How to Propose Working from Home When Balancing Your Career and Caregiving

Serving as the primary caregiver for a senior loved one requires an enormous amount of time and energy. Working full time outside the home is equally demanding in different ways. Put these two scenarios together, and it’s a recipe for exhaustion.

“Caring for an aging loved one is stressful enough, and trying to do so while working from the office makes the situation much more difficult,” notes Sarah Doody, a career expert and founder of Career Strategy Lab.

From: Care.com | Published: October 11, 2022

How to Involve Teens in Basic Family Caregiving (and Why You Should)

For many older adults, the high costs of assisted living and other long-term care facilities, as well as home health aides, are financially out of reach. Others may be able to afford that type of care, but prefer living with family members, or have lived in multi-generation homes their entire life. And some are able to continue to live on their own, but need some occasional assistance with certain tasks.

From: Lifehacker | Published: October 15, 2022

What I Wish I’d Known About Caregiving: 7 Tips to Navigate Mental Health Challenges in Your Family

I am the parent of an adult child with serious mental health challenges. Over the last decade, since the onset of symptoms and multiple failed attempts at an accurate “diagnosis,” our family has learned a lot about teamwork, self-care, support and acceptance — none of which we knew at the outset of our journey.

This is what I’ve learned about family involvement in a loved one’s healing and recovery.

From: NAMI | Published: October 7, 2022
It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores those caring for someone with chronic pain and the tools that are available to assist them. Assessing the Pain of Care Recipients: Tools Available to Family Caregivers utilizes a rapid literature review to identify and discuss the tools available to chronic pain caregivers to assess pain in their care recipient and how these caregivers can be better supported in their role.

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

The National Alliance for Caregiving is proud to present *Chronic Disease Family Caregiving Through a Public Health Lens: The Framework for Family Caregiving and Public Health*, a new report developed with support from The John A. Hartford Foundation and in partnership with the National Association of Chronic Disease Directors (NACDD). This framework outlines policy recommendations, implementation actions and messaging content to help the public health community address the complex needs of America’s 53 million family caregivers.

Included in this report:

- A foundation of the framework and background into why it’s needed;
- Strategies and recommendations for viewing family caregiving through a public health lens;
- A framework comprised of public health data gathering research, education, and awareness and service coordination and delivery across sectors and siloes;
- Actions for implementing an expanded family caregiver support infrastructure via a pilot program.

Guided by the expertise of state-based chronic disease directors, NAC’s report and framework recognizes the importance of caregivers as a vital part of the health care team and that supporting these family caregivers is essential for improving public health outcomes for communities and the nation.

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

World Carers Conversation 2022 Session Recordings

World Carers Conversation returned May 19, 2022 as a global, virtual event with the support of EMD Serono and Embracing Carers. Innovators, researchers, policymakers and carer advocates from around the globe learned about advancements in the field, got inspired, and made connections that matter for the future of carers everywhere. These recordings cover the primary conversations and topics discussed.

To view the slide deck used in the event, click [here](#). To view the recordings, click below.
Global Voices of Caregiving: A PhotoVoice Project

As part of the World Carers Conversation 2022, NAC worked with Chief Story Officer Anne Levy and caregivers from around the globe to help them tell their own story through a series of photos. These photos addressed simple questions about being a caregiver, such as what works, what doesn’t work, and what a world that embraces and supports caregivers would look like. Each one of these stories is unique to the caregiver’s own experience and tells a diverse story of what it’s like to care for others, an act which connects us all.

To view and hear these stories, please 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**

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**EVENTS & OPPORTUNITIES**

**OCTOBER**

**Forms and Stages of Dementia**

October 19, 2022 | 6:00 PM - 7:00 PM ET | Online

This webinar will provide attendees with a better understanding of what dementia is, the most common types, signs/symptoms, and its progression.

To learn more, click the red button below.

**LEARN MORE**

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**Managing Money: What Every Alzheimer's Caregiver Needs to Know**

October 20, 2022 | 6:00 PM - 7:00 PM ET | Online

Learn about the benefits of early planning, how to assess a loved one’s financial and legal needs, finding support and more.

When a loved one is diagnosed with Alzheimer’s Disease or dementia, it is often a marathon of emotions, challenges, and decisions that caregivers and family members need to face. And among these many challenges is that of personal finances.

To explore some of the financial challenges facing caregivers, Town & Country is collaborating with the Alzheimer’s Association of Maine to offer this virtual education session on “Managing Money: What Every Alzheimer’s Caregiver Needs to Know”. In this session you will learn how to start a conversation about finances with your loved one, the benefits of early planning and budgeting, how to assess long-term financial and legal needs, finding support, community resources and more.

If you are a loved one of or the caregiver for a person with Alzheimer’s Disease or dementia, plan to join us on October 20th for an hour with Anne Romney, an Alzheimer’s Association volunteer and educator, who will share her knowledge and insights into the many financial challenges facing families of someone with Alzheimer’s and provide strategies and resources to help you plan and navigate this journey.

To register, click the red button below.

**REGISTER**
Autoimmune Community Summit

October 21st - 22nd, 2022 | Online

The Autoimmune Community Summit is a FREE, virtual two-day event designed for patients and care partners.

This inspiring event offers educational and empowering sessions led by autoimmune experts including physicians, nurses, policy experts, and patient advocates. Hear about the most pressing topics that impact the autoimmune community, including clinical trials, health equity, access, complementary medicine, nutrition, coping mechanisms, medical and personal relationships, and more.

Join us to:

- Discover tips for managing your autoimmune disease
- Learn about the latest research in autoimmune disease and gain an increased understanding of future treatments
- Connect with autoimmune patients and caregivers and build your autoimmune family

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

REGISTER >

Webinar: Relationships, Family, and Mental Health

October 25, 2022 | 1:00 PM - 2:00 PM ET | Online

The complicated nature of mental illnesses can make relationships challenging, and caregiver stress — the emotional and physical stress of caregiving — is common. Learn strategies to set boundaries, respond to difficult behavior, and manage your own stress in this one-hour webinar with a licensed therapist.

Fine print: Certificates of attendance are provided at no cost. CEUs are not provided. Everyone who registers will receive the webinar recording & resource info 24 hours after
About the instructor: Jaymi Dormaier is a Licensed Master Social Worker with ten years of experience in the mental health field. In Jaymi’s career as a social worker and therapist she has worked with diverse populations focusing on anxiety, depression, grief, trauma, foster care, adoption, homelessness, and addiction. She is passionate about helping others live a life they love.

To register, click the red button below.

### Everyone's Telling Me to Take Care of Myself

**October 25, 2022 | 2:00 PM - 3:00 PM ET | Online**

As caregivers our plates are full and being told we need to add self care to our lists can feel both tone deaf and hurtful, even as we recognize that our own well-being could use some extra support. Join caregiver and creator of The Negative Space, Allison Breininger, for an interactive session about how to realistically care for ourselves in the midst of caregiving.

Allison Breininger has been a caregiver for her husband since 2011, through a bone marrow transplant and seven cancer diagnoses. Experiencing firsthand the ways that caregivers are unseen and unsupported, she founded the non-profit The Negative Space, through which she shines light on the realities of caregiving, provides direct services to caregivers and educates and equips those who support them with concrete tools and strategies. She co-hosts the In Sickness podcast, provides individual coaching to caregivers nationwide, facilitates support groups and education sessions, partners with multiple organizations to more intentionally support caregivers, and sells caregiver gift boxes.

