

THIS WEEK IN CAREGIVING



March 16, 2022



CAREGIVING IN THE NEWS

Finding Help for Teens Who Grow Up Caregiving for Their Disabled Military Parents

The Garey family home outside of Austin, Texas, is a revolving door of medical professionals coming to assist Tom, the patriarch — an Air Force veteran with advanced ALS.

Every few hours, a respiratory therapist or hospice nurse enters a key code to get into the house, and the German shepherds, Lou and Remi, go crazy.

"It's life here at the Gareys," said Lara Garey, Tom's wife and primary caregiver. "We try to make it like an ICU. But it's really like a zoo ICU."

Tom Garey is bedbound and paralyzed with a tracheal tube. He communicates with a camera that turns his eye movements into strokes on a keyboard. The last few months have been punctuated with medical emergencies: a tube change, incorrect settings on his ventilator, and shortages of needed supplies and skilled nursing care.

From: NPR | March 7, 2022

[READ MORE](#)



5 Tips for Difficult Family Caregiving Conversations

Regardless of your specific caregiving situation, you're likely to engage in many challenging conversations with those you care for, as well as with other family members. You'll need to discuss topics like finances, legal issues, estate planning, living situations, care and treatment plans, safety and driving. These are sensitive subjects, and your perspectives or opinions may differ. As a longtime caregiver, I have had many of

Why I Refused to Be My Parent's Caregiver

"She's too perfect," my mother told my niece when they interviewed the new caregiver on Wednesday. My mother's new caregiver starts today, and she's already looking for reasons to fire her as she has her four previous caregivers.

My mother, BB, turns 97 in March and finally realizes the family she's alienated from isn't going to jump in and be her unpaid and unappreciated staff.

these discussions with my grandparents, parents, sisters and other family members over the years. Here are some of my tips to help make these conversations easier.

From: AARP | Published: March 8, 2022

[READ MORE](#)



If BB is going to continue living in her house with her pets, she'll need some professional help.

From: MSN | Published: March 9, 2022

[READ MORE](#)



NAC NEWS AND UPDATES

2022
WORLD CARERS
Conversation
A VIRTUAL GLOBAL SUMMIT HIGHLIGHTING INNOVATIONS
IN CAREGIVING RESEARCH, PRACTICE AND POLICY

nac
National Alliance for Caregiving

embracing
carers

SAVE THE DATE: 19 MAY 2022

World Carers Conversation returns May 19, 2022 as a global, virtual event

As the uncertainty around the future of the global COVID-19 pandemic continues, support for carers remains critical. NAC is convening global leaders, experts, influencers, researchers, policymakers, innovators, and other stakeholders in caregiving to share their unique research, case studies, programs, interventions, and perspectives on the future of caregiving as part of this event.

This free event will be made available to the public via Zoom and Facebook Live. The 2020 World Carers Conversation enjoyed participation of caregiving experts and stakeholders from six continents (Africa, Asia, Europe, Oceania, North America, South America) and fifteen countries (Australia, Canada, China, France, Ghana, India, Ireland, Israel, Mexico, New Zealand, South Korea, Taiwan, United Kingdom, United States) with more than 4,000 attendees.

Continue to watch this page as links to register for the event and more information will be coming soon.

[LEARN MORE](#)





The Circle of Care Guidebook Series

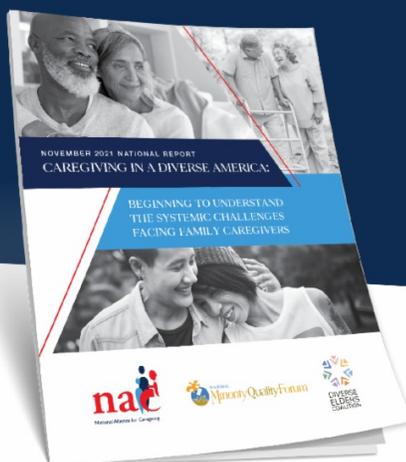
The National Alliance for Caregiving's *Circle of Care* library is a series of guidebooks dedicated to providing resources, support and information to caregivers caring for someone in a specific disease space. Part of an ongoing effort of NAC, these first three guidebooks were developed with the assistance of both patient-advocacy and consumer-facing partners:

- **Circle of Care: A Guidebook for Mental Health Caregivers**
- **Circle of Care: A Guidebook for Caregivers of Children and Adolescents Managing Crohn's Disease**
- **The Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Diseases**

NAC is proud to lend their expertise on caregiving through these guidebooks. To access the guidebooks for yourself and to share them with other caregivers in your life, please visit the link below.

