

THIS WEEK IN CAREGIVING



April 27, 2022



CAREGIVING IN THE NEWS

National Alliance for Caregiving Announces Jason Resendez as New President and CEO



For 26 years, NAC has been a relentless force for improving the lives of family caregivers through agenda-setting research and public policy and I couldn't be more excited to assume this role at a crucial time in our nation's care crisis. Caregiving connects us all and it is past time that we honor that bond through bolder federal and private sector action. - Jason Resendez

The Board of Directors of the National Alliance for Caregiving (NAC) is pleased to announce that it has selected Jason Resendez as its next President and Chief Executive Officer. He will assume leadership of the nation's preeminent caregiving research, advocacy and innovation organization on July 5, 2022 after taking paternity leave.

"We are fortunate to find someone of Jason's caliber and experience to lead the National Alliance for Caregiving through its next phase of impact and growth," said Janet McUlsky, board chair of NAC. "After conducting a nationwide search and assessing a strong pool of candidates, the Board was impressed by Jason's ability to translate research into advocacy and innovative program initiatives to advance economic and racial justice for

family caregivers.” Added Regina Shih, Board member and Chair of the Recruitment Committee: “The volume of interest in the position and impressive slate of candidates highlights the strong community of advocates, policymakers, and providers who are committed to supporting family caregivers. As we moved through our hiring process, it became clear that Jason is an inspirational leader who can maximize the impact of this expanding community to advance the wellbeing of family caregivers.”

From: The National Alliance for Caregiving | Published: April 20, 2022

[READ MORE](#)



Supporting caregiving children of wounded veterans

My family moved 11 times during the 12 years my dad was in the Marine Corps. After he left active duty, we returned to the civilian world, settling in then Baltimore area. Life after the military was supposed to be calm and predictable. Unfortunately, my dad began struggling with post-traumatic stress and an undiagnosed traumatic brain injury.

My mom immediately stepped up as his caregiver. As the oldest child, I was her assistant. Separated from the understanding and support of the Marine Corps community, life became difficult and lonely. At 12 years old, I was completely overwhelmed, and I began to think that my parents would be better off without me.

From: The Baltimore Sun | Published: April 26, 2022

[READ MORE](#)



Caregiving Is a Holistic Problem Requiring a Holistic Solution

For six years, my mother-in-law battled a rare form of cancer, which led me and my husband to become her only family caregivers.

During this time, we dealt with every aspect of her care, including organizing home care services, ensuring she took her medications and ate nutritious meals, finding transportation to appointments, coordinated discharges, and making sure we knew the particulars of her various insurance coverages. Since both of us had full-time jobs in Boston and my mother-in-law lived in Florida, we handled all these responsibilities from hundreds of miles away.

From: MedCity News | Published: April 17, 2022

[READ MORE](#)



NAC NEWS AND UPDATES



World Carers Conversation 2022: Register Now

May 19, 2022 | 8:0 AM - 6:00 PM EST | Online

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.

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



JUST RELEASED!

Reimagining Clinical Trial Recruitment Through A Family-Centered Lens: Caregiver Recommendations for Enhancing Clinical Trial Participation Diversity

DOWNLOAD NOW

The complex block features a dark blue background. On the left is a white report cover with a photo of people in a meeting. The cover text includes 'MARCH 2022 REPORT', 'REIMAGINING CLINICAL TRIAL RECRUITMENT THROUGH A FAMILY-CENTERED LENS', and 'CAREGIVER RECOMMENDATIONS FOR ENHANCING CLINICAL TRIAL PARTICIPATION DIVERSITY'. The NAC logo is at the bottom of the cover. To the right of the cover, the text 'JUST RELEASED!' is in large white letters, followed by the report title in smaller white text. At the bottom right is a red button with 'DOWNLOAD NOW' in white.

NAC Releases New Report: Reimagining Clinical Trial Recruitment Through a Family-Centered Lens: Caregiver Recommendations for Enhancing Clinical Trial Participation Diversity

The National Alliance for Caregiving is proud to present *Reimagining Clinical Trial Recruitment Through a Family-Centered Lens: Caregiver Recommendations for Enhancing Clinical Trial Participation Diversity*, a new report developed with sponsorship from Travers Therapeutics. Building on the priority area of clinical trials recruitment and retention identified in NAC's 2019 report *Paving the Path for Family-Centered Design: A National Report on Family Caregiver Roles in Medical Product Development*, this report synthesizes outputs from a series of three roundtables. In collaboration with Health Leads, NAC mobilized its network of researchers, policymakers, innovators, patients, families and caregivers to discuss and develop strategies for improving how researchers engage caregivers from populations most impacted by structural inequities in order to better understand how to increase representation of diverse patients in clinical trials.

