

THIS WEEK IN CAREGIVING



May 11, 2022



CAREGIVING IN THE NEWS

Caregiving Made Easier: How Technology Can Reduce the Need for Doctor Visits

For those inclined to look for silver linings, one particularly powerful one has emerged for caregivers as a result of the coronavirus pandemic: a huge acceleration in both innovation and receptiveness to in-home medical care.

“We’re seeing just a wonderful explosion, a huge number of innovations and devices that can treat conditions or take vitals in new ways,” says Todd Haedrich, CEO of Optimize Health, a Seattle-based company that bills itself as being devoted to simplifying remote care. “A lot of those devices that required a stand in a hospital and had to be plugged in a certain way are all moving into the home.”

From: AARP | Published: May 4, 2022

[READ MORE](#)



The Caregiver's Guide to Caring for Someone With Depression

As difficult as it is to experience depression, it can be just as challenging to watch someone you care about who is struggling with this mental illness.

Being a caregiver for someone with depression requires knowing how to provide both emotional and physical support. And if you're new to the role, it can be overwhelming to know where to begin. To help you get started, here's a guide full of expert-backed tips.

Talking about mental illness can be uncomfortable, so it's important that you

Caring for My Aging Mother Has Helped Me Live in the Present

When I heard the crickets chirping, my heart clenched. It was the sound I have assigned to my 85-year-old mother's calls. Had she fallen? Had my father, whom she looks after, taken a turn for the worse? Or was she calling to say, for the third time, that she's almost out of toothpaste?

Even though I was busy in the middle of a workday, I answered: “Hi, Ma.”

“How do you turn off the TV?”

This would be quick. I swiped my phone

create a safe space for someone who is depressed to open up.

From: Parade | Published: May 6, 2022

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for the photo of her remote.

From: Washington Post | Published: May 6, 2022

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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 2022: Register Now

May 19, 2022 | 8:00 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.

The agenda for this event is now open. To see the agenda and learn more, click [here](#). To register for the event, click the red button below.

REGISTER





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."

[READ MORE](#)





JUST RELEASED!

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

[DOWNLOAD NOW](#)

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 Traverre 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.

[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

National Alliance for Caregiving

National Minority Quality Forum

DIVERSE ELDER'S COALITION

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 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



NEW WEBINAR

Disconnections & Dead Ends: Fixing Proxy Access for Older Adults in Patient Portals

May 13, 2022 - 4-5pm EST

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

May 13th, 2022 | 4:00 PM - 5:00 PM EST | Online

OpenNotes is holding a webinar May 13 on "Disconnections & Dead Ends: Fixing Proxy Access for Older Adults in Patient Portals."

Portal proxy access is when a care partner has shared access to a person's online patient portal information. The webinar will talk about a new initiative by OpenNotes and the Johns Hopkins Bloomberg School of Public Health that aims to help fix the gaps in health information technology for older adults. Presenters will give a status update on a multi-site demonstration project serving older adults in Portland, OR, Rochester, NY, and Salt Lake City, UT, and a patient and physician/family care partner will describe their lived experiences navigating proxy access.

Presenters include:

- Jennifer Wolff, PhD, Eugene and Mildred Lipitz Professor of Health Policy & Management at Johns Hopkins Bloomberg School of Public Health
- Liz Salmi, Communications & Patient Initiatives Director for OpenNotes at Beth Israel Deaconess Medical Center
- David A. Dorr, MD, MS, internal medicine doctor and OHSU's Chief Research Information Officer

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

REGISTER



Every Patient Counts, Every Story
Matters: Health Equity Series

May 15th, 16th, and 17th, 2022

When is health equitable? Here's one definition. It's when everyone, everywhere can be as healthy as possible regardless of where they come from, what they look like, or what language they speak. An important part of getting there begins with a deeper understanding of the challenges — sometimes universal, and sometimes unique — that individuals from historically underserved communities face. And there is perhaps no better way to do this than through hearing stories directly from those affected.

Amgen and StoryCorps have collaborated since 2016 to raise awareness through storytelling. This collaboration has provided a platform for patients and their families, advocates and healthcare providers to share compelling and often emotional stories about their experiences.

