

# THIS WEEK IN CAREGIVING



March 2, 2022



## CAREGIVING IN THE NEWS

### Caregiving Throughout the Circle of Life: Present, Patient and Kind

Life blindsided our family in the fall of 2018 when my wife, Pat, was diagnosed with pancreatic cancer that quickly progressed to stage IV. After a torturous 17-month journey of tests, chemotherapy, ER visits, surgeries, extended hospital stays, and clinical trials, Pat went to her heavenly home. But the chaos pancreatic cancer tried to create could not steal our joy of life, kill our faith or destroy our hope for the future.

My bride of over 35 years blessed us with three terrific children. They, in turn, have blessed us with seven grandchildren, ranging in age from 9 to 1 year old. Close geographic proximity and strong relationships allowed us to help care for our six oldest grandchildren together before cancer took Pat's life in 2020. It is one of the greatest blessings we have ever had. Our grandchildren truly stole our hearts.

I learned a few key lessons from caring for our grandkids that helped me care for my beautiful spouse. Now, I am absolutely not implying to ever treat an adult like a child. Adults who need assistance in daily life deserve respect, dignity and the ability to maintain some type of independence. They have feelings, thoughts and opinions that must always be considered. However, beginning-of-life and end-of-life care share some characteristics.

*From: Pancreatic Cancer Action Network | February 18, 2022*

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### This Doctor Thought She Could Navigate US Health Care. Then Her Autistic Son Needed Help.

Alexander Roodman was packing up his room, preparing for a gap year before college, when I met him at his family's Washington, D.C., townhouse.

The room was a typical teenage disaster zone, with clothes and books strewn

### Even AARP's Expert on Caregiving Was Bankrupted by Caregiving Costs

It's not easy being a caregiver for a sick or elderly parent or relative. Nor is it cheap.

Family caregivers provide an estimated \$470 billion worth of free care to loved ones, according to the Wall

everywhere.

Then, Alex picked up an origami sculpture that rippled with dozens of ridges and depressions. "It's kind of a repetitive pattern," he said. "First, you make the diagonal folds and these lateral folds to cut the paper in half."

It's pretty complicated. Alex, a slim teenager with long black hair and penetrating eyes, is gifted with the focus for this. But the way his brain works can be a challenge.

Alex is autistic.

*From: Kaiser Health News | Published: February 15, 2022*

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Street Journal, and spend an average 26% of their personal income on caregiving expenses.

A third of caregivers use their own personal savings to pay the bills. Twelve percent take out loans or borrow from others.

It's such a financially perilous situation that AARP's own caregiving expert, Amy Goyer, filed for bankruptcy protection in 2019 as a result of attending to the needs of her ailing parents.

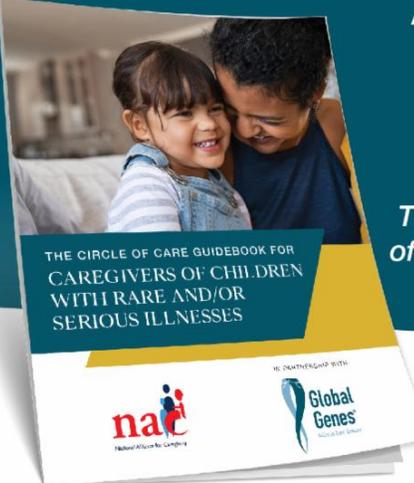
She simply ran out of cash after more than a decade looking after her mother, who had a stroke, and her father, who had Alzheimer's.

*From: KTLA | Published: February 21, 2022*

[READ MORE](#)



## NAC NEWS AND UPDATES



Are you or someone you know caring for a child with a rare and/or serious illness?

Download our guidebook  
*The Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Illnesses*

[DOWNLOAD NOW](#)

    MADE POSSIBLE WITH SUPPORT BY: 

## NAC's Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Illnesses

The National Alliance for Caregiving recently produced *The Circle of Care Guidebook for Caregivers of Children with Rare and/or Serious Illnesses*, 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.**

[VIEW THE GUIDEBOOK](#)



## **World Carers Conversation 2022 Call for Proposals**

NAC invites you to submit a session proposal for the 2022 World Carers Conversation. Prerecorded and live sessions will be presented on a variety of topics relevant to caregiving and family-centered care for an audience of caregivers and allied researchers, clinicians, private and public health systems leaders, community organizers, advocates, and policymakers. NAC is seeking sessions proposals focused on the following three topic areas:

- Promoting Mental and Emotional Health and Wellbeing
- Integrating Caregivers into the Healthcare Team
- Advancing Economic Security

NAC believes that innovation is enhanced by a variety of perspectives and our goal is to offer a diverse selection of sessions that represent caregiving innovation and expertise from across the globe. We invite participation from people of all races, ethnicities, nationalities, genders, ages, abilities, religions, and sexual identities to submit a proposal.

