

THIS WEEK IN CAREGIVING



April 5, 2023



CAREGIVING IN THE NEWS

The Agony of Putting Your Life on Hold to Care for Your Parents

Randi Schofield tried her best to not dwell on all the ways her life changed, on the pieces of herself that got lost in the shuffle. She was a 34-year-old single mother who, not long ago, was in the throes of a big life transition. She had left her full-time job of eight years as a personal bailiff to a local judge. She was burned out, ready for something new.

She pulled \$30,000 from her retirement savings and was planning to give herself all of 2022 to expand the small catering business she had always dreamed about. This would be the year she bet on herself.

From: New York Times | Published: March 28, 2023

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With Mental Health Challenging More Americans, Employees Bear the Caregiving Burden

While an important focus has been placed on helping employees with their own mental well-being, the latest research commissioned by New York Life Group Benefit Solutions reveals that employees also need greater support in the workplace when it comes to caring for loved ones living with a mental health challenge. In fact, nearly half of surveyed workers (48%) have helped a loved one live with a mental health challenge in the last year, and 45% of this group say their loved one is experiencing mental health challenges more often this year than in

Working Class People of Color Face Greatest Challenges in Caregiving

Myzette Howell was working as a flight attendant in Chicago when it became clear, even from a distance, that her parents were no longer equipped to live on their own in the family homestead in Buffalo.

Howell, in her mid-50s and single, took family leave in 2019 and moved back into her old bedroom to help the couple who brought her into this world.

For now, she is a full-time caregiver, a role that comes with no pay in service to two beloved housemates who move slowly and shoulder memory loss.

the previous year.

From: Business Wire | Published: March 28, 2023

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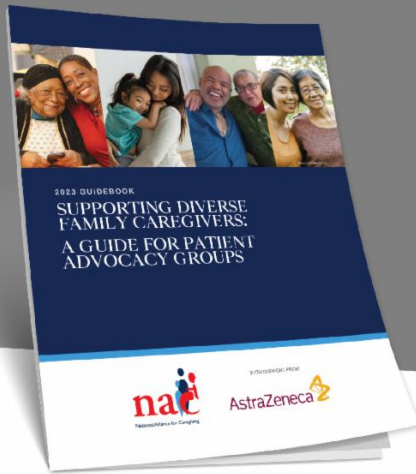


From: Buffalo News | Published: March 29, 2023

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NAC NEWS AND UPDATES



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
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The image shows the cover of a report. The title 'Chronic Disease Family Caregiving Through a Public Health Lens' is at the top in white. Below it, the subtitle 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' is in red. The date 'SEPTEMBER 2022 REPORT' is at the bottom. The NAC logo is in the bottom left corner. The background of the cover features a photograph of a group of people. A small white box at the bottom right of the cover mentions 'WITH SUPPORT FROM John A. Hartford Foundation'.

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.

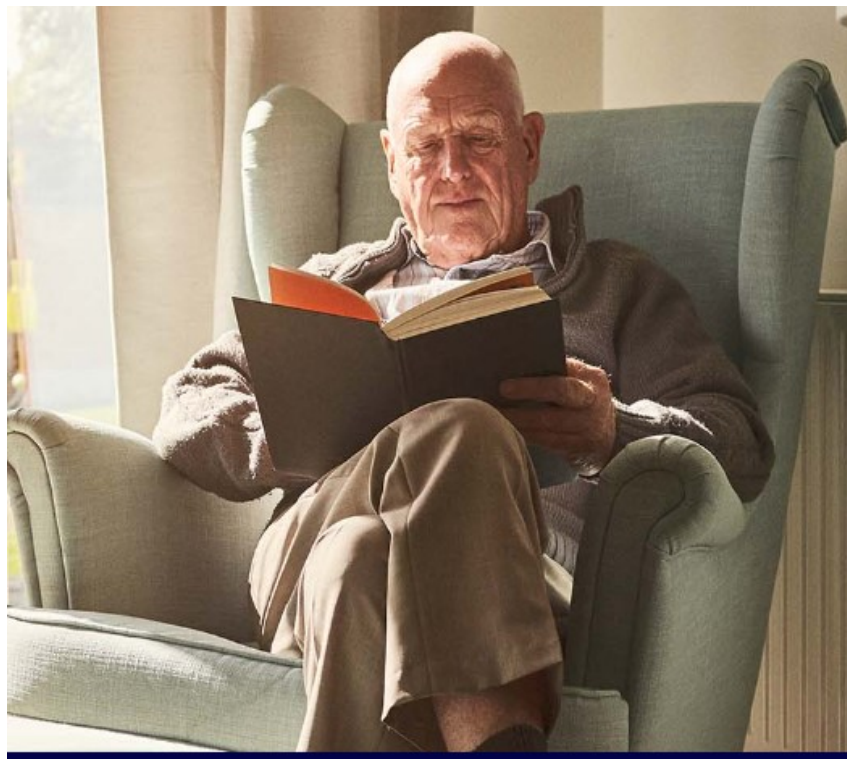
To read the report and access our findings, click the red button below.

VIEW THE REPORT



EVENTS & OPPORTUNITIES

APRIL



Caring for Burned-Out Caregivers

April 6, 2023 | 11:00 AM - 12:00 PM ET | Online

Caring for others can be a joyful and beautiful experience—or it can be detrimental to our well-being. Burnout in caretaker populations can go easily overlooked, as most attention may be given to the person being looked after. A caregiver with burnout often feels overwhelmed and may be physically, emotionally, and mentally exhausted from the stressors and weight of caring for loved ones.

So how can we encourage caregivers to look after themselves without feeling guilty about allocating time away from those they care for? What are ways to gain more satisfaction from caregiving? How do we know if we're burned out?

Join Marie Clouqueur, LICSW, on April 6th (11:00 AM ET) as she shares ways to identify burnout in caregiver populations, discusses how burnout can be prevented from happening, and answers questions about how caretakers can prioritize their own needs when it may feel difficult to do so.

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

REGISTER
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Creating Safe Home Environment for People Living with Dementia and Alzheimer's

April 7, 2023 | 11:00 AM - 12:00 PM ET | Online

Direct care providers (personal care providers, home makers, and caregivers) are frequently undervalued in their impact and role in the caregiving profession. They often have limited opportunities and resources for specialized training, professional development, and as the result, subsequent career advancement. With the funds from the Training Grant, Amity Healthcare Group developed an accessible specialized trainings Alzheimer's and Dementia Caregiving at Home and Creating Safe Home Environment for People Living with Dementia and Alzheimer's Disease that will:

- Allow HCBS providers/caregivers to gain specialized, disease sensitive skills working with consumers with dementia and Alzheimer's disease that will result in improved quality of care, consumer outcomes, and quality of life.
- Allow HCBS providers/caregivers to use correct care management, behavioral and communication techniques necessary to effectively deliver care to individuals impacted by dementia and Alzheimer's.

- Help HCBS providers/caregivers to focus on individualized care and create a safe environment for staff and consumers in the home setting.

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

REGISTER



Home Care, Palliative Care, and Hospice: Making the Right Choice

April 10, 2023 | 10:00 AM - 11:00 AM ET | Online

When caring for a loved one requires more than we can do on our own, we need to know what services are out there to help us. In this workshop we will review the options available at all stages of illness, how they differ and how to know which one is the right choice for your loved one.

This workshop is part of a series designed to provide education, support, and resources for those caring for loved ones with an illness. There will be time for Q&A following each presentation.

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

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Childhood Trauma: Secondary Traumatic Stress in Caregivers

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

Supporting children who have experienced trauma can affect our own mental health and can lead to secondary traumatic stress. Learn how to safeguard yourself from emotional exhaustion & explore ways to manage stress reactions when helping children cope with their trauma. Sponsored by Polk County Iowa's Behavioral Health & Disability Services agency.

Fine print: Certificates of attendance are provided at no cost. CEUs are not provided. Everyone who registers will receive the webinar recording & resource info 24 hours after the live event.

About the instructor: Susan Dannen is a Licensed Independent Social Worker with over 25 years of experience in the mental health field. Susan trained at Jane Addams College of Social Work, University of Illinois Chicago for her MSW and specializes in child and adult mental health, anxiety, depression, grief, trauma, play therapy, and foster care/adoption. She is passionate about educating and supporting others to find hope and healing.

Susan has held positions as an in-home therapist, day treatment therapist, school-based therapist, outpatient therapist, hospital/clinic therapist, program supervisor, and director. She has served as a trainer/writer for the Minnesota Child Welfare Training System, and as an Adjunct Professor at Adler Graduate School.

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

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Beware of Caregiving Fraud

April 11, 2023 | 12:00 PM - 1:00 PM ET | Online

Arranging for care in the home can be complicated and costly. Finding a caregiver you can trust is one of the most important concerns of families venturing out on this journey. Join us for a discussion on how to find a reputable, reliable care provider and protect yourself and your loved one from caregiving fraudsters and scammers. We'll cover the benefits of using an agency, tips on monitoring a new caregiver, and ways to protect against financial abuse. You can also download or order a free copy of the **AARP Family Caregiving Guide** and explore additional **AARP caregiving resources**.