To register for this event, click the red button below.

### Setting Healthy Boundaries in Relationships

**October 26, 2022 | 1:00 PM - 2:00 PM ET | Online**

Maintaining a balance between taking care of loved ones and setting healthy boundaries for yourself can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises with a licensed therapist.
Fine print: Certificates of attendance are provided at no cost. CEUs are not provided. Everyone who registers will receive the webinar recording & resource info 24 hours after the live event.

About the instructor: Jaymi Dormaier is a Licensed Master Social Worker with ten years of experience in the mental health field. In Jaymi's career as a social worker and therapist she has worked with diverse populations focusing on anxiety, depression, grief, trauma, foster care, adoption, homelessness, and addiction. She is passionate about helping others live a life they love.

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

Veterans Caregiver Workshop

October 26, 2022 | 8:00 PM - 9:00 PM ET | Online

Please join us for an online workshop designed for Caregivers of Veterans and Veterans who are Caregivers. You will be able to share with others, learn and practice new skills, and ask questions in a small group environment. We invite you to join us for a 1-hour workshop with a Red Cross mental health volunteer and other members of the Caregiver community.

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

Memory Loss: Progression, Behaviors, and
Interventions, Part 2
October 27, 2022 | 1:00 PM - 2:30 PM ET | Online

This is the second installment of two-part series presented by the Pima Council on Aging. It will offer participants an in-depth look at dementia. The training will focus on the 3-stage model of dementia progression.

To register for this session, click the red button below.

The Not-So-Hidden Costs of Aging: The Importance of Long Term Care Planning
October 27, 2022 | 3:00 PM - 4:30 PM ET | Online

October is Long-Term Care Planning Month. This month creates awareness among senior citizens and their caretakers to understand and prepare for the outrageous costs of healthcare for adults. Unfortunately, this is not something that people plan for, and many are unaware that most insurance plans do not cover long-term non-medical care and assistance for senior citizens and their daily activities.

The Jersey Chapter of the National Association of Social Workers will joined by Cathy Rowe, Executive Director of NJ Advocates for Aging Well, and a panel of long term care experts, to provide information about how you can prepare for the long term care needs of aging family members and your own long tern care needs.

To register, click the red button below.

AAHCM 2022 Annual Meeting
Home Based Medical Care: Growth Across the Field
October 27th - 29th, 2022 | Online

The Home Care Medicine (HCM) landscape has evolved rapidly to become one of the fastest growing healthcare segments, expected to nearly double by 2028. Fueling this incredible growth is an aging population with both complex care requirements and an unprecedented desire to age in place with dignity and comfort. Collaboration across the HCM field is key to meeting the growing needs of this vulnerable population. From primary
care to palliative care, social work to supportive care, hospital-at-home to home health agencies and beyond, we must work together to grow HCM and transform the industry for our patients.

Join colleagues, industry partners, and home care advocates to share insights and inspiration at the AAHCM 2022 Annual Meeting. For more than 25 years the Academy has represented the leaders of medical care in the home, and at this year’s meeting we will explore the incredible potential of home care medicine to improve the lives of patients and transform the healthcare industry.

Be a part of all the ways we can grow together — be at the 2022 Annual Meeting in Orlando!

We’ll dive into evidence-based clinical insights, decipher the evolving policy landscape, examine the latest in population health and health equity, share practice management innovations, and more.

For more information about the conference, click here. To register, click the red button below.

![REGISTER](#)

engAGED Call for Innovations

Deadline for submission: October 28, 2022

The National Resource Center for Engaging Older Adults has launched a Call for Social Engagement Innovations! Does your organization have an innovative social engagement program that promotes social engagement for older adults, people with disabilities and/or caregivers? If so, consider submitting your program by October 28! All submissions will be considered for inclusion in the engAGED Innovations Hub—a searchable database of best and promising practices that promote social engagement among older adults, people with disabilities and caregivers.

To learn more, click the red button below.

![LEARN MORE](#)
Learn a Latte: Caregiving and You - Resources for Self Care

November 2, 2022 | 10:00 AM - 11:00 AM ET | Online

Whether you're caring for someone full time or trying to fit caregiving into a busy life, the demands and stress of taking care of someone else can lead to burnout. Give yourself a break and tune in for this much-needed session on taking good care of the caregiver . . . you!

*AARP will email all registrants a link to this live event within 48 hours of the event start time. If you do not find this email, please be sure to check your email spam folder.

To register, click the red button below.

REGISTER >

The Integrative Approach to Alzheimer's Disease

November 3, 2022 | 1:00 PM - 1:30 PM ET | Online

November is Alzheimer's Awareness month and our practice is helping spread the facts about the disease that affects about 50 million people worldwide.

CentreSpringMD invites you to join Dr. Stephanie Grossman, our Alzheimer's specialist, as she discusses:

- Risk factors of the disease
- Preventative measures
- Signs and symptoms
- The Bredesen Program
- Our holistic approach to treatment and management

At the end, there will be a question and answer segment where you can submit your questions to Dr. Grossman. See you there!

To register, click the red button below.

REGISTER >

2022 AAH National Acute Care for Elders Conference

November 4, 2022 | 10:00 PM - 1:00 PM ET | Online

The National Acute Care for Elders (ACE) Virtual Conference trains and educates
healthcare professionals across Advocate Aurora Health, as well as multiple other health systems across the country and beyond. We will continue to seize the opportunity to use technology and reach more healthcare workers than ever before by offering this conference virtually. By bringing in national speakers from around the world, this conference helps to implement best-practice models of care in our own communities and draws national attention towards the efforts to improve care for vulnerable, older adults.

TARGET AUDIENCE

This course is intended for RNs, MDs, DOs, NP, PT, and other interested health professionals.

LEARNING OBJECTIVES

At the end of this session, learners should be able to:
1. Identify and address the unique vulnerabilities of older adults who are acutely ill or injured.
2. Describe practice improvements to better address the needs of older individuals along the continuum of care.
3. Describe key lessons learned as our health systems prepare to care for populations of older Americans.

To register, click the red button below.

Gathering of FASD Parent/Caregiver With Brenda Knight

November 5, 2022 | 1:00 PM - 4:00 PM ET | Online

Brenda Knight, a counseling psychologist and Fetal Alcohol Spectrum Disorders (FASD) mental health specialist in private practice in Vancouver, Canada, offers five decades of experience with families, children, youth and adults living with the diverse mental health challenges often related to sexual, emotional, and physical trauma, and communication differences. Having learned about the psychological issues often experienced by persons diagnosed with FASD, she committed much of her practice to their emotional well-being and mental health care throughout the lifespan. Brenda values sharing her professional knowledge and lived experience with professionals, parents and persons diagnosed with FASD. She is recognized nationally and internationally for her respectful, compassionate and realistic approach to sharing life with persons with FASD.

This three-hour gathering is an opportunity for parents and caregivers of those living with FASD to reflect on and consider approaches to supporting the mental health needs of those they love and care for while reducing risk and optimizing long-term outcomes.