Included in this report:

- Summary of caregiver expert convening including their key insights on caregivers' role in clinical trials and barriers to patient and caregiver participation;
- Summary of clinical trial roundtable including current strategies that improve caregiver engagement and support caregiver roles related to trials;
- Direct quotations from caregiver experts about their experiences with clinical trial participation;
- Outputs of a co-design session with both caregiver experts and clinical trial experts;
- Individual-level, community-level and systems-level focus areas for acting on these co-developed recommendations.

NAC's report underlines that engaging caregivers more effectively in the clinical trials process to promote better trial enrollment diversity requires investment and collaboration from not only industry partners and sponsors, but also from federal regulatory agencies, policymakers, healthcare leaders, community care providers and patients and caregivers themselves. Recognizing the value – the contributions, the expertise, the health impact – of what caregivers do, as partners in innovation, is a key part of creating a more equitable, person and family-centered health care system.

To read the report and access our findings, click on the red button below.



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

nac National Alliance for Caregiving
National Minority Quality Forum
DIVERSE ELDER'S COALITION

MADE POSSIBLE THROUGH SPONSORSHIP BY
AMGEN

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 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](#)



EVENTS & OPPORTUNITIES



Virtual Event: C-TAC & Petrie Flom Center at Harvard Law School: Emerging Policy Opportunities for Community-Based Serious Illness Care

April 27, 2022 | 1:00 - 3:00 PM EST | Online

The pandemic has accelerated trends moving the delivery of care into the home or community. Yet, care at home largely remains the province of better-resourced individuals, due to limited funding by government programs. Medicaid, the federal/state program of health care for people of lower-income, has the potential to address these equity issues through waivers or plan amendments.

With little fanfare, States have been innovating new models of care within their Medicaid programs, such as community-based palliative care, to support people with serious illness and improve health equity. For example, California initiated the trend, and Hawaii has a multi-year effort to implement improved benefits for people with serious illnesses. Several states are actively working on a similar approach, and others have expressed interest.

C-TAC is partnering with the Petrie-Flom Center at Harvard Law School to explore the opportunities for states to bring a broad range of palliative care services to seriously ill persons, particularly through changes to their Medicaid programs. Join us at this virtual event to hear from experts engaged in this effort, including state and federal officials, about the progress to date, key learnings, and prognosis for success.

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

REGISTER



Bridging The Digital Divide To Increase Social Engagement

April 27, 2022 | 2:00 PM EST | Online

The April 27 webinar at 2:00 pm ET will focus on bridging the digital divide to increase social engagement of older adults. During the webinar, Older Adults Technology Services from AARP will highlight how its Aging Connected campaign can help the Aging Network connect more consumers to affordable broadband and access social engagement opportunities. The Federal Communications Commission will then provide details on the Affordable Connectivity Program and resources for the consumers you serve. Attendees will also hear from the Eastern Oklahoma Development District Area Agency on Aging on how it helped consumers connect to broadband and how organizations can create similar strategies.

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

REGISTER



Family Caregiving for People with Cancer and Other Serious Illnesses

A Workshop

May 16-17, 2022

The National Academies of | SCIENCES
ENGINEERING
MEDICINE

Family Caregiving for People with Cancer and Other Serious Illnesses: A Workshop

May 16th-17th, 2022

The National Academies of Sciences, Engineering, and Medicine (NASEM) is holding a public workshop on May 16 - 17, "Family Caregiving for People with Cancer and Other Serious Illnesses."

The workshop will feature invited presentations and panel discussions on topics that may include:

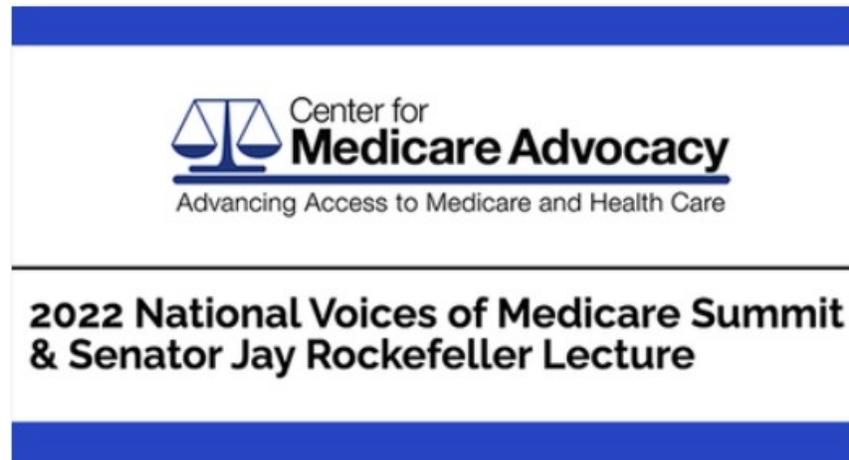
- Strategies to better capture, understand, and act on family caregiver input and experience to improve patient care and to support family caregivers.
- Research gaps and opportunities to improve the evidence base to guide caregiving for patients with serious illnesses.
- Potential policy and practice opportunities to support family caregivers and advance family-centered care for serious illness, including new models of care delivery and