How to Join

This event is part of a monthly series titled “Fraud Talk Tuesdays” in which we cover a different scam each time in 30 minutes or less. You will need to register separately for each class you are interested in attending. Please note that you must be signed in to your AARP.org account or create an account to register for events. Please do not opt out of event-related email, as you will be emailed a link to join the discussion via Zoom prior to the event.

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

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Aging in Place: Know Your Housing Options

April 11 - 13, 2023 | 1:00 PM - 2:30 PM ET | Online

Beginning on April 11th, the Benjamin Rose Institute on Aging will host "Aging in Place: Know Your Housing Options," a three-day online course designed teach participants how to assess their homes for safety, accessibility, and affordability; explore ways to use home equity to stay in their homes; and discover housing options.

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

REGISTER





NCFS Caregiver Advocacy Program

April 11, 2023 | 1:30 PM - 3:00 PM ET or 7:00 PM - 8:30 PM ET | Online

The University of Pittsburgh's National Center on Family Support (NCFS) is looking for caregivers who are interested in becoming involved in advocacy.

NCFS's newly-launched Caregiver Advocacy Program will consist of a series of virtual workshops that will empower unpaid family caregivers to learn about caregiving-related policies, and how to use their experiences to tell their story and advocate for change.

Caregivers don't need to be policy experts to take part – just interested in learning more about advocacy. By the end of our program, they'll have something tangible to share with legislators or advocacy groups.

The lives of caregivers are busy and free time is limited. The program's sessions will be virtual and offered both in daytime and evening sessions for scheduling flexibility. The first sessions will be held on April 11th.

If you have questions, you can reach out to Heather Tomko at caregiving@pitt.edu.

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

REGISTER
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Caregiver Solutions

A VANTAGE AGING INITIATIVE

Heart Health for Family Caregivers

April 11, 2023 | 2:00 PM - 3:30 PM ET | Online

Often, family caregivers ignore their own health while caring for loved ones. Keeping your heart healthy by de-stressing and making small lifestyle changes can significantly reduce the impact of caregiving on your health.

Join the American Heart Association on April 11th for this edition of Vantage Agings' monthly event, Caregiver Solutions, intended to help caregivers find support and resources.

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

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Understanding and Responding to Dementia-Related Behaviors

April 11, 2023 | 4:00 PM - 5:00 PM ET | Online

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join the Kadlec Neurological Resource Center on April 11th to how learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

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

REGISTER >



Purple Hydrangea Dementia Care Consultation & Support

Nourishing the Stressed Caregiver

April 11, 2023 | 7:00 PM - 8:00 PM ET | Online

Join Olivia Evans on April 11th for an interactive course about caregiver stressors, approaching stress, and avenues for self-care. Walk away with tangible tools to evaluate your own stress level and the confidence to make your own goals. This is appropriate for all caregivers, not just those caring for someone with dementia.

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

REGISTER
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A New Model of Care: Dementia Connection Model

April 14, 2023 | 1:00 PM - 2:00 PM ET | Online

If you are a healthcare professional or family caregiver, who provides care for Alzheimer's and Dementia individuals, this webinar is for you.

In this dementia care webinar, you will learn about the first-ever cognitive-behavioral approach to care called the Dementia Connection Model®, created by Dr. Jennifer Stelter, clinical psychologist, dementia expert, and Johns Hopkins Press author of *The Busy Caregiver's Guide to Advanced Alzheimer Disease*. The model ties together three key concepts in understanding Alzheimer's disease and other forms of dementia and how to provide the best quality of care. You will better understand the "why?" of dementia to provide a quality of life for those you care for. Then, you will exercise your brain in learning "how" to best implement the "what" -- sensory-based, non-pharmacological approaches that positively influence the emotions and memories for those living with dementia, enabling positive, productive behavior expressions and a better connection.

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

REGISTER
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Planning for Getting Paid for Caring for a Family Member

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

The direct care workforce shortage means many families simply can't find a direct care worker to hire. More and more families may use the caregiving budget to reimburse a family member for providing care. With a new planning tool provided by The Caregiving Years Training Academy, families can create plans to hire a family member and be empowered to have effective conversations with a financial planner and elder law attorney to ensure that they created the right solution for their family.

Join Denise Brown for a 50-minute meeting to explore the possibility of paying a family member (including yourself) for providing care.

Before joining, download the **Paying for Care Planning Tool** to use during our 50-minute session.

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. Denise began helping her

father in 2004 after his bladder cancer diagnosis. She also helped care for her mother for seven years until her death in August 2022.

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

REGISTER



HEALTH AND AGING POLICY FELLOWS

Health and Aging Policy Fellowship 2023-2024 Call for Applications

Deadline to apply: April 17, 2023

With an aging population, one of the greatest challenges for the U.S. is ensuring that policies provide the best possible quality of life for all across all dimensions of society – from the communities where we live, the transportation we depend on, the food we eat, and the health care we receive. Success will require the translation of cutting-edge science and practical clinical experience into sound health policy. The goal of the Health and Aging Policy Fellows Program is to provide professionals in health and aging with the experience and skills necessary to help lead this effort, and in so doing, shape a healthy and productive future for older Americans.

The Health and Aging Policy Fellows Program offers two different tracks for individual placement: (1) a residential track that includes a 9-to-12-month placement in Washington, D.C. or at a state agency (as a legislative assistant in Congress, a professional staff member in an executive branch agency or in a policy organization); (2) a non-residential track that includes a health policy project and brief placement(s) throughout the year at relevant sites. The project may be focused at a global, federal, state or community level.

In addition, through our partnership with the veterans health administration, VA employees can participate in the VA track as a non-residential fellow.

Core program components focused on career development and professional enrichment are provided for fellows in all tracks.

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

APPLY FOR THE FELLOWSHIP



LUNCH & LEARN

Understanding the experiences of siblings of people with developmental disabilities

Understanding the Experiences of Siblings of People with Disabilities

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

Over the past five years, [Siblings Canada](#), an initiative of the Canadian Centre for Caregiving Excellence (CCCE), the Azrieli Adult Neurodevelopmental Centre (CAMH) and international partners has been researching the experiences of adult siblings of people with disabilities, in particular Canadian siblings of people with intellectual and developmental disabilities.

Tune in on April 17th for a webcast about this important topic. This event is for anyone with an interest in the experience of adults who have a sibling with a disability such as siblings themselves, parents, service providers, researchers, or people with disabilities.

About the participants:

Dr. Yona Lunksy is Director of the Azrieli Adult Neurodevelopmental Centre, Senior Scientist in the Adult Neurodevelopment and Geriatric Psychiatry Division, and Director of the Health Care Access Research and Developmental Disabilities (H-CARDD) Program at CAMH. She is Professor in the Department of Psychiatry at the University of Toronto and Adjunct Scientist at ICES.

Dr. Brianne Redquest completed her PhD in Kinesiology at Wilfrid Laurier University in Waterloo (Ontario). After her PhD, she completed a postdoctoral fellowship at the Centre for Addiction and Mental Health with the Azrieli Adult Neurodevelopmental Centre in Toronto. In April 2021, she moved to Calgary from Toronto to join the ENHANCE lab as a postdoctoral associate. Using a multi-disciplinary, community-engaged approach, the goal of Dr. Redquest's research is to explore and enhance the wellbeing of people with neurodevelopmental disabilities and their family members.

Dr. Nikita Hayden is a researcher based in the UK at the University of Sheffield. Nikita's research focuses on people with intellectual disabilities and their families, with a particular focus on siblings. Nikita is a Research Associate for Sibs, the UK charity for siblings of disabled people. Nikita also has a younger brother who is autistic.

Helen Ries, Co-Founder of Siblings Canada and a sibling of a person with a disability.

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

REGISTER
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Understanding Behaviors & Communications

April 17, 2023 | 6:30 PM - 8:00 PM ET | Online

Join the So' Tsoh Foundation and the Alzheimer's Association on April 17th for an online session about interpreting behaviors and communications in the context of Alzheimer's and other dementias.

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior.

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Join us to learn about:

- The Four Steps Process
- Anxiety or agitation
- Confusion or suspicion
- Aggression
- Repetition
- Opportunities for supporting research
- Resources for people with early-stage

Certificate of Completion will be provided.

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

REGISTER
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Self-Care Course: Taking Care of Yourself

April 18, 2023 | 1:00 PM - 2:00 PM ET | Online

Join the VA's Program of General Caregiver Support Services on April 18th for an online session about self-care for caregivers of Veterans.

Caregivers of Veterans who receive care from VA are eligible to attend. The course is presented to caregivers by virtual platforms or telephone access in their homes. The course is 2 hours in length and taught by a VA Caregiver Center Instructor. Everyone will receive a workbook to follow along during the presentation.

What You Will Learn:

- Healthy Eating and Recipes
- Protecting and Improving Your Physical Health
- Falling and Staying Asleep
- Protecting and Improving Your Emotional Health
- Caregiver Survival Tools
- How to Create a Personal Action Plan for Taking Care of You

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

REGISTER



Relationships, Family, and Mental Health

April 18, 2023 | 1:00 PM - 2:00 PM ET | Online

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

Fine print: Certificates of attendance are provided at no cost. CEUs are not provided. Everyone who registers will receive the webinar recording & resource info 24 hours the live event.