[VIEW THE GUIDEBOOKS](#)





JUST RELEASED!

Caregiving in a Diverse America:
Beginning to Understand
the Systemic Challenges
Facing Family Caregivers

[DOWNLOAD NOW](#)





MADE POSSIBLE THROUGH SPONSORSHIP BY



NAC Releases New Report: Caregiving in a Diverse America: Understanding the Systemic Challenges Facing Diverse Family Caregivers in the U.S.

The National Alliance for Caregiving is proud to present *Caregiving in a Diverse America: Understanding the Systemic Challenges Facing Family Caregivers in the U.S.*, a new report conducted with sponsorship by Amgen, Inc., with support from the Diverse Elders Coalition and in partnership with the National Minority Quality Forum. Based on a

secondary analysis of the survey results found in *Caring in the U.S. 2020*, the data presented includes multiple logistic regression analyses by Dartmouth College researchers. The report highlights significant disparities in support, caregiving intensity, health, and financial impacts among African American, Hispanic and Asian American and Pacific Islander caregivers, LGBTQ caregivers, as well as caregivers across different income brackets and geographical areas. While conducting the research for this report, it became clear that more inclusive methods of data collection are needed to inform research on the needs and possible supports and services that can be provided to diverse family caregivers.

The findings in this report highlight:

- African American, Hispanic, Asian American/Pacific Islander, LGBTQ, rural and socioeconomically diverse caregivers;
- Disparities in living situations, financial status, caregiving activities, self-reported health, and information and services used;
- Personal stories of diverse family caregivers that provide human context to the data;
- Next steps in ensuring data collection and research is inclusive of and equitable to all family caregivers;
- Future policies and improvements to supports, services and the health care system that can better the caregiver experience for diverse populations.

[LEARN MORE ABOUT THE NAC REPORT](#)



Addressing the Needs of Diverse Family Caregivers for Older Adults

This 20-page report is the product of a series of activities conducted by the Diverse Elders Coalition (DEC) and its members' organizations, and in partnership with the National Alliance for Caregiving, to better understand and highlight the lived experiences of diverse family caregivers for older adults. It highlights key findings from 300+ diverse caregivers for older adults from the DEC's constituent communities, including racially and ethnically diverse people; American Indians and Alaska Natives; and lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ+) people as they provide care through the pandemic. The goal of the full length report is to offer research and recommendations to help ensure services and supports for caregivers intentionally address health disparities and systemic barriers that diverse family caregivers for older adults face.

[READ THE REPORT](#)



The National Alliance for Caregiving Releases a White Paper Analyzing Existing Incentives for Caregiver Services

Caregivers are not well integrated into U.S. healthcare systems. Across care settings, caregivers lack formal and consistent roles on the care receiver's care team and can struggle to manage their care recipient's needs with their own. Only 29 percent of caregivers report being asked by a healthcare professional about



**Caring For The Caregiver:
Incentivizing Medical Providers to Include
Caregivers as Part of the Treatment Team**

[DOWNLOAD](#)

their caregiving needs; this rate drops to 13 percent when the question referred to what the caregiver needed to be able to care for themselves ([2020 Report of Caregiving in the U.S.; AARP and National Alliance for Caregiving](#)).

LEARN MORE



Lessons from the Workplace: Caregiving During COVID-19

In the first article of its new Spotlight series, Social Innovations in Caregiving, the National Alliance for Caregiving details the hardships the COVID-19 crisis magnified for millions of working caregivers and explores the mismatch between what family caregivers need to meet the demands of working while caregiving and what benefits and supports employers offer. “The pandemic has exposed the reality that working Americans must too often choose between caring for loved ones and holding onto their jobs,” says Grace Whiting, President, and CEO of NAC.

There are 23 million working caregivers in this country.

One in six working Americans provides unpaid care to a family member or friend with a chronic, serious, or disabling health condition. Cancer researcher Shivapriya Ramaswamy counts herself among the privileged minority in this significant, but historically marginalized, group.