The **Every Patient Counts, Every Story Matters: Health Equity Series** is the next chapter in Amgen's ongoing work with the non-profit organization StoryCorps.

For this initiative, Amgen and StoryCorps are inviting people who have been impacted by heart disease, asthma, psoriasis and lung cancer to participate in and record a one-on-one conversation with someone close to them about how they've supported each other. This could include speaking with a family member, friend, healthcare worker, member of a community support team or an organization they connected with during a time when they felt that certain aspects of their identity (e.g., age, race/ethnicity, gender) or access to resources impacted the quality of healthcare they received.

With participant approval, conversations will be archived at the Library of Congress, becoming part of American history, and select audio stories will be produced and amplified through an Amgen social media series.

Founded in 2003, StoryCorps has given people of all backgrounds and beliefs, in thousands of towns and cities in all 50 states, the chance to record interviews about their lives. For more information on StoryCorps, visit **StoryCorps.org**.

To register for a one-hour recording time with StoryCorps on Sunday May 15, Monday May 16, or Tuesday May 17, 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 (NASSEM) 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:

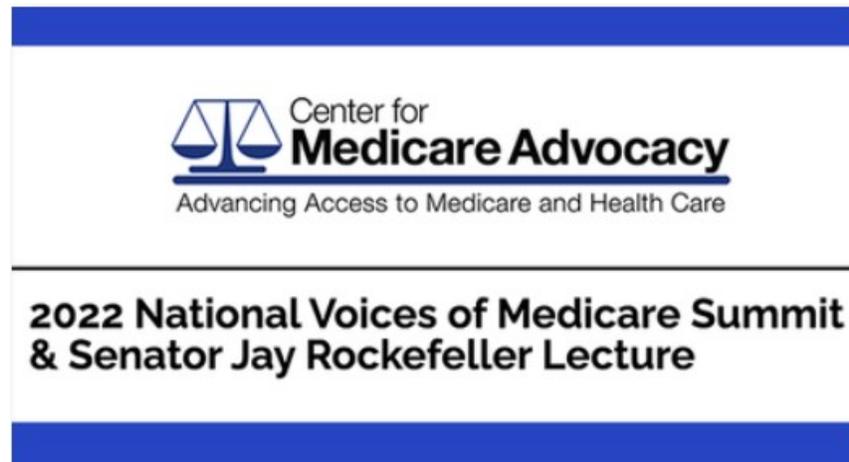
- Strategies to better capture, understand, and act on family caregiver input and experience to improve patient care and to support family caregivers.
- Research gaps and opportunities to improve the evidence base to guide caregiving

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



FCA Presents: A Conversation With the 2021 Innovations in Alzheimer's Caregiving Award Winners

May 24, 2022 | 11:00 AM - 12:00 PM EST | Online

Join us for a panel discussion with the most recent Innovations in Alzheimer's Caregiving Award recipients. The winners include the following programs:

Creative Expression

-Elderwise

Using the Spirit-Centered Care® philosophy at its core, Elderwise teaches, models, and promotes culture change among caregivers, family members, and healthcare professionals by recognizing the intrinsic value of each person and their capacity to live a rich and joyful life regardless of their cognitive or physical condition.

-“Art Is...In”

“Art Is...In” is a technology-free, professionally curated art-at-home program that aims to engage and encourage meaningful creative expression for caregivers and individuals living with dementia who cannot participate in virtual activities or those with limited access or ability to use a computer or internet.

Diverse/Multicultural Communities

-Care NYC

Sunnyside Community Services (SCS) based in Queens is a multifaceted organization serving one of the largest growing Spanish-speaking Latin American groups in the United States. In response to the growing linguistic and cultural needs, their program CARE NYC created a comprehensive targeted program to honor the differences in cultural, linguistic, family dynamics, and religious identities for caregivers of individuals with Alzheimer's disease or other dementias seeking and receiving services.

REGISTER





Education
Development
Center

National Collaboratory to Address Elder Mistreatment Mentorship Program

Deadline: June 3rd, 2022

As the nation's health system expands its focus on and commitment to improving care for the growing population of older adults, the National Collaboratory to Address Elder Mistreatment (NCAEM) is pleased to announce a request for applications for its new Mentorship Program. This one-year program is intended to identify and support clinicians, service providers, researchers, policymakers, and advocates from multiple disciplines who wish to focus on improving care for older adults experiencing or at risk of experiencing elder mistreatment. The first cohort for the program will be July 2022 to June 2023.