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

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

REGISTER
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Make Your Voice Heard: Tips for Effective Caregiver Communication

April 21, 2023 | 12:00 PM - 1:00 PM ET | Online

Caregivers navigate many relationships between the care recipient, healthcare professionals, family members, and others. When communicating in these environments, caregivers can often feel frustrated. Effective communication in relationships is essential for caregivers to best support their care recipients and alleviate stress and anxiety. Join Dr. Naomi Gryfe Saperia to learn practical communication skills to help advocate for those you care for – and yourself.

Dr. Saperia is a Clinical Health Psychologist in Ontario with over a decade of experience in hospitals and private practice. Her clinical practice currently specializes in helping clients cope with the emotional toll of having or caring for someone with an illness or disability.

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

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Mental Capacity

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

Join the UK's Dementia Carers Count on April 24th for an online discussion of mental capacity and the way in which it is assessed. The lasting powers of attorney roles and main considerations of a best interest decision for people who do not have capacity for a decision are also discussed.

This session is for you if:

- you would like to gain a better understanding the mental capacity act
- you are looking for strategies to support a person to be involved in decision making
- you want to know what to do if the person does not have capacity for a decision
- you want to spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- you 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



The Fourth Summit: Geroscience for the Next Generation

April 24 - 26, 2023 | 9:00 AM - 5:00 PM ET

Online and In-person at NIH's Natcher Conference Center (Bethesda, MD)

On April 24-26, 2023, the NIH Geroscience Interest Group (GSIG) will host the fourth Geroscience Summit with in-person and virtual options. This landmark event will bring together researchers and clinicians interested in geroscience and aging to explore the state of the science.

The Summit will be an opportunity to further develop and implement geroscience in an equitable manner, while considering the breadth and heterogeneity of physiology among individuals across all populations. Researchers and clinicians will have an opportunity to discuss new approaches to understanding and addressing multimorbidity and geriatric syndromes, two clinical conditions that place a significant burden on older populations.

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

REGISTER



Creating an End-of-Life Plan

April 25, 2023 | 11:30 AM - 12:30 PM ET | Online

Thinking and talking about your final wishes can be tough. But doing the work of deciding, discussing, documenting and sharing those wishes with your loved ones has proven to provide peace of mind for everyone.

Getting the practical side of your affairs in order will give reassurance that "everything is taken care of" to those you care most about and unburden them from having to make difficult yet necessary decisions as they grieve and mourn.

Attend this webinar and learn how to:

- Plan and document your wishes in case of medical or other emergencies
- Track important medical and insurance information
- Store key information on property, vehicles and non-financial assets
- Document what you have and what you owe
- Make the "unseen" visible by creating a digital estate plan
- Express your final wishes for how you'd like to be remembered
- Provide grief support to your loved ones before and after your death
- Store and digitally access all your final wishes documents

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 webinar via Zoom prior to the event.

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

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Helping Teens Heal from Trauma

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

Trauma among teens is more common than you might believe. By the age of sixteen, approximately one-quarter (25%) of children and adolescents have experienced at least one traumatic event. As a caring adult, you have an important role to play in aiding them as they heal.

The effects of trauma can be debilitating, making it difficult for teens to cope with life's daily struggles. Adults can help by providing a safe, supportive environment and access to useful resources. With your help, teens can begin to heal from the trauma they have experienced and move forward in life.

Join Families for Depression Awareness on Tuesday, April 25, 2023, from 7:00 to 8:30 pm ET when Deborah Vinall, LMFT, Psy-D, defines trauma and discusses its impact on long-term wellness. She will also cover the signs of trauma in teens, effective treatment approaches, and practical strategies that caring adults can use to encourage teen mental wellness.

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

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Beyond Movement Changes: The Emotional Impact of Parkinson's Disease

April 26, 2023 | 1:30 PM - 2:30 PM ET | Online

It is well recognized that Parkinson's Disease affects body movement. Join Banner Sun Health Research Institute for a program that will focus on helping attendees better grasp the common emotional changes that occur in the person with PD. Learn how increasing empathy for both caregivers and their person can reduce frustration.

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

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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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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.

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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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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.

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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



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





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



Alzheimer Society
D U R H A M R E G I O N

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



**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





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



Dealing With Dementia

May 23, 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



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



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



JUNE

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
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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
>

STRIDE: Stress Reduction in Dementia Caregivers

Dr. Ana-Maria Vranceanu and Dr. Jennifer Huberty are conducting a research study to explore the impact of a 12-week mobile app-based wellness intervention among caregivers of those with Alzheimer's disease or related dementias. Participants in the study will be asked to:

- *Be randomized to one of two different groups that will include downloading a mobile health app
- *Participate in the app for 10 minutes daily for 12 weeks
- *Complete online questionnaires at baseline, postintervention, and follow-up

Qualifying and enrolled participants can earn up to \$50.

Drs. Vranceanu and Huberty invite you to complete a few surveys to determine if this study is a good fit for you. This will involve answering questions such as your status as a caregiver and your current health status.

You have the right not to answer any question, and to stop answering the questions at any time. Your participation in the screening questionnaires is completely voluntary. If you choose to stop answering the screening questionnaires at any time, there will be no penalty. There is no direct benefit of answering these questions nor are there any foreseeable risks or discomforts from participation in the screening.

By completing this screening questionnaire, you are consenting to the collection of your name and contact information. This information will only be used to contact you about this study and it will not be shared outside of our data collection platform, nor to anyone outside of our team.

If you have questions or concerns, send an email to MGHSTRIDE@studypartners.org.

To take the survey, click the red button below.

LEARN MORE



Study Seeks Long-Distance Family Caregivers

If you are a caregiver living approximately 2 or more hours away from your care recipient, you may be eligible to participate in a new research study evaluating the administration of a non-drug intervention designed to help long-distance caregivers of persons with dementia.

A National Institute on Aging-funded study led by researchers at LeadingAge and the University of Massachusetts Boston in collaboration with the Family Caregivers Alliance is evaluating a new support program designed to help long-distance family caregivers of persons living with dementia. You may be eligible to participate if you:

- *Are a caregiver age 21 or older
- *Are living about 2 hours or more away from your care recipient
- *Have a care recipient with dementia AND who is receiving home care

If eligible, you will receive:

- *Individualized support from FCA dementia experts, delivered remotely via the use of a tablet
- *Tailored dementia education and resources
- *A new tablet for the study, which is yours to keep

All intervention activities will be conducted remotely. To learn more and to schedule a brief information and eligibility assessment, please call the principal investigator, Dr. Verena Cimarolli, at (202) 508-9411 or email her by clicking on the red button below.

LEARN MORE



Investigating Disorders Related to Amyotrophic Lateral Sclerosis and Frontotemporal Dementia

Start: October 2017

End: October 30, 2025

Enrollment: 200

Who is sponsoring this study? National Institute of Neurological Disorders and Stroke

Where is this study located? Maryland

What Is This Study About?

Researchers are looking for adults who are diagnosed with frontotemporal dementia, a motor neuron disorder, or a related adult-onset neurodegenerative disorder to participate in ongoing research or be considered for future studies. Participants will undergo diagnostic screening tests, tests to measure cognitive and motor function. Blood samples will be collected for genetic testing for genes associated with increased risk for neurodegenerative disorders. Additional diagnostic and research testing, including MRI, electromyography, neuropsychological testing, lumbar puncture, and skin biopsy, may be done in selected participants. Information collected will be used to create a registry of individuals with the gene mutations that cause frontotemporal disorders or amyotrophic lateral sclerosis.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Diagnosis by a neurologist of frontotemporal dementia, frontotemporal lobar degeneration, primary progressive aphasia, semantic dementia, motor neuron disorder, amyotrophic lateral sclerosis, primary lateral sclerosis, progressive bulbar palsy, corticobasal syndrome, Huntington's disease, or other related adult-onset neurodegenerative disorder

Must NOT have:

- Other major neurological or medical diseases that may cause progressive weakness or cognitive dysfunction, such as structural brain or spinal cord disease, metabolic diseases, paraneoplastic syndromes, infectious diseases, peripheral neuropathy or radiculopathy, or other significant neurological abnormalities
- Unstable medical condition that makes participation unsafe
- Use of daytime ventilator support
- Inability to travel to the National Institutes of Health (NIH) Clinical Center
- People with pacemakers or other implanted electrical devices, brain stimulators, dental implants, aneurysm clips, metallic prostheses or implants, permanent eyeliner, implanted delivery pumps, or shrapnel fragments will not be excluded but will not undergo magnetic resonance imaging

For more information call Carol Hoffman at (301)451-1229 or email her by clicking on the

red button below.

LEARN MORE



PET Imaging of Neuroinflammation in Neurodegenerative Diseases

Start: July 3, 2019

End: March 3, 2025

Enrollment: 200

Who is sponsoring this study? National Institute of Mental Health (NIMH)

Where is this study located? Maryland

What Is This Study About?