Proposals may be submitted electronically between **February 7 and March 13**. We hope that you will share your expertise, innovation, and insight by presenting a session at the 2022 World Carers Conversation. Review our Call for Proposals for complete information.

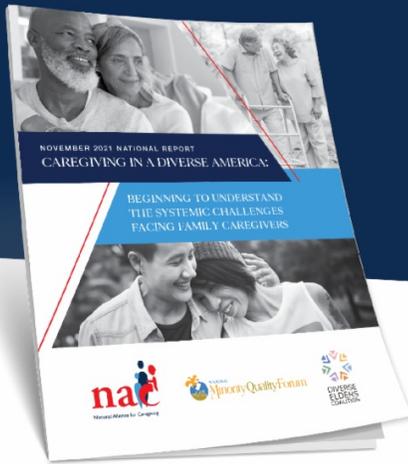
[LEARN MORE ABOUT THE CALL FOR PROPOSALS](#)



# 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 *Caregiving 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 Natives 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.

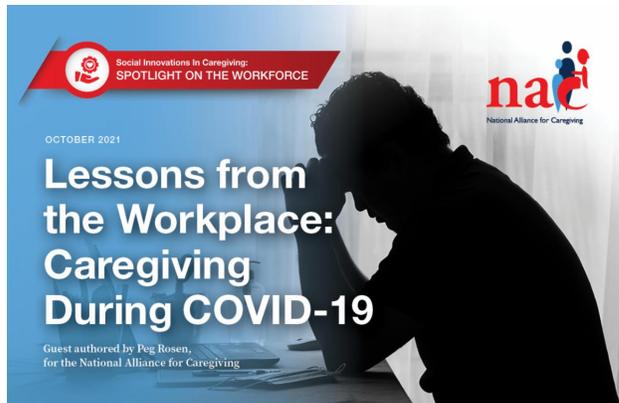
**READ THE REPORT**  
>

## 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 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.

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

**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

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



### **Webinar: Mental Health & Aging: Supporting a Loved One**

**March 2, 2022 | 1:00 PM - 2:00 PM ET | 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](#)



# The Joy of Using LEGO Serious Play in Caregiving

March 4, 2022 | 12:00 PM - 1:00 PM ET | Online

March 4<sup>th</sup>, from noon to 1:00p.m. LEGO Serious Play (LSP) is a methodology that was developed to help organizations communicate, listen and work more effectively together through the building and sharing of LEGO brick models. In this session, Loretta Woodward Veney, family caregiver and trained LSP facilitator, will teach participants what LSP is, and how it can be used with care partners, care receivers and in Memory Café sessions to spark past memories, make new memories and bring joy and hope to the caregiving experience.

REGISTER



## American Hospital Association Advancing Care Conference

March 7th - 9th, 2022

The American Hospital Association (AHA) Center for Health Innovation is holding its Advancing Care Conference for health care professionals in Chicago March 7-9.

The focus for the Advancing Care Conference will be equipping interdisciplinary teams – from frontline staff to leaders – with the best and next practices in:

- team performance
- well-being
- quality and outcomes
- education and facilitation

There will be sessions on the Age-Friendly Health Systems movement and on age-friendly programs, including on geriatric emergency departments, geriatric surgery, hospital at home and palliative care.

The in-person conference will be supplemented with a virtual collaboration space that aims to provide attendees with a customized and actionable experience. Using a three-phase format provides you with the accountability and structure you need to make a positive impact at your organization.

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

REGISTER



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

**Fellowship Program deadline: March 8, 2022**

**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 and the Fellowship in Diagnostic Excellence to include an Age-Friendly Care Seed Grant and an Age-Friendly Care Fellow that each focus 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 and Fellowship in Diagnostic Excellence support the development and implementation of projects designed to improve diagnosis and eliminate harm from diagnostic error in vulnerable communities. More specifically:

- The Fellowship Program matches qualified candidates with mentors who are recognized leaders in diagnostic error education, research, or practice improvement to develop and implement a project to improve diagnostic quality and safety. The fellowship offers an award stipend of \$40,000 towards tuition, project expenses, and salary and project expenses and the application is scheduled to close on **March 8**.
- 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 these opportunities, click the red button below.

