THIS WEEK IN CAREGIVING

National Alliance for Caregiving

October 26, 2022

CAREGIVING IN THE NEWS

Working Caregivers Stretched Thin: Homethrive Survey Finds 54% Would Change Jobs for a Caregiving Benefit

More than half of working caregivers would change jobs if it meant having access to a family caregiving coordination benefit, roughly two-thirds of workers don't have that access, and 85% say they'd take advantage if their current employer offered such a benefit, according to "Homethrive's 2022 Employee Caregiving Survey."

From: Yahoo Finance! | Published: October 24, 2022

READ MORE >

VA Suspends Annual Caregiver Program Reassessments

The Department of Veterans Affairs announced the suspension of annual reassessments for its Program of Comprehensive Assistance for Family Caregivers (PCAFC), pending a review of the program's restructured eligibility criteria.

According to the agency's press release, during the ongoing review, the VA will not discharge or reduce stipends for any veterans or family caregivers participating in the program.

From: DAV | Published: October 20, 2022

READ MORE >

Support Family Caregivers to Improve and Diversify Clinical Trials

During the Covid-19 pandemic, America's **53 million family caregivers** gained some long overdue recognition for their vital role as unpaid extenders of an under-resourced health care workforce. The clinical trial enterprise, however, has yet to appreciate caregivers — and fully engage them — as critical partners in recruiting and supporting people who are older, disabled, or have Alzheimer's disease, cancer, or other chronic medical conditions for research studies.

From: STAT | Published: October 21, 2022

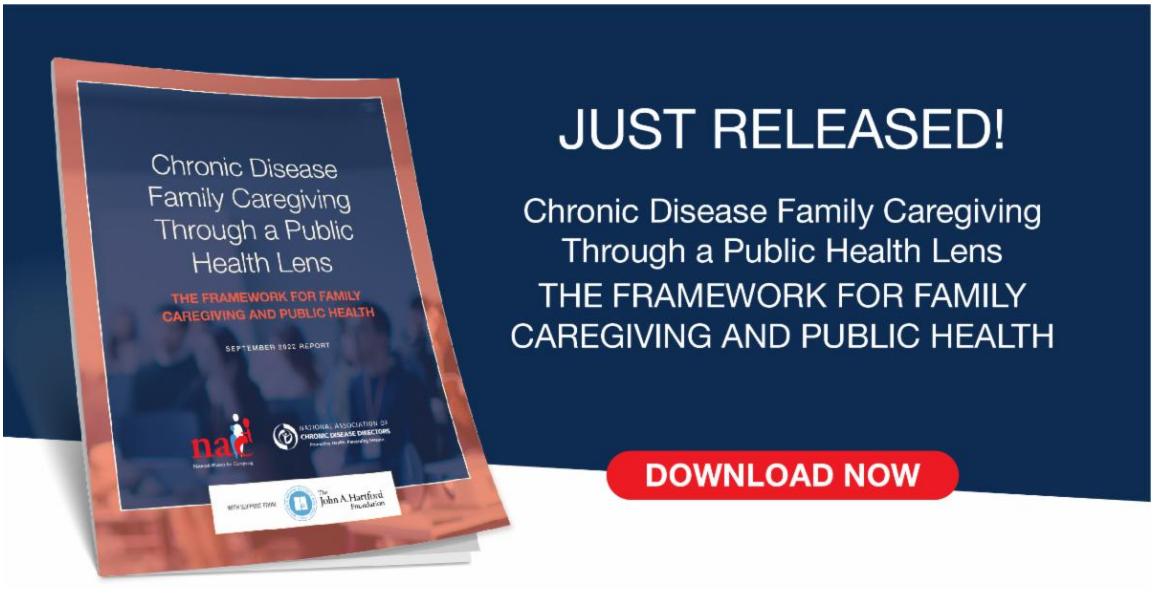
READ MORE >

NAC NEWS AND UPDATES

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..

VIEW THE REPORT >



NAC Releases New Report: Chronic Disease Family Caregiving Through a Public Health Lens: The Framework for Family Caregiving and Public Health

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..

VIEW THE REPORT >

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.

VIEW RECORDINGS >

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.

