

THIS WEEK IN CAREGIVING



August 16, 2023



CAREGIVING IN THE NEWS

Caring for Alzheimer's Patients Brings New Challenges for Some Men

Caring for a loved one with a serious illness can be daunting for anyone. For some men, especially those who are older, the transition can also be unfamiliar and jarring.

Many men are not socialized into providing care, said Michael V. Bueno, an assistant clinical professor of nursing at the University of California at Irvine who researches male caregiving. "When you hear the word 'caregiver,' the picture that comes up is always female," he said.

From: Washington Post | Published: August 9, 2023

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New Medicare Proposal Would Cover Training for Family Caregivers

Even with extensive caregiving experience, Patti LaFleur was unprepared for the crisis that hit in April 2021, when her mother, Linda LaTurner, fell out of a chair and broke her hip.

LaTurner, 71, had been diagnosed with early-onset dementia seven years before. For two years, she'd been living with LaFleur, who managed insulin injections for her mother's Type 1 diabetes, helped her shower and dress, dealt with her incontinence and made sure she was eating well.

From: Kaiser Health News | Published: August 9, 2023

Research: Caregiver Employees Bring Unique Value to Companies

There is no lack of data and information about why organizations should offer caregiver-friendly employee policies and benefits. We're aware of the "mommy penalty" women face when they take time away from work to care for family members. We know that the U.S. lacks the infrastructure to support caregivers, and in fact is the only industrial nation without federal paid parental leave. Many people live in childcare deserts.

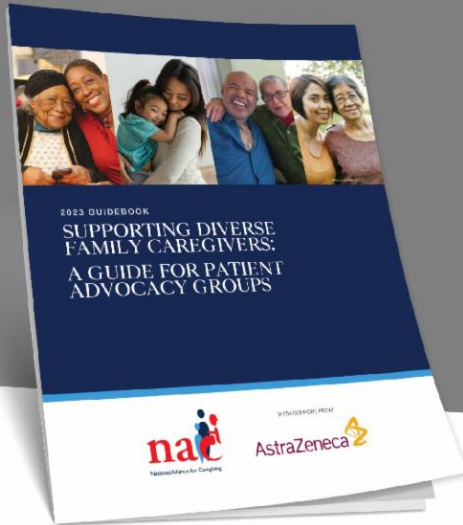
Given these shortcomings and the fact that 73% of U.S. employees are caregivers, in order to have a productive and sustainable workforce, companies must create the infrastructure to support them.

[READ MORE](#)

From: Harvard Business Review | Published:
August 10, 2023

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NAC NEWS AND UPDATES



Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups

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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](#)



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 in white font. Below it, the subtitle 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' is in red font. The date 'SEPTEMBER 2022 REPORT' is printed. The background of the cover features a group of people in a meeting. Logos for NAC, National Association of Chronic Disease Directors, and John A. Hartford Foundation are at the bottom.

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

AUGUST



Does When I Eat Matter? -- Understanding Intermittent Fasting

August 16, 2023 | 12:00 PM - 1:00 PM ET | Online

Intermittent fasting/ time-restricted eating. There has been quite a bit of discussion surrounding the optimal times to consume meals and the benefits of resting our digestive systems. Does this have any merit? What does it mean for our longevity, brain health, and overall wellness?

ABOUT OUR SPEAKER: Brian Browne MS CSA

Brian Browne is the president of Dementia Care Education, founder of Neuro-Nutrition®, and a research consultant to the Cleveland Clinic. Brian is a cognitive scientist and neuro-nutritionist and possesses over 20 years of expertise in the fields of aging, dementia, clinical research, and nutrition. He is a noted public speaker and a frequent lecturer at meetings and conferences regionally and nationally. Brian has been featured by many media outlets and produces regular expert content for various publications. His research interests include examining the role of nutrition and gut health to promote cognitive performance, successful aging, and reduce the risks of cognitive decline and neurodegenerative diseases.

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

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Caregiving: Where Do I Start?

August 16, 2023 | 2:00 PM - 3:00 PM ET | Online

Caring for a senior loved one can be challenging and even overwhelming at times. Don't go it alone. Join The Senior Source on August 16th for an online session that will help you identify some key components of caregiving such as assessing home safety, organizing important documents, identifying community resources, and mobilizing your care network.

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

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Tips for Caregivers to Safely Assist with Mobility and Navigate Change

August 17, 2023 | 12:00 PM - 1:00 PM ET | Online

Does your care recipient need help getting up from a chair or transitioning from place to place? Is this task new and difficult for you? Is this something that you may be struggling with? Sometimes moving and providing physical support to your care recipient can be challenging. Caregivers may not realize that they can risk their own physical health while doing their best to negotiate these new tasks.

Join the Ontario Caregiver Organization on August 17th to learn more about:

- Acknowledging the emotional challenges that accompany this part of the role
- Tips for moving your care recipient safely
- A discussion on in-home safety devices that could support you
- Lived caregivers' experiences

Who should attend this event? Caregivers who want to learn more about safe moving and handling of care recipients.

Our speaker: Taryn Bolt is a Community Education Program Lead and registered Occupational Therapist at the Mississauga Halton Regional Learning Centre. Taryn brings over a decade of educational and clinical experience in community healthcare to her current role.

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

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Dementia, Stigma and Caregiving

with Dr. Natalee Oliver, DSW

Dementia, Stigma and Caregiving

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

Currently, there are over 6.2 million Americans living with Alzheimer's disease, yet many caregivers do not talk about it or even admit their loved one has it. Why is there so much stigma? How can we stop the stigma so that others will get the help they need as caregivers of someone living with dementia? Join Dr. Natalee Oliver, DSW, on August 17th as she discusses why it's important to share what you are going through as a caregiver and how you can talk to others about it.

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

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Empowering Loved Ones

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

Providing effective support to friends and family members with a mental health disorder is an essential part of the recovery journey. Discuss the complications of mental illness, the four dimensions of recovery, and how to develop a recovery plan with a licensed therapist, Jaymi Dormaier.

Jaymi is a Licensed Master Social Worker with ten years of experience in the mental health field. In her 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.

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Dementia and Hospice

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

Join HopeHealth Hospice & Palliative Care on August 21st for an online program that will provide participants with a focused look at Medicare hospice guidelines when the terminal diagnosis is a form of dementia. This presentation will discuss the qualifying criteria as well as contributing factors that lead to eligibility for hospice care.

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

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Relationships, Family, and Mental Health

August 23, 2023 | 11:00 AM - 12:00 PM ET | Online

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

Fine print: Certificates of attendance are provided at no cost. CEUs are not provided.

Everyone who registers will receive the webinar recording & resource info 24 hours after 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.

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Effective Communication Strategies

August 23, 2023 | 7:00 PM - 8:00 PM ET | Online

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 the Alzheimer's Association on August 23rd for a presentation that will 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. The Effective Communication Strategies program of the Alzheimer's Association was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia.

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

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Coping with Emotions of Caregiving

August 23, 2023 | 9:00 PM - 10:00 PM ET | Online

Caring for others is filled with many mixed and varied emotions such as feelings of love, loss, anger, affection, sadness, frustration, and guilt. It's not uncommon for family caregivers to feel lonely and isolated. It takes a lot of physical, mental, spiritual, and emotional energy to care for a loved one. Caregivers often experience a higher rate of stress, anxiety, and depression than those who aren't caregivers.

Join the Family Caregiver Alliance on August 23rd for a class that will explore these emotions and learn about ways to help cope and manage them.

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

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CONFIDENCE Financial Education Program

Thursdays, August 24, - September 21, 2023 | 5:00 PM - 7:00 PM ET | Online

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

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

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Release a Worry with a Family Emergency Plan

August 25, 2023 | 1:00 PM - 2:00 PM ET | Online

When you care for a family member, making plans can feel impossible. Even worse, making back-up plans feels completely out of the question. Consider two stats:

- 49% of survey respondents say they receive no help from family members.
- 74% say they do not have a back-up or a trained back-up to provide care in their absence if they become ill, have an emergency or want to take a vacation.

With the direct care workforce shortage, planning becomes even more important.

Join The Caregiving Years Training Academy on August 25th for a 50-minute planning session to create the plans you need to connect with Denise M. Brown, who has been supporting those who care for 30 years and Certified Caregiving Consultants (CCC).

The agenda for this webinar includes:

- 15-minute overview with Denise Brown
- Small group discussions with a CCC
- Wrap-up

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

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What to Know about the New Treatment

for Alzheimer's Disease

August 29, 2023 | 11:00 AM - 12:00 PM ET | Online

The FDA recently approved a second treatment that addresses the underlying biology of Alzheimer's and changes the course of the disease for people in the early stages. Join WellMed Charitable Foundation on August 29th for an online program that will explore what is known about this new treatment – Leqembi: how it works, what it does, how much it costs, where to get it — and answering all your questions!

