Meet the 'Sandwich Generation': Financially Strapped Gen Xers Helping Out Both their Parents and their Children

Gen X has a lot on their plates.

That's because many of them are part of what the Pew Research Center calls "the sandwich generation" — a microgeneration of adults "sandwiched" in between their children and an aging parent. About a quarter of US adults are part of this cohort, with more than half (54%) in their 40s and 36% in their 50s. Gen X, who turn ages 42 to 57 this year, make up the majority of this demographic.

Having a living parent at least 65-years-old while raising a child younger than 18 or helping an adult child financially, as Pew defines a sandwicher, can be a big burden. While not every person in this cohort is taking care of their older parents, many do find themselves in caregiving role.

From: Business Insider | Published: April 26, 2022

Blended Families and Caregiving: What You Need to Know

Finding love and companionship again after divorce or the death of a spouse — or even finding love for the first time — is reason to celebrate.

For many people who get married after the age of 50, it will not be their first trip down the aisle. Forty-two million Americans have been married more than once. Plus, 50 percent of people over 65 who get married are not first-timers. And with matrimony comes change. Each

When a Far-Away Loved One Has Cancer

A few days before Leslie Crowder started chemotherapy for breast cancer in Marietta, GA, she received a gift from her mother who was visiting from Philadelphia: a pink silk scarf printed with elephants.

“I have always loved elephants,” Crowder says. “As female creatures, they are fiercely protective of each other. When a female elephant is having a baby, or if she’s sick and needs to lie down, all the other females gather around her in a circle, facing out, so they can see what’s
person bringing his or her respective families, histories and finances together. Here are some considerations to help keep that blending as seamless as possible, in sickness and health, and 'til death do you part.

From: AARP | Published: April 26, 2022

With the scarf, Crowder's mother had found a way to circle the women around her daughter. Not only did Crowder receive a scarf, but her mother had also bought one for herself and her other two daughters.

From: WebMD | Published: April 17, 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.
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 McUlisky, 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.”
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 Travere 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 >

NAC Releases New Report: Caregiving in a Diverse America: Understanding the Systemic Challenges Facing 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**

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**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**
Webinar: Strategies to Increase Access to PACE - Findings from the NASHP State PACE Action Network

May 10, 2022 | 2:00 PM - 3:00 PM EST | Online

The National Academy for State Health Policy (NASHP) is holding a webinar on May 10, "Strategies to Increase Access to PACE: Findings from the NASHP State PACE Action Network."

This webinar highlights efforts in Massachusetts to improve its Program of All Inclusive Care for the Elderly (PACE) enrollment process and Maryland’s approach to its process for selecting and onboarding new PACE organizations, including those in rural areas. Speakers from each state will share information on their state activities, followed by a question and answer session.

To learn more about the webinar, click here. To register, click the red button below.

REGISTER>

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

May 16-17, 2022

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.

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.
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

Josiah Macy Jr. Foundation

Faculty Scholars Program 2023
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.

APPLY >

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.

SIGN UP >
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.

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Alzheimers.gov Highlights

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

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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.

[SHUTi CARE Research Study]

Many caregivers have sleep problems. Our team of researchers from 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.

[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.
IN CASE YOU MISSED IT...

What is a Caregiver? How to Prepare for - and Manage - Caregiving

More than 1 in 5 Americans provide unpaid care to an adult family member or friend. Whether an act of love or sense of duty, carrying out this critical role takes a toll. On this episode, three experts in caregiving share practical tips, advice and resources to help guide listeners through this difficult and demanding time. They discuss caregiver support groups, planning for retirement, how hospital-based caregiver centers help and how Covid-19 has changed caregiving.

Meet our guests:
Maria Torroella Carney, MD, FACP is chief of geriatric and palliative medicine at Northwell Health, and former health commissioner for Nassau County.
Kerri Scanlon, RN, is the executive director for Glen Cove Hospital.
Amy Goyer, AARP family and caregiver expert and author of AARP’s “Juggling Life, Work and Caregiving” and “Things to Do Now That You’re…a Grandparent”

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.
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.

READ MORE >

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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 >

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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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**NIH**

National Institute on Aging

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**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.
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.

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.

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.

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.

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.

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.

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.
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.
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
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