To register for this event, click the red button below.
Webinar: Become an Age-Friendly Health System in 2023 with HANYS

November 7, 2022 | 1:00 PM - 2:00 PM ET | Online

HANYS is recruiting teams to join the 2023 New York State Age-Friendly Health Systems Action Community and New York Geriatric Emergency Department Accreditation Collaborative.

The Action Community supports hospitals, health systems and other providers as they implement evidence-based interventions to transform care for older adults using the Institute for Healthcare Improvement’s Age-Friendly framework. The American College of Emergency Physicians GEDA collaborative promotes geriatric-focused education, policies and protocols, and quality improvement projects to improve the care of older adults in the ED.

During the webinar, attendees will hear IHI and DOH representatives share the value becoming age-friendly can bring to your patients and clinicians. Past Action Community/Accreditation Collaborative teams will also be present to speak about their participation experience and answer questions. Lastly, HANYS staff will outline next steps for those that want to participate, including how to enroll and apply for funding.

This event is open to HANYS members and non-members.

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

REGISTRER >

Dementia Caregiver Stress and Self Care

November 7, 2022 | 6:00 PM - 7:00 PM ET | Online

In this interactive webinar, learn the basics of the disease and its progression, how to approach stress, and avenues for self care. Walk away equipped with resources and tools to feel supported, knowledgeable, and confident, no matter your role.

To register, click the red button below.

REGISTRER >

ALZHEIMER'S PROGRAM: Healthy Living for Your Brain & Body
For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

To register, click the red button below.

REGISTER

AmeriHealth Caritas Partnership Presents:

Championing Caregivers

November is #NationalFamilyCaregiversMonth! Caregiving can feel at times like a thankless job. Join this workshop where we will take a closer look at resources available to those who give that extra care, as well as offer tips for self-care, advocacy, and ways to de-stress.

Championing Caregivers: Celebrating National Family Caregivers Month

November 9, 2022 | 12:00 PM - 12:45 PM ET | Online

November is National Family Caregivers Month.

Caregiving can feel at times like a thankless job. This November, we celebrate those who lovingly take on extra everyday tasks for those who may not be able to do so for themselves. Whether it's bathing; cleaning; cooking; shopping; or comforting family or the friends we consider family, caregivers need our support too. These individuals often dedicate much of their free time caring for others. This workshop will take a closer look at resources available to those who give that extra care, as well as offer tips for self-care, advocacy, and ways to de-stress.

Virtual Presentation via Zoom
Audience: Caregivers and Friends & Family of Caregivers
Duration: 45 Minutes
Hosted by: Glenn Ellis, MPH, CHCE

To register for this event, click the red button below.
Many Faces of Anxiety - Understanding and Supporting Children Who Live with Worry

November 9, 2022 | 6:30 PM - 8:30 PM ET | Online

The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

Presented by: Mun Yee Lee and Salwa Mawji (Child and Family Therapists)

To register for this event, click the red button below.

REGISTER

2022 Caregiver Summit: Caregiver Wellness-Mind, Body, Spirit

November 10, 2022 | 11:00 AM - 2:00 PM ET | Online

Please join us for the 2022 Caregiver Summit! Our theme this year is Caregiver Wellness-Mind, Body, Spirit. When you are caring for someone, it can be easy to put your own needs low on the priority list. We have two great speakers who will share how you can shift your focus a little bit and give yourself permission to take steps towards self-care.

This will be a hybrid event. The speakers will be online, but we will have satellite locations in different locations airing the event.

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

REGISTER
Comfort for Caregivers: Strategies for Dealing with Caregiver Stress

November 10, 2022 | 5:00 PM - 6:00 PM ET | Online

Caring for a loved one strains even the most resilient people. In this workshop presented by HopeHelp, we will discuss strategies for dealing with caregiver stress and learn effective ways to preserve your own health and well-being.

This workshop is part of a series designed to provide education, support, and resources for those caring for loved ones with an illness. Offered in both English and Spanish on Zoom, the workshops are free and open to the public. There will be time for Q&A following each presentation.

Questions? Contact us at CommunityEducation@HopeHealthCo.org

To register for this event, click on the red button below.

REGISTER >

Caregivers of Wounded, Ill, Injured Service Members and Veterans

November 10, 2022 | 8:00 PM - 9:00 PM ET | Online

Developed in collaboration with the Elizabeth Dole Foundation to address the unique needs of non-professional caregivers of service members and veterans. The activities aim to help participants address three common concerns among military caregivers: isolation, identity challenges and maintaining personal wellness.
Service to the Armed Forces Workshops: The American Red Cross Service to the Armed Forces division offers free virtual workshops aimed to build resiliency among our service members, veterans, and their family members. This live discussion is facilitated by a licensed mental health professional from our Service to the Armed Forces team. You will have an opportunity to share with others, learn and practice new skills, and ask questions in a small online group.

If you have any questions about this workshop or any of our other Service to the Armed Forces activities (emergency communications, resiliency workshops, financial assistance, information and referrals, casework, volunteer opportunities, etc.) please contact our Hero Care Center at 877-272-7337, redcross.org/herocarenetwork, or access the Hero Care mobile app. The app can be downloaded by searching for American Red Cross in the Apple App Store and the Google Play Store for Android or by going to redcross.org/mobileapps

To register for this event, click on the red button below.

**REGISTER**

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**Rare Caregivers: Rights and Resources**

November 15, 2022 | 3:00 PM - 4:00 PM ET | Online

November is National Family Caregivers Month. This webinar will discuss the rights of caregivers at work, how to replace lost wages as a caregiver, and practical tips to help caregivers navigate caregiving. We'll also cover community resources for caregivers. Presented by Nicole Jolicoeur, Esq. of Triage Cancer.

**REGISTER**
Power of Peer Support: Breaking the Chains of Stigma Together

November 15th - 18th, 2022 | Online

Almost everyone will find themselves in the role of caregiver at some point in their lives. Whether it is for a child, a spouse, a parent, or other relative or friend, the responsibilities of caregiving can be challenging.

Join us for an in-depth guide to how you can preserve your own well-being as you care for others.

To register for this event, click the red button below.

Dementia Behavior/Symptom Management

November 16, 2022 | 6:00 PM - 7:00 PM ET | Online

Reframe how you approach the “behaviors” of dementia by recognizing that they are really “symptoms” of dementia. Learn how to avoid triggers, methods to alleviate negative
Defining Dementia: Progression, Treatment & Strategies

November 17, 2022 | 12:00 PM - 1:00 PM ET | Online

Join Banner Alzheimer’s Institute for a webinar that will review the basics of dementia from the various types to progression and treatments available. Most importantly, caregivers will learn the 8 most essential strategies to avoid many of the unwanted behaviors that arise due to the demands of the illness.

To register for this event, click the red button below.

Caregiving: How to Take Care of Yourself while Taking Care of Others

November 17, 2022 | 7:00 PM - 8:00 PM ET | Online
Almost everyone will find themselves in the role of caregiver at some point in their lives. Whether it is for a child, a spouse, a parent, or other relative or friend, the responsibilities of caregiving can be challenging.

