

THIS WEEK IN CAREGIVING



April 27, 2023



CAREGIVING IN THE NEWS

National Alliance for Caregiving Launches the Act on RAISE Campaign

Today the National Alliance for Caregiving – along with leading patient advocacy, aging and disability rights groups – launched [Act on RAISE](#), an unprecedented campaign to drive action on the [National Strategy to Support Family Caregivers](#), the nation's first-ever whole of society blueprint on family caregiving. Read our press statement [here](#).

Funded with a cornerstone investment from The John A. Hartford Foundation, the campaign calls on lawmakers, state and federal agencies to realize the promise of the RAISE Family Caregivers Act and champion bipartisan actions outlined in the National Strategy to Support Family Caregivers. It comes on the heels of an [executive action](#) taken by the White House to support family caregivers and direct care workers in an initial step toward implementation of the National Strategy.

We welcome non-profit and corporate partners committed to accelerating the implementation of the National Strategy to Support Family Caregivers to join the campaign. We will provide you with opportunities to amplify the campaign's work and with ways to engage in our advocacy efforts on family caregiving.

You can learn more [here](#).

From: National Alliance for Caregiving | Published: April 27, 2023

JOIN US



The National Alliance for Caregiving Applauds the Biden Administration's Sweeping Executive Action on Caregiving

The National Alliance for Caregiving applauds the Biden administration's efforts to address our nation's caregiving crisis by signing 50 executive actions

Caregivers for Severely Disabled Vets Getting Expanded Mental Health Services as Part of Biden Order

An executive order signed on April 18th by President Joe Biden will expand mental health services via telehealth for some caregivers of disabled veterans and

aimed at strengthening our care infrastructure. The administration's sweeping actions will better recognize and support family caregivers in healthcare settings, expand respite support for America's 11 million dementia caregivers, and strengthen mental health supports for the caregivers of military veterans.

*From: National Alliance for Caregiving |
Published: April 19, 2023*

[VIEW THE FULL
STATEMENT >](#)

suggests that the Department of Veterans Affairs broaden veterans' access to its family caregiver program as well as home health services.

Under the order, the VA must develop a new pilot program offering telehealth psychotherapy -- therapy provided over the phone -- for caregivers who are enrolled in the Program of Comprehensive Assistance for Family Caregivers, also known as the Family Caregiver Program.

From: Military.com | Published: April 19, 2023

[READ MORE
>](#)



NAC NEWS AND UPDATES

A virtual briefing on

President Biden's Executive Order on Family Caregiving

May 8th, 3:00-4:00 PM EDT



A Virtual Briefing on President Biden's Executive Order on Family Caregiving

May 8, 2023 | 3:00 PM - 4:00 PM ET | Online

Join us to learn more about the Biden-Harris Administration's recent Executive Order on increasing access to high-quality care and supporting caregivers. The briefing will highlight how the Executive Order's actions impact family caregivers and those they care for. The panelist will discuss how policymakers can continue to support family caregivers. During this webinar you will hear from the Elizabeth Dole Foundation, PHI, AARP, and the National Alliance for Caregiving.

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

REGISTER



JUST RELEASED!

Supporting Diverse Family
Caregivers: A Guide for
Patient Advocacy Groups

DOWNLOAD NOW

NEW RELEASE -- Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups

The National Alliance for Caregiving (NAC) has released a new publication to assist patient advocacy groups in their efforts to support diverse family caregivers. Through research with professional patient advocacy group representatives and diverse family caregivers in the condition areas of lung cancer, heart disease, blood cancer and lupus, *Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups* addresses the impact of culture and identity on the way that family caregivers provide care, and introduces ways in which patient advocacy groups can support their caregiving experience through culturally responsive resources and supports. The number of diverse family caregivers in the United States is growing yearly, and their aggregate number will soon surpass non-Hispanic white, non-LGBTQ+ caregivers. This guide was created with support from AstraZeneca.

To learn more, click the red button below.

LEARN MORE



Caregiving is
an emotional
experience.



CALL: 1.888.665.2190

to tell us about the challenges and joys
you experience as a family caregiver.



The National Alliance for Caregiving Opens Phone Line for Family Caregivers to Talk About Their Mental Well-Being

Sponsored by Traverre Therapeutics, the National Alliance for Caregiving is spearheading a project to advance the mental well-being of family caregivers in the United States. NAC wants to hear from family caregivers on the joys, challenges and struggles they've faced on their caregiving journey in order to better understand their needs and the supports and interventions that can be introduced to assist them.

If you're a family caregiver or have cared for someone in the past, call **1-888-665-2190** to share your caregiving story and the feelings associated with it.

If you would prefer to write out your response rather than leave an audio message, you may do so [here](#).

We want to know:

- What joys have you experienced as a caregiver?
- How are you feeling about being a caregiver?
- What are challenges you have faced as a caregiver?
- What are concerns you have about providing care?

The message you leave will inform policy and practice efforts to improve support for family caregivers like you! All messages left will be anonymous, with only the transcript being used to help us advocate for change.

To learn more, click the red button below.

LEARN MORE

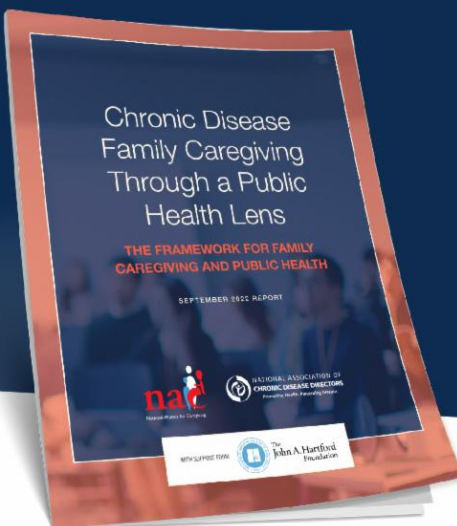




It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores 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
>



The image shows the cover of a report. The title 'Chronic Disease Family Caregiving Through a Public Health Lens' is in white font. Below it, the subtitle 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' is in red font. The date 'SEPTEMBER 2022 REPORT' is printed below the subtitle. The NAC logo and 'National Alliance for Caregiving' text are in the bottom left corner. The background of the cover features a group of people in a meeting setting.

JUST RELEASED!

Chronic Disease Family Caregiving
Through a Public Health Lens
THE FRAMEWORK FOR FAMILY
CAREGIVING AND PUBLIC HEALTH

DOWNLOAD NOW

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.

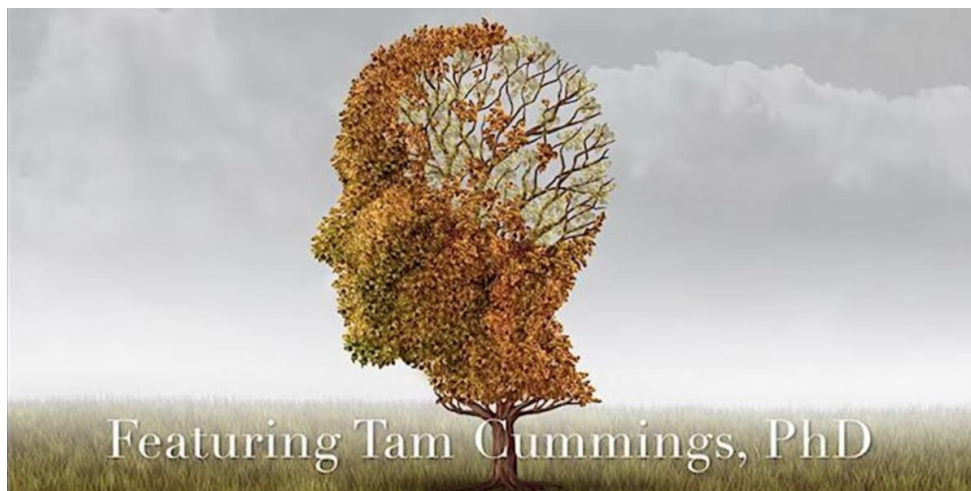
To read the report and access our findings, click the red button below.

VIEW THE REPORT



EVENTS & OPPORTUNITIES

APRIL



Pain and Other Assessments in a Person with Dementia

April 27, 2023 | 11:00 AM - 12:00 PM ET | Online

Tune in on April 27th for an online session in which Dr. Tan Cummings will discuss Pain and Other Assessments in a Person With Dementia. Professionals use a variety of tools to determine decline and remaining function in Persons With Dementia. Specific tools help give physicians, nurses and caregiving staff a better picture of what is happening to the

resident. Assessing for depression, anxiety, ADLs, IADLs, Pain, etc., keeps arguments out of the doctor's office and helps us to assist families in understanding the disease process.

Pain causes an estimated 50 percent of the behaviors in a Person With Dementia. Learn how to assess, plan and provide for pain treatment, including the use of narcotic medications.

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

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Nominations for the Patient Engagement Advisory Committee

Deadline for nominations: May 1, 2023

The Food and Drug Administration (FDA) is requesting nominations for voting members, excluding consumer and industry representatives, to serve on the Patient Engagement Advisory Committee in the Center for Devices and Radiological Health. Nominations will be accepted for upcoming vacancies effective with this notice. FDA seeks to include the views of members of all gender groups, members of all racial and ethnic groups, and individuals with and without disabilities on its advisory committees and, therefore, encourages nominations of appropriately qualified candidates from these groups.

To learn more, click the red button below.

REGISTER
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MAY



Caregiver Mental Health: How to Reduce Anxiety for Better Living

May 2, 2023 | 12:00 PM - 1:00 PM ET | Online

The caregiving role can bring forth many different feelings and emotions, and anxiety is one which can be problematic for those managing care. In observance of Mental Health Week this May, we welcome back Dr. Patrick McGrath to talk about:

- Anxiety in caregivers
- How to notice and address it
- Practical and unique tips to support your mental health

Dr. Patrick McGrath is a clinical psychologist and Emeritus Professor of Psychiatry at Dalhousie University and a scientist at the IWK Health Centre where his research is based. He is an Adjunct Professor of Psychiatry at the University of Ottawa and founder and president of 90Second Health Letters. He frequently treats caregivers with anxiety in his private practice.

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

REGISTER



As Dementia Progresses: Moderate to Advanced Stage

May 2, 2023 | 1:00 PM - 2:00 PM ET | Online

Join Banner Alzheimer's Institute on May 2nd for an online class that will discuss the moderate to advanced stages of Alzheimer's disease or related dementias. Attendees will learn about expected changes in memory, thinking, mood, behavior and function as the disease progresses. Practical strategies will be provided to assist caregivers to find success in their efforts.