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

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Creating an End-of-Life Plan

August 29, 2023 | 11:30 AM - 1:00 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 can provide peace of mind for everyone. Getting the practical side of your affairs in order will unburden your loved ones from having to make difficult decisions as they grieve.

Join AARP on August 29th for a webinar that will show you 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

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

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Virtual Ask the Expert: Estate Planning, Probate or Long Term Care Planning

August 29, 2023 | 2:00 PM - 3:00 PM ET | Online

Do you have questions about estate planning, probate or long term care planning? Maybe you've wondered if estate planning is only for the very wealthy?

Join the Alzheimer's Association on August 29th to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. This event will feature Nick Maggard, an estate planning and elder law attorney.

Please note that Nick cannot provide legal advice but informational guidance only. You can submit your questions when registering, but we can't guarantee that every one will be answered. A second program will be in November. This will not be recorded.

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

REGISTER



Memory Connections: Helping Families Navigate Their Dementia Journey with a Menu of Program Options

August 29, 2023 | 3:00 PM - 4:00 PM ET | Online

The National Alzheimer's and Dementia Resource Center (NADRC) is holding a webinar on August 29th, "Memory Connections: Helping Families Navigate Their Dementia Journey with a Menu of Program Options." Participants will learn how Senior Services Inc. and their partners Novant Health, Atrium Health Sticht Center, Winston-Salem State University Occupational Therapy Department and the Maya Angelou Center for Health Equity are working together to create a unique continuum of dementia care. Presenters will highlight the Maya Angelou Center for Health Equity's Caregiver College, a week-long program that educates African Americans about Alzheimer's disease and related dementias. Caregiver College graduates apply their newly acquired knowledge by delivering presentations to their social groups, churches, family members, friends and business connections.

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

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SEPTEMBER



Care Essentials for Care Partners Workshops

Tuesdays, September 5 - September 26, 2023 | 6:30 PM - 8:30 PM ET | Online

Join the Alzheimer Society of Durham Region (Canada) on September 5th for a four-part series that will provide family and friends of persons living with dementia an opportunity to explore approaches to care in an interactive and supportive atmosphere. Each session features a workbook and helpful resources.

Week 1: Care Essentials: What to Expect (September 5th)

First in our four-part series, this session will provide an overview of the progression and symptoms of dementia and discuss how you can support remaining abilities for the person living with dementia.

Week 2: Care Essentials: Communicating Effectively (September 12th)
Second in our four-part series, this session explores communication changes in dementia and strategies for effective communication.

Week 3: Care Essentials: Responding to Behaviour (September 19th)

Third in our four-part series, this session will explore whole person care, behavior changes and how to use problem solving solutions in your caregiving journey.

Week 4: Care Essentials: Supporting Daily Activities (September 26th)

Fourth in our four-part series, this session will help care partners explore meaningful activities, ways to support daily living and will discuss local resources available.

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

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

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

REGISTER



Driving Safety for Older Adults

September 6, 2023 | 1:00 PM - 2:00 PM ET | Online

The topic of driving is often one that involves a lot of emotions. For many, driving equates to independence and the freedom to go when and where you want. As a person ages, it can be helpful to openly communicate about driving abilities and safety, rather than doing so due to a crisis such as a crash or a “close call.” Families often turn to professionals for guidance and insights on how to talk about driving and the best approach to taking away the keys.

Join the American Society on Aging on September 6th for a webinar to learn about the importance of developing a plan to help older adults move out of the driver’s seat when necessary, while still remaining engaged with friends, family and community.

Participants in this webinar will be able to:

- Identify potential signs an older adult might be an unsafe driver
- Understand some common conditions and aging-related diseases that can affect driving
- Learn the best approaches to develop a plan to transition out of driving before a crisis occurs
- Discover tips to help reduce the potential for isolation and depression after an older adult stops driving

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

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Public Benefits for Older Adults: Supplement Your Income and Reduce Expenses

September 6, 2023 | 2:00 PM - 3:00 PM ET | Online

Join AARP on September 6th for an online session that will show how you or a loved one can access supplemental income programs for seniors with financial need and decrease out-of-pocket spending by securing other benefits, discounts and refunds. The following

benefit programs and their eligibility requirements will be covered:

- Supplemental Nutrition Assistance Program, which provides grocery benefits to families in need
- Affordable Connectivity Program, which provides assistance with broadband costs
- Low-Income Home Energy Assistance Program, which helps with heating and cooling bills
- Medicare Savings Programs and the Medicare Extra Help Plan, which offset the costs of Part A, Part B and Part D coverage.

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

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Successful Public Health Approaches in Dementia Caregiving: A Virtual Roundtable Series - Tennessee

September 8, 2023 | 11:00 AM - 12:00 PM ET | Online

Join the Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC) on September 8th for the Tennessee episode of the "Successful Public Health Approaches in Dementia Caregiving" series. Attendees will hear from Chelsea Ridley, MPH, RN and Keita Cole, CRS-A/D, CVA about dementia caregiving initiatives in their state, and have the chance to engage in a discussion during the Q&A portion of the event.

This is the sixth event of a bi-monthly, roundtable series showcasing innovative, state-wide public health approaches for supporting dementia caregivers. The goal of this series is to create a public health community of practice, where agencies can share experiences and lessons learned, and find ideas of strategies they can implement to support dementia caregivers in their jurisdictions.

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

REGISTER



Understanding and Responding

to Dementia-Related Behavior

September 13, 2023 | 1:30 PM - 3:00 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 Alzheimer's Association on September 13th 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.

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

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TOOLS & TIPS FOR CAREGIVERS

Tools and Tips for Caregivers

September 13, 2023 | 7:00 PM - 8:00 PM ET | Online

Between aging, the impacts of long COVID, accidents, and a myriad of other causes, the need for a caregiver can arise at any moment.

Join Westchester Community Foundation executive director Laura Rossi in conversation with Moira Laidlaw, Esq., of Hollis Laidlaw & Simon, P.C. and Michael Picon, author of *The Caregiver's Notebook*, to learn more about the ins-and-outs of caregiving for a loved one. You'll gain an understanding of the scope of caregiving and resources available, learn about healthcare and legal systems that caregivers navigate, and receive practical tools to decrease stress and get support.

This event is open to the general public and is ideal for family and chosen family members currently, or interested in, supporting others.

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

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Caring for a Loved One With Dementia

September 14, 2023 | 12:00 PM - 1:00 PM ET | Online

Join HopeHealth Hospice & Palliative Care on September 14th for a presentation that will review the characteristics of each stage of dementia, discuss common challenges in providing care, and identify communication and care tips for your daily interactions with your loved one living with dementia.

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

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

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Caring for a Patient with Dementia: Disease Progression and Care Tips

September 20, 2023 | 10:00 AM - 11:00 AM ET | Online

Tune in on September 20th for a presentation by HopeHealth Hospice & Palliative Care that will identify characteristics of each stage of dementia, discuss common challenges in providing care and identify communication and care tips to improve our daily interactions with patients living with dementia.

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

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Surviving and Thriving: Pancreatic Cancer and Caregiver Workshop

September 22, 2023 | 10:30 AM - 5:00 PM ET | Online

Join the Siteman Cancer Center and the Cancer Support Community of Greater St. Louis on September 22nd for a Pancreatic Cancer Patient and Caregiver Workshop. This free education and support workshop is open to pancreatic cancer patients, survivors, and their primary caregivers.

Participants will learn how to positively impact the survivorship experience after a pancreatic cancer diagnosis.

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

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Planning Your Temporary Career Leave



Planning Your Temporary Career Leave

September 22, 2023 | 11:00 AM - 1:00 PM ET | Online

We do our best to keep our career on track as we manage our caregiving responsibilities. Sometimes, though, we need to take a leave because of a crisis, our caree's decline, our caree's transition to a different care setting or our caree's end of life care needs.

Tune in on September 22nd for a presentation by The Caregiving Years Training Academy that will help you think through when you may want to use either a paid leave benefit or Family Medical Leave. Participants will also learn how to effectively manage their leave so they're ready to return to work.

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

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Managing Money: A Caregiver's Guide to Finances

September 27, 2023 | 1:00 PM - 2:00 PM ET | Online

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join the Alzheimer's Association on September 27th to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

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

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Hearing and Balance Disorders in Older Adults

September 28, 2023 | 1:00 PM - 2:00 PM ET | Online

Hearing loss and balance disorders increase with age. But did you know hearing and balance degenerate independently? This means they should be evaluated separately.