Join the Katz Institute for Women's Health for an in-depth guide to how you can preserve your own well-being as you care for others.

To register for this event, click the red button below.

REGISTER

Grow Your Resilience for Caregivers

November 23, 2022 | 1:30 PM - 3:00 PM ET | Online

Caregivers are needed now more than ever… and face burnout at an increasing rate. We know that caring for others is an important job and to do that job well, you need to take care of yourself! Whoever you are caring for, this webinar will help you build a foundation of resilience and develop tools that will help strengthen your caregiver journey.

To register for this event, click the red button below.

REGISTER

ACL Accepting Comments on the National Strategy to Support Family Caregivers

Deadline for comment submission: November 30, 2022

The Administration for Community Living (ACL) is accepting public comments regarding the National Strategy to Support Family Caregivers. Your responses to the ACL questionnaire will help the Advisory Councils identify priorities for future updates of the Strategy.
Beyond Movement Changes: The Emotional Impact of Parkinson's Disease

December 1, 2022 | 2:30 PM - 3:30 PM ET | Online

It is well recognized that Parkinson’s Disease affects body movement; this presentation will focuses on helping you better grasp the common emotional changes that occur in the person with PD. Learn how increasing empathy for both caregivers and their person can reduce frustration.

To register for this event, click the red button below.

J. Levin Memorial Conference on Alzheimer's: Behavior Management Strategies

December 2, 2022 | 10:00 AM - 3:00 PM ET | Online

The Alzheimer's Family Support Center presents its annual free Zoom conference on
About this event
This year’s conference focuses on behavior management. Topics include:
- Managing Behavior: Start With Yourself
- Developing Activities That Have Meaning for Those Living With Dementia
- Humor and Caregiving
- Learning the Difference Between Letting Go and Giving Up

CE certification pending. Registration is required.
To register for this event, click the red button below.

Communication & Behavior: The Language of Dementia

December 15, 2022 | 12:00 PM - 1:00 PM ET | Online

The communication changes that accompany dementia can present a host of challenges. As verbal language fades, nonverbal and behavior become more prominent methods to express thoughts, wants and needs. This webinar will review common changes that occur and learn strategies that can be easily utilized to promote understanding.

To register for this event, click the red button below.

PATIENT AND CAREGIVER STUDIES

Communication in the Family

You are invited to be interviewed about your experiences and communication patterns as someone who currently (or in the past) cares for your family member living with Alzheimer’s disease or another related dementia (ADRD). There are potentially things you are uncertain about regarding caring for your family member, and we are interested in how you communicate to manage these uncertainties. Uncertainty means the inability to predict what will happen or the unknown. For example, you might worry about your loved one’s well-being because their dementia makes their behavior unpredictable.
You are eligible if you:

- Are at least 18 years old
- Used to or currently help care for one of your family members who lives/d with ADRD (by care, this includes but is not limited to: Eating, bathing, transferring, managing finances, medications, chores, shopping, etc.)

If you are interested, please click the red button below to get started on scheduling your interview and answering some demographic questions.

LEARN MORE OR ENROLL

SmartPrompt Electronic Reminder Aid to Improve Everyday Function in People With Dementia

What Is This Study About?

SmartPrompt is a smartphone application designed for older adults with difficulties remembering to do daily tasks because of cognitive impairment. In this study, older adults with mild dementia and their care partners will be trained to use SmartPrompt and then asked to use the application to perform a target task, such as drinking water, eating meals, or taking medications in their homes twice per day for two weeks. Researchers will investigate whether the reminder application is effective in helping adults with dementia work around sensory and motor challenges to complete tasks.

Must have:

Participants With Dementia

- At least 65 years old
- Fluent in English
- Diagnosis of mild dementia
- Mild-level cognitive impairment as measured by a tool such as the Mini-Mental State Exam
- Availability of a caregiver

Caregivers

- 18 years or older
- Fluent in English
- Resides with or has daily contact with the person with dementia
- Cognitively healthy with no diagnosis of dementia or other major health problems that would stop them from providing reliable information and participating in the study

Must NOT have:

Participants With Dementia

- History of severe psychiatric disorder (e.g., schizophrenia and bipolar disorder) and/or nervous system infections or disorders (e.g., epilepsy, brain tumor, large-vessel stroke, and major head trauma)
- Major intellectual disability
- Current metabolic or systemic disorders (e.g., B12 deficiency, renal failure, and cancer)
- Severe sensory deficits, such as blindness or total hearing loss, that would interfere with viewing a smartphone or other everyday objects or with hearing the task directions
The Relationship Between Uncertainty Associated with Patient's Delirium and Psychological Distress Among Family Caregivers in the Intensive Care Unit

This research study is a part of a Ph.D. thesis project conducted by Amal Haji Assa, a Ph.D. student at The University of Tennessee Health Science Center, Memphis.

What is this study about?

This study is about family caregivers’ experience and feelings when witnessing sudden cognitive and mental changes (known as delirium) in their loved ones during the ICU stay.

Who can participate?

- Adults 18 years or older
- Family caregiver of a patient who had been admitted to the ICU and had witnessed delirium symptoms on their loved ones during ICU stay.

Research Procedures:

This survey will take approximately 20-25 minutes to complete. You will have access to the survey link that will first ask you to determine if you are eligible to take the survey (screening form) and then to answer a series of questions regarding the following information:

1. General information about you such as your age.
2. Your loved one’s general information.
3. Information about how you know about delirium in the ICU.
4. Information about how seeing delirium in your loved one affected you.

In appreciation for your participation and completion of the forms, you will be compensated for your time.

To learn more or sign up, contact Amal Haji Assa by clicking on the red button below.

LEARN MORE OR ENROLL >
Attachment and Burden in Caregiving of Dementia Patients

Researchers at Western Illinois University are interested in the experiences of home caregivers of persons with dementia. Specifically, they will be asking you about your daily stress and emotions.

The study includes an initial introduction session, which may be conducted via online video call (Zoom) or via phone call. Data will be collected through short online surveys.

To participate, you must be caring for a relative with dementia and you must be at least 18 years old. You also need an email account.

At the completion of the study, there will be a random drawing for VISA gift cards with a value of $10.

To learn more or sign up, click on the red button below.

Home-Based Music Therapy for Mild Cognitive Impairment and Alzheimer's Disease

What Is This Study About?

Listening to music or singing songs may provide emotional and behavioral benefits for people with dementia. In this one-year study, researchers will evaluate the effects of home-based music therapy for people with mild cognitive impairment or Alzheimer's disease. If assigned to the treatment group, participants and their study partner will be asked to sing songs at home for at least one hour each day. In addition, some participants will meet with a music therapist several times over a six-month period. Every three months, the researchers will gather information from participants to track changes on cognitive function and quality of life. Screening and participation in this study can be completed in-person or remotely from home.

Do I Qualify To Participate in This Study?