Radioligands are radioactive substances that are injected into the body to help diagnosis diseases or study processes within the body. This study will test the radioligand 11C-ER176 for showing brain inflammation on positron emission tomography (PET) scans in people with a neurodegenerative disease, such as Alzheimer's or frontotemporal dementia, compared to healthy individuals. Participants will undergo two PET scans and an MRI, as well as brief interviews, medical tests, memory and thinking tests, and an optional DNA test. Participants will be invited to return for repeat evaluations yearly afterward for several years.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

Participants with Neurodegenerative Disease

- Diagnosis by a neurologist of frontotemporal dementia, frontotemporal lobar degeneration, primary progressive aphasia, semantic dementia, motor neuron disorder, amyotrophic lateral sclerosis, primary lateral sclerosis, progressive bulbar palsy, corticobasal syndrome, Huntington's disease, Alzheimer's disease, or other related adult-onset neurodegenerative disease

Participants with Increased Risk of Neurodegenerative Disease

- Known family history or other risk of an adult-onset genetic neurodegenerative disease, and/or mutation in a gene known to cause an adult-onset neurodegenerative disease

Healthy Participants

- Willing and able to complete all study procedures
- Medically healthy
- Enrolled in [The Evaluation of Participants with Mood and Anxiety Disorders and Healthy Volunteers](#) or [Recruitment and Characterization of Healthy Research Volunteers for NIMH Intramural Studies](#)

Must NOT have:

Participants with Neurodegenerative Disease or at Increased Risk

- Other major neurological or medical diseases that may cause progressive weakness or cognitive dysfunction, such as structural brain or spinal cord disease, metabolic diseases, paraneoplastic syndromes, infectious diseases, peripheral neuropathy, radiculopathy (pinched nerve), or other significant neurological abnormalities

- Unstable medical condition that would make participation unsafe (e.g., active infection or untreated malignancy)
- Require daytime ventilator support
- Are unable to travel to the National Institutes of Health in Bethesda, MD

Healthy Participants

- History of medical illness or injury with the potential to affect study data interpretation
- Any medical situation that conflicts with study procedures, including active infection and untreated malignancy
- Significant abnormalities on laboratory tests

All Participants

- Recent exposure to radiation related to research (e.g., PET scan from other research) that, when combined with this study, would be above allowable limits
- Inability to lie flat and/or still on camera bed for at least 2 hours, including claustrophobia, weight greater than the scanner maximum, and uncontrollable behavioral symptoms
- Pregnant or breastfeeding
- Participants must not have substance use disorder or alcohol use disorder. However, alcohol or cannabis use by themselves are not exclusion criteria, unless that use impairs function
- Unable to have a magnetic resonance imaging (MRI) scan (e.g., pacemakers or other implanted electrical devices, brain stimulators, dental implants, aneurysm clips, metal implants, permanent eyeliner, implanted delivery pumps, shrapnel fragments, metal fragments in the eye)
- National Institute of Mental Health staff members or employees of the National Institutes of Health who are subordinates/relatives/coworkers of investigators

For more information call Maria Ferraris Areneta at (301)496-9423 or email her by clicking on the red button below.

LEARN MORE
>

Light and Cognitive Therapy for Alzheimer's Disease

Start: January 1, 2018

End: December 31, 2025

Enrollment: 2000

Who is sponsoring this study? Alzheimer's Light LLC

Where is this study located? Florida

What Is This Study About?

Electrical activity in the brain known as gamma brainwaves helps connect and process information throughout the brain. Research suggests that exposure to a light flickering at 40 Hz may promote gamma-wave brain activity, which could potentially activate cells in the brain to eliminate beta-amyloid plaques that are common in Alzheimer's disease. This one-year observational study will test the ability of an iPad application, also called an app, to improve cognition, function, and quality of life in people with Alzheimer's disease. Participants will use the iPad app on a daily basis to play cognitive games (e.g., Sudoku, Tic-Tac-Toe) while being exposed to light therapy at 40 Hz. Each month, the participant's caregiver will use the app to report on the participant's functioning in daily living activities.

Do I Qualify To Participate in This Study?

Minimum Age: 50 Years

Maximum Age: N/A

Must have:

- Alzheimer's disease
- Cognitive impairment

Must NOT have:

- Previous epileptic seizures, including febrile seizures
- Significant disease of the eye, such as macular degeneration

For more information call Andrey Vyshedskiy at (617)433-7724 or email him by clicking on the red button below.

LEARN MORE



The RISE (Research Inclusion Supports Equity) Registry

Are you LGBTQIA+, 18 and older, and caring for someone with memory loss or a memory loss diagnosis?

RISE is a research study being conducted by Emory University, the University of Nevada, Las Vegas, and the University of Tennessee, Knoxville.

The RISE study includes a research registry created to help ensure the LGBTQIA+ community is represented in Alzheimer's and related research.

The registry is for LGBTQIA+ people 18 and older who:

- Have memory concerns or a memory loss diagnosis such as Alzheimer's disease or a related dementia
- Are helping care for someone with memory loss or a memory loss diagnosis

Registrants can receive:

- Notice of research opportunities related to aging or caregiving in their area, and nationally
- Opportunities to participate in educational and advocacy events either online or in-person
- Invites to participate in additional questionnaires, interviews, or focus groups related to aging and the LGBTQIA+ population
- LGBTQIA+ friendly resources for adults with memory concerns and LGBTQIA+ caregivers

To learn more, visit TheRiseRegistry.org. To register, click the red button below.

LEARN MORE



Understanding the Experiences of Family Caregivers of People with Dementia in Virginia and Surrounding States

Start: September 11, 2021

End: December 2024

Enrollment: 360

Who is sponsoring this study? Karen Roberto, Virginia Tech

Where is this study located? Virginia

What Is This Study About?

This telephone-based study, called CareEx, will gather information from family members who provide help for a relative living with dementia about their caregiving experiences. An initial phone interview will be conducted with each participant to collect background information about family relationships, and the participants caregiving role. Next, the researchers will call each participant once a day, for eight days in a row, to ask questions about the caregiving experience for that day, including any dementia care services or other support that was used to meet the needs of the person with dementia. This information will provide insights to improve the design and delivery of dementia care and support services.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Be one of the main people providing hands-on care and/or overall management of care for a person with dementia
- Grandchild, sibling, niece/nephew, step-kin, adult child, or spouse of the person with dementia
- Live with the person with dementia or have face-to-face contact with the person with dementia at least three days each week
- Speak and read English
- Resident of Virginia or surrounding states

Must NOT have:

- Difficulty hearing and/or talking on the telephone
- Person living with dementia does not live in housing with enriched services (e.g., continuing care community), or a residential facility (e.g., assisted living, nursing home)

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

LEARN MORE
>

Psychological and Immune System Health in Dementia Caregivers

Start: January 2022

End: December 2024

Enrollment: 250

Who is sponsoring this study? Stony Brook University

Where is this study located? New York

What Is This Study About?

This study will evaluate the effects of caring for a spouse, family member, or friend with dementia on the health of the caregiver. Participants will wear an activity tracker and complete a questionnaire. They will also provide a blood sample at the start of the study and after six and 12 months. Researchers will assess the social and overall health of the caregiver based on the results of the questionnaires and blood tests to measure hormones and other indicators related to stress, social interaction, and immune system activity.

Do I Qualify To Participate in This Study?

Minimum Age: 50

Maximum Age: N/A

Must have:

- Caregiver of a spouse, family member, or a friend with Alzheimer's disease or a related dementia disorder
- Assist the person with dementia with at least one activity of daily living (e.g., bathing, dressing, toileting, feeding, moving from sitting to standing) several times a month

Must NOT have:

- Any major endocrine diseases (e.g., diabetes, Cushing's disease, Addison's disease)
- If female, must not be on hormone replacement therapy

For more information call Erin Casella at (631)638-1544 or email her by clicking on the red button below.

LEARN MORE



Stress Management for Dementia Caregivers

Start: January 8, 2021

End: January 31, 2024

Enrollment: 300

Who is sponsoring this study? Case Western Reserve University

Where is this study located? Ohio

What Is This Study About?

This study will compare different types of stress-reduction interventions and determine whether a caregiver's preferences for an intervention makes a difference. Participants will be randomly assigned to one of three behavioral intervention groups: audiovisual information on 12 activities (e.g., crossword puzzles, gardening, exercise); biofeedback (using a heart-rate tracking device to learn to change breathing); or resourcefulness training (learning stress management, problem-solving, and help-seeking skills). Using questionnaires, the researchers will measure changes in the caregivers general physical and mental health, risk behaviors, resourcefulness, perceived stress, and mood at the start of the study, at six months, and at one year. Some participants will also be asked to keep a journal to record their experiences.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Have a living family member, or a recently deceased family member, diagnosed with Alzheimer's or another dementia. In addition, one of the following must apply:
 - Provides a minimum of four hours per day of supervision or direct care at

- home; began providing in-home dementia care within the past six months
- Has a family member with dementia who moved into a nursing or assisted living facility within the past six months; visits their family member with dementia at least once per week
- Has direct oversight of the personal belongings, estate, and finances of a family member with dementia who died within the past six months

Must NOT have:

- Currently pregnant
- Has a pacemaker
- Lives outside of the study area
- Knowledge of another family member, in the same household, enrolled in the study

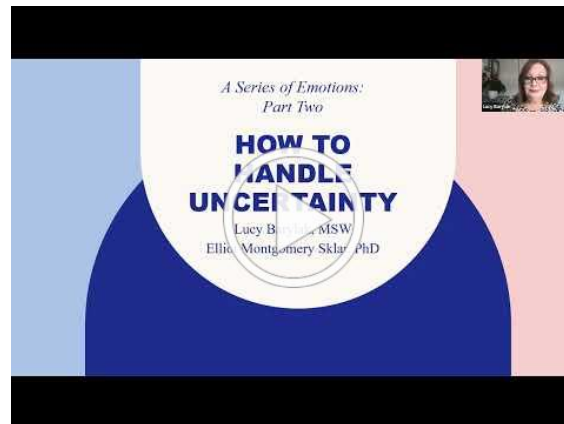
For more information call Jaclene Zauszniewski at (216)368-3612 or email her by clicking on the red button below.