Join the American Society on Aging on September 28th for an overview of hearing loss and balance disorders in older adults, including signs, symptoms and treatment options to help improve quality of life. The discussion covers tips to assess the conditions and effective communication strategies to integrate into your care setting.

Participants in this webinar will be able to:

- Identify common symptoms of hearing loss and cite treatment options.
- Demonstrate and explain strategies for improving communication with older adults.
- Identify signs/symptoms/effects of balance loss.
- List treatment options for balance loss.

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

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OCTOBER



A Plan for You After Your Family Member's Diagnosis

October 3, 2023 | 1:00 PM - 2:00 PM ET | Online

It's not a holiday, Diagnosis Day, but it's a day that's so momentous for all the wrong reasons that it becomes etched in our memories. The world looks the same but a diagnosis changes how the world feels. It all feels so strange.

How do you manage after a family member's diagnosis?

Join Denise Brown on October 3rd for a discussion of how to proceed once a diagnosis has been made.

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

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HFSA Patient & Caregiver Day 2023

**October 6, 2023 | 12:00 PM - 5:00 PM ET | Cleveland, Ohio
Hilton Cleveland Downtown (100 Lakeside Avenue East)**

The Heart Failure Society of America (HFSA) will host the 4th annual program of education and support for heart failure patients and caregivers on October 6, 2023 in conjunction with the HFSA Annual Scientific Meeting 2023 in Cleveland, OH! The program will provide patients and caregivers the opportunity to participate in educational discussions with leading heart failure experts.

All programming will be available OnDemand on the HFSA website following the event.

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

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

October 10, 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 October 10th 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.

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The Grief Journey of the Dementia Caregiver

October 17, 2023 | 12:00 PM - 1:00 PM ET | Online

Join HopeHealth Hospice & Palliative Care on October 17th for an online session that will discuss how grief changes for dementia caregivers at each stage of the disease—from anticipatory grief to bereavement. Identifying the caregiver's greatest area of stress will also be a part of the discussion.

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

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

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Smoking and Dementia

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

Smoking can affect nearly every organ of the body, leading to diseases such as cancer, stroke, heart disease, and lung diseases. In fact, it is among the top risk factors for dementia. Join the American Society on Aging on October 18th for a course that will provide strategies and resources to address smoking and build cognitive resilience.

Participants in this webinar will be able to:

- List 6 or more modifiable risk factors for dementia.
- Summarize the link between smoking and dementia.
- Identify effective interventions and strategies to address smoking.
- Identify special considerations for high-risk populations.

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

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Planning Your Return to Work



Planning Your Return to Work After a Caregiving Leave

October 20, 2023 | 11:00 AM - 1:00 PM ET | Online

When you take a leave or break from your career because of your caregiving responsibilities, you need support and encouragement to return. Join the Caregiving Years Training Academy on October 20th for a presentation that will offer ideas, plans and resources to help you return to your career.

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

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PATIENT AND CAREGIVER STUDIES

ENVISION: Effects of Aducanumab on Function in People with Early-Stage Alzheimer's Disease

Who is sponsoring this study? Biogen

Where is this study located? Multiple states

Start: June 2, 2022

End: October 2026

Enrollment: 1512

What is this study about?

This Phase 3b/4 clinical trial, named ENVISION, will evaluate whether monthly doses of aducanumab, an FDA-approved drug to treat Alzheimer's disease, can slow cognition and improve functioning in people with early-stage Alzheimer's. Participants will be randomly assigned to receive either aducanumab or a placebo, by intravenous injection, once a month for up to two years. Researchers will administer questionnaires and interviews to measure changes in cognition, behavioral, and movement symptoms. All participants will also undergo PET brain scans to measure changes in amyloid and tau, which are two proteins associated with Alzheimer's. All measures will be taken at the start of the study and again after 18 and 24 months.

Do I qualify to participate in this study?

Minimum Age: 60 Years

Maximum Age: 85 Years

Must have:

- Mild cognitive impairment or mild Alzheimer's dementia, with:
 - Mini-Mental State Examination score of 22 to 30
 - Clinical Dementia Rating memory score > 0.5 and global score of 0.5 or 1.0
 - Repeatable Battery for the Assessment of Neuropsychological Status score < 85
- Positive for beta-amyloid by cerebrospinal fluid analysis or PET brain scan
- History of memory decline with gradual onset and slow progression over the six months before study screening, as confirmed by a study partner
- Availability of a study partner who has frequent contact with the participant (at least 10 hours/week in person or by phone) to provide information about the participant's cognitive and functional abilities over time
- Overall good health, based on medical history and screening assessments
- Willing to undergo genetic testing for the APOE gene; participants are not required to be positive for APOE-4

Must NOT have:

- Any uncontrolled medical, neurological, or neurodegenerative condition (other than Alzheimer's) that could be a contributing cause of the participant's cognitive impairment
- Clinically significant and/or unstable psychiatric illness within the past six months prior to study screening
- Transient ischemic attack, stroke, or any unexplained loss of consciousness within the past year
- History of severe allergic reactions or hypersensitivity to any of the inactive ingredients in the study drug solution
- Prior exposure to aducanumab or any other potential disease-modifying drug for Alzheimer's, either commercially or by participation in a previous study within the past year; participation in this study may be allowed if documentation is available showing that a placebo was received in the previous study
- Use of any medications that could contribute to cognitive impairment, increase the risk of study drug side effects, or impair the participant's ability to perform cognitive testing or complete study procedures

To learn more or participate in this study, click the red button below.

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Navigation-Based Video Game to Improve Long-Term Memory

Who is sponsoring this study? University of California, San Francisco

Where is this study located? California

Start: June 1, 2023

End: May 31, 2025

Enrollment: 200

What is this study about?

This study tests the effectiveness of a cognitive video game to improve long-term memory for older adults. The video game engages users in a series of tasks that require navigation through a virtual environment. Participants will be randomly assigned to play the study video game either in a 3D virtual reality platform using head-mounted technology; on a tablet; or using a different, commercially available video game. Before and after the video gaming session, participants will complete memory and cognition tests and undergo an MRI brain scan.

Do I qualify to participate in this study?

Minimum Age: 60 Years

Maximum Age: 85 Years

Must have:

- Fluent in English
- At least a high school education
- Normal or corrected-to-normal vision (i.e., glasses or contact lenses allowed)
- Sufficient ability to comfortably operate the video game controls
- Physically able to complete brisk 30-minute walks, twice a week, on level ground

Must NOT have:

- Taking psychotropic medications
- History of concussions or dizziness, inner ear or balance problems
- Significant discomfort with virtual reality experiences
- Any conditions that may make having an MRI brain scan unsafe (e.g., metal shrapnel, pacemaker, severe claustrophobia, epilepsy)

To learn more or participate in this study, click the red button below.

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UNICORN: Research Repository on Neurodegenerative Disease

Who is sponsoring this study? University of Pennsylvania

Where is this study located? Pennsylvania

Start: May 29, 2020

End: May 2070

Enrollment: 1000

What is this study about?

This study will collect health information and biological samples from people over several years to create the University of Pennsylvania Centralized Observational Research Repository on Neurodegenerative Disease (UNICORN). The repository will make the samples and data available to qualified researchers to advance neurodegenerative disease research and treatments. Participants include people with neurodegenerative conditions, people at risk for neurodegenerative disease due to a family history, and healthy, unaffected adults. Researchers will collect clinical data such as vital signs (e.g., blood pressure, pulse), brain imaging scans, and biological samples (e.g., blood, cerebrospinal fluid, saliva) from participants at enrollment and over time.

Do I qualify to participate in this study?

Minimum Age: 18 Years
Maximum Age: N/A

Must have:

- Clinical diagnosis of a neurodegenerative disease (e.g., frontotemporal degeneration, primary progressive aphasia, Lewy body disease, amyotrophic lateral sclerosis, progressive supranuclear palsy, corticobasal syndrome, posterior cortical atrophy, Alzheimer's disease, Parkinson's disease) OR
- Family history of neurodegenerative disease (may or may not have symptoms or genetic mutations associated with increased risk) OR
- Healthy adults with no known neurological disease

Must NOT have:

- Condition or situation that could interfere with research findings or with a person's participation, including but not limited to neurological, psychological, and other medical conditions (e.g., cardiac, neurosurgical, or infectious conditions)
- For safety reasons, participants may be excluded from some study procedures (e.g., participants with metal implants will not be able to take part in MRI brain imaging)

To learn more or participate in this study, click the red button below.