Employed by a Fortune 500 pharmaceutical in the Boston Area, Ramaswamy has a steady salary and access to copious caregiver-friendly benefits, among them paid family medical leave, backup elder care, assistance referral services, and flexible work arrangements.

Yet, during the four years that Ramaswamy lived with and cared for both her aging parents, she made little use of what was on offer. “It took

time I didn’t have to go over what was available... and going to HR for help felt too public and impersonal,” she says. Though she desperately wanted a more flexible schedule, she never considered asking. “I had colleagues who worked some days from home.

“

I’d find myself staring at my computer screen, unable to think at work, partially because I was exhausted and partly because I was so worried about what was going on at home.

They were seen as less committed,” she says. “I couldn’t afford that stigma.”

So Ramaswamy—like many of the 23 million working caregivers in this country—stretched herself until she nearly snapped. “I’d find myself staring at my computer screen, unable to think at work, partially because I was exhausted and partly because I was so worried about what was going on at home,” she says. “I know that I brought some of this on myself. But the truth is I didn’t feel comfortable discussing my caregiving issues at work and never thought of my employer as a solution to my problems.”

Ramaswamy is, indeed, among the most privileged working caregivers in this country. Still, her story illustrates many of the issues that have generally stood between caregivers and the

Offering potential solutions on how employers can address this mismatch, NAC advances recommendations for

workplace policies and practices that employers can provide to caregivers. These recommendations include flextime, compressed workweeks, and public policy strategies to help reinforce workplace solutions such as redefined paid leave criteria.

READ HERE



EVENTS & OPPORTUNITIES

Talking About Complex Care: A Guide for Clear and Effective Communications



Clear, consistent language can help you describe the issues faced by people with complex needs and the value complex care provides.



Reframe a narrow view



Go beyond medical



Focus on people



Bring it all together

Learn more at nationalcomplex.care/complex-care-messaging-guide

Talking About Complex Care: Resources for Clear and Effective Messaging

March 16, 2022 | 2:00 PM EST | Online

Join this webinar for an exploration of approaches to clearly communicate about complex care to key stakeholders. The webinar will orient participants to [Talking About Complex Care: A Guide for Clear and Effective Messaging](#), highlight core messages, and provide information on how to tailor messages to best resonate with diverse audiences.

To view [Talking About Complex Care: A Guide for Clear and Effective Messaging](#), click [here](#).

To register for the webinar, click the red button below.

REGISTER



Webinar: Partners In Social Engagement: Collaborating With Faith Communities

March 17, 2022 | 1:00 PM - 2:00 PM EST | Online

Join us for a webinar on March 17 from 1:00-2:00 pm ET focused on partnering with faith-based groups and communities to provide social engagement opportunities for older adults and caregivers. During the webinar, USAgainstAlzheimer's will share insights into the relationship between faith and social isolation, and will provide examples of how faith communities help promote social engagement. AgeOptions and Lutheran Social Service of Minnesota will then share how they have worked with faith-based groups to provide social engagement opportunities for older adults and caregivers. Attendees will also receive tips they can use to develop similar partnerships.

For more information on the webinar, click [here](#).

To register, click the red button below.

REGISTER



TFAH Age-Friendly Public Health Systems Webinar: Healthy Aging & Social Determinants of Health

March 17, 2022 | 3:00 PM - 4:00 PM EST | Online

Trust for America's Health (TFAH) is holding a **webinar** on March 17, "March AFPHS Training – Healthy Aging & Social Determinants of Health," as part of their monthly training series.

The social determinants of health (SDOH) are factors beyond traditional healthcare that significantly impact health. This is true throughout the life course, including for older people. Factors such as adequate access to appropriate housing, nutritious food, and affordable transportation can significantly improve or detract from health.

To learn more, click [here](#).

Click the red button below to register.

REGISTER



Dementia Q&A Panel

Have Questions About Dementia?
We will Try to Answer Them!

March 17, 2022 | 3:00-4:30pm CST | Zoom

Join an interdisciplinary panel in discussing and answering questions related to living with and caring for dementia, and the key issues that often come up.

Hosted by Dr. Joseph Gaugler, Robert L. Kane Endowed Chair in LTC and Aging at the University of Minnesota.