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

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THE MATHISON CENTRE

for MENTAL HEALTH RESEARCH & EDUCATION

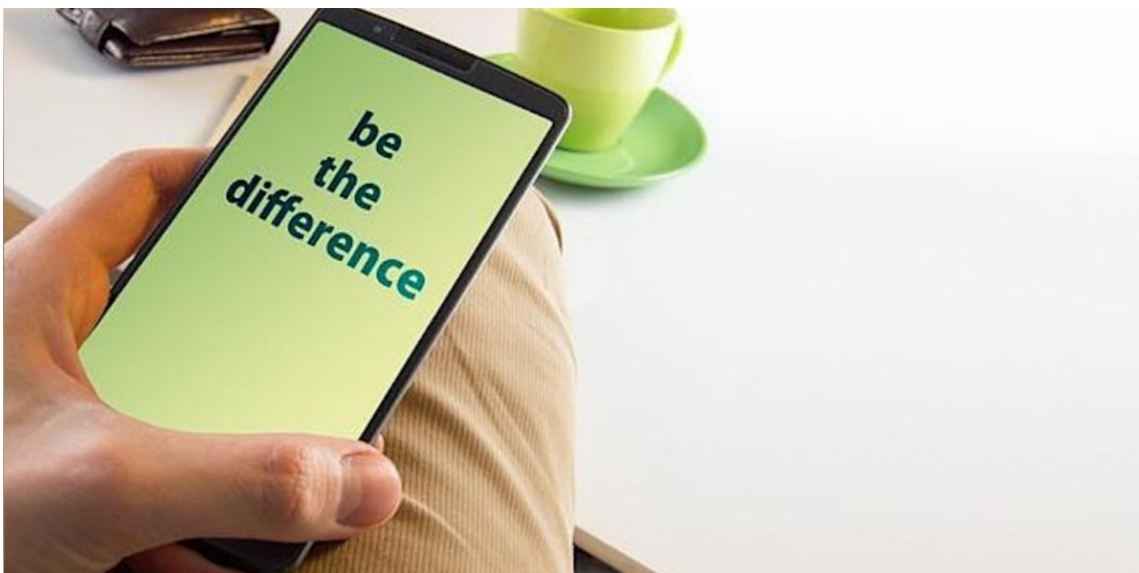
Understanding Dementia: Causes, Treatments and Living Your Best Life

May 4, 2023 | 8:00 PM - 9:00 PM ET | Online

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. There is no proven cure for dementia. Research suggests that combining healthy habits promotes good brain health and reduces risk of cognitive decline. Join experts from the Mathison Centre in Calgary to discuss research on the causes, treatments, impact and what resources there are to support patients and families.

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

REGISTER



What's My Caregiving Impact?

May 5, 2023 | 1:00 PM - 2:00 PM ET | Online

According to recent research:

*Eight in 10 (80%) family caregivers are interested in paying for products or services to help them manage

*Almost nine in 10 (87.9%) cannot identify any companies that stand out in helping them as caregivers.

Family caregivers need a local resource who can guide them, support them and encourage them. They need someone like you.

When a personal caregiving experience ends, you may wonder: How can I make a difference to make the experience easier for family caregivers?

Because of your personal caregiving experience, you'll look at your life's work with a fresh perspective. Join Denise Brown on May 5th for an interactive workshop that will help attendees see possibilities for their careers or volunteer work.

Denise began helping family caregivers in 1990 and launched one of the first online caregiving communities in 1996. She managed the community until its sale in March 2020 in order to focus on her training and development programs. She began helping her father in 2004 after his bladder cancer diagnosis. She helped her mom from for seven years until her death in August 2022.

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

REGISTER
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Parkinson's IQ + You, Mid-Atlantic

May 6, 2023 | 8:00 AM - 1:15 PM ET | Wilmington, Delaware
Chase Center on the Riverfront (815 Justinson Street)

Join the Michael J. Fox Foundation in Wilmington, Delaware on May 6, 2023, for Parkinson's IQ + You, a free educational event designed for people with Parkinson's and their loved ones. This in-person event features a program with sessions on navigating Parkinson's, managing care and learning about research participation. The accompanying Partner Expo includes information on treatment options and local resources for the Parkinson's community.

To learn more or to register for this event, click the red button below.

LEARN MORE
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30-Minute Gentle Yoga for Caregivers

May 7, 2023 | 2:00 PM - 2:30 PM ET | Online

Yoga4Caregivers helps caregivers feel supported, empowered and connected on and off the yoga mat. Its classes offer simple and accessible breathing exercises, stretches, and guided meditation for everybody and are created with the overwhelmed caregiver in mind. Classes range from 5 minutes to 45 minutes. No experience is necessary. Learn more about Yoga4Caregivers by visiting www.yoga4caregivers.com.

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

REGISTER



Advance Directives: What Families Should Know

May 8, 2023 | 10:00 AM - 11:00 AM ET | Online

Making medical decisions can be difficult when facing any illness. That is why an advance directive is so important to have. In this workshop we will discuss what advance directives are, who needs to have them and more.

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

REGISTER





Successful Public Health Approaches in Dementia Caregiving - Wisconsin

May 9, 2023 | 2:00 PM - 3:00 PM ET | Online

Join the BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC) on May 9th for a discussion about Wisconsin's approach to dementia caregiving. This is an episode in the organization's virtual roundtable series on individual states. The session will begin with an overview of the state's efforts in dementia caregiving, followed by a Q&A with attendees about key takeaways and ideas for action in their states and communities. This series offers a great opportunity for knowledge exchange, peer-learning and idea generation.

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

REGISTER



Alzheimer's Program: Healthy Living for Your Brain & Body

May 9, 2023 | 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 the Kedlac Neurological Resource Center on May 9th 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 for this event, click the red button below.

REGISTER





**SAINT LOUIS
UNIVERSITY™**

Essentials of Family Caregiving

May 10, 2023 | 1:00 PM - 2:00 PM ET | Online

Please join Dr. Max Zubatsky, PhD, LMFT- Associate Director, Gateway Geriatric Education Center, Saint Louis University for training on Essentials of Family Caregiving reviewing common caregiver questions, areas of needed support, and how to avoid burnout. This is 2 of 3 aging-related training topics hosted virtually and sponsored by the Systems Change for Aging & Behavioral Healthcare (Systems ABC) Grant awarded by the Missouri Foundation for Health.

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

REGISTER



A Caregiver's Guide to Finances

May 10, 2023 | 6:00 PM - 7:00 PM ET | Online

Are you expecting to care for someone – or are you already caring for someone -- facing Alzheimer's disease, dementia or another chronic illness? It's never too early (or too late) to put smart plans in place to help protect your own and your loved one's financial security.

Join us to learn strategies for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. We'll cover such topics as designating a power of attorney, protecting against financial abuse and fraud, and finding helpful legal and financial resources.

How to Join

Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. Please do not opt out of event-related email, as you will be emailed a link to join the presentation via Zoom prior to the event.

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

REGISTER



Register Now!

6th Annual Older Adult Mental Health
Awareness Day Symposium

May 11, 2023

CEUs offered for multiple disciplines



6th Annual Older Adult Mental Health Awareness Day Symposium

May 11, 2023 | 10:00 AM - 5:00 PM ET | Online

The National Council on Aging is proud to host the 6th annual Older Adult Mental Health Awareness Day Symposium. It will feature leaders in the field who are successfully partnering across sectors to provide equity-focused solutions to improve older adult mental health.

This event is co-sponsored with the U.S. Administration for Community Living, the Health Resources and Services Administration, and the Substance Abuse and Mental Health Services Administration. Registration is free and includes a full day of sessions on how to best meet the mental health needs of older adults. In partnership with Rush University's E4 Center of Excellence for Behavioral Health Disparities in Aging, NCOA anticipates offering free continuing education credit for several professions.

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

REGISTER





Care to the End of Life

May 11, 2023 | 11:00 AM - 12:00 PM ET | Online

Tune in on May 11th for a pre-recorded session featuring Dr. Tam Cummings. Dr. Cummings will give important information: Preparing the Caregiver for End-of-Life Care. 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.

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

REGISTER
>

Why You Need Medication Literacy

May 11, 2023 | 6:00 PM - 7:00 PM ET | Online

About the Event

Insufficient medication literacy -- the ability to obtain, process and use information about medicines -- may be one reason that some older adults struggle with taking their drugs.

Taking the right medicine in the right way and at the right time can definitely be challenging, as is managing multiple drugs for yourself or a loved one. This discussion will explore what medication literacy is, how different levels of literacy can impact the ability to make sound medication decisions, and ways to improve your medication literacy. This event is part of a series for caregivers offered by AARP Massachusetts.

How to Join

Please note that you must be signed in to your AARP.org account or create an account to register for events. AARP membership is not required. Please do not opt out of event-related email, as you will be emailed a link to join the presentation via Zoom prior to the event.

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

REGISTER



Understanding Dementia for Family and Friends

May 12, 2023 | 10:00 AM - 12:00 PM ET | Online

Join CaringKind on May 12th for a seminar that will provide family members and friends information about Alzheimer's disease and other dementias, discuss the different stages of the disease and what to expect. The presentation will include an overview of CaringKind's programs and services and other available resources and services.

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

REGISTER



Addressing the Rising Mental Health Needs of an Aging Population: A Workshop

May 15-16, 2023

Online and in-person at the National Academies Keck Center (Washington, DC)

On May 15-16, a National Academies of Sciences, Engineering, and Medicine planning committee will organize and host a public workshop to explore the current state of mental health care for older adults in the United States and potential strategies to address the mental health needs and challenges of our aging population.

Invited presentations and discussions will be designed to:

- Discuss the incidence and prevalence of mental health and substance use conditions among older adults as well as the range and availability of services to address those needs.
- Explore strategies to improve the quality, capacity, equity, and access of community-based and institutional mental health services for older adults.
- Consider ways to build and sustain comprehensive programs to support the well-being of older adults with mental health conditions (e.g., dementia).
- Explore current and new approaches to help older people with mental health disorders to live where they prefer in the community and to support their family caregivers.
- Review knowledge gaps that impede progress in identifying and providing appropriate care for individuals with mental health and substance use conditions, which could be addressed through new research

This event can be attended online or in-person. To register, click the red button below.

REGISTER



A Caregiver Roadshow

May 17, 2023 | 1:00 PM - 2:00 PM ET | Online

Join AARP on May 17th for a conversation designed for unpaid family caregivers who are the backbone of our health care system. Gain an understanding of what you need to know as you navigate the care journey: how to start a conversation with loved ones about their wishes, making an effective caregiving plan, types of caregiving supports and services that might be available in your community, AARP resources for family caregivers, options for paying for care, and how to take care of yourself while you're on your caregiving journey. This session is live and not recorded.

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

REGISTER



Enhancing Care Program for Care Partners Information Session

May 17, 2023 | 6:30 PM - 7:30 PM ET | Online

Join the Alzheimer's Society of Durham Region in Ontario for a Zoom session for care partners of a person living with dementia and health care providers to learn more about the Enhancing Care Programs, TEACH and CARERS, two programs developed by Reitman Centre at Sinai Health System to support the needs of caregivers and aid in the enhancement of coping and practical skills.

TEACH: TEACH stands for Training, Education and Assistance for Caregiving at Home. TEACH is a therapeutic group intervention with the goal of providing education while enhancing coping skills of care partners. A vital aspect of TEACH is the group support where care partners have the opportunity to share and learn from other care partners, often discussing common problems and strategies that have worked for others. TEACH is widely open to any kind of care partner, whether they are just starting out in this role or

have been caregiving for a long period of time.