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Psilocybin for Depression in People with Mild Cognitive Impairment or Early Alzheimer's

Who is sponsoring this study? Johns Hopkins University

Where is this study located? Maryland

Start: March 24, 2021
End: December 2024
Enrollment: 20

What is this study about?

Psilocybin is a hallucinogenic chemical found in certain mushrooms. This pilot study will evaluate whether psilocybin, provided in a supervised environment, reduces depression and improves the quality of life in people with mild cognitive impairment or early-stage Alzheimer's disease. All participants will receive eight weeks of weekly psychological support and two doses of psilocybin in weeks four and six. Researchers will assess levels of depression and quality of life at the start of the study, two weeks after the second dose of psilocybin, and again after six months.

Do I qualify to participate in this study?

Minimum Age: 18 Years
Maximum Age: 85 Years

Must have:

- Mild cognitive impairment or Alzheimer's disease with mild severity
- Clinical Dementia Rating memory score at screening of > 0.5
- Mini-Mental State Examination score of 18 to 26

- Mild to moderate depression
- Availability of a close friend or family member willing and able to serve as an observer and assist with data collection

Must NOT have:

- Currently taking antidepressants, antipsychotics, or monoamine oxidase inhibitors
- Use of sildenafil, tadalafil, or similar medications within 72 hours of psilocybin treatment
- Personal or family history of schizophrenia, bipolar I disorder, or psychotic disorder (unless substance-induced or due to a medical condition)
- Any significant or uncontrolled medical condition that could interfere with the study, including:
 - Cardiovascular condition (e.g., atrial fibrillation, bradycardia, artificial heart valves)
 - Transient ischemic attack (i.e., mini-stroke) in the past six months
 - Stroke Uncontrolled high blood pressure
 - Seizure disorder Insulin-dependent diabetes
 - Kidney disease

To learn more or participate in this study, click the red button below.

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CORT108297 for People at Increased Risk for Alzheimer's

Who is sponsoring this study? Johns Hopkins University

Where is this study located? Maryland

Start: June 28, 2021

End: January 2027

Enrollment: 52

What is this study about?

CORT108297 is an FDA-approved drug used to manage the neural and hormonal responses to stress. This study will test whether the drug can improve memory and thinking in people who have mild cognitive impairment (MCI) due to Alzheimer's or who are at risk for developing Alzheimer's due to family history, genetics, or memory problems. Participants will be randomly assigned to take three tablets of either the study drug or a placebo, every day for two weeks. Over 10 weeks, each group will alternate between receiving the study drug or placebo, attend six study visits, and complete cognition and memory tests. After doing a brief, stressful activity, such as public speaking or mental arithmetic, participants will provide saliva samples to measure stress hormone response.

Do I qualify to participate in this study?

Minimum Age: 55 Years

Maximum Age: N/A

Must have:

Inclusion Criteria for Participants with MCI:

- Meet NIA-Alzheimer's Association diagnostic criteria for MCI due to Alzheimer's disease

Inclusion Criteria for Participants at Risk for Developing Alzheimer's Disease:

- Normal cognition based on clinical and cognitive assessment

- Have at least one of the following risk factors for Alzheimer's disease:
 - Known to have at least one apolipoprotein E (APOE) epsilon 4 allele
 - T-score <40 on the Multifactorial Memory Questionnaire Satisfaction Scale
 - First-degree relative (mother, father, sister, or brother) with dementia

Inclusion Criteria for All Participants:

- Body mass index >17 and <30
- Post-menopausal, if female
- Nonsmoker
- Availability of a study partner who:
 - Has frequent contact with the participant (10+ hours/week in person and by telephone)
 - Can provide information about the participant's functioning
- Native English speaker
- Good general health

Must NOT have:

- Participation in another clinical trial during the study
- Irregular heart rate, or arrhythmia, based on an electrocardiogram
- Any significant neurologic disease other than Alzheimer's disease
- History of significant head trauma resulting in a physical dysfunction (e.g., speech or walking problems) or known structural brain abnormalities
- Major depression or bipolar disorder within the past year
- History of alcohol or drug dependence
- General surgery within the last three months
- Any significant illness or unstable medical condition
- Uncorrected vision or hearing problems significant enough to interfere with the study
- Prohibited medications:
 - Antidepressants, neuroleptics, sedative hypnotics, or glucocorticoids, within the last six months
 - Any medications processed by the enzymes CYP2C9 or CYP2C19, such as clopidogrel and proton pump inhibitors, within the last six months
 - CYP3A inhibitor medication or supplement, including grapefruit juice and St. John's Wort

To learn more or participate in this study, click the red button below.

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Genetic and Epigenetic Signatures of Translational Aging Laboratory Testing (GESTALT)

Who is sponsoring this study? National Institute on Aging (NIA)

Where is this study located? Maryland

Start: March 15, 2015

End: December 2099

Enrollment: 900

What Is This Study About?

This long-term study will help researchers learn more about biomarkers in human blood and tissues and their relationship to aging. People who are healthy, frail, or have a medical condition can participate. Participants will take part in a medical history, physical exam, blood and urine tests, and heart tests. There will be a two-day baseline visit, followed by visits every two years for up to 10 years, during which they will repeat screening procedures, including balance and walking tests, leg and grip strength tests, health and

mental state questions, and memory and problem-solving tests. Participants will also undergo cytapheresis, a procedure that removes blood through a needle in the vein of one arm, runs it through a machine, then returns it through a needle in a vein of the other arm. Visits may include magnetic resonance imaging (MRI) scans, a diabetes test, and removal of a small amount of muscle tissue and/or skin.

Do I Qualify To Participate in This Study?

Minimum Age: 20 Years

Maximum Age: 105 Years

Must have:

Healthy Participants

- 20 years of age or older
- Consent to genetic testing and storage at the screening visit and all subsequent visits
- Willingness to return every two years for study visit procedures
- Good vein access for blood sampling
- Eligible for apheresis, a technology in which one's blood is passed through an apparatus that separates one particular constituent and returns the rest to circulation
- Weight of 110 pounds or greater and a body mass index of less than 30
- Able to care for self without assistance
- Able to walk for at least 400 meters without assistance and to perform normal activities of daily living without shortness of breath or other severe symptoms
- Able to read and speak English
- Able to undergo MRI (e.g., not claustrophobic, and do not have metal implants, or hip or knee replacements)

Frail Participants and Non-Healthy Participants

- 20 years of age or older
- Consent to genetic testing and storage at the screening visit and all subsequent visits
- Willingness to return every two years for study visit procedures
- Good vein access for blood sampling
- Weight of 110 pounds or greater and a body mass index of less than 35
- Ability to read and speak English
- Ability to undergo MRI (e.g., not claustrophobic, and do not have metal implants, or hip or knee replacements)

Must NOT have:

Healthy Participants

- Participants who develop cognitive and motor problems from medical conditions can continue in the study but are excluded from tests in which the medical condition is excluded.
- Genetic disease such as sickle cell anemia, hemochromatosis (iron overload), cystic fibrosis, or Ehlers-Danlos syndrome (connective tissue disorder)
- Autoimmune diseases such as Hashimoto's thyroiditis, myasthenia gravis, or rheumatoid arthritis
- Cognitive impairment or dementia (Mini-Mental State Examination <26 or Blessed Mental >3)
- History of cardiovascular disease or cerebrovascular disease, including angina requiring treatment, myocardial infarction, congestive heart failure, uncontrolled hypertension, pacemaker, stroke, or transient ischemic attack
- History of diabetes requiring medical treatment other than diet and exercise, with fasting glucose level <126 mg/dL
- Cancer within the past 10 years, except for locally limited squamous and basal cell cancer
- Clinically significant hormonal dysfunction; mild hypothyroidism in participants over age 60 is allowed
- History of neurological disease or birth defect (other than minor anatomical abnormalities, which do not affect physical and/or cognitive function)
- History of kidney or liver disease; history of severe gastrointestinal disease requiring chronic treatment (GERD, Crohn's disease, ulcerative colitis); history of

severe pulmonary disease (COPD or asthma requiring continuous medication use); muscle-skeletal conditions due to diseases or traumas that cause pathological weakness and/or chronic pain

- History of severe psychiatric conditions associated with behavioral problems or requiring chronic medical treatment
- Medical condition that requires continuous, long-term treatment with antibiotics, corticosteroids, immunosuppressors, H2 blockers and/or proton pump inhibitors, or pain medications, or that requires the use of chronic anticoagulant medication such as Coumadin, heparin, or antiplatelet agents other than low-dose aspirin
- Important sensory deficits that preclude participating in standard neuropsychological tests or providing informed consent
- Pregnant or nursing
- Current smoking or smoking within the past three months
- History of allergy to acid-citrate-dextrose (ACD) anticoagulant or active bleeding disorder such as hemophilia or Von Willebrand disease.
- History of seizures within the last three months
- History of Lyme disease, unless six weeks after treatment and no new symptoms
- HIV virus infection; hepatitis B or C; active syphilis, gonorrhea, or tuberculosis requiring treatment
- Laboratory results outside ranges determined by study leaders; positive urine drug screen (unless taking prescribed medication)

Frail Participants and Non-Healthy Participants

- Genetic disease such as sickle cell anemia, hemochromatosis (iron overload), cystic fibrosis, or Ehlers-Danlos syndrome (connective tissue disorder)
- Important sensory deficits that preclude participating in standard neuropsychological tests or providing informed consent
- Pregnant or nursing
- Current acute medical condition
- History of active bleeding disorder such as hemophilia or Von Willebrand disease.
- History of seizures within the last three months

To learn more or participate in this study, click the red button below.