[LEARN MORE](#)



## The Pope Scholarship

The John and Betty Pope Caregivers Scholarship is designed to support students engaged in informal caregiving roles, while helping them learn about the importance of caregiving and ultimately reach their higher education goals. The scholarship encourages recipients to explore career opportunities within the care economy, as well as bring strengths and skills developed through their personal caregiving experiences to other fields. The scholarship is open to full-time Georgia Southwestern State University students who are providing care for a loved one or pursuing a career related to caregiving. Students are awarded funding to cover in-state tuition, with additional funding allotted to on-campus housing and books as needed.

Caregiving can overshadow students' academics and other personal responsibilities. The Pope Scholarship alleviates some of the financial burdens for students while facilitating meetings, projects, and community engagement to better their understanding of caregiving.

Scholarship applications are due **March 15**. To learn more about the scholarship and its requirements, visit the link below.



LEARN MORE



## Permanente Live:

The revolution and evolution of acute care at home

March 15, 2022, 10 a.m. PT / 1 p.m. ET



## Permanente Live: The Revolution and Evolution of Acute Care at Home

March 15, 2022 | 1:00 PM ET | Online

The COVID-19 pandemic accelerated the possibility, and the necessity, of acute-level care at home. With challenges such as hospital capacity and an aging population, the health care industry must look for innovative, sustainable ways to deliver safe, high-quality, equitable care today and in the future.

The growth of hospital-at-home programs offers opportunities for higher patient satisfaction, reductions in readmissions and hospital-acquired infections, and the provision of wraparound services, but questions remain about the role of care teams, equity and accessibility, and taking such programs to scale. This webinar looks at the evolution of advanced-care-at-home programs and their potential to transform health care.

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

REGISTER



## 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](https://nationalcomplex.care/complex-care-messaging-guide)

Talking About Complex Care: Resources for Clear and

# Effective Messaging

March 16, 2022 | 2:00 PM ET | 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 ET | 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



### 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>



ROBERT L. KANE ENDOVED CHAIR IN LONG-TERM CARE AND AGING @UMNCHAT



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 ET | 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**



## **Common Respiratory Diseases in Older Adults**

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

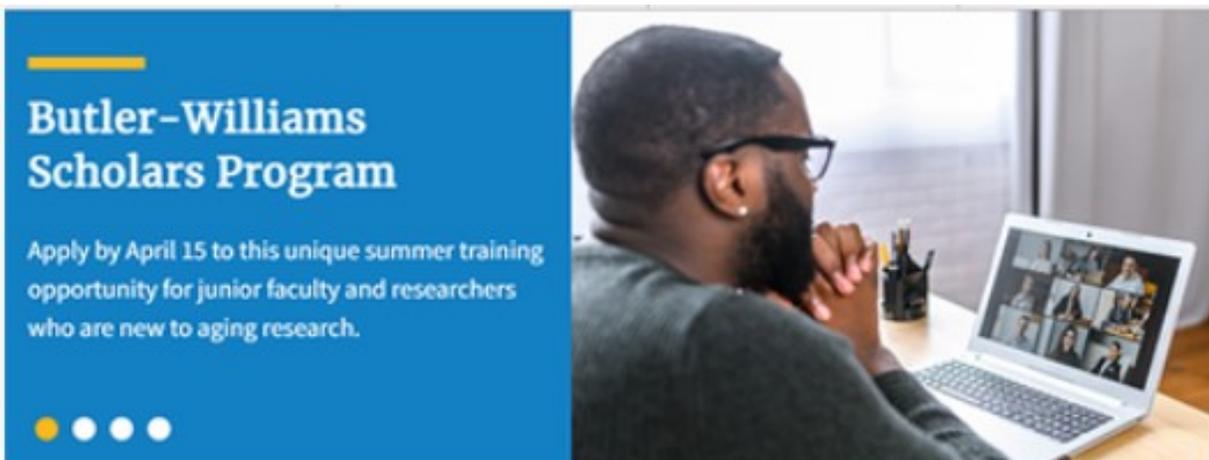
This webinar is intended for social workers, nurses, care staff and family members caring for the older adult population who may be at risk for or who have common respiratory diseases. The webinar will discuss common diseases and how they affect older adults, tips to mitigate risks, and resources.

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**



**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**



## **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**

## **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 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...**

### HFC CareCon 2022: Caring for Brains Panel



A FREE, virtual event designed to empower Alzheimer's and dementia family caregivers with support, knowledge, and community that took place on Friday, February 18, 2022, #NationalCaregiversDay.



**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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