CARERS: CARERS stands for Coaching, Advocacy, Respite, Education, Relationship, Simulation. CARERS is an eight-week program for primary caregivers of people living with dementia and this program is more in-depth than TEACH and consists of 2-hour sessions each week. CARERS focuses on practical skill-based tools and emotional supports needed to provide care for someone with dementia. It is structured around therapeutic relationships, adult learning which includes experiential learning through the use of simulation and problem-solving techniques.

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

REGISTER



A Caregiver's Guide to Wellness

May 18, 2023 | 12:00 PM - 1:00 PM ET | Online

Join AARP of North Carolina on May 18th for an online event featuring Shevel Mavins and Kaii Marie Robertson, cofounders of the Behavioral Health Mind Body Academy, that will explore the importance of developing a caregiver self-care plan and how to go about doing so. For example, it's a good idea to consider the benefits of arranging for respite care when you're taking care of a loved one at home and of making time for walking and exercise.

Effective caregivers understand their limitations and request help as needed, so identifying a backup support system is a key step. While it can be tough to call on assistance, the presentation will cover how to discuss sharing the responsibility of caring for a loved one with your family. You'll also get suggestions of apps that can help you manage your loved one's medical affairs.

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

REGISTER



Making 'Cents' of Caregiving Costs

May 18, 2023 | 6:00 PM - 7:00 PM ET | Online

In this informative session, you'll be introduced to essential information caregivers need to know to more easily manage the costs and complexities of caregiving -- on creating a health care plan, choosing a power of attorney and budgeting for housing and transportation costs, for example. AARP's **Financial Workbook for Family Caregivers** will be reviewed, we'll explore how to incorporate the financial tips into your caregiving, and additional resources will be provided.

By the end of the session, we hope you have the confidence to make your own plans, as well as understand how to best plan for your care recipient. The presentation, part of a multi-event Caregiving series from AARP Massachusetts, will be given by a trained AARP volunteer and will include time for Q&A.

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

REGISTER



TRANSPLANT *community* UNMET NEEDS SUMMIT

The Transplant Community Unmet Needs Summit

May 19, 2023 | 10:00 AM - 3:00 PM ET | Online

The Transplant Community Coalition is launching the inaugural Transplant Community Unmet Needs Virtual Summit May 19th! The one-day virtual event will feature empowering and educational sessions such as Building Your Mental Health Toolbox, Being the CEO of Your Care, State of Transplant Policy and more.

To learn more or to register for this event, click the red button below.

REGISTER



METTLE
HEALTH

Conversations and Events

Advance Care Planning: Advance Directives Deep Dive

May 19, 2023 | 1:00 PM - 2:00 PM ET | Online

Advance directives are tricky to complete if you don't understand the context or consequences of the medical decisions you are asked to make. What is a health care proxy, and what does the role entail? What does artificial nutrition actually entail? How about a ventilator? Putting yourself into a future state is hard enough, but much harder when you don't fully understand the implications of what you're signing up for.

Join BJ Miller, Mettle Health founder, palliative care and hospice physician and author, for an informal and interactive conversation on what's in an advance directive and how to complete them. Advance care planning IS confusing, and we hope to shed some light in this session.

All online discussions begins with a basic overview of the day's topic before opening up to the group for Q&A and conversation. This session should feel as supportive as it does educational, so bring your questions and comments, or feel free to just listen. Together, we'll explore real life examples and address your questions on the topic.

Discussions are held online and once registered, you will receive a link via email to join on video or by phone.

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

REGISTER
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Comfort for Caregivers: Strategies for Dealing with Caregiver Stress

May 22, 2023 | 10:00 AM - 11:00 AM ET | Online

Caring for a loved one strains even the most resilient people. In this workshop, we will discuss strategies for dealing with caregiver stress and learn effective ways to preserve your own health and well-being. There will be time for Q&A following the presentation.

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

REGISTER
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Sundowning

May 24, 2023 | 8:30 AM - 10:00 AM ET | Online

You may have heard the term “sundowning”. It refers to the agitation or state of confusion occurring in the late afternoon and lasting into the night experienced by someone with dementia. It’s a really common side affect of dementia and it is particularly apparent in the autumn and winter months as the days are shorter and the night rolls in earlier.

Sundowning can cause different behaviors, such as confusion, anxiety, aggression or ignoring directions. It can also lead to pacing or wandering. These behaviors can be particularly difficult for a carer to manage and can increase your own anxiety as the late evening / afternoon starts to approach.

Join the UK's Dementia Carers Count on May 24th for a presentation and exploration of sundowning. This session is for you if you ...

- want gain a better understanding of the factors that may contribute to early evening agitation or sundowning

- would like to consider your own needs at this time as well as the person with dementia
- want to spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- would like to meet other people who are taking care of a friend or family member with dementia in a similar situation

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

REGISTER
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Eldercare Caregiving Grief and Guilt

May 24, 2023 | 1:00 PM - 2:00 PM ET | Online

When you become a caregiver, quite often some huge emotions come along for the ride. Emotions such as Grief & Guilt.

Join Amy Friesen, Founder of Tea & Toast, Best-Selling Author, Speaker and Educator, and Margaret Dennis, Founder of Evolv Coaching as they explore these big emotions. Why do these emotions happen & how to recognize them (it isn't always what you think!).

Learn strategies on how you can support yourself and your loved ones when these emotions surface.

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

REGISTER
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Stages and Progression of Dementia

May 24, 2023 | 2:00 PM - 3:00 PM ET | Online

Dementia is the umbrella term for the category of illnesses that cause memory loss and the deterioration of mental functioning. Dementia occurs due to physical changes to the brain. Join MemoryLane Care Services for a webinar that will discuss the stages and progression of dementia as well as resources to support you and your loved ones.

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

REGISTER



CONFIDENCE Financial Education Program: May 25 - June 22, 2023

Thursdays, May 25 - June 22, 2023 | 5:00 PM - 7:00 PM ET | Online

Join the University of Southern California Family Caregiver Support Program for a virtual program designed to help Latino and Hispanic family caregivers to persons living with Alzheimer's disease or a related dementia lower the out-of-pocket costs of caregiving. Over 5 weeks, caregivers will meet virtually and gather in group in sessions led by trained

facilitators to discuss: how to navigate community resources, strategies for seeking help, how to balance employment and caregiving, and more!

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

REGISTER



Setting Boundaries for Healthy Relationships and Caregiver Self-Care

May 25, 2023 | 7:00 PM - 8:30 PM ET | Online

Healthy boundaries are essential for any caregiver supporting a loved one living with depression. Boundaries provide structure in relationships and ensure that everyone involved is respected and gets their needs met. By setting clear limits, you can prioritize your wellness while continuing to be a support for your loved one.

Taking the time to nurture yourself emotionally, mentally, and physically can help you remain strong despite the demands of caregiving and avoid caregiver burnout. Learn how to develop and affirm your boundaries to promote your own wellness and strengthen your relationship with your loved one.

Join Families for Depression Awareness on Thursday, May 25, 2023, from 7:00 PM to 8:30 PM ET to hear from Jenny Woodworth, LISW, to learn how to define boundaries as they relate to familial relationships. You'll learn why boundaries are necessary when supporting a loved one with a mood disorder and how to apply boundaries as a form of self-care.

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

REGISTER





Sleep & Dementia

May 29, 2023 | 2:30 PM - 4:00 PM ET | Online

Disturbances in the sleep cycle are common with people suffering from dementia. Join the Alzheimer's Society of Durham Region in Ontario for an online event that will explore how sleep affects our brain, and how changes influence behaviours, and ways to ensure good sleep hygiene.

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

REGISTER
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JUNE



Dealing With Dementia

June 1, 2023 | 5:00 PM - 9:00 PM ET | Online

Being a caregiver for a family member or friend with dementia comes with its own set of unique rewards and challenges. Hosted by the Rosalynn Carter Institute, the Dealing with Dementia workshop is here to provide insights and guidance on dementia and the caregiver journey. Participants will be mailed a free, comprehensive Dealing with

Dementia guide designed specifically to help support caregivers.

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

REGISTER
>

Aspects of Caregiving

June 2, 2023 | 1:00 PM - 2:00 PM ET | Online

Join BJ Miller, Mettle Health founder, palliative care and hospice physician and author, for an informal and interactive conversation on caregiving and what it entails to be a caregiver.

All online discussions begins with a basic overview of the day's topic before opening up to the group for Q&A and conversation. This session should feel as supportive as it does educational, so bring your questions and comments, or feel free to just listen. Together, we'll explore real life examples and address your questions on the topic.

Discussions are held online and once registered, you will receive a link via email to join on video or by phone.

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

REGISTER
>

Under the Umbrella: The Clinical and Lived Experience of Vascular Dementia

June 7, 2023 | 4:00 PM - 5:30 PM ET | Online

Join the Banner Sun Health Research Institute on June 7th for a webinar about Vascular Dementia. This session is the second in a three-part series discussing some of the less common, though very real, forms of dementia that people are facing.

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

REGISTER
>



Caring for Your Caregiver

June 8, 2023 | 3:00 PM - 4:00 PM ET | Online

Your caregiver is your most valuable contact to help live a better life with Myasthenia Gravis. They need your understanding, patience, and care too. Join Toni Gities on June 8th for a webinar that will discuss the importance of caring for your caregiver.

Toni is the CEO of Caregiver Empowerment and the 2022 recipient of the Myasthenia Gravis Foundation's Emerging Leadership Award.

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

REGISTER
>



Caregiving Coffee: Managing Restlessness

and Sleep Issues

June 14, 2023 | 2:00 PM - 3:00 PM ET | Online

People with dementia often have trouble sleeping or may experience changes in their sleep schedule. There are many things you can do to help your family member sleep better. Join MemoryLane Care Services on June 14th for a webinar that will provide tips and resources.