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IN CASE YOU MISSED IT...

Taking Care of Yourself While You Care for Others

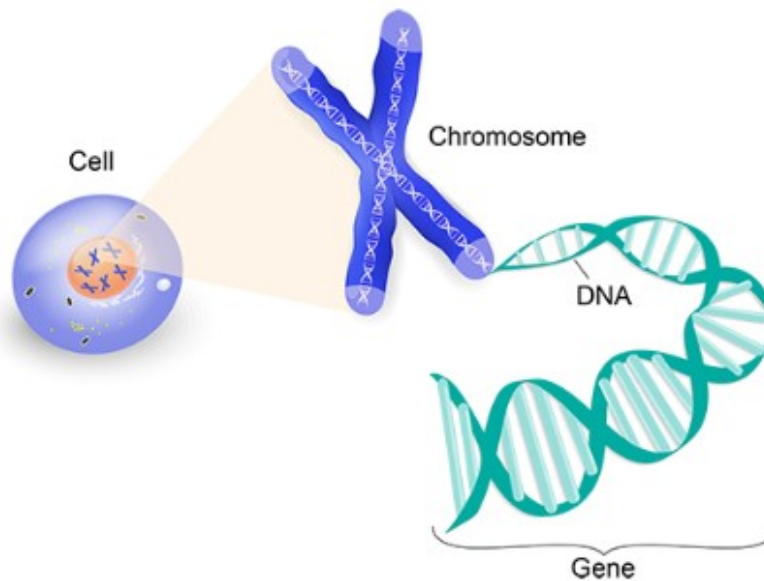


Caring for yourself is one of the most important things you can do as a caregiver. But often, caregivers prioritize the needs of others over their own. In this webinar, Laura Jackson, a registered nurse and healthcare leader, identifies ways to care for yourself. You will learn:

- The art and science of self-compassion and how to cultivate it in your life
- Tips for making and developing your own routine to practice self-compassion and mindfulness
- How to foster boundaries as a caregiver without guilt, anger, and resentment



RESEARCH & RESOURCES



Alzheimer's Disease Genetics Fact Sheet

Many people wonder if Alzheimer's disease runs in their family. Is it in your genes? This question isn't easy to answer. Researchers have identified several genetic variants that are associated with Alzheimer's and may increase or decrease a person's risk of developing the disease. What does that mean?

To learn more, click the red button below.

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2023 Caring Report: Worst States to Die Without a Will

When thinking about and preparing for their financial future, many Americans stop short of one very important facet: estate planning. Caring.com's 2023 Estate Planning Study found that 2 out of 3 Americans do not have a will or any other type of estate planning document, with 42% of people saying they simply haven't gotten around to creating one.

Putting off estate planning may not seem like a big deal, but it can have serious ramifications for loved ones. When you die without a will, your heirs face a complicated court process, called probate, which can delay their inheritances by months or even years.

To learn more, click the red button below.

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Attention Caregivers: How Will You Fare in Retirement? Here's What You Can Do in Three Steps

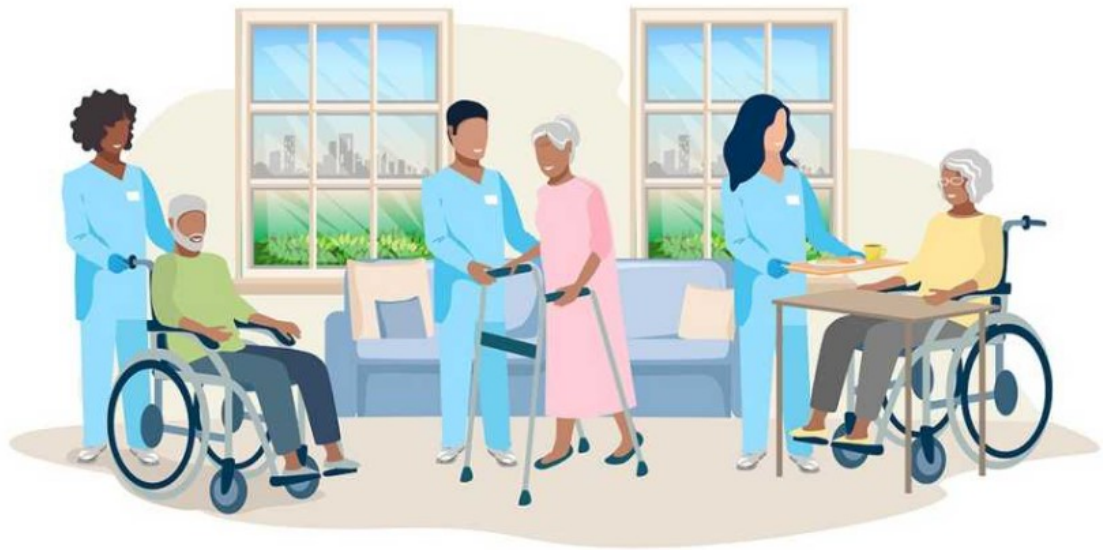
For millions of Americans, they often become caregivers before and during retirement. With people living longer, it's often one of those unavoidable facts of life.

But caregiving, most of which is provided by female relatives, can take a toll on those engaged in it. It can be physically and mentally exhausting, something I experienced when I was managing my father's care as he passed through the final stages of Alzheimer's Disease.

To learn more, click the red button below.

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How Family Caregivers Can Deal with Guilt over Placing a Family Member in a Nursing Home

When the time came, I knew that my mother needed to move into a nursing home. She knew it, too.

Because of her poor balance, she'd had several falls during the previous year and suffered broken bones that required hospitalizations. It was no longer safe for her to live alone in her apartment, and we could not afford to hire round-the-clock aides to stay with her. Providing her with good care in an appealing, well-run facility seemed to make good sense. Like a trouper, my mother agreed to go. I made the logistical arrangements. And then I felt overwhelming guilt.

To learn more, click the red button below.

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Five Common Signs of Dementia Caregivers Need to Know

There's been exciting progress on what we know about dementia — which is the loss of memory and reasoning to such an extent that it interferes with a person's daily life. New technologies and therapies are on the horizon. Influential groups such as the Davos Alzheimer's Collaborative are forging partnerships between science, business, government and other organizations, and a new treatment was recently approved by the FDA to slow the progression of Alzheimer's disease, the most common form of dementia.

While these advances are positive, we know that science takes time and new treatments can be expensive. People who are concerned about dementia need support now.

To learn more, click the red button below.