LEARN MORE



IN CASE YOU MISSED IT...

A Series of Emotions: How to Handle Uncertainty with Elliot Sklar and Lucy Barylak



Caregivers often experience a series of common emotions in the process of providing care. When we don't address these emotions, they can impact upon our physical and mental health.

One thing for certain is that being a caregiver comes with a lot of uncertainty! It's hard to know what's around the corner and how to plan for the unknown.

This session hosted by WellMed Charitable Foundation on March 15 addressed ways to cope with the uncertainty that caregivers all feel at times. It also featured a forum on how to make informed decisions as a caregiver.



RESEARCH & RESOURCES

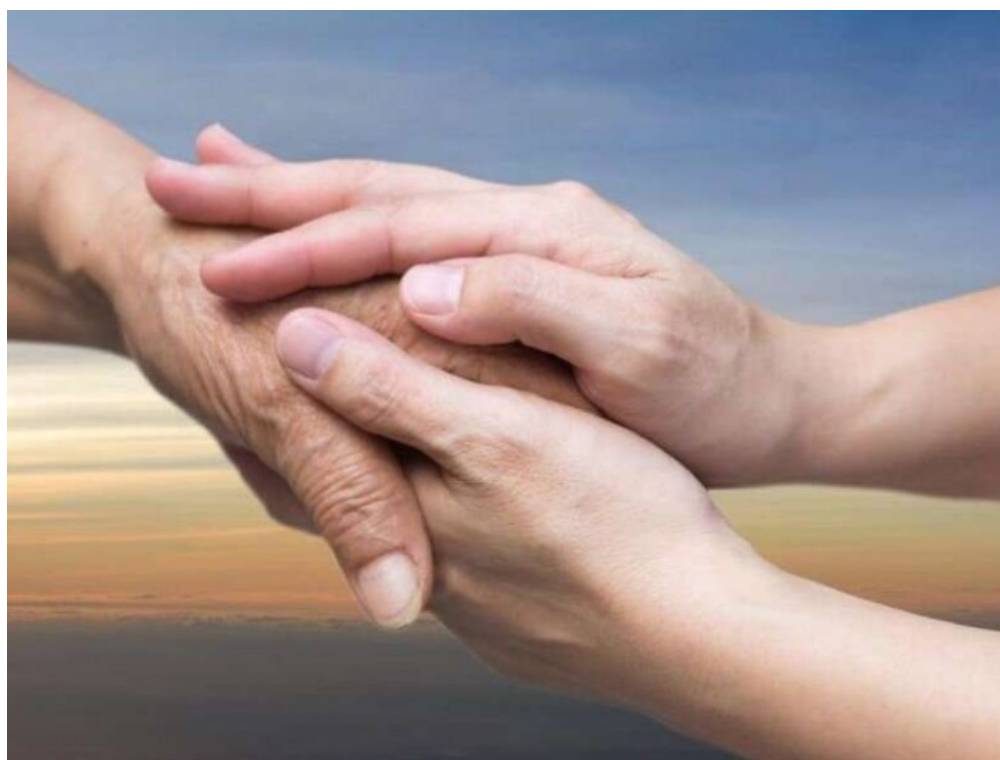


Preventing Alzheimer's Disease: What Do We Know?

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.

LEARN MORE



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.

LEARN MORE



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.

To learn more, click the red button below.

LEARN MORE



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.

To learn more, click the red button below.

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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.

LEARN MORE



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.

LEARN MORE



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.

LEARN MORE



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.

LEARN MORE





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.

LEARN MORE



PREVIOUSLY APPEARED



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.

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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

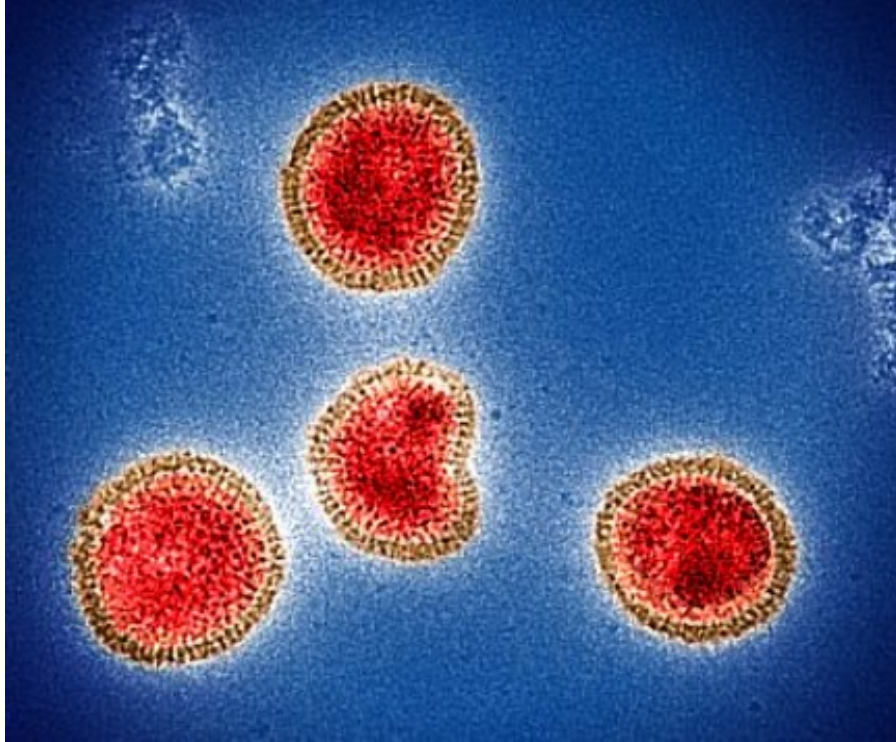
Being a caregiver for a loved one can be stressful and frustrating. You might even be angry at times. You are not alone. The right support group can be a great place of comfort where you can talk to people who have been through similar situations and faced the challenges you're facing. In a group, you 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.

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Links Found Between Viruses and Neurodegenerative Diseases