VIEW STORIES >

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 >

EVENTS & OPPORTUNITIES

OCTOBER

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.

REGISTER >

American Red Cross

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.

REGISTER >

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. T

REGISTER >

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.

REGISTER >

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 >

NOVEMBER

Learn a Latte: Caregiving and You - Resources for Self Care

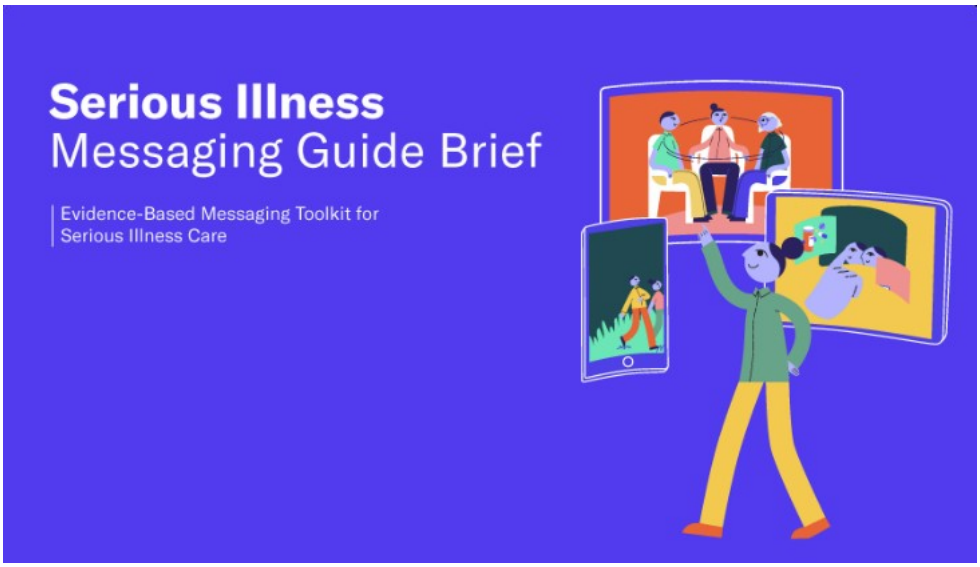
November 2, 2022 | 10:00 AM - 11:00 AM ET | Online

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 >



Serious Illness Messaging Toolkit Launch

November 2, 2022 | 3:00 PM - 4:00 PM ET | Online

Capture public interest, bypass misconceptions, and increase demand for your services with better messaging. This toolkit will show you easy ways to improve your messaging about care for serious illness.

This toolkit is the product a joint endeavor funded by The John A. Hartford Foundation and Cambia Health Foundation. Its launch will take place on November 2.

To view the toolkit, click **here**. To register for the launch, 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 National Caregiver Symposium

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

More than 40 million adults in the US are providing care for a loved one. Whether the tasks are heavy or light, they often can stretch a person's abilities to cope beyond their endurance. Yet, the need does not stop. How does one reconcile caregiving needs with constant physical/emotional exhaustion?

In response to a survey conducted this spring with past attendees, the 2022 Annual ACAP Caregiver Symposium will tackle this issue head-on. This national symposium will address ways to deal with the many stresses of caregiving, burnout, and family dynamics. You'll join hundreds of others in a virtual community to hear from leading caregiving experts, become aware of helpful resources, experience support, and gain new caregiving insights. Last year, more than 500 people attended from 38 US states, the Virgin Isles, Canada, and Great Britain.

To register, click the red button below.

REGISTER >

2022 AAH National Acute Care for Elders Conference

November 4, 2022 | 10:00 AM - 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.

REGISTER >

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.

REGISTER >

HANYS®
Always There for Healthcare

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.

REGISTER >

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.

REGISTER >

ALZHEIMER'S PROGRAM: Healthy Living for Your Brain & Body

November 8, 2022 | 4:00 PM - 5:30 PM ET | Online

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 >

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.