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

REGISTER



Defining Dementia: Progression, Treatment & Strategies

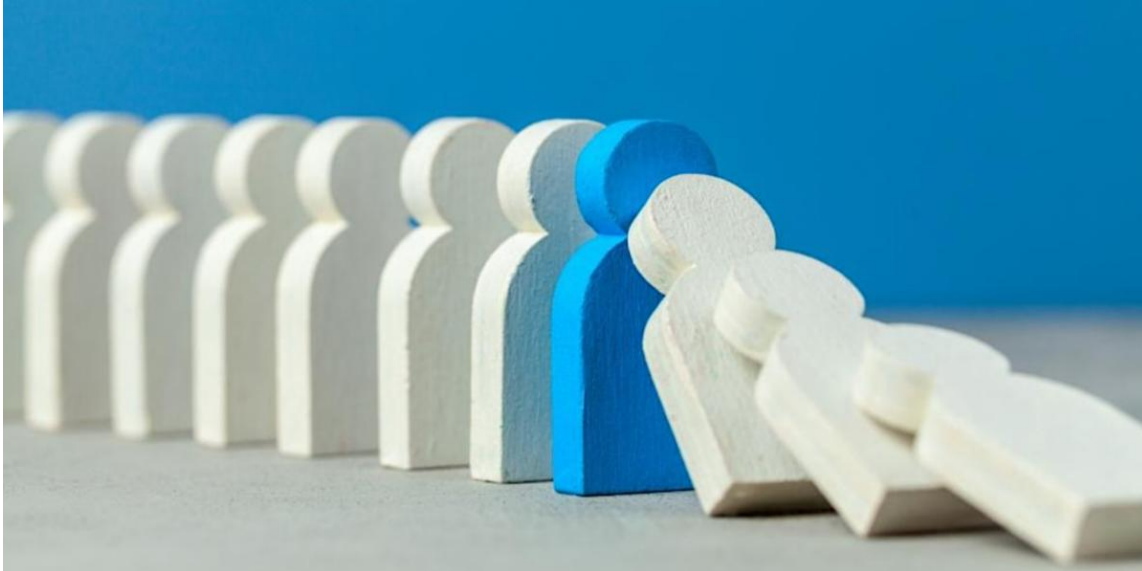
June 15, 2023 | 1:00 PM - 2:00 PM ET | Online

This online class reviews 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





Preventing and Managing Falls

June 21, 2023 | 2:00 PM - 3:00 PM ET | Online

Falls are a threat to the health of older adults and their ability to remain independent. Join MemoryLane Care Services on June 21st for a webinar that will discuss ways to eliminate trip hazards from your home to keep your family safe.

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

REGISTER



Young Onset Dementia

June 26, 2023 | 2:30 PM - 4:00 PM ET | Online

Join the [Alzheimer Society of Durham Region](#) (Canada) on June 26th for an online workshop that will distinguish Young Onset dementia from other types of dementia by identifying its core symptoms and by understanding the possible causes/risk factors that bring changes to brain structure and function. It will also discuss general ways of supporting people living with young onset dementia.

This session will be hosted on Zoom (with a phone in options).

Zoom session: Once you have registered for the session, you will receive a link with instructions on how to connect.

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

REGISTER
>

PATIENT AND CAREGIVER STUDIES

Improving Function in Older Adults with Chronic Pain and Cognitive Decline

Start: June 20, 2022

End: Dec. 31, 2026

Enrollment: 260

Who is sponsoring this study? Massachusetts General Hospital

Where is this study located? Massachusetts

What is this study about?

This study will evaluate the effectiveness of two programs designed to teach coping skills and lifestyle strategies to improve physical, cognitive, and emotional functioning in older adults with chronic pain and cognitive decline. Participants will be randomly assigned to either a mindfulness-based program or a lifestyle education program. Both programs will be delivered online in eight, weekly, 90-minute group sessions using Zoom. All participants will receive a treatment manual and a wrist device to track sleep and physical activity. At the start and end of the study and after six months, researchers will measure levels of cognition, pain, depression, stress, loneliness, and other factors related to well-being. Pain will be measured each week during the study.

Do I Qualify To Participate in This Study?

Minimum Age: 60 Years

Maximum Age: N/A

Must have:

- Chronic pain, not related to cancer, for more than three months
- Early cognition problems with:
 - Telephone Interview for Cognitive Status score > 17
 - Functional Activities Questionnaire score < 9
- Able to perform a six-minute walk test at an accelerated pace
- Able to read and speak English fluently
- Willing and able to wear a digital activity tracker on wrist and use a smartphone app to view and track step count and sleep data
- If currently using digital activity tracker, must be willing to stop wearing the tracker for the duration of the study
- If taking psychotropic or pain medication, must either stop at least two weeks prior to starting the study or dosage must be stable for at least six weeks and remain stable throughout the study
- Able to obtain clearance from a medical doctor for study participation and have no personal concerns about physical functioning

Must NOT have:

- Dementia or neurodegenerative disease diagnosis
- Current medical illness expected to worsen in the next six months
- Diagnosis of a serious, untreated mental illness (e.g., schizophrenia) or untreated substance use disorder
- Suicide risk or ideation
- Engaged in a mindfulness practice > 45 min/week or have had cognitive behavioral therapy in the past three months
- Engaged in regular intensive physical exercise for >30 minutes daily

For more information call Ana-Maria Vranceanu at (617)643-7996 or email her by clicking on the red button below.

LEARN MORE
>

Video-Based System for Assessing Cognitive Frailty in Older Adults

Start: Feb. 1, 2022

End: Dec. 31, 2024

Enrollment: 100

Who is sponsoring this study? Baylor College of Medicine

Where is this study located? Texas

What is this study about?

Cognitive frailty is the occurrence of both physical frailty and cognitive impairment in a person and is considered an indicator of cognitive decline. This study will evaluate the feasibility and accuracy of a video-based system, called the Frailty Meter, designed to measure cognitive frailty in older adults. The Frailty Meter system analyzes rapid, repetitive elbow movements to measure frailty, and the completion of memory-based tasks to assess cognition. All participants will receive a computer tablet containing the Frailty Meter and a wearable device to track physical activity. Every two months, for one year, participants will complete at-home cognitive frailty tests using the Frailty Meter. They will also visit the study clinic for cognitive frailty testing at the start of the study, at six months, and at 12 months. Researchers will assess changes in cognition function and cognitive frailty, and collect information about participants' experience with the system.

Do I Qualify To Participate in This Study?

Minimum Age: 50 Years

Maximum Age: 95 Years

Must have:

- Able to walk (okay to use a walker or cane)
- Cognitively healthy or diagnosed with one of the following:
 - Mild cognitive impairment
 - Mild or early-stage dementia
 - Montreal Cognitive Assessment score < 26

Must NOT have:

- Significant movement disorder affecting both arms
- Bedbound, unable to stand, or major mobility disorder

- Major hearing or vision impairment
- History of stroke in the last three months
- Receiving hospice or palliative care
- Unable to use videoconferencing (e.g., no internet at home, major hearing or vision problem)
- Unable to attend all study sessions, including the telehealth and or in-person clinic visits every two months (e.g., living farther than 30 miles from the clinic)
- Significant cognitive impairment, with Montreal Cognitive Assessment score < 16
- Severe dementia
- Severe depression or apathy
- History of drug or alcohol abuse in the last six months
- Unable to communicate in English

For more information call Bijan Najafi at (713)798-7536 or email him by clicking on the red button below.

LEARN MORE
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BrainPhyt to Improve Cognition in Older Adults

Start: May 1, 2022

End: Oct. 1, 2023

Enrollment: 40

Who is sponsoring this study? Microphyt

Where is this study located? Texas

What is this study about?

This study will examine the effects of the supplement BrainPhyt on cognition in older adults with age-related cognitive decline. Participants will be randomly assigned to take four BrainPhyt or placebo capsules daily for three months. At the start of the study, one month, and three months, participants will provide blood samples, complete memory tests, and answer questions about their stress level, sleep quality, and mood.

Do I Qualify To Participate in This Study?

Minimum Age: 55 Years

Maximum Age: 75 Years

Must have:

- Overall good health
- Body-mass index (BMI) between 18.5 and 35
- Living in a private home, alone or with family, and able to maintain health and hygiene without assistance
- Age-associated memory impairment, but no diagnosis of dementia, based on study screening, including:
 - Mini Mental State Examination score of > 24
- Willing to maintain:
 - Current diet and exercise routines
 - Consistent sleep duration the evening before each study visit

Must NOT have:

- Use of medications or supplements known to alter cognitive function within two weeks before study screening

- Abnormal laboratory test results that could affect study results
- History or presence of significant medical condition, including:
 - Heart, kidney, liver, hormone, lung, gallbladder, gastrointestinal, pancreatic disease
 - Neurological disorder (e.g., sleep disorder, head injury, Alzheimer's disease, Parkinson's disease, stroke, inflammatory brain disease)
- Cancer, except non-melanoma skin cancer
- Uncontrolled high blood pressure and/or diabetes
- History of depression within past two years or use of psychotropic medications within one month before study screening
- Planned major changes in lifestyle (e.g., diet, exercise level, travelling) during the duration of the study
- History of alcohol or substance abuse within the past year
- History of heavy smoking (> 1 pack/day) within the past three months

For more information call Richard Kreider at (979)458-1498 or email him by clicking on the red button below.

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Effects of Resistance Training and Yoga on Cognition in Older Adults

Start: Jan. 17, 2023

End: Sept. 30, 2023

Enrollment: 60

Who is sponsoring this study? University of Miami

Where is this study located? Florida

What Is This Study About?

This study will examine and compare the effectiveness of high-speed circuit resistance training and high-speed multidirectional yoga to improve cognition in older adults. Participants will be randomly assigned to one of these exercise programs. Participants in the resistance training group will complete 45-minute sessions three times per week for three months. Participants in the yoga group will complete one-hour sessions two times per week for three months. At the start of the study and at a one-month follow-up, participants will complete memory and thinking tests and answer questions about their diet and sleeping habits. Researchers will evaluate how each of the exercise programs affects cognition and investigate the role of diet and sleep.

Do I Qualify To Participate in This Study?

Minimum Age: 60 Years

Maximum Age: 99 Years

Must have:

- Normal cognition, with:
 - Montreal Cognitive Assessment > 23
 - No memory loss complaints

Must NOT have:

- Any medical condition that could prevent participation in an exercise training program, including:

- Uncontrolled cardiovascular or neuromuscular disease
- Muscle or bone conditions or injury
- Uncorrected hearing or vision impairment
- Neurological disease
- Stroke

For more information call Joseph Signorile at (305)284-3105 or email him by clicking on the red button below.

LEARN MORE



Online Therapy for Caregivers of People with Memory Loss

Start: February 16, 2023

End: June 2024

Enrollment: 100

Who is sponsoring this study? Utah State University

What is this study about?

This study will examine the effectiveness of a self-guided, online therapy program to increase overall well-being for caregivers of people with dementia or other significant memory loss. The therapy program is designed to build skills of acceptance, being present, and committed action to foster a sense of meaning in life. Participants will be randomly assigned to receive the program either right away or after one month. All participants will complete six online, self-guided, 30-minute sessions within one month. At the start of the study, after one month, and at a six-week follow-up, participants will answer questions about their mental health, caregiving experience, sleep, quality of life, and overall experience with the program.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Family caregiver to a person with dementia or other significant memory loss (caregiver is not required to live with the person with dementia to join the study)
- Distress due to caregiving role
- Able to read and write in English
- Access to a computer, smartphone, or tablet with internet connection

Must NOT have:

- Lives outside of the United States

For more information call Audrey Juhasz at (435)797-1594 or email her by clicking on the red button below.

LEARN MORE



Support Program to Reduce Pain Management Stress in Family Caregivers of Hospice Patients with Dementia

Start: July 15, 2022
End: Aug. 30, 2027
Enrollment: 300

Who is sponsoring this study? University of Pennsylvania

Where is this study located? Pennsylvania

What is this study about?