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Collaboration Across the Age-Friendly Ecosystem

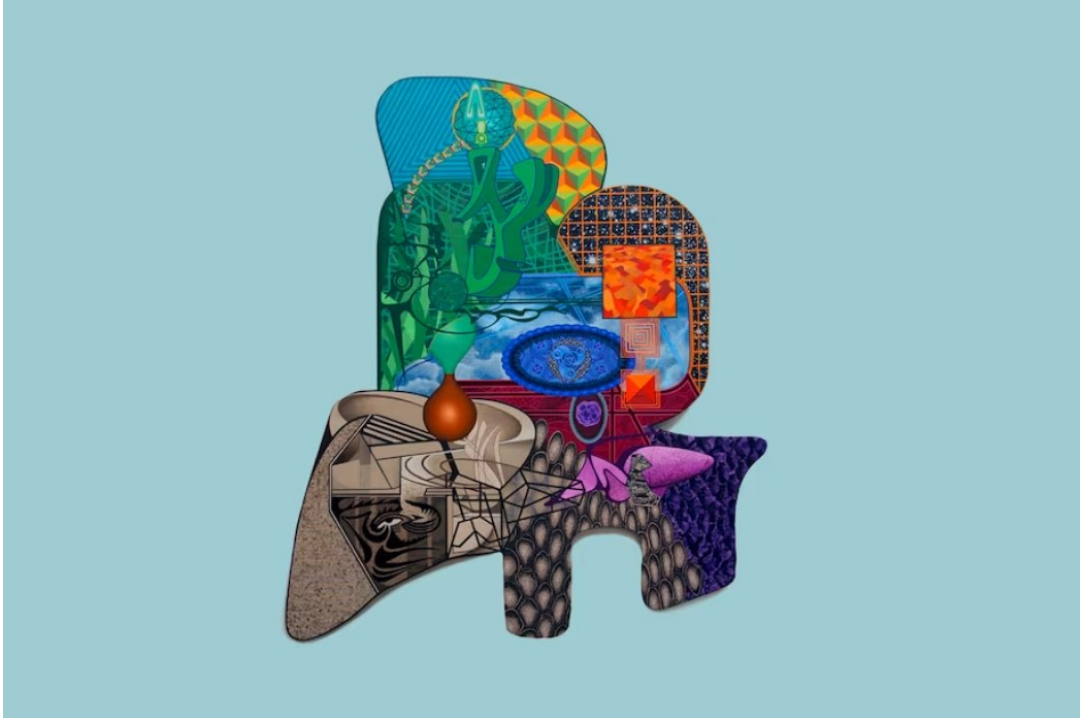
As the population ages, one of the most important ways to support older adult health is through multi-sector collaboration. Many sectors are now working to promote health and well-being across the life course, including Age-Friendly Health Systems, Age-Friendly Communities, Age-Friendly Public Health Systems, and the aging services network. This comprehensive age-friendly ecosystem ensures the availability and quality of community services and supports that can impact the lives of older adults including access to quality healthcare, affordable and accessible housing, age-friendly transportation options, opportunities for social participation, and work and civic engagement.

This Age-Friendly Ecosystem map tool is designed to enhance partnerships within states by providing information about each of the age-friendly movements across the U.S. Although there are other age-friendly initiatives (e.g., Age-Friendly Universities and Dementia Friendly Communities).

To explore the map tool, click the red button below.

EXPLORE THE MAP TOOL





Some Dementia Patients Begin to Create Art. We May Now Know Why

The man in behavioral neurologist Adit Friedberg's office could not speak. "He could not even utter a single word," Friedberg said. The man had lost his ability to understand or produce words, and had been diagnosed with primary progressive aphasia, a form of frontotemporal dementia (FTD).

He was, however, painting — and often. His wife placed a pile of his work on Friedberg's desk and asked, "What is he trying to tell me?"

To explore the map tool, click the red button below.

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The Power of Dialectical Behavioral Therapy: A

Comprehensive Guide for Caregivers

DBT, developed by Dr Marsha M. Linehan, is a therapy approach designed to help individuals effectively manage emotions, regulate behaviors, and improve interpersonal relationships.

Its core principles encompass mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness. As such, dialectical behavior therapy equips caregivers with a versatile toolkit to navigate the daily challenges they face.

Caregiving can be emotionally demanding, leaving you feeling overwhelmed and exhausted. DBT therefore acts as a guiding light, empowering caregivers to manage stress, cope with intense emotions, and foster resilience over time.

To explore the map tool, click the red button below.

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PREVIOUSLY APPEARED



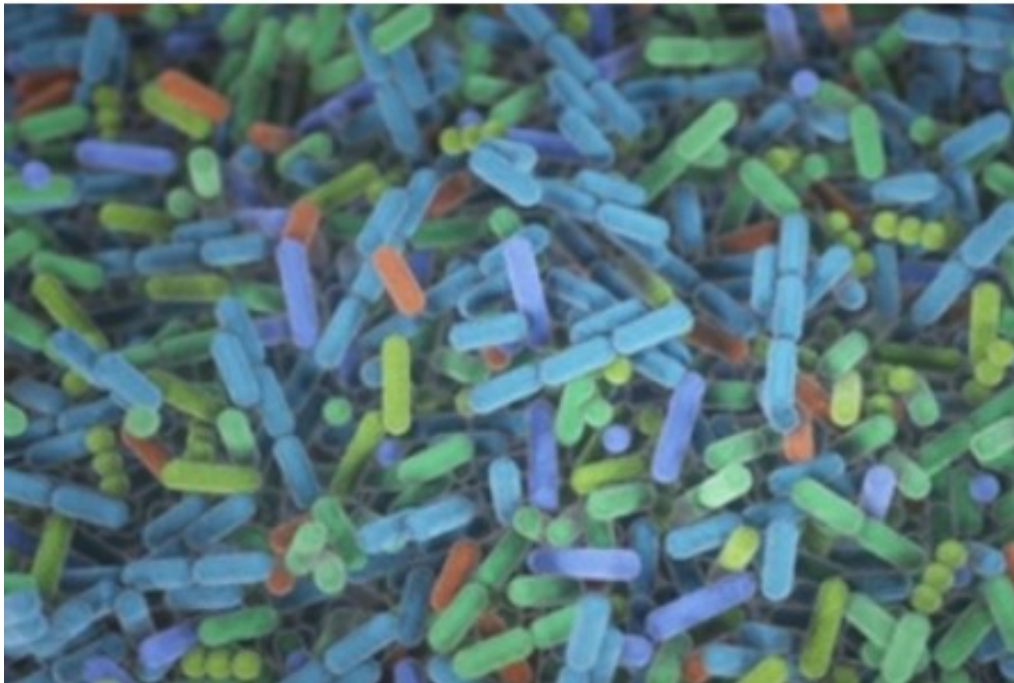
Study: Older Dementia Patients Go to ER Twice as Often as Other Seniors

Older people with dementia seek care in the emergency room twice as often as their peers, a new analysis suggests — leading to what researchers call “potentially avoidable and harmful visits” for some patients.

The study, published July 24 in JAMA Neurology, examined data from the 2016-2019 National Hospital Ambulatory Medical Care Survey, which collects demographic and other information about a nationally representative sample of ER visits. About 1.4 million of the annual 20.4 million ER visits among adults over 65 involved patients with Alzheimer’s disease and related dementias, researchers found.

To learn more, click the red button below.

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Changes in Human Microbiome Precede Alzheimer's Cognitive Declines

In people with Alzheimer's disease, the underlying changes in the brain associated with dementia typically begin many years — or even decades — before a diagnosis. While pinpointing the exact causes of Alzheimer's remains a major research challenge, they likely involve a combination of genetic, environmental, and lifestyle factors. Now an NIH-funded study elucidates the role of another likely culprit that you may not have considered: the human gut microbiome, the trillions of diverse bacteria and other microbes that live primarily in our intestines.

To learn more, click the red button below.

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How the Aging Brain Affects Thinking

The brain controls many aspects of thinking — remembering, planning and organizing, making decisions, and much more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

Some changes in thinking are common as people get older. For example, older adults may:

- Be slower to find words and recall names
- Have problems with multitasking
- Experience mild decreases in the ability to pay attention

To learn more, click the red button below.

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Advance Care Planning and Health Care Decisions: Tips for Caregivers and Families

Knowing what matters most to your loved one can help you honor their wishes and give you peace of mind if they become too sick to make decisions. Unfortunately, only one in three people in the United States has a plan for their future health care in place. There are steps you can take to help your friend or family member navigate future medical decisions — and to be prepared to make decisions for them, if needed. This is part of advance care planning, which involves preparing for decisions about future medical care and discussing those wishes with loved ones.

To learn more, click the red button below.

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Preparing a Living Will

If you're seriously ill and can't communicate your wishes about medical care, a living will can help ensure you get the care you want. A living will is an important part of advance care planning, which involves discussing and preparing for future health care decisions in the event you can't make them. These decisions are often put into legal documents called advance directives. A living will is one of the most common types of advance directives. The other common advance directive is called a durable power of attorney for health care, which names a person (called a health care proxy) who can make decisions on your behalf.

To learn more, click the red button below.

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A Guide to Walk-In Showers for the Elderly

According to a 2021 Home and Community Preferences Survey by AARP, 75% of people over age 50 plan to live in their current homes or communities for the rest of their lives. Aside from their unwillingness to move, older adults prefer aging in place as it allows them to retain their independence and is exponentially more affordable. However, one of the main concerns of aging in place is safety.

Unfortunately, most longtime homes cannot meet the seniors' needs or present safety hazards. Since seniors often struggle with mobility and balance, they have a higher risk for falls. According to the Centers of Disease and Prevention(CDC), falls are the leading cause of death, and non-fatal injuries among adults 65 years of age or older. This highlights the importance of home modifications to lower the risk of falls and make aging in place safer for seniors.