REGISTER >

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 >

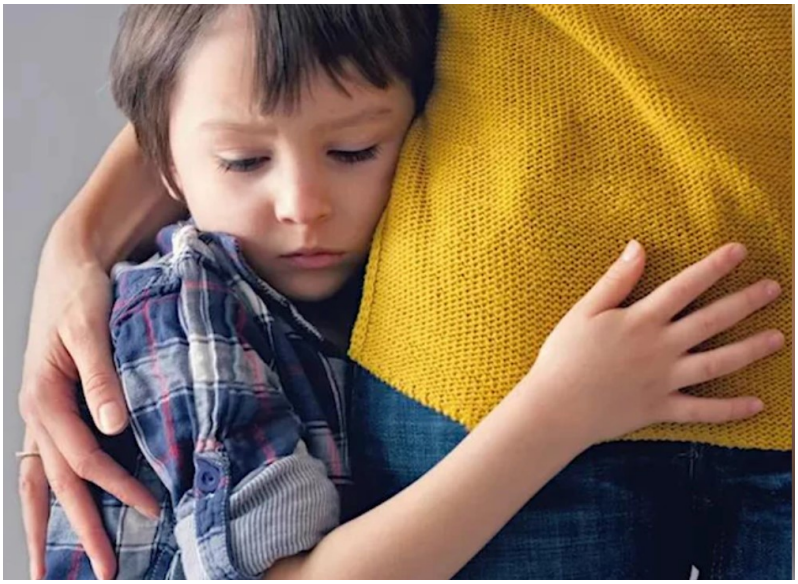
Let's Talk About Dementia and Culture

November 15, 2022 | 1:00 PM - 4:30 PM ET | Online

Dementia affects every community, but not in the same way. Join community leaders and dementia experts to explore culturally-attuned ways to raise awareness and support advocacy about dementia, and learn how a statewide dementia awareness initiative has engaged participation in many cultural and linguistic communities.

To learn more about this event, click **here**. To register, click the red button below.

REGISTER >



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 >

The 13th Annual INTERNATIONAL CONFERENCE ON STIGMA

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.

REGISTER >

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

symptoms, the art of redirection, and how to use 'fiblets'. We will end with an open Q+A discussion, so bring your questions!

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

REGISTER >

Caring for the Caregivers Virtual Summit 2022

November 16th - 17th, 2022 | Online

Join Courage to Caregivers for our Caring for the Caregivers Virtual Summit 2022: Getting Unstuck - Moving from Languishing to Flourishing. Whether you are an unpaid Family Caregiver, a Professional Caregiver, or both, we want to support you on your journey to care for yourself as you care for others.

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

REGISTER >

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.

REGISTER >

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 >

Webinar: Insights into Young Carers

November 17, 2022 | 8:00 PM - 10:00 PM ET | Online

This free, two-hour interactive webinar presented by the Carer Knowledge Exchange will feature emerging evidence and discussion on the impact that being a young carer has on carers' health and wellbeing.

Designed for a wide audience, evidence presented will include research findings, evidence-based practice, and the lived experience of caring to raise awareness of young carers' experiences.

The webinar will be interactive and enable participants to share their own ideas and experiences on the topic of young carer health and wellbeing.

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

REGISTER >

Social Engagement and Mental Health: Successful Programs and Interventions

November 18, 2022 | 1:00 PM - 2:00 PM ET | Online

Join engAGED: The National Resource Center for Engaging Older Adults for a webinar focused on the intersection of social engagement and mental health. During the webinar, the Illinois Coalition on Mental Health and Aging will provide a framer on how remaining socially engaged and connected positively impacts mental health and what organizations interested in developing programs that address social engagement and mental health should know with regard to potential partners and coalition building. Attendees will also hear from Rogue Valley Council of Governments Area Agency on Aging and the University of Rochester Medical Center on programs and interventions that promote social engagement and positive mental health outcomes.