This study will evaluate the effectiveness of a videoconference support program, named ENCODE, to improve quality of life and reduce stress in informal caregivers managing pain for a person with dementia in hospice. Participants will be randomly divided into two groups. Both groups will have 40-minute videoconferencing sessions with a skilled professional once a week for three weeks. One group will also receive the ENCODE support program designed to address the caregivers' pain management challenges and concerns. Researchers will measure changes in quality of life, mental health, and pain levels experienced by the person with dementia at the start of the study, after three weeks, and after 40 days in follow-up.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years
Maximum Age: N/A

Must have:

- Family or informal caregiver of a person with Alzheimer's disease or a related dementia who is in hospice
- Have concerns about effectively managing the pain of the person with dementia
- Normal cognition or mild cognitive impairment
- Able to speak and read English
- At least a sixth-grade education

Must NOT have:

- Significant hearing loss that would interfere with the caregiver's ability to complete assessments by phone

For more information call George Demirir at (215)898-8559 or email him by clicking on the red button below.

LEARN MORE
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Online Memory Training to Promote Independence in Older Adults with Mild Cognitive Impairment

Start: February 1, 2022
End: December 2025
Enrollment: 65

Who is sponsoring this study? University of Delaware

What is this study about?

This study will evaluate the effectiveness of an online memory training program designed to improve independent living skills in older adults with mild cognitive impairment.

Participants will be randomly assigned to either begin the training program right away or to wait eight weeks. During the seven-week training, participants will interact in group online classes for one hour each week to learn strategies for using three different types of memory aids (calendars, timers, and notes). At the start of the study, and after eight and 16 weeks, all participants will complete questionnaires about their memory, daily functioning, and the use of memory aids and strategies. A small group of participants will also be randomly selected for video interviews after completion of the training. Researchers will measure changes in memory, everyday functioning, cognition, quality of life, and self-efficacy. Each participant will be involved in the study for approximately 18 weeks total.

Do I Qualify To Participate in This Study?

Minimum Age: 60 Years

Maximum Age: 90 Years

Must have:

- Amnesic mild cognitive impairment (primarily affects memory) from probable Alzheimer's disease
- If taking nootropic medication, dosage must be stable for at least two months prior to starting study
- Speak English

Must NOT have:

- History of a major psychiatric disorder (e.g., schizophrenia)
- Untreated major depression
- History of a medical disease or disorder that could contribute to cognitive impairment
- Major vision, hearing, or motor impairment that would affect the ability to complete study procedures, including the phone screening evaluation
- Substance use disorder in the past five years
- Current participation in another study related to memory

For more information call Alyssa Lanzi at (302)831-0420 or email her by clicking on the red button below.

LEARN MORE
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Smart Reminders to Promote the Use of Home-based Cognitive Training

Start: Nov. 7, 2022

End: March 1, 2024

Enrollment: 190

Who is sponsoring this study? Florida State University

Where is this study located? Florida

What is this study about?

This study will evaluate the effectiveness of an adaptive, personalized reminder system to improve adherence to a home-based cognitive training for older adults. All participants will engage in a cognitive training program from home, using a computer tablet. Participants will be randomly assigned to receive training reminders through either the smart reminder system or phone text messages over six months. Researchers will measure adherence to

the cognitive training program and changes in cognition. Information about personality, busyness, and technical skills will also be collected to inform the design of the personalized reminder system.

Do I Qualify To Participate in This Study?

Minimum Age: 65 Years

Maximum Age: N/A

Must have:

- Normal cognition
- Normal or corrected-to-normal vision

Must NOT have:

- Parkinson's or Alzheimer's disease, or any other neurodegenerative disease
- Terminal illness
- Blindness or deafness
- Severe motor impairment
- Not living in the Tallahassee area for the entire six-month study period
- Unable to read at or above a sixth-grade level

For more information call Walter Boot at (850)645-8734 or email him by clicking on the red button below.

LEARN MORE



UNIVERSITY OF MINNESOTA

Driven to DiscoverSM

Do You Know Someone with Memory Loss Living at Home?

The University of Minnesota is investigating a new technology that could make visiting with others easier.

The Smartwatch Reminder System is designed to help people with memory loss remember names and relationships by displaying photos and information about home

visitors on a wristwatch.

What

*A 6 month research study with 3 surveys. A few participants will be selected for in depth interviews.

Who is eligible

*People with mild to moderate memory loss and their care partner.

Where

*Participate from the comfort of home.

Why

*To understand whether and how the Smartwatch Reminder System can help people with memory concerns.

Each pair will receive up to \$150 for participating.

To learn more about this study, call (612)626-9576 or send an email to memoryaid@umn.edu.

To participate in the study, click the red button below.

JOIN THE STUDY



Boston Cognitive Assessment: Online Cognition Testing

Start: October 1, 2019

End: October 1, 2029

Enrollment: 10000

Who is sponsoring this study? Alzheimer's Light LLC

What is this study about?

The Boston Cognitive Assessment (BoCA) is an online test to measure cognition over time. BoCA uses random tasks that are different each time to assess various cognitive functions including memory, visual-spatial perception, attention, mental math, and language. Each time a participant completes the test, they receive their score immediately, followed by an email with a link to a full report and progress chart. The study aims to increase access to cognitive testing to support the monitoring of cognition over time. If changes in cognition are detected, the BoCA test may help doctors figure out if cognitive decline is caused by an underlying condition and provide appropriate care.

Minimum Age: 50 Years

Maximum Age: N/A

To enroll and participate, clicking on the red button below.

ENROLL



IN CASE YOU MISSED IT...

President Biden Gives Remarks Following Executive Order

on Expanding Child Care



On April 18, President Joe Biden signed an executive order with over 50 directives aimed at better recognizing and supporting family caregivers. According to President Biden, “The actions we’re taking today are about dignity, security, and peace of mind for working families and caregivers all across the country.”



RESEARCH & RESOURCES



Financing the Future

People with intellectual and developmental disabilities (IDD) must plan for how they will pay for the things they want and need in their life.

You don’t need a lot of money to plan — but you do need to make a plan!

A financial plan lays out the money and financial resources a person has, ways a person will save money over time, and items a person may want to pay for over their life.

To learn more, click the red button below.



LEARN MORE



THE DEMENTIAS

Hope Through Research

The Dementias: Hope Through Research

This guide from the National Institute of Health is an overview of research on Alzheimer's, vascular dementia, mixed dementia, CTE, frontotemporal disorders, Lewy body dementia, and more.

To view the guide, click the red button below.

VIEW THE GUIDE



AJN

American Journal of Nursing

Managing Older Adults' Chronic Pain: Higher-Risk Interventions

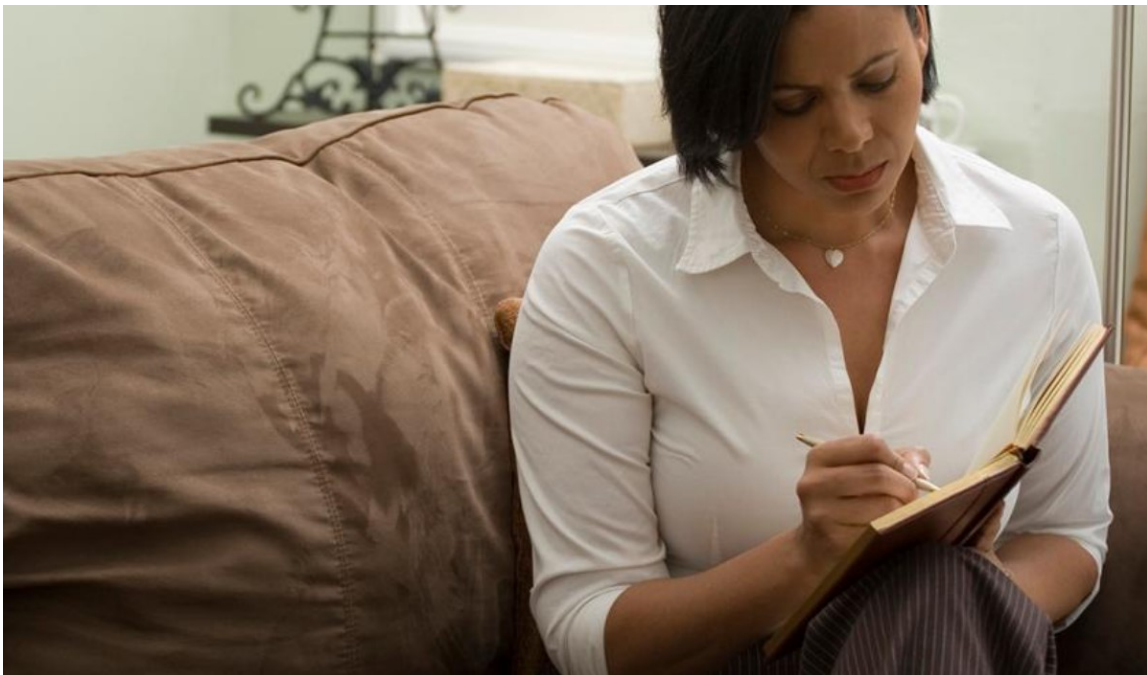
The American Journal of Nursing (AJN), in conjunction with the AARP Public Policy Institute, has published a paper, "Managing Older Adults' Chronic Pain: Higher-Risk Interventions." For health care providers, family caregivers, and care recipients, treating chronic pain while balancing concerns about adequate pain relief, functional improvement,

and harm avoidance can be challenging. When lower-risk treatment approaches (such as acetaminophen, topical medications, heat or cold, and massage) don't sufficiently alleviate older adults' pain, riskier treatments (such as nonsteroidal anti-inflammatory drugs [NSAIDs], adjuvant analgesics, opioids, and interventional procedures) may be needed.

This article discusses evidence-based, higher-risk strategies to control chronic pain and considerations for caregiver involvement in treatment planning and monitoring.

To view the research paper, click the red button below.

VIEW THE PAPER



The Saving Power of a Caregiving Journal

Throughout my tenure as a family caregiver, I used my journal as a historical record and place to vent without troubling anyone else. Other caregivers' journals are filled with worry lists or angry diatribes at a loved one's doctors, or used as a means of monitoring their own thoughts and moods. Still others keep gratitude journals in which they write down three moments of joy or humor they experienced during that day for which they felt grateful, as proof that caregiving isn't always gloom, doom and drudgery.

Regardless of the journaling format, research suggests that writing down our experiences decreases the likelihood we'll become depressed. As the website for the branch of popular psychology known as positive psychology notes, journaling "helps [people] build a buffer between their negative thoughts and their sense of well-being."

To learn more, click the red button below.

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Let's Talk about Being a Stroke Family Caregiver

Caregivers for stroke victims can be spouses, family members or friends. Often one person—spouse, adult child or parent—will provide most of the care.

It's important that caregivers and stroke survivors be “care partners.” The challenges to adjust to your new role may be easier if both share in decision-making. It's also important to share how you're feeling.

There is no “job description” for caregivers. Each caregiver's responsibilities vary with the unique needs of the stroke survivor. Role changes and new skills may need to be learned.

To learn more about caring for a stroke victim, click the red button below.

LEARN MORE





Support for Caregivers of Cancer Patients

If you're helping your family member or friend through cancer treatment, you are a caregiver. There are different types of caregivers. Some are family members, while others are friends. People of different races and cultures give care to others in their own way. Every situation is different and there isn't one way that works best.

