

THIS WEEK IN CAREGIVING



July 13, 2021



CAREGIVING IN THE NEWS

Toward a National Strategy to Strengthen Family Caregiver Supports

For more than 20 years, family caregivers have been supported through the **National Family Caregiver Support Program** (NFCSP) of the Older Americans Act (Title IIIE). The NFCSP provides information to caregivers about available services; assistance in gaining access to services; counseling, support groups and caregiver training; respite care; and supplemental services.

The recent **Process and Outcome** Evaluations of the NFCSP demonstrated the program's importance as a catalyst for states to better support the needs of family caregivers. More importantly, since 2011, **77 to 82 percent of NFCSP caregivers** report services enabled them to provide care for longer than otherwise would have been possible.

The **RAISE (Recognize, Assist, Include, Support, and Engage) Family Caregivers Act** of 2017 directs the development of the National Family Caregiving Strategy (the Strategy) informed by a **Family Caregiving Advisory Council** (the Council). When complete, the Strategy will provide a roadmap for federal, state, community, health and long-term services and supports programs to more proactively and effectively identify and support family caregivers across the lifespan. The input of family caregivers will be a key component of Strategy development.

American Society on Aging | July 2021

[Read the Article](#)



The Pressure of Caregiving Makes Self-care Difficult

Knowing that so much is riding on me creates a lot of pressure. I don't get sick days, vacation, or weekends off. Taking time off to attend to my health issues requires finding and paying for caregivers for my husband, Todd, who is paralyzed due to ALS.

Parents and caregivers reported mental health issues more often than others during the pandemic, a C.D.C. study says.

Parents and unpaid caregivers of adults in the United States reported far higher rates of mental health issues during the

For example, I had put off scheduling a routine eye exam because it felt like I'd be adding one more thing to a list that's already too long.

Before I got around to scheduling an appointment, my vision clinic closed, and I needed to find a new provider. I asked for recommendations from friends on social media, but that was as far as I got. Another year passed, and scheduling my appointment never made it to the top of my to-do list. Then we were in the midst of a pandemic, so I delayed it further.

From: ALS News Today | July 8, 2021

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coronavirus pandemic than people who held neither of those roles, federal researchers reported on Thursday.

About 70 percent of **parents** and adult caregivers — such as those tending to older people, for example — and about 85 percent of people who were both reported adverse mental health symptoms during the pandemic, versus about a third of people who did not hold those responsibilities, **according to new research** by the Centers for Disease Control and Prevention.

From: New York Times | June 17, 2021

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EVENTS & OPPORTUNITIES

UPCOMING EVENTS

Sign on to AARP letter to House of Representatives in support of the Credit for Caring Act

Deadline: July 13, 2021

On July 14, AARP is resending its June 29 letter in support of the Credit for Caring Act to the entire U.S. House of Representatives. For organizations who are already listed on the letter, there is no need for action and your name will remain on the letter. For organizations who have not signed on but wish to do so, email **Rhonda Richards (rrichards@aarp.org)** by July 13, 2021.

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

LEARN MORE ABOUT THE CREDIT FOR CARING ACT

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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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.

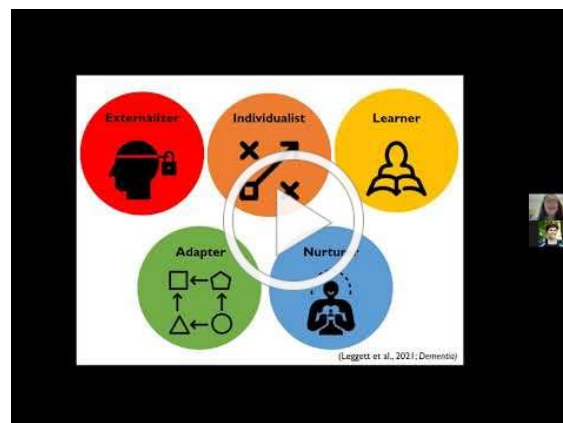
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IN CASE YOU MISSED IT...

Webinar: What's Your Style? How Your Caregiving Style Impacts The Care You Provide & Your Own Well-Being

Amanda Leggett, PhD, Research Assistant Professor of Psychiatry, presented a webinar on June 22 discussing caregivers' styles of care management and how those styles are associated with health services utilization for their care recipients with dementia as well as themselves. The event was hosted by the Michigan Alzheimer's Disease Research Center.





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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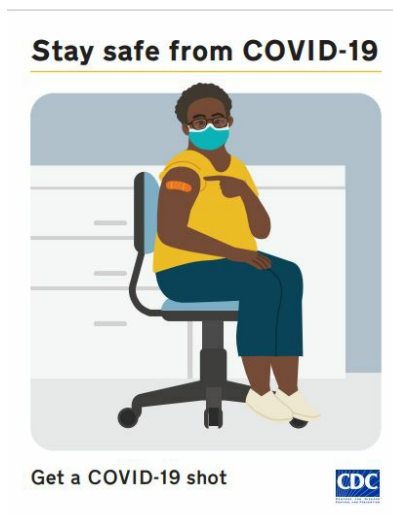
Chronic Disease Month Social Toolkit



July is Chronic Disease Month. Take a look at the Chronic Disease Coalition's social toolkit for ideas about how to 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

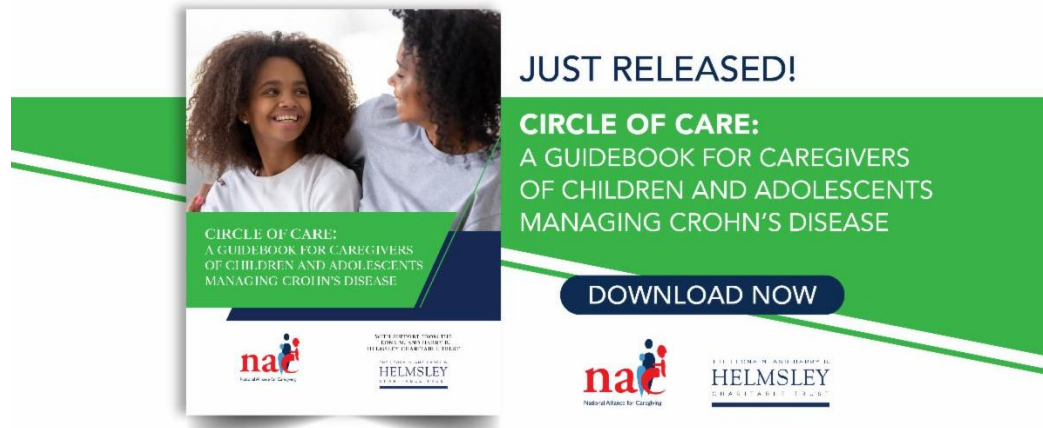
Are you a Veteran? Active duty or Reserves? A caregiver? A family member? The Department of Veterans Affairs wants to make it easier for you to explore, apply for, manage, and track your VA benefits. Teams at the VA want to hear your feedback about improvements they are making to VA websites, mobile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



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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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

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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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