Minimum Age: 55 Years
Maximum Age: N/A

Must have:
- Diagnosis of Alzheimer's disease or mild cognitive impairment
Availability of a study partner to join music therapy sessions
- English speaking
- No verbal impairment
- Must have computer with a video camera or smart phone

Must NOT have:

- Diagnosis of dementia other than Alzheimer's disease
- Diagnosis of probable Alzheimer's disease with Down syndrome
- History of a clinically significant stroke with lasting effects on cognition
- Current evidence or history in past two years of epilepsy, focal brain lesion, or head injury
- Current diagnosis for a major psychiatric disorder including psychosis, major depression, bipolar disorder, alcohol or substance abuse
- Conditions causing disability that would interfere with study intervention such as pain or life expectancy less than one year
- Living in a nursing facility or other dementia care center
- Current participation in another research study

To learn more or sign up, contact Juliana Gamino, BFA, by clicking on the red button below.

LEARN MORE OR ENROLL

Online Support and Skills Training for Dementia Caregivers

Stress related to caregiving can lead to depression, anxiety, social isolation, financial strain, and health issues. This study will test the effectiveness of GamePlan4Care, an online education and skills training program for dementia caregivers, to reduce stress and caregiver burden and improve caregiver well-being. Participants will be randomly assigned to either the GamePlan4Care program or another online support program for six months. Participants will also be assigned to a dementia care specialist who will encourage engagement and follow up after the training with phone calls for a six-month period.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years
Maximum Age: N/A

Must have:
- Provides at least eight hours, on average, of weekly care or supervision for a friend or family member with symptoms or a diagnosis of Alzheimer's disease or a related dementia
- Access to the internet at least three times per week, on average
- Lives within the Texas recruitment area in one of the following counties: Bastrop, Bell, Blanco, Burnet, Caldwell, Coryell, Fayette, Hamilton, Hays, Lampasas, Lee, Llano, Milam, Mills, San Saba, Travis, Williamson
- English-speaking

Must NOT have:
Storytelling to Reduce Depression and Anxiety in Family Caregivers

This study will test whether the Caregiver Speaks storytelling program can reduce depression, anxiety, and grief intensity in bereavement in family caregivers of people with dementia. Participants will be randomly assigned to receive either usual hospice and support care or the Caregiver Speaks intervention. Those participating in Caregiver Speaks will share photos and have discussions with one another in a private, facilitated Facebook group. Researchers will use online surveys to collect information on participant depression and anxiety symptoms from the time of study enrollment up to six months after the death of their loved one.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years
Maximum Age: N/A

Must have:
- Family member or friend providing unpaid care to a person living with dementia who is enrolled in hospice care
- Involved in hospice care decisions for the person with dementia
- Access to a digital camera or another photo-taking device such as a cell phone
- Willing to photograph images to capture caregiving and bereavement experiences
- Access to email to complete study surveys
- Willingness to set up a Facebook social media account and join the private Facebook group

Must NOT have:
- None

To learn more or sign up, contact Debra Parker Oliver, PhD by clicking on the red button below.
care system, and reduce stress. Participants will be randomly assigned to either begin the study training program immediately or to be placed on a waitlist to begin the study training program eight weeks later. Researchers will use questionnaires and interviews to assess changes in caregiver skill mastery, emotional health (e.g., depression, anxiety), and the frequency and severity of care recipient behavioral problems.

Do I Qualify To Participate in This Study?
Minimum Age: 18 Years
Maximum Age: N/A

Must have:
- Main caregiver for a family member or friend with a confirmed diagnosis of dementia
- Live at home with the person with dementia
- Access to a computer with internet service
- Can read and understand English

Must NOT have:
- None

To learn more or sign up, contact Carolyn Clevenger by clicking on the red button below.

FTD Disorders Registry
The Frontotemporal Degeneration (FTD) Disorders Registry is an online resource and database that securely collects information and stories from people affected by FTD to advance the science and development of FTD treatments. Anyone affected by FTD can join the registry, including people with an FTD diagnosis, as well as their family members, caregivers, and friends. After joining the registry, participants will receive emails about FTD including research updates and study opportunities.

Participation is open to anyone affected by FTD, including:
- People diagnosed with any type of FTD, including but not limited to behavioral variant FTD, any one of the primary progressive aphasias, progressive supranuclear palsy, corticobasal degeneration, or FTD with motor neuron disease
- Current and former caregivers of a person living with FTD
- Family and friends of a person living with FTD

For more information or to enroll, click on the red button below.

Twitter-Based Support for Hispanic and Black Dementia Caregivers
This study will evaluate communications among anonymous followers of two Twitter social media accounts designed to provide community support for Black and Hispanic dementia caregivers. Study participants will be asked to follow and receive short messages from either the Black dementia caregiver group Twitter account or the Hispanic dementia caregiver group Twitter account based on their own identification with these groups. Participants will be required to use a Twitter account name that is anonymous and does not use their real name or photo. Researchers will assess changes in the discussion topics, as well as emotional and networking styles, including how users are communicating, supporting, and responding to others within their Twitter group.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years  
Maximum Age: N/A  

Must have:  
- Self-identify as a Black or Hispanic person  
- Live in the United States, including the U.S. territories  
- Caregiver for a family member or friend with dementia  
- Able to speak English or Spanish  
- Use a smartphone or a feature phone (i.e., a cell phone with text messaging)  
- Agree to Twitter's terms and conditions of use, its privacy policy, and the rules for the dementia caregiver network  

Must NOT have:  
- Unwilling to use or create an anonymous Twitter account to use for study participation  

To learn more or sign up, contact Sunmoo Yoon, PhD, by clicking on the red button below.

Cancer Experience Registry  
The Cancer Experience Registry (CER) survey from Cancer Support Community (CSC) uncovers the emotional, physical, practical, and financial impact of cancer to help patients and caregivers get the support they need. Through the CER survey, we reach those impacted by cancer so their voices can be part of this important research and so that together, we can:  

*Influence health care policies  
*Enhance cancer care
IN CASE YOU MISSED IT...

The Long Shadow of Covid: Older People and the Ongoing Pandemic

The covid-19 pandemic continues to cast a long shadow over the lives of older adults and their family caregivers in the United States, even as many Americans resolve to move on and resume normal activities. Even President Joe Biden declared “the pandemic is over,” in a recent interview, a controversial statement that he later sought to clarify.

Millions of older adults have lost loved ones or suffered declines in their health during the pandemic. Many are struggling with ongoing grief or the disabling effects of long covid. And anxiety, depression, and social isolation remain ongoing threats to mental health.

Confusion about the current state of the pandemic remains rampant. Is it over? Are ongoing precautions warranted? Should older adults get boosters? Should they continue to wear masks, and under what circumstances? What kinds of social interactions are safe and which may not be? How can older adults and their family caregivers best protect themselves in the months ahead, including over the holidays?

KFF’s Kaiser Health News (KHN) and The John A. Hartford Foundation explored these questions and more during a live, 90-minute, interactive web event on Tuesday, Oct. 11, 2022.
Financial Caregiving Hub

The Women's Institute for a Secure Retirement (WISER) has produced a new tool designed to serve as a one-stop clearing house for financial caregivers and care recipients. The online tool offers an easily accessible suite of vetted and trusted educational materials focused on caregiving, aimed at helping caregivers for their spouses, parents, children, and other family members access vetted content including podcasts, videos, and blog posts from experts along with links to community-based programs supporting caregivers.

To explore the Financial Caregiving Hub, click the red button below.