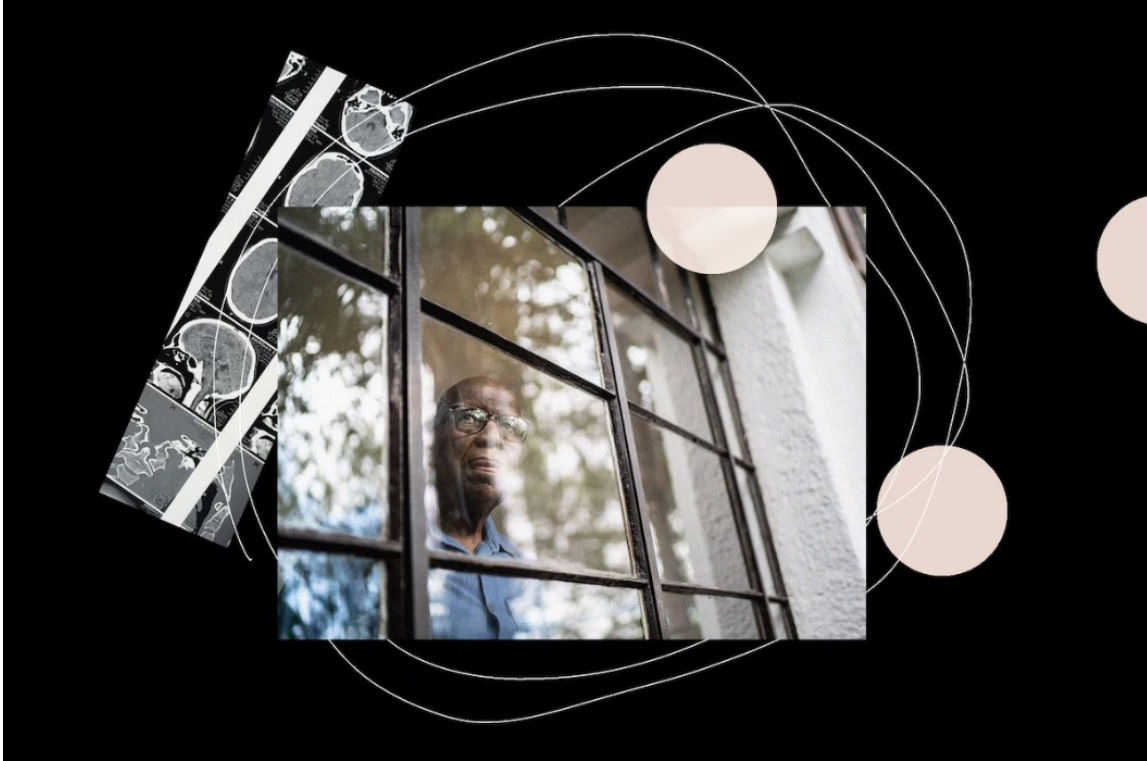
Neurodegenerative diseases can damage different parts of the nervous system, including the brain. This may lead to problems with thinking, memory, and/or movement. Examples include Alzheimer's disease (AD), multiple sclerosis (MS), and Parkinson's disease (PD). These diseases tend to happen late in life.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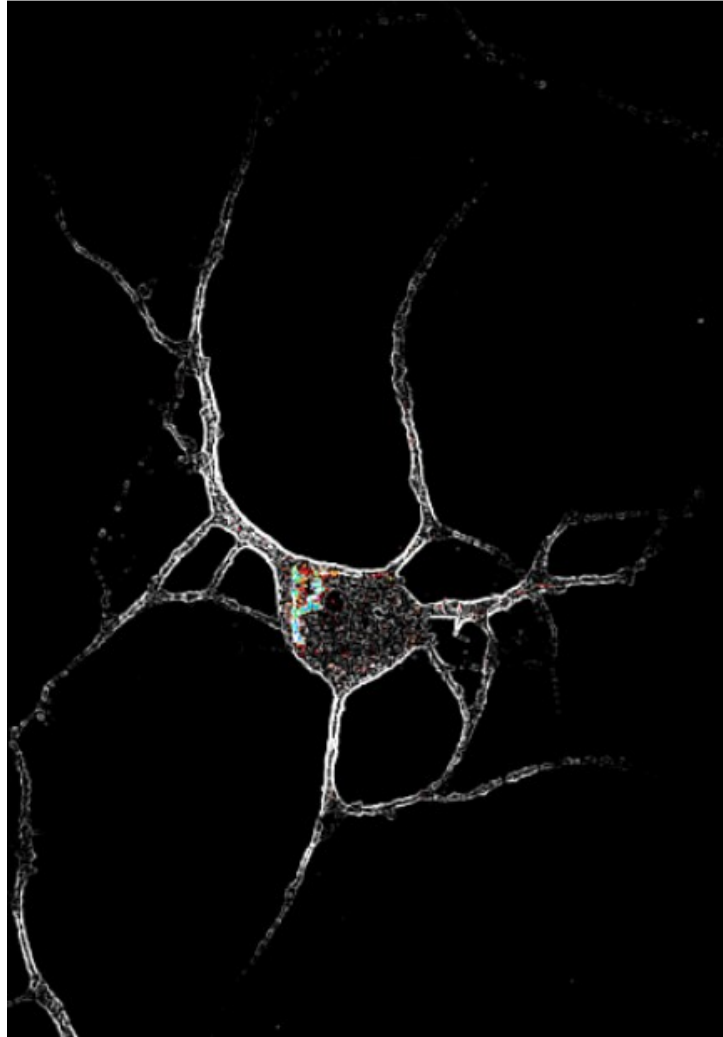


Ask a Doctor: Who Will the New Alzheimer's Drug Help?

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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Healthy Equity in IBD Report Underscores Need for Community-Centered Solutions to Inequity

In 2022, Aimerd Alliance recognized that health disparities exist in the inflammatory bowel disease (“IBD”) patient population. With rates of IBD continuing to increase over the last several years, there is a need to identify the root causes of outcome disparities for patients with IBD and develop solutions to redress these causes.

To identify sources of inequality within the IBD patient community, Aimerd Alliance convened a panel of experts and others with a strong understanding of the IBD patient community, including pharmacists, patients with IBD, health care professionals, community leaders, health educators, and advocacy organizations. This group of participants was able to speak to the experiences of IBD patients and share knowledge related to IBD care, minority health, and community outreach. Ultimately, the panel’s discussion identified grassroots access problems and best practices that should be used to engage impacted communities.

Aimerd Alliance has summarized the concerns and practices raised during the roundtable meeting, and the report is now available [here](#).

In conjunction with Aimerd Alliance’s “Health Equity in IBD” project, Aimerd Alliance has developed new resources for patients with IBD. These new resources include (1) a brochure on the Americans with Disabilities Act and how some individuals with IBD may qualify for these protections; (2) a brochure on the Family Medical Leave Act which permits eligible employees with IBD to take protected time off for certain medical conditions; and (3) a brochure on how to appeal a health benefit denial.

To access these new resources, click the red button below.

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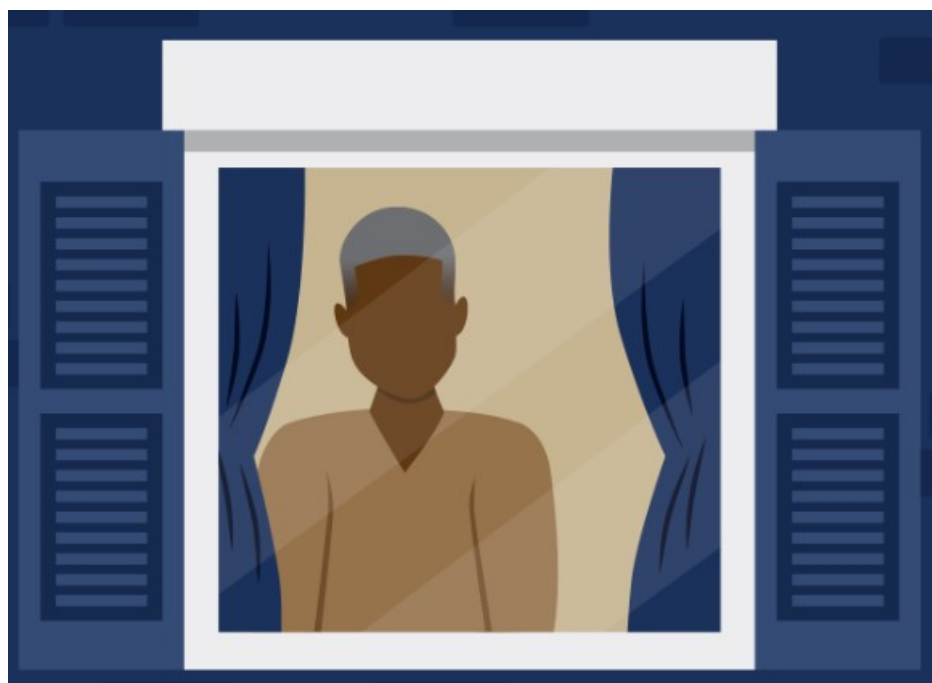


How to Identify, Prevent, and Fix Parent Burnout

Parents often feel they need to “do it all” to be good parents. They sacrifice a lot of their time and energy to provide for their children. When a child faces a challenge—a diagnosis, a disability, or a mental health struggle—a parent gives even more.

However, when a parent puts themselves last repeatedly, it is neither good for them nor the child. When parents are so spent, they don’t have the energy left to attend to their needs. Who cares for the carer?

To learn more, click the red button below.



Trends in Loneliness Among Older Adults from 2018-2023

In January 2023, the University of Michigan National Poll on Healthy Aging (NPHA) asked a national sample of U.S. adults age 50–80 questions about loneliness (measured by their feelings of isolation and lack of companionship) and their social interactions. The NPHA asked the same questions to other similarly aged national samples of U.S. adults for reports in 2018 and 2020 and also included these questions in polls during 2021 and 2022.

The previous NPHA reports demonstrated that prior to the COVID-19 pandemic, a large portion of older adults experienced loneliness and infrequent social contact, and that those measures increased during the early months of the pandemic. This report presents findings from early 2023 with comparisons to prior surveys to describe trends in loneliness and social interactions among adults age 50–80 before and during the pandemic.

To view the poll's results, click the red button below.

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Family
Caregiver
Alliance®

Top 17 Resources for Family Caregivers

If you're a family caregiver, you may have questions about your care recipient's health condition, care planning or how to navigate daily care activities. The Family Caregiver Alliance has put together a one-sheet of top resources provides a wealth of answers and guidance to these questions and more.

This list contains the most popular resources as rated by the family caregivers we've served for more than 40 years. We hope they help you too!

To view the list of caregiver resources, click the red button below.