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

REGISTER >

Mature Minds
Mental Health & Wellness for Older Adults

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

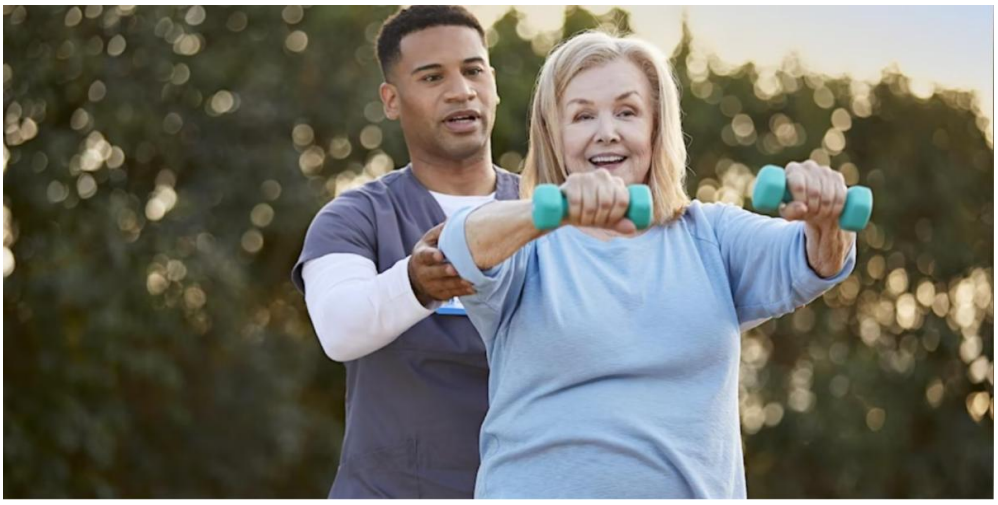
Deadline for comment submission: November 30, 2022

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.

To submit a comment, click the red button below.

SUBMIT A COMMENT >

DECEMBER



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.

REGISTER >

Alzheimer's Family Support Center
Until there's a cure, there's community.

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 Alzheimer's featuring Teepa Snow.

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.

REGISTER >

Living Well With Dementia Series:
Preparing the Caregiver for End of Life

December 7, 2022 | 11:00 AM - 12:00 PM ET | Online

Understanding how people die is a difficult but necessary topic. Recognizing the signs and behaviors as persons enter into the process of Actively Dying helps us know what is normal as the body slowly ceases its function. Grief, guilt, and the reality of loss will be discussed.

On December 7th, join A Gift of Time for a presentation featuring Tam Cummings, PHD for a discussion about these topics. Dr. Cummings is the author of *Untangling Alzheimer's, The Guide for Families and Professionals*.

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

REGISTER >

Understanding Compassion Fatigue and Burnout

December 8, 2022 | 1:00 PM - 2:00 PM ET | Online

Does compassion cause suffering? When does it go too far and how can caregivers

protect their own wellbeing? Learn the warning signs, who is at risk, and how to restore your emotional energy with a licensed therapist.

On December 8th, Mindspring Mental Health Alliance will host a webinar on compassion fatigue and burnout among caregivers.

The presentation will feature Jaymi Dormaier, a Licensed Master Social Worker with ten years of experience in the mental health field. During 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.

[**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.]

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

REGISTER >

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.

REGISTER >

PATIENT AND CAREGIVER STUDIES

Brain Stimulation Through Smell for People With Early-Stage Alzheimer's Disease

Start: November 8, 2021

End: April 30, 2023
Enrollment: 200

Preliminary research suggests that stimulating the parts of the brain that sense smell, called the olfactory regions, may help reduce some brain changes associated with Alzheimer's disease. This study will test whether daily treatment with computerized olfactory training (COT), which uses a portable device to deliver task training along with timed exposure to the scent of essential oils, improves cognitive and daily functioning. Potential participants will be screened for amyloid, a protein associated with Alzheimer's disease, using a PET brain scan or a cerebral spinal fluid test.

Amyloid-positive participants will be randomly assigned to receive COT using either the therapeutic essential oils or a placebo scent. The participant's caregiver will administer COT to the participant at home for 45 minutes each day for six months. Researchers will assess changes in memory and cognitive function, brain structure, smell sensitivity, and other measures related to the participant's quality of life and daily functioning at the start of the study, and after six and nine months.