We recognize that improving elder mistreatment identification, intervention, and prevention requires supporting people with a broad range of interests and careers, and we plan to select a varied cohort to participate in this mentorship program. Applicants representing or working with underserved populations are encouraged to apply.

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

DOWNLOAD THE APPLICATION FORM



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

Recruiting Participants for a Study on Accessibility Information in Cities

Our research team at the University of Illinois at Chicago is inviting you to participate in a research study to improve the availability and use of data on sidewalk accessibility for people with disabilities. We would like your input to help understand new ways our tools and the data collected can be used to advocate for more accessible cities and be used by people with disabilities to better understand their community's accessibility.

Participation includes two 2.5 hours workshops on one these dates: May 5, 6, 9, 11, 19, 20. The workshop will be either at 10:00am to 12:30pm or 1:00pm to 3:30pm.

To maintain COVID-19 safety precautions the first workshop will be held virtually via Zoom. During these workshops our research team will lead group activities and discussions. We will focus on priorities, needs, and concerns related to accessible sidewalks, and hope to gain your valuable perspectives on the design and usability of a tool we developed. We are also interested in discussing the opportunities and needs around data on accessibility of cities.

Participants will receive \$50 per session for their participation.

To Participate in this workshop, participants must be:

- 18 years of age or older
- Speak and understand English
- Identify as a member of **one** of the following groups:

*People with limitations in mobility OR

*People who are Blind/low vision OR

*A caregiver of a person with a disability

Have experience with or regularly leave home and travel in the community OR travel with someone with a disability

For more information or to schedule a time to participate in the study please contact:

Sierra Berquist

Research Assistant

Email: sberqu2@uic.edu



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.

SIGN UP





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
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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



The Most Powerful Untapped Resource in Health Care



Whether we're rushing a child to the emergency room after a fall or making chicken soup for a feverish spouse, love inspires us to act when a family member gets sick. Global health activists Edith Elliott and Shahed Alam believe we can harness this power to create better health outcomes for everyone. Learn how their organization Noora Health works with doctors and nurses in India and Bangladesh to train the family members of hospital patients with essential skills to support their sick loved ones -- and how they plan to expand their reach to support 70 million caregivers who care for more than one billion people over the next six years.

This ambitious plan is a part of the Audacious Project, TED's initiative to inspire and fund global change. Watch all the talks from this year's cohort at <https://ted.com/audaciousproject>



RESEARCH & RESOURCES

Caregiving



While Black™

An Online Education Course

Caregiving While Black Course

Caregiving While Black is a six week culturally appropriate caregiving training and education course. The overall goal of this project is to address the cultural reality of "Caregiving while Black" during a public health crisis. We are aiming to develop and

prototype-test a highly accessible program designed to enhance the mastery of Black American caregivers to provide care to family members or friends living with a dementia illness in a time of crisis.

A \$40 gift card will be provided for participation in each baseline and post-intervention interview and each semi-structured interview.

If you'd like more information, click [here](#). If you'd like to participate, click the red button below.

LEARN MORE



Free Course on Diversity, Equity, and Inclusion for Home-Based Care

During National Minority Health Month, the Home Centered Care Institute (HCCI) has launched a new free course entitled, **“Diversity, Equity, and Inclusion for Home-Based Care.”**

This on-demand course, supported (in part) by the Josiah Macy Jr. Foundation, addresses the complex and multifaceted topic of health equity by discussing power and privilege, implicit and explicit bias, inferred cultural preferences, and more, which are especially relevant for providers working with patients and families in their home.

The course, designated for a maximum of 0.5 AMA PRA Category 1 Credit™, provides guidance in developing and implementing best practices for culturally sensitive care in the home environment and within the workplace. While the course targets home-based primary care (HBPC) providers and those interested in HBPC, non-clinical staff members can also benefit from understanding implicit bias as they support interactions with patients and caregivers (such as scheduling or billing), while those in leadership will learn how to better engage and retain high-performing, diverse teams.