Caregiving may be:

- helping with day-to-day activities such as doctor visits or preparing food
- giving medicines or helping with physical therapy or other clinical tasks
- helping with tasks of daily living such as using the bathroom or bathing
- coordinating care and services from a distance by phone or email
- giving emotional and spiritual support

To learn more, click the red button below.

LEARN MORE



Interest in stopping prescription medication

AMONG ADULTS AGE 50-80

82%
take prescription
medication



**Among those who take
prescription medication:**

80% are willing to stop taking one or more
medications if their health care
provider said it was possible

26% had stopped taking at least one
prescription medication taken for
more than a year

Views on Medication Describing Among Adults Age 50-60

Many older adults take multiple prescription medications, over-the-counter medications, and dietary supplements. Medications are important for preventing and managing a wide range of health conditions, but not all medications provide benefit for the person taking them, and some may become unnecessary or even unsafe over time.

In January 2023, the University of Michigan National Poll on Healthy Aging asked a national sample of adults age 50–80 about their medication use and experiences with stopping prescription medications. A full 80% of adults aged 50 to 80 would be open to stopping one or more of the prescription medicines they’ve been taking for more than a year, if a health care provider said it was possible. Already, 26% said they have done so in the past two years.

To learn more, click the red button below.

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Caring for Someone Who is Vocally Ungrateful

If you’re caring for someone who doesn’t appreciate your effort, who verbally abuses you, or who generally harms your emotional health, the ideal choice is to leave. At least, from the outsider’s perspective, it seems like that’s the case. However, it’s not always that easy.

So, if you can’t leave, aren’t ready to, or don’t want to, what can you do when someone’s vocally ungrateful for you and your care?

To learn more, click the red button below.

LEARN MORE



PREVIOUSLY APPEARED

An advertisement for PREPARE for THEIR care. It features a photograph of an elderly couple, a man and a woman, both smiling and looking at a tablet computer. The man is wearing a blue plaid shirt, and the woman is wearing a white shirt. The background is a soft-focus indoor setting. Overlaid on the right side of the image is the text "Tools to Help Families Make Medical Planning Easier" in a bold, blue, sans-serif font. At the bottom left of the image is the PREPARE logo, which includes a stylized sun icon and the text "PREPARE for THEIR care".

**Tools to
Help Families
Make Medical
Planning Easier**

PREPARE
for THEIR care

PREPARE for THEIR Care

PREPARE, a leading provider of evidence-based advance care planning tools, has

launched a new, easy to use program to support people as they help family and friends with their medical planning and decision-making. The new program, PREPARE for THEIR Care, provides videos and step-by-step guides to learn how to help other people with their medical planning and how make medical decisions on someone else's behalf.

After over ten years of empowering people to have a voice in their medical care through PREPARE for YOUR Care, PREPARE is using their platform to now help caregivers and surrogate decision makers with communication and decision-making skills so they feel more comfortable initiating advance care planning conversations with their family and friends.

PREPARE for THEIR Care shares valuable information about how to bring up the topic of medical planning, how to talk with family members and friends about their medical wishes, and how to help them write those wishes down. It also provides guidance on how to make medical decisions for those who can no longer speak for themselves, including understanding patients' quality of life priorities, how to talk with medical providers about treatment benefits, risks, and options, and how to deal with potential family conflict.

To learn more, click the red button below.

LEARN MORE



Sense of Smell Linked to Speed of Brain Loss and Cognitive Decline

Having a good sense of smell is associated with slower loss of brain volume and cognitive decline in older adults, and the link between sense of smell and brain and cognitive changes may be especially pronounced among those who develop cognitive impairment or dementia. These are the key findings from NIA-led research published recently in *Neurology*.

To learn more, click the red button below.

LEARN MORE





Alzheimer's May Increase DNA Variants in Brain Neurons

Neurons in the brains of people with Alzheimer's disease accumulate more DNA changes, called somatic variants, and these changes differ from those found in individuals without the disease. The findings from this NIA-funded study, published in *Nature*, suggest a link between genomic damage to neurons and the development of pathological hallmarks of Alzheimer's.

To learn more, click the red button below.

LEARN MORE



Falls and Fractures in Older Adults: Causes and Prevention

A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age. However, many falls can be prevented.

To learn more, click the red button below.

LEARN MORE



Relieving Treatment-Resistant Depression in Older Adults

Depression is common among older adults, and treatment with standard antidepressants doesn't always work. When a person's depression persists after trying at least two different antidepressant drugs, it is called treatment-resistant depression. In these cases, physicians may add a second medication. Alternatively, they might suggest switching to a different class of antidepressant. But there's only limited evidence from clinical trials about which approaches might be best.

To learn more, click the red button below.

LEARN MORE



Families for Depression Awareness

Be Good to Yourself by Practicing Self-Care

Dealing with depression or bipolar disorder also takes a toll on you, the caregiver, and your relationships with other family members and friends. It can be a balancing act between helping the person living with a mood disorder while still supporting yourself and others in your life. Taking time for self-care and setting and enforcing boundaries can help you maintain this balance.

To learn more, click the red button below.

LEARN MORE



Getting Started with Long-Distance Caregiving

Anyone, anywhere, can be a long-distance caregiver, no matter your gender, income, age, social status, or employment. If you are living an hour or more away from a person who needs your help, you're probably a long-distance caregiver. Anyone who is caring for an aging friend, relative, or parent from afar can be considered a long-distance caregiver.

Long-distance caregivers take on different roles. Over time, as your family member's needs change, so will your role as long-distance caregiver.

To learn more, click the red button below.

[LEARN MORE](#)



Eight Tips for Long-Distance Caregiving

Long-distance caregiving presents unique challenges. If you find yourself in the long-distance caregiving role, here is a summary of things to keep in mind.

Experienced caregivers recommend that you learn as much as you can about your family member or friend's illness, medicines, and resources that might be available. Information can help you understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management. It can also make talking with the doctor easier. Make sure at least one family member has written permission to receive medical and financial information. To the extent possible, one family member should handle conversations with all health care providers.

To learn more, click the red button below.

[LEARN MORE](#)



Brain Donation: A Gift for Future Generations

Brain Donation FAQs: A Gift for Future Generations

Brain donation helps researchers study brain disorders, such as Alzheimer's disease and related dementias. One donated brain can make a huge impact, potentially providing information for hundreds of research studies. This helps researchers learn how the brain is affected by diseases and how we might better treat and prevent them.

The National Institute on Aging has provided an infographic to help spread the word about brain donation.

To view the infographic, click the red button below.

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Alzheimer's Disease Facts and Figures

The 2023 edition of *Alzheimer's Disease Facts and Figures*, an annual report released by the Alzheimer's Association, reveals the burden of Alzheimer's and dementia on individuals, caregivers, government and the nation's health care system.

The accompanying special report, *The Patient Journey in an Era of New Treatments*, examines the importance of conversations about memory at the earliest point of concern, as well as a knowledgeable, accessible care team to diagnose, monitor disease progression and treat when appropriate. This is especially true now, in an era when treatments that change the underlying biology of Alzheimer's are available.

To view the report, click the red button below.

VIEW THE REPORT



What Causes Alzheimer's Disease?

Scientists don't yet fully understand what causes Alzheimer's disease in most people. The causes probably include a combination of age-related changes in the brain, along with

genetic, environmental, and lifestyle factors. The importance of any one of these factors in increasing or decreasing the risk of Alzheimer's disease may differ from person to person.

Alzheimer's disease is a progressive brain disease. It is characterized by changes in the brain—including amyloid plaques and neurofibrillary, or tau, tangles—that result in loss of neurons and their connections. These and other changes affect a person's ability to remember and think and, eventually, to live independently.

To learn more, click the red button below.

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Aging & Disabilities Issues 2023: A Guide for Hawai'i's Legislators, Organizations and Citizens

This 2023 issue of the Aging & Disabilities Issues report is the 18th annual publication that offers an overview of legislative issues dealing with aging, disability, caregiving, and long-term care services and supports in Hawai'i. This report calls attention to the priority issues that deserve the serious attention of our lawmakers, advocates, and the public. It is a joint project of the Hawai'i Family Caregiver Coalition (HFCC), the Policy Advisory Board for Elder Affairs (PABEA), the Executive Office on Aging (EOA), the Hawai'i Pacific Gerontological Society (HPGS), and the Maui County Office on Aging (MCOA).

To view the guide, click the red button below.

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A Journey of Compassion, Empathy & Courage

*by Rosa Barker
Photography by Brian Suda*



A Journey of Compassion, Empathy & Courage

A common thread runs through a tapestry of three stories. Having experienced the caregiving role themselves, Savina Makalena, Gary Simon and Gary Powell all saw the need to support individual caregivers and the various entities involved in providing that support. And seeing that need, they all decided to help fulfill it, each in their own way.

To view the guide, click the red button below.

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Racial Disparities in Pulmonary Fibrosis Outcomes

Pulmonary fibrosis (PF) involves progressive scarring of lung tissue. The disease usually occurs in people older than 50. Smoking increases the risk for PF, but in many cases the cause of the disease isn't known. There is no cure, and up to half of patients die within five years of diagnosis. Racial and ethnic minority groups generally face increased risks of illness and death due to health disparities. But in the case of PF, little has been known about whether the disease affects people from different racial and ethnic groups differently.

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How Exercise Leads to Sharper Thinking and a Healthier Brain

To build a better brain, just exercise.

That's the message of two important new studies of how physical activity changes our minds. In one, scientists delved into the lives, DNA and cognition of thousands of people to show that regular exercise leads to much sharper thinking.

Another study helps explain why exercise is good for the brain. Researchers found that just six minutes of strenuous exertion quintupled production of a neurochemical known to be essential for lifelong brain health.

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How to Support Your Loved One with Pulmonary Fibrosis

It is not always clear how you can help someone with pulmonary fibrosis. It is a disease that is very stressful and a diagnosis can be difficult on family, friends and caregivers. Here are some ways you can support a loved one diagnosed with PF.

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Alzheimer's and HRT: Study Suggests Sweet Spot to Avoid Dementia

Alzheimer's disease strikes women harder than men — over two-thirds of those who descend into dementia's devastating twilight are female at birth. That's likely due to biological reasons that remain poorly understood, according to the Alzheimer's Association.

One key piece of the enigma: Women lose sexual hormones such as estrogen when they undergo menopause, either naturally through the body's decreased production or by removal of the ovaries via surgery. However, just how the loss of those hormones and the impact of hormone replacement therapy, or HRT, affects dementia risk is also unclear.

A new study may have uncovered a piece or two of the puzzle. Women who underwent early (age 40 to 45) or premature (before age 40) menopause or women who began hormone replacement therapy more than five years after menopause had higher levels of tau in their brains, according to the study.