My Health Priorities: A Guide for Older Adults and Care Partners

What matters most in life and health is different for everyone. Managing your health may be particularly difficult if you have multiple chronic conditions.

The more you and your health care team know about what matters most to you, the better you can work together to line up your health care decisions with your Health Priorities.

Patient Priorities Care has come up with a new tool designed to help older adults determine their health and life priorities. The aim of the tool is that knowing your health priorities will help you to communicate what matters most to you to your health care team, family and care partners.

To explore the online tool, click here. To view a printable version, click the red button below.
MOTIVATE: Marketing and Messaging Palliative Care

The Center to Advance Palliative Care (CAPC) has developed the MOTIVATE toolkit about marketing and messaging palliative care.

Due to low public awareness and consistent misconceptions, how you frame palliative care and its benefits is vitally important. Marketing, supported by sound messaging, helps patients, families, referral sources, and service partners understand the work that you do. Palliative care is about quality of life. When done well, proper messaging and marketing can clarify this and motivate patients, families, and clinicians to take advantage of it.

Use the MOTIVATE toolkit to refine your program’s marketing strategy, and your messaging.

To explore the online toolkit, click the red button below.

Join The ALL IN® Community

Aurinia Pharmaceuticals is committed to supporting the lupus nephritis community. That’s why it launched the ALL IN® program, a source of information, resources, and support for those affected by or at risk for lupus nephritis and their care partners. Caring for someone with lupus nephritis can be overwhelming, but you’re not alone. The Lupus Nephritis Awareness Kit offers support for both individuals living with LN and their loved ones, along with other helpful resources.

To learn more, click the red button below.
Engaging Older Adults Through Virtual Communities

Due the COVID-19 pandemic, efforts to address social isolation and loneliness are more important than ever.

To highlight how such efforts have supported older adults and caregivers who may be facing social isolation, USAging has produced a new video vignettes—“Engaging Older Adults Through Virtual Communities”—showcasing the unique ways AAAs and Title VI Native American Aging Programs have engaged older adults through high and low-tech methods.

To view the video, click the red button below.

PREVIOUSLY APPEARED

Just released:
2022 National Strategy to Support Family Caregivers

2022 National Strategy to Support Family Caregivers

The National Alliance for Caregiving – a coalition of 67 national organizations – applauds the release of the 2022 National Strategy to Support Family Caregivers developed by the U.S. Department of Health and Human Services but urges strong accountability and implementation efforts to turn the strategy into action.

The strategy details more than 350 federal actions and 150 measures that state and local governments, public health departments, philanthropies, and community-based, faith-based, and nonprofit organizations can take immediately to support the nation’s 53 million family caregivers who make up 21% of the population.

The National Strategy includes potential government actions that address issues that family caregivers say are most important, including:
1) Access to Respite Services  
2) Support with Day-to-Day and Complex Medical Tasks  
3) Inclusion of Caregivers in Care Teams  
4) Financial Education on Caregiving Costs  
5) Better Identification of Family Caregivers  
6) Research on the Needs of Family Caregivers

NAC was integral to mobilizing the caregiving community in support of the RAISE (Recognize, Assist, Include, Support, and Engage) Act, which established the council and process for developing the 2022 National Strategy to Support Family Caregivers. NAC also worked with The John A. Hartford Foundation and the National Academy for State Health Policy to ensure family caregivers were centered in the development of the recommendations and that the strategy reflected the lived experiences of this diverse community.

We encourage individuals and organizations to provide public comment on the National Strategy. The Strategy will be updated biennially, informed in part by public feedback, ensuring it continues to meet the needs of family caregivers and those they care for as they evolve.

To learn more, click the red button below.

**Different Care Settings at the End of Life**

The three most common places people at the end-of-life die are at home, in a hospital, or in a care facility. While not everyone has the chance to decide where they will die, people who know the end of life is approaching may be able to plan ahead. Several factors may help with this planning, including knowing the type of care you need and want, where you can receive this level of care, advance care directives, costs, and availability of family and friends to help.

To learn more, click the red button below.
Frequently Asked Questions About 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.

Keep Your Mind Active

Being intellectually engaged may benefit the brain. People who engage in personally meaningful activities, such as volunteering or hobbies, say they feel happier and healthier. Learning new skills may improve your thinking ability, too. For example, one study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities. Some of the research on engagement in activities such as music, theater, dance, and creative writing has shown promise for improving quality of life and well-being in older adults, from better memory and self-esteem to reduced stress and increased social interaction.

To learn more, click the red button below.
Tips for Managing Agitation, Aggression, and Sundowning

Download or order this one-page tip sheet that caregivers can use during difficult situations to help deal with agitation, aggression, and sundowning behaviors in people with Alzheimer’s disease. Hang the publication in your home or office for quick access to the tips.

To view the tip sheet, click the red button below.

Making Decisions for Someone at the End of Life

It can be overwhelming to be asked to make health care decisions for someone who is dying and is no longer able to make their own choices. It is even more difficult if you do not have written or verbal guidance. Even when you have written documents, some decisions still might not be clear.

To learn more, click the red button below.
Understanding the Options

FAIR Health created a new consumer website for older adults and family caregivers with decision-making and treatment cost tools to help them make informed choices and navigate the health care system. The tools assist in answering questions like “should I have a hip replacement?” and estimating costs of care for conditions such as Alzheimer’s disease.

To view the website, click the red button below.

LEARN MORE >

Vaccinations and Older Adults

When fall arrives, many of us know it’s time to get the annual flu, or influenza, shot. It’s also a good time to consider what other vaccines or boosters to get to protect your health.

Staying up to date on vaccines is especially important for older adults. Our immune system helps the body fight infection, but it gets weaker as we age. Vaccines help to strengthen the immune system.
Other vaccines that are important to older adults include COVID-19, pneumonia, shingles, and TDP (tetanus, diphtheria, and pertussis).

To learn more about vaccinations and older adults, click the red button below.

Hearing Loss and Older Adults

Hearing loss is a sudden or gradual decrease in how well you can hear. It is one of the most common conditions affecting older and elderly adults. Approximately one in three people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing. Having trouble hearing can make it hard to understand and follow a doctor's advice, to respond to warnings, and to hear doorbells and alarms. It can also make it hard to enjoy talking with friends and family. All of this can be frustrating, embarrassing, and even dangerous.

To learn more hearing loss, click the red button below.

Six Tips To Help Prevent Falls

The risk of falling increases with age. Falls can be especially dangerous for older adults, often causing fractures, hospitalization, and disability. More than one in four people age 65 years or older fall each year, yet many falls can be prevented. The good news is that many falls are avoidable.

To learn more preventing falls, click the red button below.
How Biomarkers Help Diagnose Dementia

Biomarkers are measurable indicators of what's happening in the body. These can be found in blood, other body fluids, organs, and tissues. Some can even be measured digitally. Biomarkers can help doctors and researchers track healthy processes, diagnose diseases and other health conditions, monitor responses to medication, and identify health risks in a person. For example, an increased level of cholesterol in the blood is a biomarker for heart attack risk.

Before the early 2000s, the only sure way to know whether a person had Alzheimer's disease or another form of dementia was after death through autopsy. But thanks to advances in research, tests are now available to help doctors and researchers see biomarkers associated with dementia in a living person.