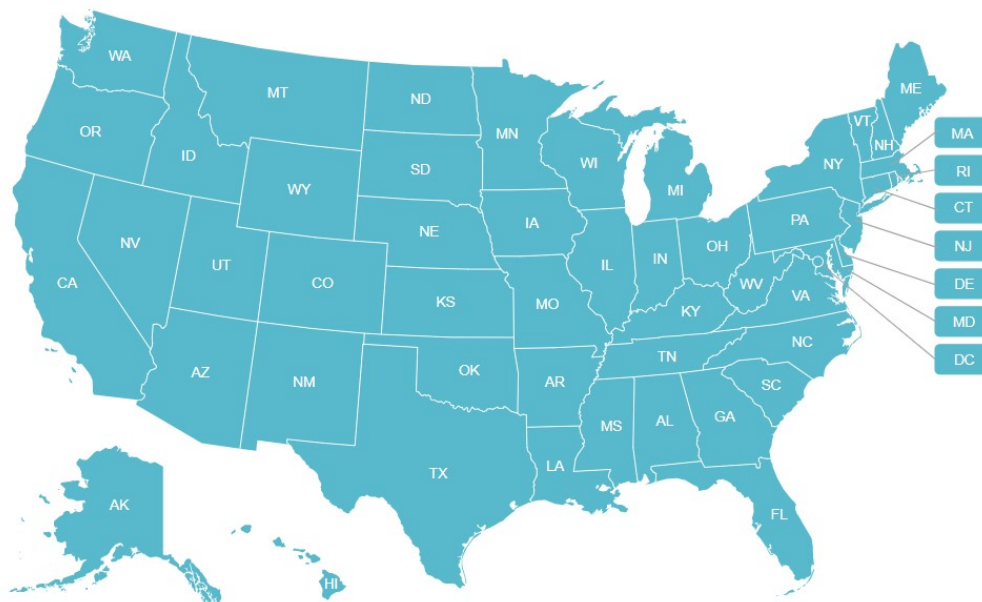
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Caregiving with Your Siblings

Today's adult children and their parents are going through a new kind of family transition. Because parents are living longer—but with chronic illnesses—their adult children are now caring for them for up to a decade or more. Siblings—or in some cases step-siblings—might not have a model for how to work together to handle caregiving and the many practical, emotional, and financial issues that go with it. There is no clear path guiding who should do what, no roadmap for how siblings should interact as mature adults. While some families are able to work out differences, many others struggle.

To learn more, click the red button below.

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Family Caregiver Services by State

The Family Caregiver Alliance hosts an online tool intended to help family caregivers locate public, nonprofit, and private programs and services nearest their loved one—whether they are living at home or in a residential facility. Resources include government health and disability programs, legal resources, disease-specific organizations and more. Caregiving is challenging, but there are resources to help.

To view the list of caregiver resources, click the red button below.

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Personal Care Agreements

Many families reach a point when they recognize that an ill or older relative needs help. There are usually warning signs: difficulty with daily activities; memory problems; trouble with banking and finances; multiple falls; problems with driving; forgetting medications. Sometimes an elderly or ill loved one needs more than occasional assistance — they need full-time care.

But who will provide that care? The answer is usually close to home: an adult child. One sibling might become the caregiver by default, or one is selected because he or she lives closer or has fewer family responsibilities of his/her own.

The person providing care for a loved one may make a significant sacrifice: giving up a job and employment benefits. A formal agreement among family members can provide a way to compensate a person providing care if he or she is no longer able to hold other employment. Even though most family members want to help and feel a sense of duty to care for a loved one, it is a job with heavy time commitments and responsibilities. One way of protecting the caregiver as well as the person receiving care is by putting the care relationship in writing.

To learn more, click the red button below.

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May is Mental Health Awareness Month and
May 1-7, 2023 is **Tardive Dyskinesia Awareness Week**

Tardive Dyskinesia Awareness Advocacy Week Toolkit

Tardive dyskinesia (TD) is an involuntary movement disorder that is characterized by uncontrollable, abnormal, and repetitive movements of the face, torso, and/or other body parts. TD is associated with prolonged use of certain mental health medicines (antipsychotics) that can be used to treat bipolar disorder, depression, schizophrenia, and schizoaffective disorder. TD affects approximately 600,000 people in the U.S., and approximately 70%, or 7 out of 10 people living with TD, have not yet been diagnosed.

Now in its sixth year, TD Awareness Week (May 1st - 7th, 2023) encourages the mental health and broader communities to learn about TD, including how to recognize symptoms, understand the burden of the condition, and the importance of speaking with a healthcare provider if they or someone they know may be experiencing bothersome uncontrolled movements. As the reach for TD Awareness Week continues to grow each year, you'll be joining other advocates from across the country who are bringing awareness to TD.

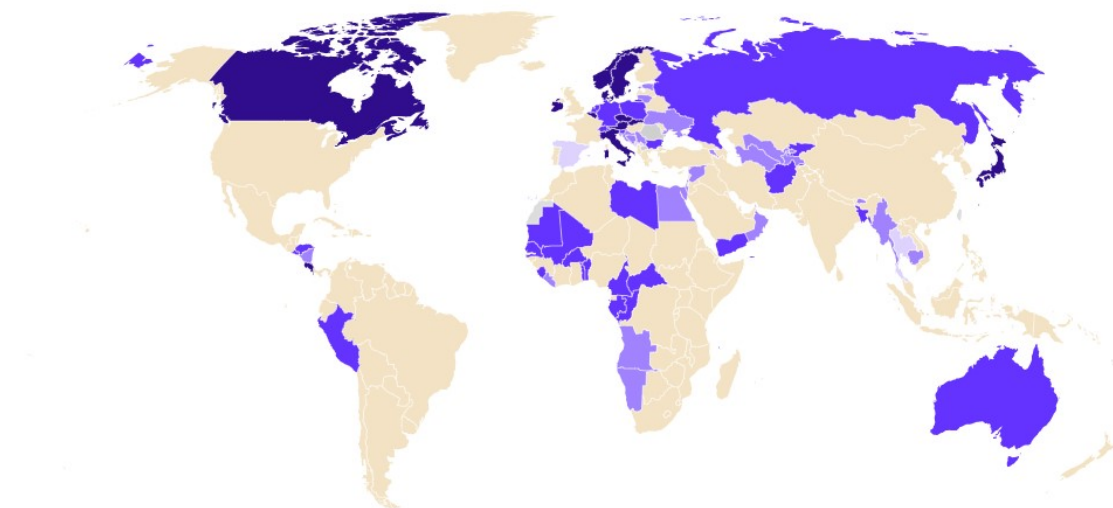
Neurocrine Biosciences has put together a toolkit to assist individuals and advocacy groups who seek to promote greater awareness of TD.

To view the toolkit, click the red button below.

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Number of weeks of leave:



Map: Where Workers Get Paid Leave to Care for a Sick Parent

The lack of paid leave for new parents in the U.S. often grabs headlines, but there's a different kind of leave becoming an increasingly urgent issue: time off for workers to care for a sick parent.

The big picture: This kind of paid family health leave, typically structured as social insurance, is common in Europe. But globally, a majority of countries — including the U.S. — don't do it, according to a report from the World Policy Analysis Center

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Depression

and Older Adults

Everyone has feelings of uneasiness, stress, and sadness at some point during their life.

However, clinical depression is more than just feeling sad or blue. It's a serious condition that affects many older adults and requires treatment.

Depression and Older Adults

Depression is a serious mood disorder. It can affect the way you feel, act, and think. Depression is a common problem among **older adults**, but clinical depression is not a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems than younger people. However, if you've experienced depression as a younger person, you may be more likely to have depression as an older adult.

Depression is serious, and treatments are available to help. For most people, depression gets better with treatment. Counseling, medicine, or other forms of treatment can help. You do not need to suffer — help and treatment options are available.

To learn more, click the red button below.

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5 Free Mental Health Apps that Could Help Your Teen

The past several years have seen a dramatic increase in the number of mental health apps available for download. As a parent or caregiver of a teenager living with depression – or even dealing with stress, it can be confusing to determine which of these apps are effective ways to monitor and improve mental health. Which are evidence-based? Which are looking to hook your teen into making unnecessary in-app purchases? Here are a few apps that are both supported by mental health research and free for your teen to use.

To learn more, click the red button below.

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The Challenge of Paying for Mental Health Care

Nothing is more important than physical and mental well-being. However, it can be challenging and frustrating when you are the caregiver helping someone else get and pay for the mental health care they need.

Some mental health treatment options are covered by insurance, while some are not. Your

loved one might need to see a specific provider who doesn't accept your insurance. The same mental health treatment or provider might be covered by one insurance plan but not another. As a result, many people receiving treatment pay out of pocket (with their own money because they are not paid for by insurance) for these expensive but vital services that help them live healthy lives.