payment.

- Opportunities to better embed a health equity focus across family caregiving research, policy, and practice.
- Lessons learned from the COVID-19 pandemic (e.g., use of telehealth and other remote technologies) that could be applied in the context of caregiving for people with cancer and other serious illnesses.

This event can be attended virtually or in person at the Keck Center in Washington, DC. To learn more or to register for the conference, click the red button below.

REGISTER



CMA's 2022 National Voices of Medicare Summit & Senator Jay Rockefeller Lecture

May 18, 2022 | 12:30 PM - 4:30 PM EST | Online

The Center for Medicare Advocacy (CMA) will hold its 9th annual National Voices of Medicare Summit & Senator Jay Rockefeller Lecture via virtual presentation on May 18.

The Summit, titled "Medicare in Jeopardy - How Do We Save It?," will include how to best expand Medicare for all beneficiaries, the need for Medicare coverage for audiology and oral health care, and access to Medicare-covered home health care and rehabilitation services - looking at all through a health equity lens.

This year's Senator Jay Rockefeller Lecturer will be E.J. Dionne, Jr., an American journalist, political commentator, and columnist for the Washington Post.

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

REGISTER



INSTITUTE FOR
HEALTHCARE POLICY & INNOVATION
UNIVERSITY OF MICHIGAN

Webinar: Optimizing Health and Well-Being as We Age

May 19, 2022 | 1:00 PM - 2:30 PM EST | Online

Join us for a webinar to celebrate the fifth anniversary of the University of Michigan National Poll on Healthy Aging, presented by the Institute for Healthcare Policy & Innovation and AARP. Distinguished national leaders will share the latest research and discuss opportunities to enhance health as we age.

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

REGISTER



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.

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

REGISTER



Apply to Be a Macy Faculty Scholar

Deadline: August 1, 2022

The Macy Faculty Scholars Program, now in its second decade, aims to identify and nurture promising early career educators in medicine and nursing. The Program will help develop the next generation of national leaders in medical and nursing education by

identifying outstanding educators, physicians, nurses, and role models—individuals who represent the breadth of diversity seen in learners, patient populations, and health care settings around the country. By providing the Scholars with resources—especially protected time, mentorship, and a professional network of colleagues—the Program aims to accelerate Scholars’ careers, to turn their teaching practice into scholarship, and to help them become impactful leaders locally, nationally, and beyond.

To learn more about the Macy Faculty Scholars Program, click [here](#). To apply, click the red button below.



PATIENT AND CAREGIVER STUDIES



Study: In Caregiving, These Mindfulness Practices Could Help

Family members who care for a loved one with dementia often experience chronic stress, anxiety and depression. Psychological research into mindfulness remains a fairly nascent field of study, but mindfulness practices have numerous benefits for care partners.

Research conducted by Felipe Jain, Director of Health Aging Studies at Mass General Hospital, has created and established the benefit of a mindfulness and guided imagery approach, Mentalizing Imagery Therapy (MIT), for family dementia caregivers.

The focus of Dr. Jain's research is now to identify strategies to deliver caregiver skills training and relaxation techniques remotely to improve caregiver well-being. The research has been funded by the National Institute on Aging and private foundations.

To learn more about how mindfulness can benefit caregivers, click [here](#). To sign up for an upcoming Mentalizing Imagery Therapy study, click the red button below.





Mason CARES

George Mason University Department of Social Work invites care partners caring for a loved one with dementia to participate in Mason CARES, a research study assessing the effect of an evidenced-based virtual education program on care partner stress-management. This program serves to reduce care partner stress/ burden and increase care partner well-being.

Family care partners provide more than 80% of the daily care of older adults in the U.S. In 2019, more than 16.1 million unpaid family care partners of people with dementia assumed caregiving tasks because of declining cognitive and physical functioning among older adults (Alzheimer's Association, n.d). Non-pharmacological, affordable interventions have evidence of effectiveness for families challenged with dementia in reducing care partner stress and increasing well-being.