Register and submit questions at:
<https://bit.ly/DementiaQandA>



Amy Busker
Geriatric Pharmacist



Jill Cigliana
Occupational Therapist



Robbin Frazier
Cultural Expert



Allison Gustavson
Physical Therapist



James Pacala
Family Physician and Geriatrician



Lucas Spaeth
Elder Law Attorney

Dementia Q&A Panel

March 17, 2022 | 4:00 PM - 5:30 PM EST | Online

Please join us for a FREE interactive webinar with an inter-professional panel of experts to answer questions you have about dementia and dementia care on Thursday, 3/17/2022 from 4-5:30 PM EST!

We have convened a geriatrician, a cultural expert, a physical therapist, a geriatric pharmacist, a lawyer, and an occupational therapist to address your questions and concerns related to living with dementia, dementia care, and the key issues that often come up.

If you are someone living with dementia, a family member, friend, or professional with questions about Alzheimer's disease and related dementias, this is the webinar for you!

Click the red button below to register.

REGISTER



National Medicare Advocates Alliance Call

National Medicare Advocates Alliance Call Series: Medicare Updates

March 21, 2022 | 2:00 PM - 3:00 PM EST | Online

The Center for Medicare Advocacy (CMA) is holding a National Medicare Advocates Alliance **webinar call** as part of their regular series on March 21, 2022.

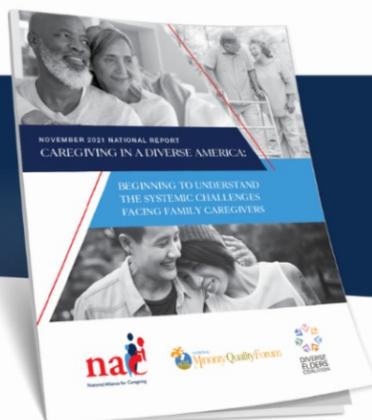
CMA's National Medicare Advocates Alliance provides Medicare advocates with a collaborative network to share resources, best practices, and developments of import to Medicare beneficiaries throughout the country. Alliance calls provide public interest advocates with the opportunity to pose questions, discuss complex and ongoing advocacy concerns. The March call will discuss Medicare and health care news, and more.

To learn more about the National Medicare Advocates Alliance, click [here](#).

To listen to previous Alliance calls, click [here](#).

To register for the March 21 call, click the red button below.

REGISTER



**Caregiving in a Diverse America
Report Webinar
March 22, 2022
1:30 PM - 3:00 PM ET**

Caregiving in a Diverse America Report Release

March 22, 2022 | 1:30 PM - 3:00 PM EST | Online

The National Alliance for Caregiving is proud to present *Caregiving in a Diverse America: Beginning to Understand the Systemic Challenges Facing Family Caregivers*. This webinar will address the findings in the report, future research needs to support diverse caregivers and a discussion on the topic.

To register for the webinar, click the red button below. After registering, you will receive a confirmation email containing information about joining the meeting.

REGISTER



The Society to Improve Diagnosis: Age-Friendly Care Fellowship and Age-Friendly DxQI Seed Grant

Seed Grant Program deadline: March 25, 2022

The Society to Improve Diagnosis (SIDM) and The John A. Hartford Foundation (JAHF) are committed to improving health care and ensuring better health outcomes for patients. By recognizing our shared vision and motivation to address diagnostic disparities affecting older adults specifically, they are expanding the [DxQI Seed Grant Program](#) to include an Age-Friendly Care Seed Grant that focuses on improving diagnostic excellence in the older adult population.

This work is vital because diagnostic error in older adults is common and errors frequently arise from contributing factors that are unique to this population, including polypharmacy, cognitive issues such as dementia, mobility limitations, and chronic illnesses.

SIDM's DxQI Seed Grant Program supports the development and implementation of projects designed to improve diagnosis and eliminate harm from diagnostic error in vulnerable communities. More specifically:

- The Seed Grant Program engages healthcare organizations to identify, develop, and test interventions aimed at improving diagnostic quality and reducing harm from diagnostic error. The Seed Grant offers an award of \$50,000 and the application is scheduled to close on **March 25**.

To learn more about this opportunity, click the red button below.

LEARN MORE



Common Respiratory Diseases in Older Adults

March 29, 2022 | 1:00 PM - 2:00 PM EST | Online

This webinar is intended for social workers, nurses, care staff and family members caring for the older adult population who may be at risk for or who have common respiratory diseases. The webinar will discuss common diseases and how they affect older adults, tips to mitigate risks, and resources.