To learn more, click the red button below.

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ROSALYNN **FOR** CARTER **CAREGIVERS** INSTITUTE

Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness

The Rosalynn Carter Institute for Caregivers has released a brand new toolkit to help caregivers of Veterans prepare for disasters. The toolkit, titled Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness, is the result of countless conversations with caregivers and emergency response personnel who all said the same thing: caregivers need support in order to be better prepared in emergencies.

Prepared Caregivers is made up of plans, advice, insight and conversation prompts for caregivers of Veterans, with customizable checklists designed to create a plan suited to caregivers' unique needs. Resources include but are not limited to:

- Explanations of key terms used in the preparedness sector but that are not commonly known
- A military-caregiver-specific emergency plan
- Checklists for caring for people with special needs, pets and service animals in an emergency
- Insight into how the physical and mental wounds of war may cause Veterans to experience disasters differently from other care recipients
- Strategies to help Veterans process their emotions in precarious situations
- Tips for service animals
- Month-by-month guides for assembling disaster kits
- Procedures for navigating life after a disaster

This guide is fully customizable to meet the unique needs of each military caregiver and is designed to be self-paced.

To view the toolkit, click the red button below.

VIEW THE TOOLKIT



What Is Lewy Body Dementia?

Lewy body dementia (LBD) is a brain disorder that can lead to problems with thinking, movement, behavior, and mood. Visual hallucinations, or seeing things that are not there, are a common symptom, and tend to happen early on.

More than 1 million people in the United States are diagnosed with LBD, which is one of the most common forms of dementia. It is a progressive disease, meaning symptoms start slowly and worsen over time.

To learn more, click the red button below.

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Work-Life Balance 'Crucial' for Head and Neck Cancer Caregivers

Caregivers carry important responsibilities, especially those caring for patients with head and neck cancer. However, it is necessary to bring awareness to the quality-of-life caregivers have when working with nonworking patients who have head and neck cancer.

“Caregivers of patients with (head and neck cancer) face psychological, emotional, social and financial stressors related to the caregiving. Many caregivers do this because they love and respect the person they're caring for, or they feel like it's their duty,” Dr. Leila Mady, co-author of the study and assistant professor of otolaryngology – head and neck surgery at John Hopkins University School of Medicine, told CURE®. “But taking care of someone can be hard on the caregivers physically and emotionally. Because of this, the caregiver might not take care of themselves as well. This is especially true for caregivers of patients who can't or don't work and describe a lower quality of life.”

To learn more, click the red button below.

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How to Stay Close While Caregiving from a Distance

Raising a young family, working full time and caring for aging parents creates a constant juggling act. The juggling becomes much more complex when parents or loved ones don't live nearby. Liz O'Donnell and her family lived in the Boston suburbs, about an hour and a half from her parents on Cape Cod. O'Donnell would drive out to her parents at least twice a month to help them go food shopping, check their mail and pay their bills.

To learn more, click the red button below.

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New Study Shows Nearly Half of Americans with Parkinson's Don't See a Neurologist

A new study identified critical gaps in care for people living with Parkinson's disease (PD) in the United States, including disparities affecting underrepresented communities, such as women, residents of rural areas, and those who identify as Asian, Black, Hispanic/Latino or Native American. The study, supported by The Michael J. Fox Foundation (MJFF), Parkinson's Foundation, NORC at the University of Chicago and Perelman School of Medicine at the University of Pennsylvania, recently published results in [npj Parkinson's Disease](#).

To learn more, click the red button below.

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Digestible Tips: Your Gut and Parkinson's (podcast)

How's this for a dinnertime conversation starter... did you know that what happens in your gut can have an impact on your brain health? Some experts even call the gut "the second brain" because of its huge community of microbes and large nerve network that links the gut to brain disease, like Parkinson's.

This podcast episode features a panel of experts who cover the latest research on this link between gut and brain health. They discuss common symptoms of Parkinson's — constipation, nausea and bloating — and what you can do to manage and treat them.

To learn more, click the red button below.

LISTEN TO THE PODCAST



Dementia: Is This Dementia and What Does It Mean?

What comes to mind when you hear someone has dementia?

For many people, the term carries with it frightening associations. In fact, dementia is a group of symptoms, personality changes, or unusual behavior. These can include:

- short-term memory loss
- confusion
- inability to problem-solve
- inability to complete multi-step activities (preparing a meal, or balancing a checkbook)

Saying that someone has dementia recognizes these changes in the person, but it says nothing about why they have these symptoms. It doesn't explain the cause.

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

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Genetic Variant Specific to African Ancestry is Associated with Increased Alzheimer's Risk

Researchers have found that having a genetic variant observed often in people of African ancestry may increase a person's risk of developing Alzheimer's disease. The APOE ε3[R145C] variant, present in more than 4% of African Americans and very rare in people of European ancestry, is associated with an increased risk of Alzheimer's in adults of African ancestry who also carry a separate version of the APOE gene, called ε4. Findings from the NIA-funded study were published in JAMA.

To learn more, click the red button below.

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Bipolar Depression: Understanding Your Loved One's Experience

In recent years, commercials for prescription medications for “bipolar depression” have run all day and night. You’ve probably heard the ads so often that you can name one or more of the medications that are on the market for bipolar depression. Bipolar depression is not a medical diagnosis; rather, it refers to depression that occurs within a bipolar disorder diagnosis.

Bipolar disorder can be difficult to live with and difficult to treat. But caregivers can provide essential support to their loved ones when they understand the different aspects of bipolar disorder. Although bipolar disorder is a chronic condition, people with bipolar disorder can have productive, fulfilling lives, especially with proper treatment and consistent self-care.

To learn more, click the red button below.

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Detecting Alzheimer's Disease: Older Adults' Experiences with Cognitive Screening & Blood Biomarker Testing

Over six million Americans have Alzheimer’s disease (AD), the most common type of dementia, yet many of these individuals have not been formally diagnosed with the condition. Early detection of AD and related dementias has become an increasingly important public health priority. Cognitive screening (e.g., memory testing) is currently available to facilitate early recognition of cognitive impairment, while blood biomarker tests are an emerging option for detecting the abnormal buildup of proteins in the brain that might be an early sign of AD.

In March 2023, the University of Michigan National Poll on Healthy Aging asked a national sample of adults age 65–80 about their use and awareness of cognitive screening and blood biomarker testing, as well as their perceptions of the tests’ benefits, limitations, and risks.

To learn more, click the red button below.

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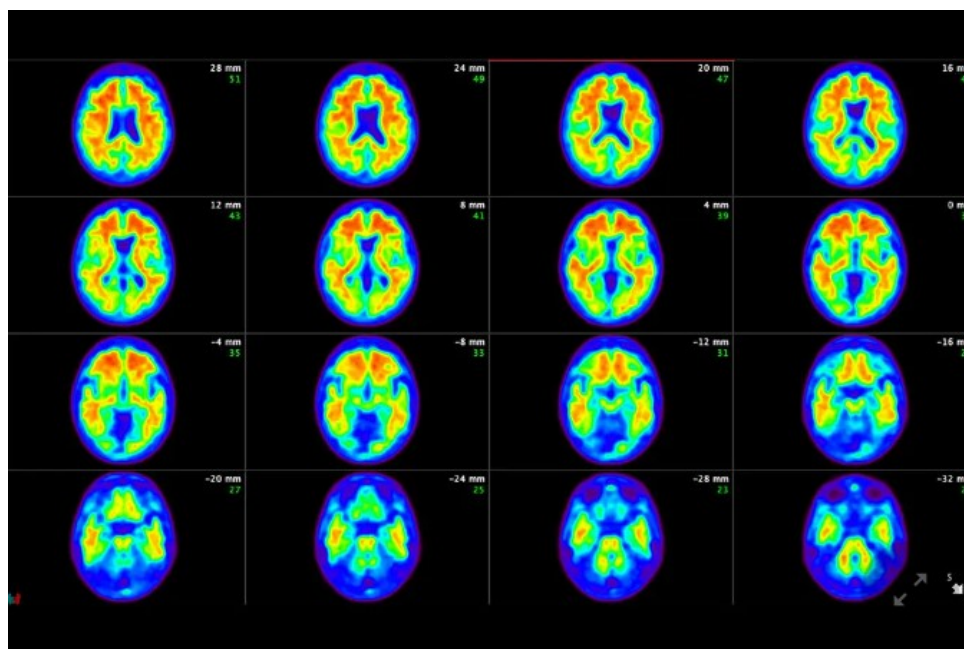
'There Are So Many Caregivers and a Lot of Fragmented Resources.' These Free Videos May Help

Caregiving can be an overwhelming job, especially for someone with little experience, background or education. Training videos, even just five minutes long, could be a step in the right direction for overcoming some of the challenges associated with the role.