To learn more, click the red button below.

Convergence Dialogue on Reimagining Care for Older Adult Adults

In a new report, Convergence Center for Policy Resolution released recommendations from its Convergence Dialogue on Reimagining Care for Older Adults. The report offers consensus solutions produced by leaders and experts who participated from across the political spectrum in a multi-stage convening. These unlikely allies propose changes to America's systems of care that reflect the unique needs and realities of aging adults today and in the future.

To review the report, click the red button below.
Brain Stimulation Can Affect Memory in Older Adults

The number of older adults worldwide is rising, along with an increase in age-related memory decline. Researchers have long sought ways to prevent or reverse memory impairment. They’ve been able to pinpoint specific brain circuits and networks that underlie learning and memory. But effective and lasting interventions to improve memory have remained elusive.

To learn more about brain stimulation and memory, click the red button below.

LEARN MORE

Genetic Risk Factors that Underlie Depression May Also Drive Alzheimer's Disease

Some cases of Alzheimer’s disease may be driven by the genetic risk factors that can underlie depression, according to an NIA-supported data-mining study by researchers at
Emory University School of Medicine. The results, published in Biological Psychiatry, suggest that the activity of at least seven genes may help explain why depression appears to increase the chances one may experience Alzheimer's.

To learn more about the connection between depression and Alzheimer's disease, click the red button below.

**Exposure to Green Space May Boost Cognitive Health**

Residential areas with more green space were associated with faster thinking, better attention, and higher overall cognitive function in middle-aged women, according to an NIA-funded study. Published in JAMA Network Open, the findings suggest that green space — such as trees, flowers, grass, gardens, and parks — could be explored as a potential community-based approach to improving cognitive health.

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

**Memory, Forgetfulness, and Aging:**
What's Normal and What's Not?

Many older adults worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things, or they may sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness — often a normal part of aging — not serious memory problems.

Click here to view a brief, animated video explains the difference between normal and serious memory problems.

To learn more about issues related to memory and forgetfulness, click the red button below.

LEARN MORE

What Is Frontotemporal Dementia?

Frontotemporal dementia is caused by a group of disorders that gradually damage the brain’s frontal and temporal lobes. These damages cause changes in thinking and behaviors. Symptoms can include unusual behaviors, emotional problems, trouble communicating, challenges with work, and difficulty with walking.

Frontotemporal dementia (FTD), sometimes called frontotemporal disorders, is rare and tends to occur at a younger age than other dementias. About 60% of people with frontotemporal dementia are 45 to 64 years old.

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

LEARN MORE
Preventing Falls at Home: Room by Room

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help prevent falls and better ensure your safety. Try these tips to reduce the risk of falling at home:

- Put automatic night lights in the bathroom and close to the bed.
- Mount grab bars near toilets and on both the inside and outside of the tub and shower.
- Make sure there is good lighting in stairways and hallways, with light switches at the top and bottom of stairs and on each end of a long hall.
- Keep electrical cords near walls and away from walking paths.

To learn more about fall prevention from the National Institute for Aging, click the red button below.

Get Fit So You Can Do More!

Exercise and Older Adults Toolkit

Physical activity is an important part of healthy aging. NIA has developed a toolkit to help raise awareness about the importance of exercise as you age.

To view the NIA toolkit, click the red button below.
What Is Dementia? Symptoms, Types, and Diagnosis

Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — to such an extent that it interferes with a person's daily life and activities. Some people with dementia cannot control their emotions, and their personalities may change. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of living.

Dementia is more common as people grow older (about one-third of all people age 85 or older may have some form of dementia) but it is not a normal part of aging. Many people live into their 90s and beyond without any signs of dementia.

To learn more, click the red button below.

LEARN MORE

Partnering with Your Healthcare Provider: A Resource for People Living with Memory Problems and Their Care Partners

The University of Washington Dementia Palliative Education Network and the WA State Dementia Action Collaborative have created a new free toolkit for family/friend care partners of people living with dementia.

The goal of this toolkit is to:
- Explain how to form a working partnership with healthcare providers
- Show how to organize, streamline tasks, and communicate about the care needs of the person living with dementia
- Reduce chances of avoidable care transitions

The toolkit includes:

- Easy-to-navigate narrated presentation
- Video scenario demonstrations
- Care, medication, and appointment log sheets

For more information about the toolkit, click here. To view the flyer, click the red button below.

[VIEW THE FLYER](#)

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**Investing in Caregiving Podcast**

The Grantmakers In Aging Investing in Caregiving podcast series is an initiative of the Family Caregiving Funders Community, network of over 40 funders working to mobilize intellectual and financial capital to improve the caregiving experience.

In this episode, the National Alliance for Caregiving's Mike Wittke talks about public health partnership and discusses NAC's advocacy collaborative.

To listen the podcast, click the red button below.

[LISTEN TO THE PODCAST](#)
New Report on Impact of Caregiver Shortages on Older Adults, Area Agencies on Aging

New data from USAging shows that existing shortages in the caregiving workforce have grown during the COVID-19 pandemic—posing a significant threat to the ability of older adults to age well in their homes.

Caregiver Needed: How the Nation’s Workforce Shortages Make It Harder to Age Well at Home, a new report from USAging, reveals that many AAAs and their direct care provider partners across the country are facing workforce shortages which threatens their ability to provide home and community-based services to older adults who depend on them.

To view the report, click the red button below.

VIEW THE REPORT

Caring for People with Serious Illness

The COVID-19 pandemic has highlighted existing weaknesses in the United States health care system, while creating a new set of challenges related to caring for people with serious illness. The National Academy of Sciences, Engineering, and Medicine’s Roundtable on Quality Care for People with Serious Illness hosted a three-part workshop to explore the initial responses to the pandemic by health care teams providing care to people with serious illness, the impact of the pandemic on the health care workforce, the use of telehealth, issues related to clearly communicating with the public about health emergencies, and policy opportunities to improve care for people with serious illness.

To view the workshops’ results, click the red button below.
Alliance for Aging Research Mental Health Tips

More than 20 percent of older adults aged 60 and over suffer from a mental or neurological disorder. The most common neuropsychiatric conditions are dementia and depression, according to the World Health Organization. Substance-use disorders related to use of alcohol, illicit drugs, and prescription medications are increasing in prevalence among older adults, along with chronic pain issues that may complicate treatment access.

Individuals with Alzheimer's disease (AD) and other dementias are often not diagnosed, despite numerous benefits of early detection including time to explore treatment options and clinical trials, establish a care plan, develop support networks, and plan for the future. As their disease progresses, these patients experience changes in how they communicate as well as significant behavioral changes that can cause depression, anxiety, agitation, apathy, psychosis, and other neuropsychiatric symptoms.

The Alliance for Aging Research offers a variety of tips and information resources on its website for individuals facing these issues and those who care for them.

To learn more, click the red button below.

Assessing Changes in Memory and Function
If you do not see an aging friend or relative often, changes in his or her health may seem dramatic. In contrast, the primary caregiver might not notice such changes or realize that more help, medical treatment, or supervision is needed. Or, the primary caregiver might not want to accept the fact that the health of his or her spouse or parent is failing.