Participants in this webinar will be able to:

- State common respiratory diseases of older adults.
- Define how these diseases can affect older adults.
- Explain management of common respiratory diseases in older adults.

- State simple tips to mitigate risks of common respiratory diseases in older adults.
- Identify common respiratory disease resources.

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

REGISTER



Solicitation of Nominations To Serve on the Advisory Council To Support Grandparents Raising Grandchildren

Deadline: April 11, 2022

The Principal Deputy Administrator of the Administration for Community Living (ACL) seeks nominations for individuals to serve on the Advisory Council to Support Grandparents Raising Grandchildren. The council identifies, promotes, coordinates, and disseminates to the public information, resources, and the best practices available to help grandparents and other older relatives both meet the needs of the children in their care; and maintain their own physical and mental health and emotional well-being. The Advisory Council is specifically directed to consider the needs of those affected by the opioid crisis, as well as the needs of members of Native American Tribes.

Nominations must be submitted electronically by 11:59 p.m., Eastern on April 11, 2022 to be considered for appointment.

Method of Submission: Nominations, including all requested information (see Nomination Process below) and attachments, must be submitted electronically to: [**SGRG.mail@acl.hhs.gov**](mailto:SGRG.mail@acl.hhs.gov) .

To learn more about this call for nominations, click [here](#).

Solicitation for Nominations To Serve on the Family Caregiving Advisory Council

Deadline: April 11, 2022

The Principal Deputy Administrator of the Administration for Community Living (ACL) seeks nominations for individuals to serve on the Family Caregiving Advisory Council. The council studies and prepares findings, conclusions, and makes recommendations to the Administrator of ACL/Assistant Secretary for Aging on matters pertaining to: (a) Evidence-based or promising practices and innovative models for the provision of care by family caregivers or support for family caregivers; and (b) Improving coordination across federal government programs. The Advisory Council advises and provides recommendations to the Administrator on recognizing and supporting family caregivers.

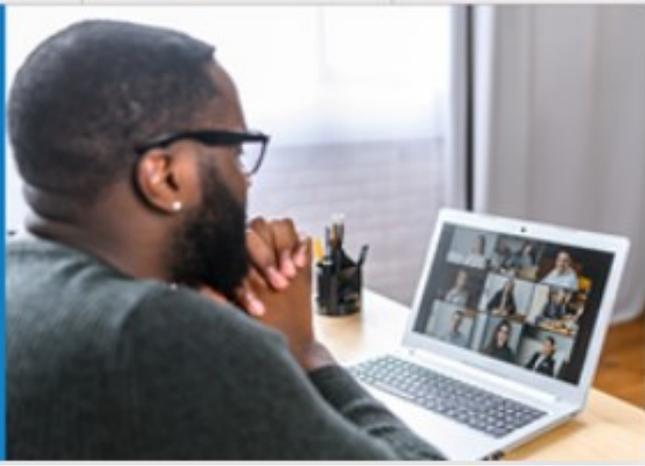
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To learn more about this call for nominations, click [here](#).

Butler-Williams Scholars Program

Apply by April 15 to this unique summer training opportunity for junior faculty and researchers who are new to aging research.



Call for Applications: The Butler-Williams Scholars Program 2022

The National Institute on Aging's (NIA) Butler-Williams Scholars Program has a call for applications for their 2022 cohort.

The program provides distinctive opportunities for researchers and faculty who are new to the field of aging to gain more knowledge about this field. It includes lectures, seminars, and small group discussions in research design relative to aging, including issues relevant to aging of ethnic and racial minorities. Lectures will cover topics in research on aging, including: the biology of aging; genetics and Alzheimer's disease; and health, behavior, and aging.

Researchers with an interest in health disparities research are encouraged to apply.

Applications are due April 15.

To learn more about the Butler-Williams Scholars Program, click [here](#).

To apply, click the red button below.

CLICK HERE TO APPLY FOR THE PROGRAM



SAVE THE DATE!

The Public Health Opportunities and Challenges of Dementia Caregiving

June 14th-15th, 2022

You are invited to the in-person BOLD Public Health Opportunities and Challenges of Dementia Caregiving Conference on June 14 & 15! Join the BOLD Public Health Center of Excellence in Dementia Caregiving in person @McNamara Alumni Center (MN), and hear from experts what states and communities are doing to elevate dementia caregiving as a public health issue.