Minimum Age: 65 Years
Maximum Age: 85 Years

Must have:

- Probable mild Alzheimer's disease with:
  - Mini-Mental State Examination score of 21 to 27
  - Clinical Dementia Rating score of 1
  - Presence of amyloid deposits, based on analysis of the cerebral spinal fluid or a PET brain scan
- Females must be postmenopausal for at least two years
- Available study partner with normal cognitive function

Must NOT have:

- Any significant neurologic disease other than Alzheimer's disease
- MRI evidence of infection or blood vessel damage
- Significant nasal disease
- Any unstable medical condition
- Major psychiatric disorder or substance use disorder within the past two years
- Any condition that may make having an MRI unsafe (e.g., metal implant, cardiac pacemaker, epilepsy, severe claustrophobia, morbid obesity)
- Treatment with any drug designed to slow the progression of Alzheimer's disease in the past six months
- Use of prohibited medications, including antipsychotics, anticholinergics, anticonvulsants, other antidepressants, benzodiazepines or other psychotropic medications, and blood thinners (a low dose of aspirin is acceptable)

To learn more or sign up, contact Jennifer Weaver or Robert Turner by clicking on the red button below.

LEARN MORE OR ENROLL >

Health and Cognitive Effects of Dementia Caregiving in Black Male Caregivers

This study will examine the effects of dementia caregiver burden on cognitive function and physical health in Black American male caregivers. Participants will complete questionnaires, surveys, and memory and thinking tests. Researchers will also collect saliva samples to measure stress levels. Many of the research activities will be completed over the telephone. The results of this study will inform the development of support measures and treatment options for Black American men as primary caregivers of a person with dementia.

Do I Qualify To Participate in This Study?

Minimum Age: 30
Maximum Age: 85

Must have:

- Living with a close family member, friend, or other person with dementia and providing more than 10 hours of care each week
- Care recipient has a diagnosis of progressive dementia
- Able to speak, read, and write English

Must NOT have:

- Paid professional caregiver
- Significant medical or neurological disease (e.g., major organ failure, insulin-dependent diabetes, alcoholism, or sleep disorder)
- Significant, untreated depression; stable dosing with serotonin reuptake inhibitors is acceptable
- Use of medications that may interfere with the study, particularly those that may affect central nervous system function or physical measurements (e.g., antipsychotics or steroids)
- Significant visual impairment

To learn more or sign up, contact Jennifer Weaver or Robert Turner by clicking on the red button below.

LEARN MORE OR ENROLL >

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
- Severe motor weakness that would not allow the use of a smartphone or other everyday objects (e.g., paralysis or severe deformities of both arms)

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

LEARN MORE OR ENROLL >

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.

LEARN MORE OR ENROLL >

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 >

Baylor Scott & White HEALTH

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:

- Current participation in another caregiving study or evidence-based caregiver program
- Previous participation in any study designed to collect information for development of the GP4C program

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

LEARN MORE OR ENROLL >

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.

LEARN MORE OR ENROLL >

Alzheimers.gov

Online Training for Dementia Caregiving in a Crisis

Crisis situations, such as the COVID-19 pandemic, add new stressors and challenges for dementia family caregivers. This study will evaluate the effectiveness of an online dementia caregiver training program to provide caregivers with the problem-solving skills needed to modify in-home dementia caregiving during a crisis, navigate a complex health 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.

LEARN MORE OR ENROLL >

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
*Improve cancer support services

The survey takes about 35 minutes to complete.

To learn more about the survey, click **here**. To participate, click the red button below.

PARTICIPATE IN THE SURVEY >

IN CASE YOU MISSED IT...

Identifying and Reaching Family Caregivers: Innovative State Strategies

In the U.S., roughly 41 million people — including family and “chosen” family — serve as caregivers for an older adult, supporting daily health and functional needs. This important workforce faces physical, emotional, and financial challenges related to their responsibilities, and many state agencies, like Medicaid and Departments of Aging, are

seeking to better support them in this work. However, states are often challenged to accurately identify the number, diversity, and unique needs of family caregivers, and to do so in a way that is culturally attuned and supportive.

This webinar, made by possible by The John A. Hartford Foundation and the Michigan Health Endowment Fund, highlighted innovative state strategies to identify and reach more family caregivers. Three states participating in the Center for Health Care Strategies' Helping States Support Families Caring for an Aging America initiative — Iowa, New York, and Texas — described their efforts in helping more caregivers access supports and services.