Care partners in our research study will enroll in a virtual community of practice, receiving support from the George Mason University Mason CARES team through the 9-week evidence-based Stress-Busting Program (SBP) for Family Caregivers™, with a community of other care partners. We will collect information regarding stress and well-being before, during, and after the study ends. Upon completion of the SBP, the team will follow up with continued support for one month. Time commitment will be no more than 30 – 90 minutes per week depending on weekly activities.

To learn more about the Mason CARES study, click [here](#). To sign up, click the red button below.

SIGN UP



Alzheimers.gov Highlights

Information on living with dementia, dementia research, clinical trials, and resources

Volunteers Needed for Studies to Advance Dementia Research

Interested in volunteering for research on Alzheimer's disease, related dementias, and cognitive health? Learn about new and featured studies near you with the Alzheimers.gov Clinical Trials Finder by clicking on the red button below.

To learn more about other resources available at Alzheimers.gov, click [here](#).

Welcome to the WeCareAdvisor Research Study!

Are you a family caregiver for a person living with dementia? The WeCareAdvisor Study may be right for you!

The WeCareAdvisor is an innovative tool developed by researchers at Drexel University and University of California, Davis to help family caregivers manage common behavioral and psychological symptoms of dementia like anger, irritability, asking repeated questions, pacing, or refusing needed help. The WeCareAdvisor walks caregivers through a step-by-step approach to understand why behaviors may be occurring, and to provide strategies that are customized to the situation that caregivers can use to manage the behaviors. Enrolled caregivers are randomly assigned to one of two groups, both of which have access to WeCareAdvisor. Caregivers also complete four phone interviews over six months, and receive a \$15 Amazon e-gift card for each completed interview.

The study is good fit for family caregivers who are 21 or older; able to read, speak, and understand English; the primary caregiver of a person diagnosed with dementia for at least the past 6 months; currently managing challenging dementia-related behaviors; have an internet-capable device, such as a computer, tablet, or smartphone; and have Internet access.

For more information, email WeCare@drexel.edu, call us at 267-359-1111, or visit <http://wecareadvisorstudy.com>.



Cancer Experience Registry

The Cancer Experience Registry (CER) is an IRB-approved research study that aims to understand the emotional, physical, practical, and financial impact of cancer and identify critical unmet needs among cancer patients, survivors, and caregivers. Our research is one of a kind because it captures the lived experiences of people impacted by cancer through longitudinal data collection, as well as patient and caregiver data that can be linked to understand how their experiences impact each other.

Who can take the survey? The CER is open to any adult who has been diagnosed with cancer at any point in their life or has been a family or informal caregiver to someone with cancer. Participants must live in the United States, a U.S. territory, or Canada and be able to read and understand English.

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

LEARN MORE



SHUT*i*CARE

Sleep Healthy Using the Internet - Caregiver Acceptability Research

SHUTi CARE Research Study

Many caregivers have sleep problems. Our team of researchers from the University of Virginia and the University of Pittsburgh developed and tested SHUTi, an interactive, web-based training program to improve the sleep of adults with insomnia. SHUTi provides a tailored educational program to individuals who are experiencing sleep difficulties, including those having difficulty falling asleep, waking in the middle of the night, or waking too early in the morning.

SHUTi has been tested and found successful in helping adults in the general population. The purpose of this study is to understand how caregivers who have sleep problems use and benefit from SHUTi.

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

SIGN UP



Are You a Nurse and Family Caregiver?

What is this research study about?

We want to understand the issues that impact emotional and financial well-being for nurses who are also family caregivers.

What will I do?

If you qualify for this study you may:

- *Take a 30 minute survey
- *Participate in a 60 minute interview
- *Participate in a 90 minute focus group

You may qualify for this research study if:

- *You are 18 years of age or older
- *You care for someone with a chronic illness for 10 or more hours per week
- *You have worked as a nurse in the past two years

Participants will receive compensation for each phase of the study.

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

LEARN MORE



Redesigning Caregiving to Make It Work For You



When should a caregiver give up? Instead, what about redesigning your caregiving life to make it work for you? In this video caregiving expert, Pamela D. Wilson shares 4 tips to reframe caregiving relationships to bring more happiness into your life.



RESEARCH & RESOURCES



National Institute on Aging

Cataract Removal Linked to a Reduction in Dementia Risk

Undergoing cataract removal was associated with a lower risk of developing dementia among older adults, according to a new study, supported in part by NIA. Published in JAMA Internal Medicine on Dec. 6, 2021, the study suggests that the improvement in the quality of life for the affected individual and family is likely considerable given the substantial association and its lasting effect beyond 10 years.