This conference is intended for BOLD public health programs; public health departments (local, state, tribal); service providers and/or community-based organizations serving

dementia caregivers; researchers and policy makers.

To learn more or register for the conference, click the red button below.

REGISTER
>

PATIENT AND CAREGIVER STUDIES

Study of Caregivers Caring for Parents Who Mistreated Them

The University of Wisconsin is seeking to interview adult children who are caring for a parent who caused them harm in childhood. The leads of this study hope to understand these caregivers' experiences, motivations and interactions with the healthcare system. The goal of the study is to inform the creation of more robust support and resources for these caregivers and assist healthcare professionals to recognize, assess, and intervene more effectively when working with individuals and families with this history.

To learn more about the study, click the red button below. To view the Facebook group for this study, click [here](#). To participate, click the red button below.

LEARN MORE ABOUT THE STUDY
>



INVITATION TO TAKE PART IN THE



Stress and Well-Being in the Lives of Caregivers Study

The University of Michigan's SWELCare study focuses on the daily experiences, well-being, and cardiovascular health of individuals living with a family member or friend who is experiencing cognitive decline. The study team is looking for caregivers and persons with cognitive decline over the age of 18 to participate. No formal diagnosis of dementia is required.

WHO CAN TAKE PART IN THE STUDY?

Individuals who are Black or White, living with and helping a family member or friend who has Alzheimer's or related dementia and are residents of the state of Michigan.

WILL I BE PAID FOR PARTICIPATING IN THE STUDY?

YES! The family member/friend and the person living with dementia will receive a combined amount of up to \$400 for taking part in the study.

To learn more about the study, click [here](#). To participate, click the red button below.

PARTICIPATE IN THE STUDY



Survey from Lupus and Allied Diseases Association on Health Technology Assessments

Lupus and Allied Diseases Association, Inc. (LADA) is inviting U.S. based patient advocacy organizations to participate in a brief survey regarding Health Economic Assessments (HEAs), Health Technology Assessments (HTAs) and Value Assessments (e.g. ICER Drug Reviews).

The results will help us to better gauge the current level of knowledge and experience that organizations have with these assessments and to inform the degree of educational resources needed to better prepare groups to participate.

Please have only one individual take the survey on behalf of your organization and once you have completed it please share the survey with your patient advocacy networks based in the United States only.

This project is being developed and managed entirely by LADA and once the survey is closed we will share the findings.

TAKE THE SURVEY



LGBTQ+ Research Connections

LGBTQ+ Research Connections

LGBTQ+ Research Connections is a new offering through the National Resource Center on LGBT Aging. Each year the NRC receives numerous requests to help identify older LGBTQ+ people to participate in academic research studies. LGBTQ+ inclusive research is important to expand the knowledge base related to aging as an LGBTQ+ person. Through LGBTQ+ Aging Research Connections, academic researchers are invited to submit an application for review and approval for listing on the website. LGBTQ+ community members will then be able to learn about research opportunities they may wish to participate in.

Research opportunities are updated on a monthly basis.

Browse Current Research Opportunities >

Take just 60 minutes,
and help this generation
of patients, caregivers and
survivors, **and the next.**



Cancer Support Community Invites You to Share Your Experience

The Cancer Support Community (CSC) believes in addressing the emotional, physical, practical, and financial needs of those impacted by cancer. The Cancer Experience Registry (CER) survey captures these experiences to ensure support services better reflect patient and caregiver needs, enhance cancer care, and influence healthcare policies. The survey is open to breast cancer and all other cancer patients, survivors, and caregivers over the age of 18.

To learn more about the CER, click [here](#). To take the survey, click the red button below.

TAKE THE SURVEY



Does your
parent
have
memory
loss?



Yale Families Coping Together With Alzheimer's Disease Study

If you are at least 18 years old, and you have a parent at least 55 years old and has early stage dementia, you and your parent may be eligible to participate in a free and confidential study to understand your experience coping with dementia together. Participation involves one 2-hour interview session and a one 2-hour interactive session with you and your parent completing tasks together now and one year later. Interview and interaction sessions can be completed over the phone, by mail, or on the computer.

Compensation of up to \$600 for completing all sessions .

