informed approaches can help ameliorate these challenges and promote the health and well-being of this uniquely vulnerable caregiving population.

Contact [Aging@JewishFederations.org](mailto:Aging@JewishFederations.org) with questions.

To register for the webinar, click the button below.

[REGISTER >](#)

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**Community-based Dementia Programs: Learning from Challenges and Sustaining Successes**

**September 14, 2021 | 1 PM EST | Online**

Please join the National Alzheimer’s and Dementia Resource Center for the webinar, Community-based Dementia Programs: Learning from Challenges and Sustaining Successes, on September 14, 2021 from 1-2 p.m. ET.
Dozens of community-based dementia programs have been launched over the last few decades. In addition to supporting people living with dementia and family caregivers, most of these programs educate and provide training for professionals and members of the community. Addressing the wide range of training and support needs for these audiences has led to many lessons learned and provided the programs with a solid foundation for sustained success. This webinar provides an overview of the types of services and training provided by community-based dementia programs. In addition, participants will learn about lessons learned and methods for sustaining successful program activities from two community-based dementia programs.

To learn more, click [here](#). To register for the webinar, click the button below.

**REGISTER**

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**JOB OPPORTUNITIES**

**Position as New Hunt Research Director at National Alliance for Caregiving**

The National Alliance for Caregiving is looking for a new Hunt Research Director. This position will manage NAC’s research department with the aim to further the vision of a society that values, supports and empowers family caregivers to thrive at home, work and in life. The Research Director will be the primary manager of all NAC research initiatives, including managing NAC research reports, leading the NAC research collaborative and representing NAC in public meetings and at professional research forums. To learn more about the position, please see the job description. To apply, send a resume and cover letter to Mike Wittke at mike@caregiving.org.

The position is open until filled. Click the link below for job description.

**LEARN MORE**

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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.

**LEARN MORE**
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.

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.

IN CASE YOU MISSED IT...

The 6 Stages of Caregiving
(Interview with Dr. Regina Koepp)

This episode of Careblazers TV features an interview with Dr. Regina Koepp about the 6 stages of caregiving and what the goal is within each of these stages. Dr. Koepp is a Board Certified Clinical Psychologist and Gerontologist who works with older adults, families, and professionals to enhance mental health while aging.

Click below to view the video.
NAC Presents The Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Illnesses

The National Alliance for Caregiving is proud to present *The Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Illnesses*, a new resource designed in partnership with Global Genes and with support by Mallinckrodt Pharmaceuticals to provide caregivers with the support, services and specialized information they need to care for a child with a rare and/or serious illness. This guidebook offers an extensive list of resources to help a caregiver in any situation throughout the entirety of their journey as a rare disease caregiver, compiled by those in the rare disease space and caregivers themselves. This list is supplemented by the specialized information needed in order to care for a child with a rare and/or serious illness. If you or someone you know cares for a child living with a rare and/or serious illness, make sure to check out the guidebook at the link below.

You'll learn about:
- The process of getting an accurate diagnosis for a rare and/or serious illness;
- Genetic testing, clinical trials and support groups that can help;
- Information on treatment and care coordination with specialized teams;
- Understanding the cost of care and treatment;
- Advocating for your child, their care and in their disease space;
Empowering your child to manage their rare and/or serious illness through all aspects of their life, including when they become an adult; and Caring for yourself and your family.

There is also an appendix with a comprehensive list of online resources, supports and services for caregivers, the child living with the rare and/or serious illness, and his or her family that are referenced throughout the guidebook.

Click on the button below to access the Guidebook.

What’s Public Health Got To Do With… Family Caregiving?

Trust for America's Health (TFAH) has published a blog, "What's Public Health Got To Do With… Family Caregiving?," to launch it's new monthly blog series on Age-Friendly Public Health Systems. This series is designed to stir up conversation, generate interest, and challenge healthy aging stakeholders to engage more deeply in age-friendly public health issues.

Author of this month's blog on "What's Public Health Got To Do With... Family Caregiving?," Megan Wolfe, TFAH's Senior Policy Development Manager, outlines five potential roles for public health departments to support caregivers, organized according to TFAH's AFPHS 5Cs Framework. The roles include collecting and disseminating data, coordinating existing supports and services, connecting and convening multiple sectors, communicating, and complementing existing supports.