To learn about the study's findings, click the red button below. .

[READ MORE](#)





Older Adults' Preparedness to Age in Place

“Aging in place” refers to living independently, safely, and comfortably in one’s home for as long as possible, and it’s an important goal for many older adults and their families. Without home modifications and additional support from others, however, unexpected medical events and declines in health can make it challenging to remain in one’s home. Over January and February 2022, the University of Michigan National Poll on Healthy Aging asked a national sample of adults age 50–80 about their perspectives on aging in place, their homes, and available social supports.

To learn about the poll's findings, click the red button below. .

[READ MORE](#)



Planning for the Future After a Dementia Diagnosis

If you or a loved one has been diagnosed with Alzheimer’s disease or a related dementia, it may be difficult to think beyond the day to day. However, taking steps now can help prepare for a smoother tomorrow.

Over time, the symptoms of Alzheimer’s and related dementias will make it difficult to think clearly. Planning as early as possible enables you to make decisions and communicate those decisions to the right people.

Below are important legal documents to consider, and resources and tips that can help with planning ahead for health care, financial, long-term care, and end-of-life decisions.

To learn more, click the red button below.

LEARN MORE



White Paper on Why Older Adult Mental Health Matters

In anticipation of National Mental Health Awareness Month (MHAM) in May, the National Coalition on Mental Health and Aging (NCMHA) has developed a set of materials emphasizing the growing need to address older adult mental health issues, including a white paper on the importance of mental health in older adults.

To read the white paper, click the red button below. For additional NCMHA materials on this topic, click [here](#).

READ MORE



Making Decisions for Someone at the End of Life

Making health care decisions for someone at the end of life can be overwhelming. It can be even more difficult if you don't have written or verbal guidance from them. If you're making care decisions without specific guidance, you may want to consider the following questions:

- Have they ever expressed an opinion about someone else's end-of-life treatment?
- What were their values and what gave meaning to their life?
- Have you spoken to the person's medical team about a treatment plan?
- What treatments are available and what are their possible outcomes?

To learn more, click the red button below.

LEARN MORE



Report Offers Action Steps for Supporting Family Caregivers

Family caregivers are a critical link in the network of providing long term services and supports (LTSS). Yet their needs are often overlooked. By collecting concerns, suggestions, and priorities from a diverse range of stakeholders working with family caregivers, a new report from the Leading Age LTSS Center @UMass Boston and Community Catalyst's Center for Consumer Engagement in Health Innovation presents a strategic roadmap for better support.

To read the report, click the red button below.

READ MORE



Frequently Asked Questions About Palliative Care

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

What is Palliative Care?

Palliative care is specialized medical care for people living with a serious illness. Palliative care can be received at the same time as your treatment for your disease or condition. It focuses on providing relief from the symptoms and stress of serious illness. The palliative care team works to prevent or ease suffering, improve quality of life for both the patient and their family, and help patients and their families make difficult health care decisions. When a patient decides to forgo treatment for their serious illness or is near the end of life, they may decide to enter **hospice care**.

To learn more, click the red button below.

LEARN MORE



What Do We Know About Diet and Prevention of Alzheimer's Disease?

Can eating a specific food or following a particular diet help prevent or delay dementia caused by Alzheimer's disease? Many studies suggest that what we eat affects the aging brain's ability to think and remember. These findings have led to research on general eating patterns and whether they might make a difference.

The Mediterranean diet, the related MIND diet (which includes elements designed to lower blood pressure), and other healthy eating patterns have been associated with cognitive benefits in studies, though the evidence is not as strong as it is for other interventions like [physical activity, blood pressure and cognitive training](#). Currently, researchers are more rigorously testing these diets to see if they can prevent or delay Alzheimer's disease or age-related cognitive decline.

To learn more, click the red button below.

LEARN MORE



What It's Really Like Growing Up as a Military Caregiver (Podcast)

What is it really like to grow up as a caregiver for a wounded warrior? A mother and son share their heart-wrenching perspectives and what types of support have helped them through hard times.

About the guests:

Elizabeth Rotenberry works as a fellows program manager at the Elizabeth Dole Foundation, and her son, Kris Rotenberry, is a senior in high school. They are caregivers

for their husband and father, a Marine veteran who sustained a traumatic brain injury in an IED in 2011 and also lives with severe post-traumatic stress. Their family lives in Baltimore, Maryland.

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

[LEARN MORE](#)



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 MORE](#)





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 MORE](#)





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 MORE](#)



FOLLOW US TO STAY CURRENT ON CAREGIVING!