To learn more or to see if you are eligible to participate, please contact Kathleen Williams at **(203)641-5373** or email her at **kathleen.williams@yale.edu**.

Alzheimer's Disease and Related Diseases (ADRD) Partner/Spousal Caregiver Study

This study by Rush University's College of Nursing will explore how partner/spousal caregivers manage/deal with the challenges of caring for persons with Alzheimer's disease and related dementias (ADRD). Additionally, the study will explore the feasibility and acceptability of recruiting, interviewing, and consenting partner/spousal caregivers using technology.

To participate in this study, you are must:

- be at least 65 years old
- self-identify as a partner/spousal caregiver
- have a partner/spouse who has been diagnosed with Alzheimer's disease by a healthcare professional
- have a partner/spouse is at least 65 years old
- have a partner/spouse resides in the same household

If you volunteer to be in this study, your participation will consist of an online interview using Zoom. Your participation would involve one interview session, which will take approximately 60 minutes of your time.

- Participants will receive a \$25.00 Target gift card upon completion of the interview. Participation is completely voluntary, information collected is protected, and participants may terminate at any time.

For more information or to volunteer participation please contact:

Shandra Burton, MSN, RN, PhD Student
Rush University, College of Nursing
(463)701-1565
shandra_burton@rush.edu

Black Male Dementia Caregiver Burden Study

GW School of Medicine and Health Sciences is actively recruiting Black men aged 30-85 who are either caregivers or non-caregivers of loved ones diagnosed with dementia. Participants will engage in a series of questionnaires, surveys, and a focus group, and can receive up to \$125 in compensation. Click the link below for additional information.

LEARN MORE



Intuition Study

Biogen has officially opened enrollment for the virtual Intuition Study in the United States. Using everyday devices, this first-of-its-kind study aims to measure changes in thinking and memory in adults, as well as identify longer-term changes in brain health. For more information about who is eligible and how to enroll, click the link below.

[LEARN MORE](#)



IN CASE YOU MISSED IT...

Being a Caregiver When You Are Young



Pamela D Wilson shares insights and her personal story about being a young caregiver and why understanding the life history of parents who need care can help caregiving make more sense. Learn tips for finding support when it might seem that your world is falling apart.



RESEARCH & RESOURCES



Black and Aging in America

Black and Aging in America®, a new report by the National Caucus and Center on Black Aging (NCBA), presents summaries, statistics, and perspective on the status of Older African Americans. By examining social, economic, health and other indicators, in comparison to other racial and ethnic groups, this report illustrates progress as well as the many challenges that remain.

Some organizations, academic studies, and government agencies consulted for this report define seniors as over age 55. However, unless otherwise noted, this report reflects information on the 65-and-older cohort. Black and Aging in America® condenses this broad spectrum of information into one simplified presentation—a readily accessible portrait of the status of Older African Americans.

To read the report, click on the red button below.

[READ THE REPORT](#)



USAging
Answers on Aging



Answers On Aging Podcast

Answers on Aging is a monthly podcast inviting listeners to take a deep dive into the work of USAging and our members on hot topics, current events, their work in the field and more. Stream the [first episode](#) now to hear from USAging CEO Sandy Markwood who shares with us her thoughts about the road ahead for USAging members and the entire Aging Network.

To learn more about the podcast, click the red button below.

[LEARN MORE](#)



The Hospital-at-home Presents Novel Liabilities for Physicians, Hospitals, Caregivers, and Patients

Healthcare is increasingly provided in a patient's home, with potential cost savings and clinical improvements. But the hospital-at-home also raises unique liability issues not only for physicians and hospitals but also for caregivers and patients.

A new article in the journal *Nature* discusses these issues as they pertain to medical professionals as well as unpaid caregivers. To read the article, click the red button below.

[READ THE ARTICLE](#)



Picking Up the Pace of Change: Scaling Services for a Changing Caregiver Profile

Family caregivers are experiencing higher levels of isolation and stress due to COVID-19, which has complicated access to respite care and in-home paid caregiving.

[Picking Up the Pace of Change: Scaling Services for a Changing Caregiver Profile](#) describes an ongoing project to enhance counseling, training, and other services offered

by California's 11 nonprofit Caregiver Resource Centers (CRCs).

Published by the Family Caregiving Institute at UC Davis in Sacramento, CA, the report highlights the CRCs' deployment of an interactive online system to assess and meet caregivers' needs during the pandemic. The report also proposes using data collected in that system to support evaluation of the CRC service model.