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7 Myths About Caregiving You Shouldn't Believe

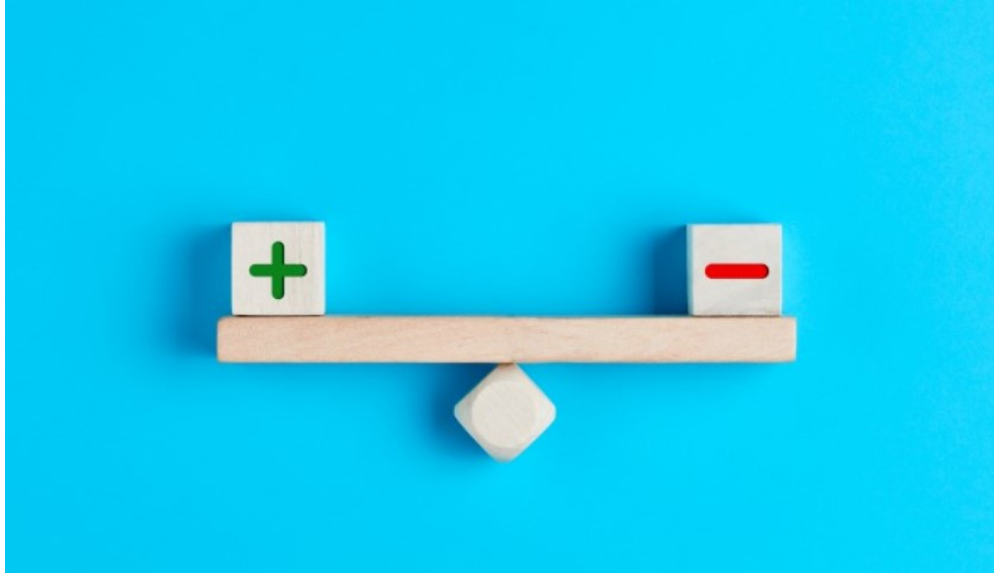
If you are the caregiver of a cancer patient, you may have found yourself thinking all of these things at some point. The only problem? None of them is true.

To address these and four other myths you may have heard, we spoke with senior social work counselor Paige Falcon. Here are seven caregiver falsehoods you shouldn't believe.

To learn more, click the red button below.

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Are Not-for-Profit Hospice Providers Better for the Family Caregiver Experience?

Family caregivers looking for a good hospice experience might want to consider a not-for-profit hospice provider over a for-profit provider, with new data from the RAND Corporation showing that not-for-profits get better ratings from family caregivers.

To learn more, click the red button below.

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5 Exercises to Keep an Aging Body Strong and Fit

When we're young, exercise can enable us to run a race after an all-nighter or snowboard on a diet of Doritos. But as we age, fitness has a much more far-reaching impact, boosting our energy levels, preventing injuries and keeping us mentally sharp.

Aging causes muscles to lose mass, bone density to thin and joints to stiffen -- affecting our balance, coordination and strength. At the same time, hormonal shifts and persistent low-level inflammation can set the stage for chronic diseases such as cancer, cardiovascular disease and diabetes.

To learn more, click the red button below.

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Mealtime Made Easy: 6 Tips for Caregivers

Among the many responsibilities of being a family caregiver is ensuring that your loved one's nutritional requirements are met and that food is provided in a safe manner that caters to their needs.

It's important to work with a primary care provider or dietitian because every health condition can greatly influence a person's nutritional needs.

When grocery shopping, consider food allergies or intolerances and other nutrition requirements such as low sodium, high protein, vitamins and minerals.

To learn more, click the red button below.

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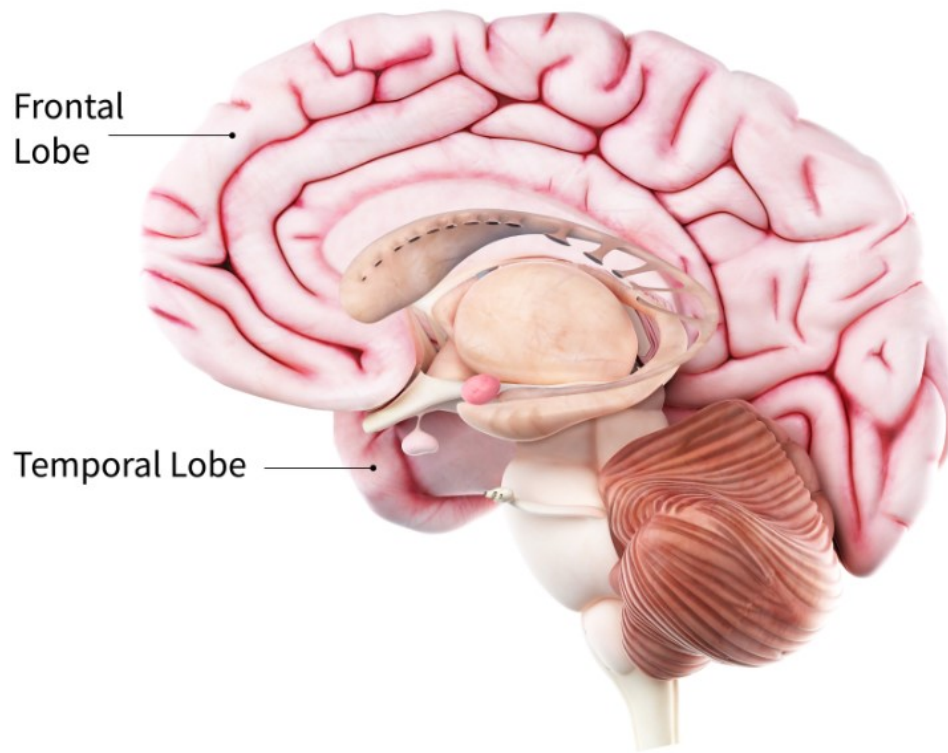
Autoimmune Awareness Month Toolkit

March is Autoimmune Awareness Month. The Autoimmune Association has prepared a social media toolkit that contains resources organizations and individuals can use to help spread awareness about autoimmune disease, provide education, and communicate the urgent need for more research. Included are facts, sample social posts, graphics, and a sample video script.

To view the toolkit, click the red button below.

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What Are Frontotemporal Disorders? Causes, Symptoms, and Treatment

Frontotemporal disorders (FTD), sometimes called frontotemporal dementia, are the result of damage to neurons in the frontal and temporal lobes of the brain. Many possible symptoms can result, including unusual behaviors, emotional problems, trouble communicating, difficulty with work, or difficulty with walking. FTD is rare and tends to occur at a younger age than other forms of dementia. Roughly 60% of people with FTD are 45 to 64 years old.

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Providing Care for a Person with a

Frontotemporal Disorder

People living with frontotemporal disorders, sometimes called frontotemporal dementia, can have a range of symptoms, including unusual behaviors, emotional problems, trouble communicating, and difficulty walking. Caring for someone with a frontotemporal disorder (FTD) can be hard, both physically and emotionally. Caregivers may face challenges with managing the medical and day-to-day care, as well as changing family and social relationships, loss of work, poor health, stress, decisions about long-term care, and end-of-life concerns.

To learn more, click the red button below.

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15 Things Every Caregiver Should Know about Navigating Eating Disorders

Knowing the right thing to do or say is not always easy, and there is no one-size-fits-all solution to navigating eating disorders. In fact, the “right thing” to say one day may be the “wrong thing” to say the next. It is a challenge both for the individual battling an eating disorder and their support system.

In honor of World Eating Disorders Action Day on June 2, 2023, the National Eating Disorders Association is focusing on the caregivers of those with eating disorders. There will be a number of ups and downs, advancements and backtracks during your loved one’s journey to recovery. To get you started, below is a list of 15 things those in the recovery community want all caregivers to know.

To learn more, click the red button below.

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Living with IBD

We've all heard the phrase "trust your gut." For people with inflammatory bowel disease (IBD), trusting one's gut is not so simple. When the body sounds an alarm that something doesn't feel right, taking that internal voice seriously and actively speaking up is critical. For someone starting to feel the pain or flares associated with IBD, learning to trust your gut first means *listening* to your symptoms.

Takeda Pharmaceuticals America recently launched *Living With IBD*, a website to help support people living with Crohn's disease or ulcerative colitis (UC) navigate life with IBD. *Living With IBD* recognizes that the pain of IBD is real and these chronic diseases can be mentally and physically exhausting, and sometimes hard to talk about.

The information and resources included on LivingWithIBD.com aim to help people better understand IBD, equip patients with the information and tools needed to have productive and honest conversations with healthcare providers, and connect patients with community resources like the National Alliance for Caregiving.

To learn more, click the red button below.

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Self-Care Tips for Caregivers: Your Health Matters, Too

What did you want to be when you grew up? An author, an astronaut, an architect, an actor? Whatever life you dreamed of for yourself, you probably never imagined the possibility of juggling your personal and professional life while also being a caregiver for someone who is living with medical challenges.

Whether you're moving an aging parent into your home, taking care of a partner who has cancer or managing any other scenario in which you're caring for a loved one with health needs, one thing remains true: Caregiving can be incredibly stressful.

To learn more, click the red button below.

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Stroke: Signs, Causes, and Treatment

Having a stroke is just as serious as having a heart attack. So, it's important to know the signs of stroke and act quickly if you suspect you or someone you know is having one. Stroke is the fifth leading cause of death in the United States and is the number one cause of serious adult disability. Stroke risk increases with age, but strokes can — and do — occur at any age. The good news is that most strokes can be prevented, and there are steps you can take that may lower your chance of having a stroke.

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

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Disability & Health Information for Family Caregivers

If you are a family member who cares for someone with a disability, whether a child or an adult, combining personal, caregiving, and everyday needs can be challenging. The CDC offers general caregiving tips intended to provide families with information on how to stay healthy and positive. These tips can be used to address many family issues. Information, support, advocacy, empowerment, care, and balance can be the foundation for a healthy family and are appropriate no matter what the challenge.

To learn more, click the red button below.

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