As a caregiver, you can provide support by helping an aging friend or relative get the care they need.

To learn more, click the red button below.

**Cloudy Vision? It Could Be Cataracts**

Your eyes are your windows to the world. If something clouds them, you may have trouble seeing well enough to read, drive, or do other daily activities.

One common cause of cloudy vision is cataracts. These form in the lens of your eye. Cataracts are a normal part of aging. They occur when proteins in the lens break down over time and clump together.

To learn more about cataracts, click the red button below.
Reducing Your Risk of Dementia

Many factors may influence your risk of dementia, including genes, environment, and lifestyle. You can’t change some factors, but, as with many diseases, there may be steps you can take to help lower your risk. Learn more about how leading a healthy lifestyle is important for your health.

To learn more, click the red button below.

Midlife Cholesterol and Blood Sugar Levels May be Risk Factors for Alzheimer’s Disease

Abnormal cholesterol and glucose (or blood sugar) levels as early as age 35 may be associated with Alzheimer’s disease risk later in life. These findings, published in Alzheimer’s & Dementia, suggest that people with normal cholesterol and glucose measurements in early through middle adulthood may be less likely to develop Alzheimer’s as older adults. The study was led by NIA-funded researchers at the Boston University School of Medicine.

To learn more, click the red button below.
Social Stress Contributes to Accelerated Aging of the Immune System, Study Finds

Exposure to social stress was associated with accelerated aging of the immune system, according to an NIA-funded study recently published in PNAS. The body's immune system changes as people age, and there's large variability in these changes. The study, led by researchers at UCLA, investigated whether social stressors added to immune system decline.

To learn more, click the red button below.

IMPACT Lived Experience Panel Releases Two Reports on Research Study Outcomes and Ethics in ePCTs for PLWD and Their Care Partners

Reports from the first two series of meetings with the IMPACT Lived Experience Panel (LEP) are now available on the IMPACT website. The two reports share highlights and insights gained during meetings with the LEP facilitated by IMPACT’s Patient Caregiver Relevant Outcomes Core and the Ethics and Regulation Core in the first cycle of the Lived Experience Panel. The LEP reflects a coordinated effort between the IMPACT Collaboratory and the Alzheimer's Association.

**The 2021-2022 Lived Experience Panel Report: Priorities for Person and Caregiver Relevant Outcomes in Dementia Intervention Research**, by Antonia V. Bennett, PhD, Laura C. Hanson, MD, MPH, Gary Epstein-Lubow, MD, Sheryl Zimmerman, PhD, summarizes the discussions with the Lived Experience Panel and members from the Patient Caregiver Relevant Outcomes Core about research study outcomes that are important to people living with dementia and their care partners.

**The 2021-2022 Lived Experience Panel Report: Ethical Challenges in Conducting Research Using a Waiver of Informed Consent with People Living with Dementia**, by Emily Largent, PhD, JD, RN, Jason Karlawish, MD Steve Joffe, MD, MPH, Gary Epstein-Lubow, MD, documents the insights gained from two meetings between members of IMPACT’s Ethics and Regulation Core and the Lived Experience Panel, featuring conversations regarding the ethical challenges related to conducting embedded pragmatic clinical trials among people living with dementia and their care partners using waivers of informed consent.

To learn more, click the red button below.
Coalition for Care Partners Issue Brief: Connecting Care Partners Through Health Information Technology

This issue brief highlights original research and activities led by OpenNotes and the Lipitz Center, which feature the existing patient portal functionalities and the developing, testing, and scaling of new consumer-oriented technologies to effectively engage care partners in care.

To read the brief, click the red button below.

Genetic Variant Linked to Parkinson's Found in Immune Cells

NIA researchers discovered that individuals with a DNA variant that has an effect only in an immune cell present in the brain, called microglia, have an increased risk of developing Parkinson’s disease. Their study results, published July 27 in Science Translational Medicine, suggest scientists should consider cell type when examining possible causes of Parkinson’s and other neurodegenerative disorders.

To learn more, click the red button below.

Healthy Meal Planning: Tips for Older Adults

Answering the question “what should I eat?” doesn’t need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Simple adjustments can go a long way toward building a healthier eating pattern.

Click the red button below for tips to plan healthy and delicious meals.
How Older Adults Can Get Started with Exercise

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age.

To learn more, click the red button below.

Clinical Research: Frequently Asked Questions

Many people like the idea of participating in clinical research studies but are reluctant to join a trial due to misinformation or past clinical trial history. When you join a study or trial, you may help researchers discover new ways to diagnose, treat, and prevent Alzheimer’s disease and related dementias.

Alzheimers.gov has published answers to 12 common questions regarding participation in clinical trials. To view them and learn more about this topic, click the red button below.
Caring for Those Who Care: Meeting the Needs of Diverse Family Caregivers

The Diverse Elders Coalition’s training curriculum, “Caring For Those Who Care” is a resource for health, social service providers, and aging professionals to learn about the unique needs of diverse family caregivers. The training curriculum will equip professionals with insights into the lived experiences of the following caregiving communities: African American and Black Caregivers, American Indian and Alaska Native Caregivers, Chinese American and Korean American Caregivers, Southeast Asian American Caregivers, Hispanic and Latino Caregivers, and LGBTQ+ Caregivers.

Training Details
- 90-minute individual or 6-part series virtual training hosted over Zoom
- Learn culturally-affirming best practices for caregivers on the provider, organizational, communications and policy levels
- Sliding Scale Fee Structure
- Interactive training tailored to your organization

If you have questions, please email Training@diverseelders.org.

To request a training, click the red button below.

LEARN MORE

Healthy Aging Tips for the Older Adults in Your Life

If you have older family members or loved ones, you may worry about their health as they age. Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. As a family member, it’s important to encourage healthy lifestyle behaviors in your loved ones — it’s never too late to start!

For tips on healthy aging, click the red button below.
Pain and Older Adult

Pain is a signal that something may be wrong in your body. You’ve probably been in pain at one time or another but found that it often goes away as the body heals or with treatment. However, many older people may have ongoing pain from health problems like arthritis, diabetes, shingles, or cancer.

A few things you can do to help manage your pain and feel better are:

- **Keep a healthy weight.** Being overweight can slow healing and make some pain worse. A healthy weight might help with pain in the knees, back, hips, or feet.

- **Be physically active.** Pain might make you inactive, which can lead to more pain and loss of function. Activity can help.

- **Get enough sleep.** It can reduce pain sensitivity, help healing, and improve your mood.

The National Institute for Aging has released an informative booklet discussing different aspects of pain experienced by older adults. To view the booklet, click the red button below.

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**Early-Stage Partners in Care**

Early-Stage Partners in Care, EPIC, is one of more than 40 dementia caregiving programs found in Best Practice Caregiving (bpc.caregiver.org), a free, online database that helps organizations identify, compare and adopt best-fit programs for their clients and community. EPIC is proven, vetted and ready to implement.
Mindfulness-Based Dementia Care

Mindfulness-Based Dementia Care is an evidence-based dementia caregiving program that offers eight in-person, group mindfulness practice sessions. You can find full information, including program components and characteristics, research evidence, sustainability strategies and more at the program’s full profile page at Best Practice Caregiving.

To learn more, click the red button below.

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