Notably, compared with other caregiver populations, CRC clients are more likely to:

- Provide complex medical/nursing care at home
- Live with a care recipient
- Care for people who have dementia and cannot be left alone

[READ THE REPORT](#)



Supporting Family Caregivers of Older Adults with a History of Trauma: Implementation Recommendations for the National Family Caregiving Strategy

The Administration on Community Living has played a crucial role in ongoing efforts to develop a national family caregiving strategy.

In support of those efforts, agencies representing diverse populations and experts from various disciplines have drafted recommendations on person-centered, trauma-informed care for family caregivers of elders with a history of trauma.

The recommendations are aimed at:

- Increasing the use of family caregiver support services
- Promoting better outcomes for both caregivers and care recipients

[READ THE RECOMMENDATIONS](#)



Improving Primary Care for People With Disabilities

The National Association of Councils on Developmental Disabilities (NACDD), with support of UnitedHealthcare Community & State (UHCCS), partnered with the UHCCS National Federally Qualified Health Center (FQHC) Advisory Board and the National Advisory Board (Boards) to more fully understand the challenges individuals with disabilities face when accessing primary care and to identify ways the health care system can be strengthened to deliver comprehensive, person-centered care that best meets their

needs. NACDD coordinated community surveys of individuals with disabilities, caregivers, state Developmental Disability (DD) Council leaders, and health care professionals from across the nation in August 2021 to collect feedback and anecdotal evidence on primary care access. These surveys were promoted through the Boards, within the NACDD network of consumers and advocates, and to health care provider partners. The brief provides an overview of those findings with insights from members of the Boards.

[READ THE BRIEF](#)



Yoga 4 Caregivers

Yoga4Caregivers offers a safe, private, non-judgmental online community focused on educating and empowering Caregivers (family/chosen family/professional) to explore the embodied self-care practices of yoga, meditation and mindful movement. These tools are proven to calm the nervous system, increase the mind-body connection and improve physical health, mental health and well-being.

We call this community a Caregiver Kula. Kula is a Sanskrit term that means, an intentional community of the heart. This community is supported by volunteer Yoga Teachers, Yoga Therapists and Wellness Educators.

All Caregivers including family, chosen family and medical/social service professional caregivers are welcome here. All have a shared experience of anxiety/stress, burnout and compassion fatigue.

To follow Yoga4Caregivers on Twitter, click [here](#). To join on Facebook, click the red button below.

[Join Yoga4Caregivers on Facebook](#)



Video Series: Tips for Managing Alzheimer's and Dementia Symptoms

Research shows that individuals – including those living with **dementia** – want to stay at home. That goal may become difficult for someone with Alzheimer's disease or another form of dementia. This video series provides tips from Dr. Lakelyn Hogan, Home Instead gerontologist and caregiver advocate, to help you be the best care partner so your loved one may enjoy living at home safely.

To access the video series, click on the link below.



Top 17 Resources for Family Caregivers

A list of caregiver favorites
from Family Caregiver Alliance



Top 17 Resources for Family Caregivers

If you're a family caregiver, you may have questions about your care recipient's health condition, care planning or how to navigate daily care activities. This one-sheet of top resources produced by the Family Caregiver Alliance provides a wealth of answers and guidance to these questions and more. This list contains the most popular resources as rated by the family caregivers we've served for more than 40 years. We hope they help you too!

To access the list of resources, click the red button below.

LEARN MORE



A Guide to Finding an LGBTQ+ Inclusive Long-Term Care Community

Welcoming policies, practices, and culture are all factors that should be considered when trying to find an inclusive and welcoming long-term care facility for LGBTQ+ elders. Learn how to properly screen facilities for these and other factors in a resource created by the [Human Rights Campaign Foundation](#) and [SAGE](#).

VIEW THE GUIDE



Community-Based Respite Care: Training Caregivers and Family to Provide in-home Care for Indigenous Older Adults Living with Dementia

The International Association for Indigenous Aging has announced the availability of a new Indigenous respite care toolkit that will help build capacity for the provision of

community-based respite care. The goal of the toolkit is to build capacity for community-based respite care by creating an opportunity for education, training, and increasing awareness in Indigenous communities.

[VIEW THE TOOLKIT](#)



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