One Way to Help Family Caregivers: Caregiving Navigators

In early 2022, Nexus Insights brought together long-term care providers, caregiver advocates, tech-driven start ups and policy experts to discuss how to help older adults and their caregivers better navigate the complex and fragmented array of long-term care and aging services. The resulting report, "Where Am I, Where Do I Go: The Missing Entry Point to Long-Term Care Solutions for Older Adults and Their Caregivers," details the challenges older adults and their families face and the need for navigational centers, or hubs, to support these individuals as they make critical decisions, often under stressful conditions, about their care needs.

To learn more about the benefits of navigation hubs, click **here**. To view the report itself, click the red button below.

READ THE REPORT >

Alzheimer's Disease Research Centers: National Research Centers, Local Resources

The Alzheimer's Disease Research Centers (ADRCs) offer local resources, support, and opportunities to participate in research on Alzheimer's disease and related dementias. These centers are dedicated to developing and testing new ways to detect, diagnose, treat, and prevent dementia and to improving care for people with these diseases and their families. The National Institute on Aging (NIA) at the National Institutes of Health (NIH) funds more than 30 ADRCs at medical institutions across the country. Each center has specific scientific and population areas of focus.

For families affected by Alzheimer's and related dementias, ADRCs offer:

- Help with obtaining diagnosis and managing your care

- Information about the diseases, services, and resources
- Opportunities for volunteers to participate in clinical trials and studies that contribute to improved understanding of dementia, which may lead to new treatments and better care
- Support groups and other special programs for volunteers and their families

To learn more about resources offered by ADRCs, click the red button below.

LEARN MORE >

Caring for the Caregiver: Balancing Work While Caring for Others

Caregiving is a selfless act, but for most caregivers finding the right balance between employment and their personal well-being can be difficult. It may seem counterintuitive for caregivers to think of themselves, but for a caregiver to effectively manage working while providing care, self-care is essential.

To improve the work-life balance and well-being of caregivers, there are actions they can take and employer-sponsored benefits that may provide some help.

To learn more, click the red button below.

LEARN MORE >

Navigating the Journey: Caregiving for a Loved One With Autism Spectrum Disorder

Autism Spectrum Disorder (or simply Autism) is a mental difference characterized by a spectrum of non-typical social, sensory, and cognitive traits. Autism is not a disease, but rather a form of neurodivergence with its own type of normality. Still, your loved one might be going through a lot.

Courage to Caregivers has compiled a list of resources available for caregivers supporting a loved one with autism. To learn more, click the red button below.

LEARN MORE >

One-to-One Caregiver Peer Support

Courage to Caregivers is accepting registrations for volunteers (caregiver providing support) and participants (caregivers seeking support) for its virtual One-to-One Caregiver Peer Support program.

This program connects caregivers with volunteers who have experience caring for someone with a mental illness. The purpose of the program is to provide participants with support and resources so they are better able to take care of someone else.

Volunteers are trained through a series of online webinars and monthly ongoing training opportunities. Courage to Caregivers has an onboarding process with your privacy and confidentiality in mind.

To learn more, click the red button below.

LEARN MORE >

PREVIOUSLY APPEARED

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.

LEARN MORE >

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.

VIEW THE GUIDE >

Center to Advance Palliative Care™

capc

CAPC is part of the nonprofit Icahn School of Medicine at Mount Sinai.

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.

EXPLORE THE GUIDE >

Aurinia™

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.

LEARN MORE >

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.

VIEW THE VIDEO >

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 than350 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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

VIEW THE TIP SHEET >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

CONVERGENCE

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.

VIEW THE REPORT >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

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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 hot 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 >

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 >

NATIONAL ACADEMIES Sciences Engineering Medicine

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.

VIEW THE RESULTS >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

LEARN MORE >

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.

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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.

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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.

READ THE BRIEF >

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.

LEARN MORE >

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.

TIPS ON HEALTHY MEAL PLANNING >

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.

LEARN MORE >

Alzheimers.gov

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.

LEARN MORE ABOUT CLINICAL STUDIES >

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.

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