To take the course, click the red button below.

LEARN MORE



CAREGIVER TLC - THRIVE, LEARN, CONNECT
SUPPORTING FAMILY CAREGIVERS



Caregiver TLC

What is Caregiver TLC?

The Caregiver TLC Research Program offers FREE ONLINE support to adults providing care to persons with memory loss, dementia, or chronic illness.

Caregivers will complete six weekly Zoom sessions led by trained facilitators. This workshop will teach coping skills to deal with stress, depression and burden, and strategies to improve quality of life.

Is Caregiver TLC For Me?

- Do you provide at least 4 hours of care a week to a person with a chronic illness or memory loss?
- Do you help your family member to:
 - Remember appointments?
 - Get bathed or dressed ?
 - Take their medications on time?
 - Could you attend six weekly 2-hour Zoom* sessions?
 - Would you like to connect with other caregivers near you?
 - Do you have a personal email address?

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

LEARN MORE
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ASSOCIATION OF STATE AND TERRITORIAL HEALTH OFFICIALS

Older Adults and Healthy Aging (podcast)

Older-adult health has been increasingly on the radar of public health agencies over the course of the COVID-19 pandemic. For many, it prompted new or enhanced partnerships with their sibling agencies. As the population of older adults continues to grow, it is crucial for public health agencies to join partners in the aging network to create systems that support healthy aging.

In this podcast episode, Jewel Mullen (alumni-CT) offers perspectives on the value of cultivating partnerships between state public health agencies and state units on aging. In addition, Elizabeth Head (Deputy Director, Injury Prevention Section, Georgia Department of Public Health) and Aline Stone (Georgia Alzheimer's and Related Dementias Coordinator, Division of Aging Services, Georgia Department of Human Services) describe their collaboration to improve the health of older adults in Georgia. They share their experience participating in a pilot project with ASTHO and Trust for America's Health to cross reference their state health improvement and aging plans.

To listen to the podcast, click the red button below.

LISTEN TO THE PODCAST
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Celebrate Older Americans Month 2022

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). The theme for this year is "Age My Way."

In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme Age My Way is an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

ACL will be discussing how planning, participation, accessibility and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.

The 2022 logos, posters, templates, social media graphics and activity ideas are available to help you celebrate OAM in your community. Don't forget to share your #OlderAmericansMonth plans, stories, & events on social media.

To learn more, click the red button below.

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Frequently Asked Questions About Caregiving

Caregiving can be overwhelming for anyone. If you're new to caregiving, take a deep breath, then tackle one task at a time. Consider these tips when getting started:

- Assess your loved one's needs. Figure out what types of help the person you are caring for needs.
- Ask family members and friends to share caregiving tasks. Splitting up tasks among different people can help both the person needing care and the primary caregiver.
- Look for resources available in your community. Local resources may help you find in-home help, transportation, and home-modification services.
- Learn about different options for paying for care. The person needing care may qualify for certain financial options.

To learn more, click the red button below.

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What are the signs of mild cognitive impairment?

Mild cognitive impairment (MCI) is a condition where people have more memory or thinking problems compared to other people of the same age. The symptoms of MCI are not as severe as those of Alzheimer's disease or related dementias. People with MCI can usually take care of themselves and carry out their normal daily activities. A few signs of MCI may include:

- Losing things often
- Forgetting to attend important events or appointments
- Having more trouble coming up with words than other people of the same age

To learn more about the signs and symptoms of mild cognitive impairment on the Alzheimers.gov website, click the red button below.