Diverse Family Caregivers Toolkit

Download the Diverse Elders Coalition's Resources for Providers: Meeting the Needs of Diverse Family Caregivers Toolkit. This toolkit offers topline information on what providers need to know, and key pieces from our comprehensive training curriculum, Caring For Those Who Care: Meeting the Needs of Diverse Family Caregivers. Whether you’ve already attended one or more of our trainings, or this is your first time looking into what's available to help you support diverse family caregivers, we think you'll find these resources to be invaluable in building a more welcoming, supportive practice.

Paid Leave Video from National Partnership for Women & Families

The ability to take time off when we’re sick and need to rest. To accompany a loved one to a dialysis appointment. To spend time with a newborn or adopted child. Some of us have this option, but far too many people in the United States do not.

The National Partnership for Women & Families brought together cross-sector business leaders who have been advocating for paid leave — Airbnb, Levi’s, Patagonia, Seven
The message is loud and clear from business leaders: no one should have to choose between our families and our jobs — and paid leave is what every business needs to thrive.

Watch our new video as these leaders each share why they think ensuring all workers can take time off work to care for themselves or a loved one is why the time is now for paid leave. And join them in the call for paid leave for all.

Click here to learn more or click on the red button below to view the video.

Dementia Care Providers Database

Best Practice Caregiving is a free online database of proven dementia programs for family caregivers. It offers a searchable, interactive, national database of vetted, effective programs that offer much-needed information and support. The database is an invaluable tool for healthcare and community-based organizations, as well as funders and policy makers to discover and share high quality programs for caregivers.

In the Best Practice database you will find detailed information about:

- focus of each program
- (e.g., reducing stress, understanding dementia, planning care, skill-building, health & wellness, etc.)
- program implementation
- research findings
- direct utilization experiences of delivery sites
- program developer information.

Click here to learn more about the database or click the button below to access it.

Home Is Where the Care Is

What if you were one of the 2 million adults who are homebound in the United States? Wouldn’t you want care to come to you? With the nation’s older adult population increasing, home-based primary care is quickly becoming the future of health care for patients who are medically complex. New resources share needed information about delivering primary care in the home:

- The Better Care Playbook’s Home-Based Primary Care Collection provides research, resources and tools for delivering care at home. The collection includes blogs from Rush@Home detailing its care model elements and implementation insights, and the Department of Veterans Affairs highlighting its successful program.

- A Home Centered Care Institute (HCCI) House Calls 101 course offers a simulated educational experience to help you get started with home-based primary care.

Click here to the online course. Click the button below to browse the collection.
Report: The United States Should Recognize and Support Caregiving Youth

In the United States, more than 5.4 million children and adolescents under age 18 provide care for family members who are aging or have chronic illness, disability, or other health conditions that require assistance.

In this policy study published in the Society for Research in Child Development's *Social Policy Report*, the authors describe youth’s care for the family and highlight the increasing prevalence, global challenges, and uneven successes of measurement and categorization. They briefly summarize research on how caregiving affects youth’s academic, social, and emotional well-being. Next, they present novel, emerging evidence from the public school-based 2019 Youth Risk Behavior Survey for the State of Florida, which suggests that as many as 24% of middle school students and 16% of high school students provide at least some care to the family on a regular basis. Drawing on this evidence, the authors’ discuss targeted social programs which have been shown to promote the well-being of caregiving youth outside of the United States, as well as a 13-year-old school-based intervention in The School District of Palm Beach County, Florida.

The report concludes with specific recommendations for a path toward recognizing and supporting caregiving youth via policy and practice in the United States. Its aim is to increase the awareness and feasibility of identifying and supporting caregiving youth and their families via government-organized data collection and targeted social policies.

Rosalynn Carter Institute Report: Caregiving in Military Families

The Rosalynn Carter Institute (RCI) has released a new report that highlights the challenges experienced by the military-connected caregiver population, in partnership with Blue Star Families (BSF), the nation’s largest non-profit dedicated to supporting military families. The new research sheds light on the burdens faced by caregivers in military families experience, including greater financial stress, mental health challenges, and inadequate sleep compared to their civilian counterparts.

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.

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 extremely 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 see the CDC’s educational poster, or click the button below to view a social story that can help educate IDD individuals about COVID-19 vaccination.

2021 Global State of Caring Report

The International Alliance of Carer Organization’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
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.

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.