Trualta, a caregiving training company, has teamed up with 32 states to offer hundreds of free videos to caregivers on a multitude of topics: managing prescriptions, adopting self-care rituals and spotting the signs of dementia, to name a few. The company recently rolled out the content in Spanish, in an attempt to help groups of caregivers that can be hard to reach, said Jonathan Davis, founder and chief executive officer of Trualta, which focuses primarily on family caregivers.

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Treating Alzheimer's Very Early Offers Better Hope of Slowing Decline, Study Finds

Treating Alzheimer's patients as early as possible -- when symptoms and brain pathology

are mildest -- provides a better chance of slowing cognitive decline, a large study of an experimental Alzheimer's drug presented Monday suggests.

The study of 1,736 patients reported that the drug, donanemab, made by Eli Lilly, can modestly slow the progression of memory and thinking problems in early stages of Alzheimer's, and that the slowing was greatest for early-state patients when they had less of a protein that creates tangles in the brain.

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Hearing Aids May Cut Risk of Cognitive Decline by Nearly Half

Older adults at greater risk for dementia may be able to protect themselves against cognitive decline by using hearing aids, new research shows.

A study published Monday in the *Lancet* found that the use of hearing aids can reduce the risk of cognitive decline by about half — 48 percent — for adults with more risk factors for dementia, such as elevated blood pressure, higher rates of diabetes, lower education and income, and those living alone. The study was presented at the Alzheimer's Association International Conference in Amsterdam.

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Duchenne Muscular Dystrophy: A Caregiver's Guide

People with Duchenne muscular dystrophy (DMD) require some level of caregiving throughout their whole lives, particularly as the disease progresses and patients become

less mobile and more reliant on assistive devices. It can feel like a monumental task, but being knowledgeable about the disease and its treatment and management and knowing where to go for support and resources can go a long way in ensuring caregivers are able to give their loved ones the best possible care and help them maintain their quality of life. The following articles can help DMD caregivers educate themselves, figure out next steps, and learn how to take time for themselves.

To learn more, click the red button below.

VIEW THE GUIDE
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Heat Affects Older People More. Here's How to Stay Safe

We are experiencing the hottest days in history. Heat waves have blanketed the Northern Hemisphere this week, with temperatures reaching 100 degrees Fahrenheit on three continents.

Extreme heat can be deadly for anyone, but older adults are uniquely vulnerable. In the heat wave that suffocated Europe in the summer of 2022, people age 65 and older accounted for approximately 90 percent of heat-related deaths.

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The Positive Aspects of Dementia Caregiving in Asian Communities

In the United States, Asian Americans represent more than 30 nationalities and ethnic groups, but they are typically categorized as Asian or AAPIs (Asian Americans and Pacific Islanders) for reporting.

Therefore, exploring the positive aspects of caregiving in the context of Asian communities is critical to developing a more robust understanding of dementia caregivers within this population.

According to research published in BMC Geriatrics, positive aspects of caregiving are significant coping resources for informal caregivers of people with dementia (PWD). The study revealed three major themes: positive aspects within the self, positive aspects between caregiver and PWD, and positive aspects between caregiver and others.

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7 Stages of Dementia

The 7 Stages of Dementia: A Guide for Caregivers

Caring for someone with dementia can be a difficult, stressful process and a tough balance. On the one hand, you want to help them maintain as much independence as possible; on the other hand, you want to make sure they're safe and receive the care they require.

Alzheimer's disease and other types of dementia are often slow-progressing. It can take years before the symptoms of dementia fully develop and significantly impact the person's life. It can take even longer until they are no longer able to care for themselves and require full-time services. Fortunately, early detection of dementia symptoms followed by

treatment may be able to help slow down the disease's progression and may help your loved one retain their memory and cognitive abilities longer.

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Regenstrief Institute

Understanding the Intersection of Alzheimer's Disease Caregiving and the LGBT Experience

A new study of caregivers of LGBT older adults living with Alzheimer's disease provides rare insight into the intersection of caregiving and the LGBT experience.

Researchers from Regenstrief Institute and the medical schools of Indiana University and University of Colorado report that many common caregiver experiences — such as feelings of social isolation and of being overwhelmed — are similar for caregivers, whether an individual with Alzheimer's disease is LGBT or not. However, because LGBT older adults often do not have adult children who can serve as caregivers or may be estranged from their families of origin, provision of the care they need, frequently provided by spouses or partners, is especially challenging.

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Study of Indigenous South Americans Supports a Lifestyle 'Sweet Spot' for Aging Brain Health

Brain size typically declines with age, but the severity and prevalence of that decline may be related to lower activity levels, higher food consumption, and other evolutionary changes in lifestyle that are common in industrialized societies. An NIA-funded study of two indigenous South American groups, published in *Proceedings of the National Academy of Sciences*, supports the idea that there may be a lifestyle “sweet spot” for healthy aging.

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The Apartment: A Guide to Creating a Dementia-Friendly Home

Dementia-related illnesses impact the mind and affect virtually every aspect of a person's life, including making many facets of daily living more difficult. Most residences are not built with the needs of an individual living with Alzheimer's disease or other dementia-related illnesses in mind. However, almost every part of a residence can impact quality of life for someone living with a dementia-related illness and their family care partners. Even seemingly-cosmetic choices, such as wall colors, furniture patterns, and dishware, make a difference.

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Immune Resilience is Key to a Long and Healthy Life

Do you feel as if you or perhaps your family members are constantly coming down with illnesses that drag on longer than they should? Or, maybe you're one of those lucky people who rarely becomes ill and, if you do, recovers faster than others.

It's clear that some people generally are more susceptible to infectious illnesses, while others manage to stay healthier or bounce back more quickly, sometimes even into old age. Why is this? A new study from an NIH-supported team has an intriguing answer. The difference, they suggest, may be explained in part by a new measure of immunity they call immune resilience — the ability of the immune system to rapidly launch attacks that defend effectively against infectious invaders and respond appropriately to other types of inflammatory stressors, including aging or other health conditions, and then quickly recover, while keeping potentially damaging inflammation under wraps.

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NIA Statement on Report of Lecanemab Reducing Cognitive Decline in Alzheimer's Clinical Trial

The U.S. Food and Drug Administration (FDA) today granted [traditional approval for Legembi \(lecanemab-irmb\) for the treatment of Alzheimer's](#). This occasion — combined with ongoing scientific pursuits and advances in Alzheimer's and related dementias research — helps mark decades of scientific progress toward effectively treating and preventing these diseases. NIA remains eternally grateful to the research

community as well as to the many clinical trial participants who have played significant roles in advancing knowledge, data, and discoveries.

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A promotional banner for AFA's virtual memory screenings. The background is dark blue with a glowing, futuristic brain graphic on the right side, composed of a network of white and red dots connected by lines. The AFA logo is in the top left corner. The text is in yellow and white.

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

**GET A FREE VIRTUAL
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Screenings
are offered daily,
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Call AFA at 866-232-8484
to make an appointment

Virtual Memory Screenings

The Alzheimer's Foundation of America offers free virtual memory screenings which allow individuals to receive one-on-one, confidential memory screenings from a qualified professional using their computer, smart phone or tablet. This service, which is part of AFA's National Memory Screening Program, began during the COVID-19 pandemic to ensure that people could still get screened from the safety and comfort of their homes.

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Dementia Warning Signs

It's important to see your primary doctor if you or a loved one are experiencing changes in memory, mood, or behavior. Your physician can identify if you or your loved one is exhibiting any warning signs of dementia.

Having a memory problem does not necessarily mean someone has a dementia-related illness. Medical conditions such as stroke, B12 deficiency, hypothyroidism, depression and infections can cause dementia-like symptoms and are treatable if diagnosed. If the symptoms are caused by dementia, an early diagnosis can allow for the opportunity to connect with support, education, and medical treatments.

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5 Steps to Getting Started with Medicare Saving Programs

Medicare provides vital health care coverage for adults age 65 and older. But it doesn't pay for everything, and there are out-of-pocket costs to consider. These include premiums, deductibles, copayments, and coinsurance.

If you have low income and are struggling to afford Medicare cost sharing, you could qualify for one of the Medicare Savings Programs (MSPs). These are special benefit programs offered by state Medicaid agencies. MSPs were created to relieve some out-of-pocket Medicare expenses for people who have limited income and assets.

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