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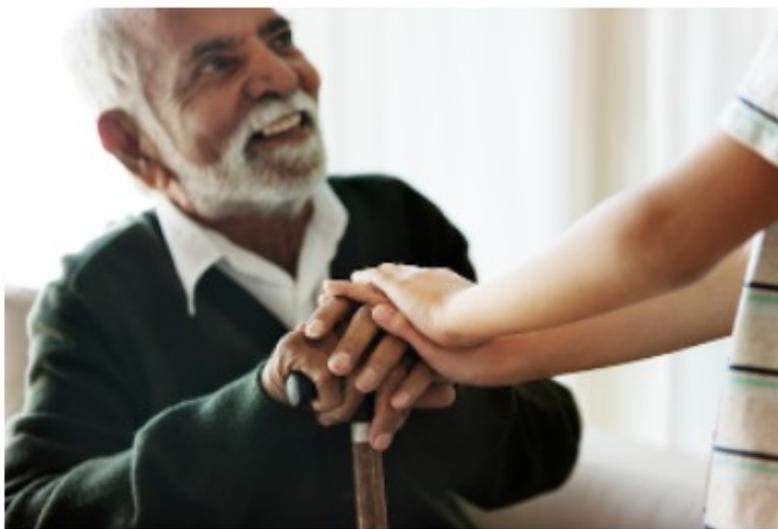
Eldercare Locator

The Eldercare Locator is a nationwide service that connects older Americans and their caregivers with trustworthy local support resources. Since 1991, the Eldercare Locator has been linking those who need assistance with state and local agencies on aging, as well as community-based organizations that serve older adults and their caregivers. Whether help is needed with services such as meals, home care or transportation, or a caregiver needs training and education or a well-deserved break from caregiving responsibilities, the Eldercare Locator is there to point that person in the right direction.

The Eldercare Locator is a public service of the Administration on Aging (AoA), an agency of the U.S. Administration for Community Living.

To learn more the Eldercare Locator, click the red button below.

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Dementia Resources for Caregivers and Families

The VA Geriatric Research, Education, and Clinical Centers (GRECCs) are VA geriatric centers of excellence focused on aging. GRECC-Connect's team of doctors, social workers, occupational therapists, and nurses reviewed over 100 online dementia resources and selected options available to assist and support people with dementia and

their families.

The GRECC-Connect team took care in choosing the most informative and easy to use resources in varied formats (booklet, brochure, video etc.). The resources suggested are organized by topic and available for viewing online. Many resources can be printed directly from the pdf or the direct link shared via email or chat.

To learn more about these online resources, click the red button below.

[EXPLORE ONLINE DEMENTIA RESOURCES](#)



Hidden Helpers at the Frontlines of Caregiving: Supporting the Healthy Development of Children from Military and Veteran Caregiving Homes

A 2017 RAND Study commissioned by the Elizabeth Dole Foundation (EDF) found that there have been no published studies examining the impact of caregiving on military children. In response to these findings, over the last four years, EDF has been regularly convening leaders in the military and veteran space for dialogues around the needs of military children in caregiving households.

One outcome of these meetings has been EDF's launch of a first-of-its-kind, groundbreaking research study focused on military caregiver children and adolescents, *Hidden Helpers at the Frontlines of Caregiving: Supporting the Healthy Development of Children from Military and Veteran Caregiving Homes*. The findings will help us understand the impact caregiving has on the lives of these children and how we can most effectively support them. This research, funded by Wounded Warrior Project, will be our North Star as we work alongside our Coalition members to address the unmet needs and challenges of military caregiver kids and youth.

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

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Welcome to The Arc's Virtual Program Library

On this site, people with intellectual and developmental disabilities (IDD) and their caregivers can find and share on-demand activities that they can use whenever it is convenient for them in the comfort of their own homes. Service providers can also find and share resources that they can use to facilitate or deliver live, remote programming for people with IDD.

[EXPLORE THE ARC'S LIBRARY](#)



END OF LIFE

Helping with Comfort and Care

End of Life: Helping with Comfort and Care

At the end of life, each story is different. Death comes suddenly, or a person lingers, gradually fading. For some older people, the body weakens while the mind stays alert. Others remain physically strong, but cognitive losses take a huge toll. Although everyone dies, each loss is personally felt by those close to the one who has died.

End of Life: Helping with Comfort and Care is a guidebook intended to provide guidance and help in understanding the unfamiliar territory of death. This information is based on research, such as that supported by the National Institute on Aging (NIA), along with other parts of the National Institutes of Health. It also includes suggestions from healthcare providers with expertise in helping individuals and families through this difficult time. Most of the stories included are examples of common experiences at the end of life.

To view the guidebook, click the red button below.

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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. .

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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.

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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.

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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](#).

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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.

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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.

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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.

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FOLLOW US TO STAY CURRENT ON CAREGIVING!