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How to Forgive Others after Family Caregiving Ends

During my caregiving years, I had a list of people in my mind with whom I was angry. There was the family member who made weak excuses to avoid caring for my mother with dementia. There was the distant relative who unfairly criticized my caregiving. And there was my mother herself, resentful of my intrusion into her life, who treated me as if I were her enemy. My anger seemed to me like a perfectly justifiable response. I did not need them working against me to make caregiving any harder than it already was.

This month marks six years since my mother died and my job as a caregiver suddenly ended. Nowadays, my better self tells me I should have long ago forgiven the people on my old list. But on too many occasions, I still find myself sourly recalling how others disappointed me and then feeling fresh indignation.

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Your Conversation Starter Guide: For Caregivers of People with Alzheimer's or Other Forms of Dementia

It can be hard to start conversations about health care through the end of life with someone you care for. It can be even harder when the person has Alzheimer's disease or another form of dementia. Over time, they begin to lose their memory, capability to independently perform daily routines and tasks, or reasoning ability.

As dementia progresses, it will become harder for the person you care for to express their wishes for care. Having conversations early and often can help you know their values and wishes. Then, you will be better informed to make health care decisions on their behalf.

That's why it's best to start a conversation before any treatment decisions need to be made. [The Conversation Project](#) offers a free guide for how to begin this process.

To view the guide, click the red button below.

VIEW THE GUIDE





10 Tips for Splitting Caregiving Costs Among Siblings

Jaclyn Strauss has four words of advice for siblings who want to share the costs of parental caregiving: play to your strengths.

That's precisely what she and her brother have done in preparation for what they both know will be substantial caregiving costs for their 78-year-old father living in Tampa, Florida. Even though his caregiving needs have started out relatively small — with a paid aide just a couple of hours a day for home care — the siblings have been preparing for this moment for several years, with regular communication and digital transparency of all their parents' important documents and paperwork. Their mom, a 72-year-old retired schoolteacher, has not needed long-term care, but is too physically and financially stretched to care for her husband.

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**Control high
blood pressure**

Sleep well

Eat a healthy diet

**Keep physically
active**

**Connect with
family and friends**

Preventing Alzheimer's Disease: What Do We Know?

As they get older, many people worry about developing Alzheimer's disease or a related dementia. If they have a family member with Alzheimer's, they may wonder about their family history and genetic risk. As many as 6.5 million Americans age 65 and older live with Alzheimer's. Many more are expected to develop the disease as the population ages — unless ways to prevent or delay it are found.

To learn more, click the red button below.

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Caregiving for Someone After a Stroke

When a loved one suffers a stroke, it can be a relief that they survived and are getting good care. But recovery can take time for the patient. Making sure they get the care they need can be a challenge for the spouse, grown child or other loved one who is providing that care at home. Fortunately, resources exist to help you through this difficult time while taking the best care of your loved one and yourself.

To learn more, click the red button below.

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Taking Care of YOU: Self-Care for Family Caregivers

On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

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Can I Get Paid to Care for a Family Member?

Unfortunately, very few programs pay family members or friends on a regular basis to provide care. Medicare (government health insurance for people age 65 and older) does not pay for long-term care services, such as in-home care and adult day services, whether or not such services are provided by a direct care worker or a family member. Sometimes, however, caregiving families may obtain financial relief for specific purposes, such as for respite care or to purchase goods and services, and in some cases, pay for caregiving. In some states there are programs that pay family members to provide care to those receiving Medicaid (government health insurance for low-income people — this program may go by a [different name in your state](#)). And in a very few states there are programs available to those who do not qualify for Medicaid. NOTE: These programs vary widely, often with complicated criteria for eligibility.

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A Guide to Assistive Technology for Seniors

If you're like most seniors, you'd prefer to stay independent and age in place. A 2021 study found that 77% of seniors want to remain in their current home over the long term, and this has been consistent for more than a decade. Thankfully, an increasing number of tools and devices can improve your independence and enhance your safety. Known broadly as assistive technology, or AT, this equipment can help you overcome the challenges that come with aging.

To learn more, click the red button below.

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Taking Medicines Safely as You Age

Medicines are intended to help us live longer and healthier, but taking medicines the wrong way or mixing certain drugs and supplements can be dangerous. Older adults often have multiple medical conditions and may take many medicines, which puts them at additional risk for negative side effects.

To learn more about how to safely take and keep track of all your medicines, click the red button below.

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Caregivers and Depression

"Life feels so heavy. It's as if there is a gray cloud that hovers over everything I do."

"Decision making has become so frightening for me. I think I'm losing my mind."

"I wish I could sleep forever."

If you recognize these feelings in yourself, and if you've been feeling this way day after day, month after month, even year after year, you may be suffering from something more than a simple case of "the blues." You may have a mood disorder - and you may be suffering from depression.

Many caregivers, whose lives have been radically and unexpectedly changed by caring for an ill or disabled loved one, slip into depression disorders. In fact, virtually half of the

respondents to the NFCA caregiver survey said they have experienced prolonged depression because of their caregiving responsibilities. So you're definitely not alone. That in and of itself may not make you feel any better, but here's something that will. Depression is an illness, and it can be cured. You don't have to go through the rest of your life feeling sad and miserable.

To learn more, click the red button below.

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Advance Health Care Directives and Physicians Orders for Life-Sustaining Treatment (POLST)

The Advance Health Care Directive (ADHC) allows you to appoint someone (health care agent, attorney-in-fact, proxy, or surrogate) to make a decision for you if you cannot speak for yourself. It is also called the Durable Power of Attorney for Health Care, Natural Death Act, Directive to Physicians, or a Living Will. (The living will is slightly different; check on what is recognized in your state.) Every state recognizes the ADHC, but states have their own forms, as laws vary from state to state.

To learn more, click the red button below.

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College & Autism: Insight and Resources for Students with ASD

The lead-up to college can be a stressful time for any student. With so many changes on the horizon, your anxiety may kick up a notch or two. For some, this pre-college anxiety is manageable but for others, it may be harder to handle. If you have autism spectrum disorder (ASD), you may be especially impacted by the thought of incoming change and loss of your routine. However, taking the time to create a preparation game plan for your college transition can make a big difference when it comes to your overall success. So, where do you start?

Before enrolling and heading to campus, learning exactly what you're getting into can help eliminate surprises along the way. Whether it's getting familiar with some of the common challenges, finding the right college to meet your needs and wants, or getting acquainted with your on-campus resources, it's never too early to map out your move to college.

To learn about the obstacles on the road ahead and get expert advice on thriving as a student with ASD before you take the leap into higher education, click the red button below.

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NICOA | National Indian
Council on
Aging

Understanding Disabilities in American Indian & Alaska Native Communities Toolkit Guide

The [National Indian Council on Aging \(NICOA\)](#) has released a toolkit dedicated to increasing awareness and knowledge of the needs of American Indian and Alaska Native persons living with disabilities. The toolkit — “Understanding Disabilities in American Indian & Alaska Native Communities” — contains information about disabilities, tribes and resources.

To view the toolkit, click the red button below.

VIEW THE TOOLKIT



Invite Your Caregiver to Your Next Video Visit

Many Veterans feel comfortable when their family member or caregiver is present at their VA appointment. They may offer support in a time of need or provide helpful insight for your VA provider. Now, you can have the same assistance at your video telehealth appointments by inviting up to five family members or caregivers to join you. Just ask about the Caregiver Connect option when scheduling your video visit.

After you provide your guest's name and email address, your VA care team can send them an email invitation with a unique link to take part in your video visit. Caregiver Connect makes it convenient for your family members and caregivers to add the appointment to their calendar and join through their personal link, regardless of their location.

To learn more, click the red button below.

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Resources, Gadgets and Tools to Care for an Older Adult at Home

According to AARP's "Home and Community Preferences" survey, 3 out of 4 adults age 50 or older say they want to stay in their homes and communities as they age. And many do: Nearly 9 in 10 care recipients live in their own home, in someone else's home or in their caregiver's home. Some homes are well-suited for aging and providing care, but many require modifications.

The goal is to help loved ones be as independent as possible at home, for as long as possible. To tailor your or your loved ones' residence for care at home, you can start with a home assessment by an occupational therapist, physical therapist, geriatric care manager (aging life care specialist), certified aging-in-place specialist (CAPS) or qualified professional via the area agency on aging or Department of Veterans Affairs.

To learn more, click the red button below.

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How to Assess When an Older Adult Requires Caregiving Assistance

Sometimes an older adult's need for additional help is obvious. It could be that he or she is having a hard time getting to appointments, seems confused by instructions or perhaps isn't paying bills on time. More often, though, the change happens gradually. That's where a professional assessment comes in. This comprehensive review of all aspects of person's mental, physical and environmental condition is one way to determine if your loved one needs assistance. This helps to evaluate his or her ability to remain safely independent and identify risks and ways to reduce them.

A family member or caregiver also has an opportunity to evaluate how a loved one is doing in terms of health, safety and quality of life. "The goal," says Ardeshir Hashmi, M.D., section chief of the Center for Geriatric Medicine at Cleveland Clinic, "is to pick up clues early, before they start to impact day-to-day life a significant way, so we can do something about them." Here are red flags to look for, which may signal a loved one needs further evaluation — and possibly more support.

To learn more, click the red button below.

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Safe Driving for Older Adults

While many older adults value the independence of driving, changes that happen with age may alter a person's ability to drive safely. You may notice driving becoming more difficult over time for yourself or for your loved ones. Changes in health, including medical conditions or injuries, also may impact a person's driving skills.

To learn more about the different factors that can affect driving as you age and signs of when it may be time to stop driving, click the red button below.

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Aging and Your Eyes

As you age, it is normal to notice changes in your vision. A few common changes for older adults include:

- Losing the ability to see up close
- Having trouble distinguishing colors, such as blue from black
- Needing more time to adjust to changing levels of light

These problems are often easily corrected. Glasses, contact lenses, and improved lighting may help and enable you to maintain your lifestyle and independence.

Your risk for some eye diseases and conditions increases as you grow older, and some eye changes are more serious. Keep your eyes as healthy as possible by getting regular eye exams so any problems can be spotted early.

To learn more, click the red button below.

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6 Indispensable Tech Tools for Family Caregivers

Caring for an elderly loved one is often a challenging job. Whether you care for a loved one at home or you're a long-distance caregiver, managing a loved one's needs can be exhausting and stressful. Most caregivers need all the help they can get, and more and more technologies are being developed that can offer some of this much-needed assistance.

Some of the stress that accompanies caregivers' daily lives can be relieved (even if just a little) with the right systems and gadgets in place, without compromising the health or comfort of your loved one. To help you manage your responsibilities, Caring.com created a list of some of the best tools for caregivers.

To learn more, click the red button below.

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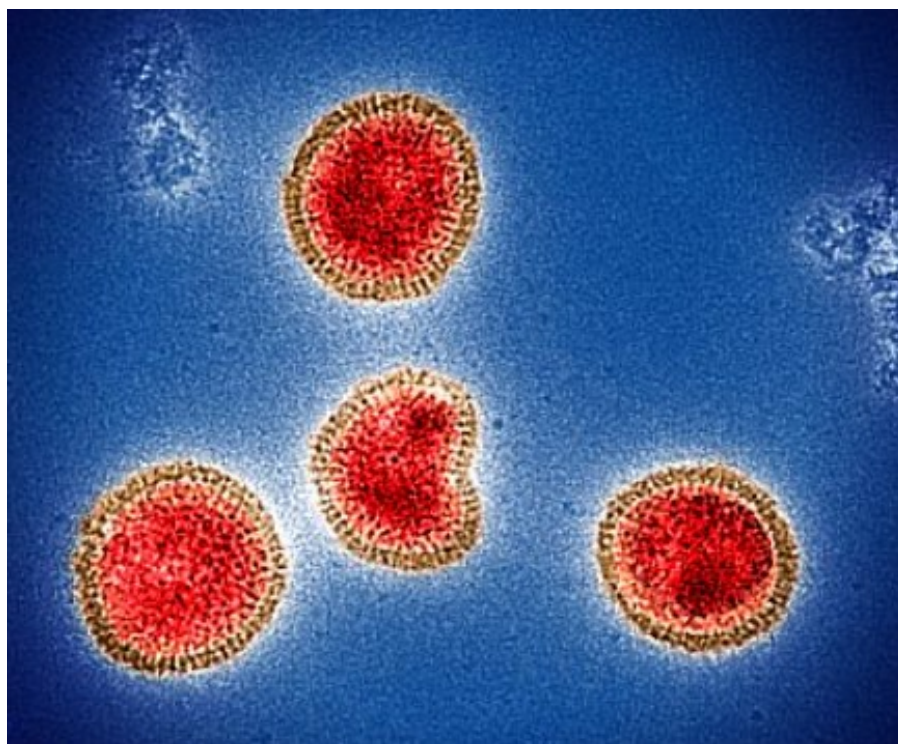
Finding the Right Caregiver Support Group

Being a caregiver for a loved one can be stressful and frustrating. You might even be angry at times. You are not alone. The right support group can be a great place of comfort where you can talk to people who have been through similar situations and faced the challenges you're facing. In a group, you can talk about how you're feeling with people who understand. A good support group can be a network of friends to whom you can turn to when you have questions or need help—and in turn, you can be there for them as well.

But what makes a good support group and where can you find one? Here are some things to think about when looking for a group.

To learn more, click the red button below.

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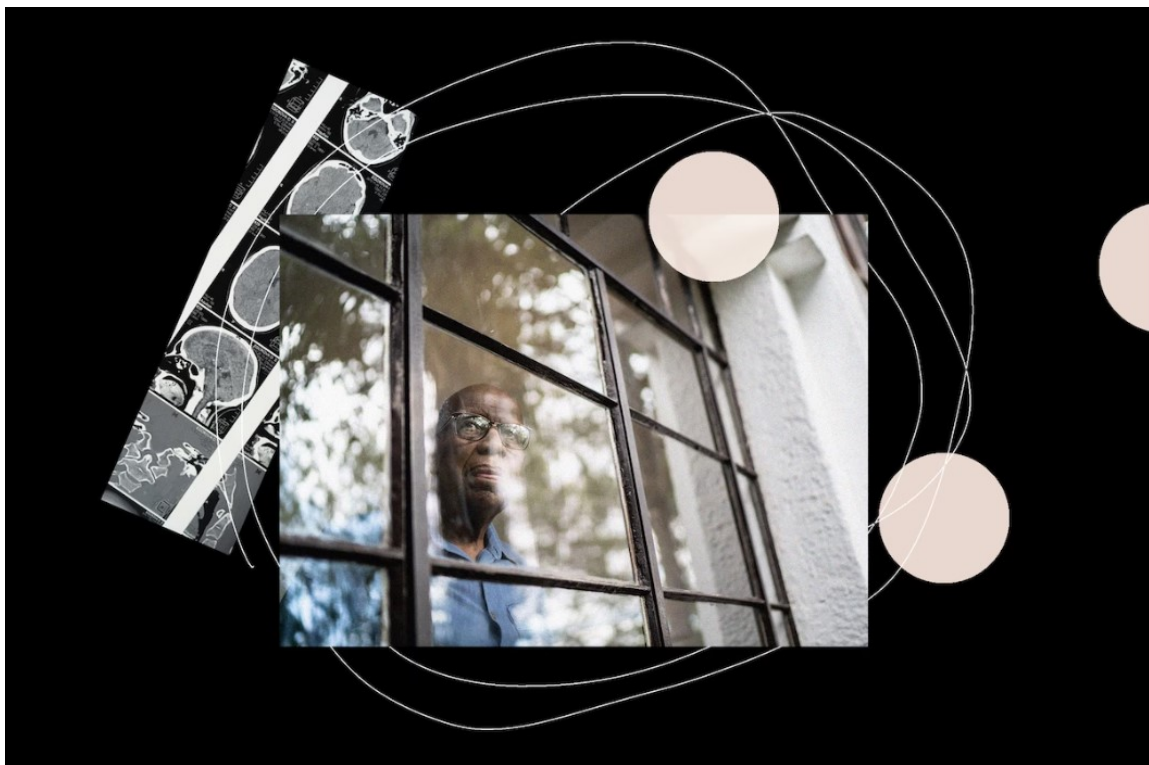
Links Found Between Viruses and Neurodegenerative Diseases

Neurodegenerative diseases can damage different parts of the nervous system, including the brain. This may lead to problems with thinking, memory, and/or movement. Examples include Alzheimer's disease (AD), multiple sclerosis (MS), and Parkinson's disease (PD). These diseases tend to happen late in life. There are few effective treatments.

Previous findings have suggested that viruses may play a role in certain neurodegenerative diseases. For example, a recent study found a link between Epstein-Barr virus infection and the risk of MS. There are also concerns about cognitive impacts from SARS-CoV-2, the virus that causes COVID-19.

To learn more, click the red button below.

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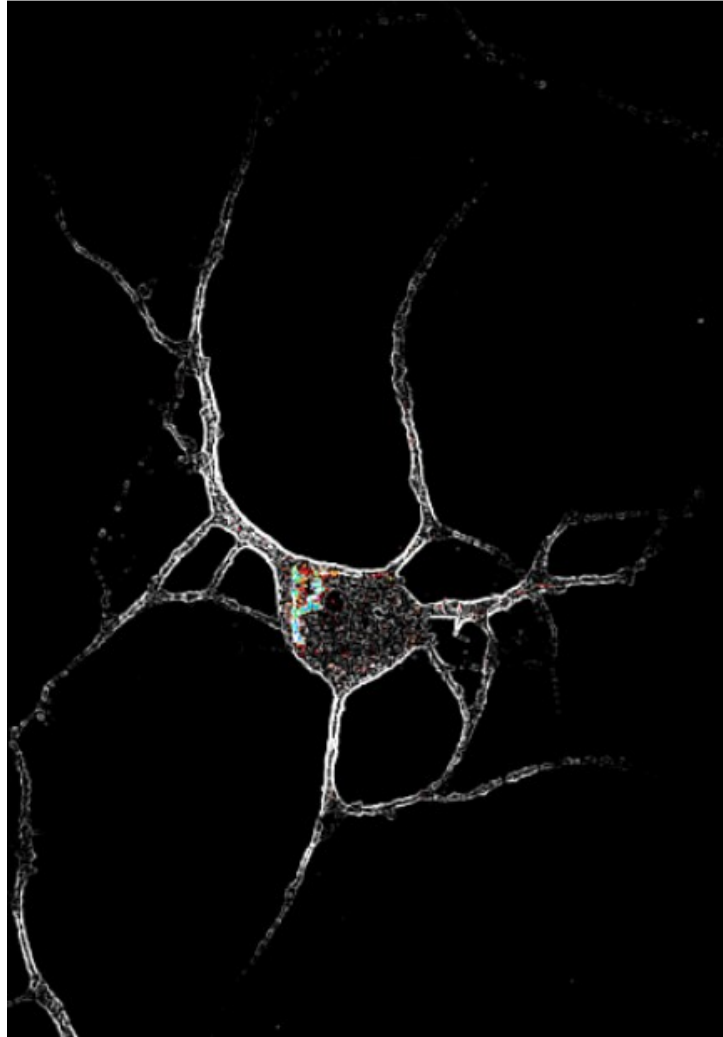
Ask a Doctor: Who Will the New Alzheimer's Drug Help?

Who will the experimental Alzheimer's drug lecanemab, which has been shown to moderately slow the effects of the disease, help? Is it safe? Is there reason to feel hopeful about the future of dementia/Alzheimer's therapy?

To learn more, click the red button below.

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How Psychedelic Drugs May Help with Depression

Some types of psychedelic drugs, such as psilocybin and MDMA (ecstasy), have shown promise as therapies for treatment-resistant depression and post-traumatic stress disorder. They appear to work by encouraging the growth of new connections between neurons in the brain. This ability of the brain to make new connections is called plasticity.

To learn more, click the red button below.

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The Best Treatment for Depression? It Could be Exercise.

Exercise as a treatment for severe depression is at least as effective as standard drugs or psychotherapy and by some measures better, according to the largest study to date of exercise as “medicine” for depression.

The study pooled data from 41 studies involving 2,265 people with depression and showed that almost any type of exercise substantially reduces depression symptoms, although some forms of exercise seemed more beneficial than others.

To learn more, click the red button below.

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Understanding Genetic Testing for Cancer Risk

Genetic testing is the use of medical tests to look for certain mutations (changes) in a person's genes. Many types of genetic tests are used today, and more are being developed.

Predictive genetic testing is a type of testing used to look for inherited gene mutations that might put a person at higher risk of getting certain kinds of cancer.

To learn more, click the red button below.

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Building Your Caregiver Toolkit

Caregiving for a loved one who lives with depression or bipolar disorder is a journey that can be both fulfilling and challenging. It requires patience, dedication, and a willingness to learn. While caregiving can be difficult at times, it can also be one of the most rewarding experiences of your life. It can enhance family relationships and unite families.

Families for Depression Awareness understands the challenges that come with caregiving. That's why we provide you with the tools and resources to navigate this journey successfully. With practical information and actionable advice for the many dimensions of caregiving, we've got you covered.

Our Building Your Family Caregiver Toolkit will help you create a robust and comprehensive caregiver toolkit.

To view the toolkit, click the red button below.

VIEW THE TOOLKIT





5 Tips When Shopping for Caregiving Tech

The beauty of technology is that it's always accessible and constantly adapting to better meet our needs. But that's also its downfall: the lightning pace of updates and upgrades can be discouraging to less active users—especially when there are so many options. How do you know what app will work best? How do you know what product will be the easiest to use and give you the most value for the time and effort it takes to integrate it? And unless the services are free, how do you know they're worth the cost?

To learn more, click the red button below.

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Defining the Help You Need

In caregiving circles we hear a lot about the word "support". Family caregivers regularly seek supportive relationships with other caregivers, knowing they can provide the emotional sustenance needed during difficult times.

What support doesn't do however, is change the circumstances under which you are living. It doesn't relieve you of some of your responsibilities. It doesn't minimize the job at hand. That's the work of a different word -- and that word is HELP.

To learn more, click the red button below.

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