

THIS WEEK IN CAREGIVING



August 2, 2023



CAREGIVING IN THE NEWS

'Help, They're Fighting My Help!'

Jason Resendez, Next Avenue's resident expert, and President and CEO of the National Alliance for Caregiving, tackles your caregiving questions

Q: How do you handle elder family members who fight your help?

— April C.

Resendez: Caring for aging parents, family, or friends can be a difficult and rewarding experience. In fact, more than half of family caregivers report their role as a caregiver gives them a sense of purpose or meaning in life, according to research from the National Alliance for Caregiving and AARP.

From: Next Avenue | Published: July 28, 2023

READ MORE



For Rural Caregivers, Respite Can Be Hard to Come By

When caregivers in rural Washington County, Maine, look for help to lighten their load, they might have a hard time. Home care aides are in short supply in the smaller communities of the state's eastern region. Adult daycare services can offer caregivers a few hours to run errands or take a break, but the nearest center could be a long journey away for rural residents.

From: Next Avenue | Published: July 26, 2023

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How to Become a Paid Caregiver for a Family Member

According to a 2021 AARP survey, 77% of adults ages 50 and older are interested in aging in place—a number that has remained constant for over a decade. However, aging in place often requires the help of a caregiver or care partner.

As more baby boomers enter their golden years, the need for caregivers and care partners continues to grow. In fact, about 48 million Americans provide unpaid care to an adult family member or friend, a number that has increased by 8 million between 2015 and 2020, according to the National Alliance for Caregiving and AARP's Caregiving in the U.S. 2020

study.

From: Forbes | Published: July 25, 2023

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NAC NEWS AND UPDATES



Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups

DOWNLOAD NOW

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

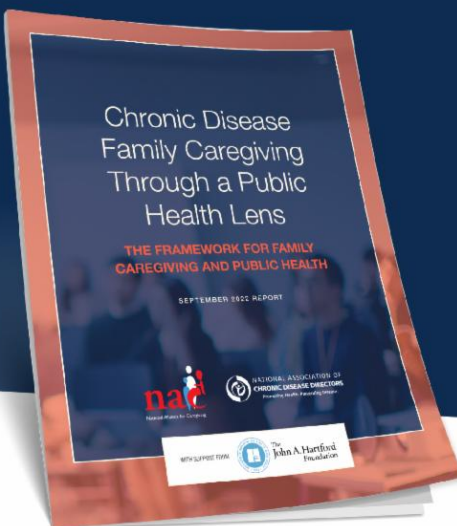




It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores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

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. At the bottom, it says 'SEPTEMBER 2022 REPORT'. The NAC logo is in the bottom left corner. A small white box at the bottom right of the cover mentions 'WITH SUPPORT FROM John A. Hartford Foundation'. The background of the cover is a dark blue image of people.

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](#)
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EVENTS & OPPORTUNITIES

AUGUST



Spousal Caregiving

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

Among the tens of millions of family caregivers, about 12% of them are caring for an ill or disabled spouse or partner. Elements of caring for a spouse or partner differ from other types of caregiving relationships. On average, spousal caregivers provide more hours of caregiving, do more intense care-related tasks and do it all with less assistance compared to other types of caregivers. Professionals who understand the nuances of spousal caregiving can be better positioned to help these individuals.

Join the American Society on Aging on August 2nd for a presentation on spousal caregiving.

Participants in this webinar will be able to:

- Learn about the prevalence and characteristics of spousal caregivers
- Understand the challenges unique to spousal caregivers
- Discover support and resources for spousal caregivers

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

REGISTER
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Comfort for Caregivers; Strategies for Dealing with Caregiver Stress

August 7, 2023 | 12:00 PM - 1:00 PM 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.

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Plan Your Respite In Place Space

August 8, 2023 | 1:00 PM - 2:00 PM ET | Online

When you care for a family member, you may find it difficult to get a break. You may struggle to find and hire help. You may need to be close by because of a caree's complex care needs. You may not have family members who can help.

When you can't leave, we'll help you get a break right where you are. We'll help you create a Respite In Place plan so you can create a space to call your own in your home, your

yard and your community.

Before joining us:

- Take our **one-minute pre-event survey**;
- Download our **Respite In Place Plan** to use during our 50-minute session.

Denise M. Brown, who helps her parents, will lead the discussion. Denise began supporting those who care for a family member in 1990.

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

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Your Legacy: Estate Planning, Philanthropy and Parkinson's

August 9, 2023 | 12:00 PM - 1:00 PM ET | Online

Join The Michael J. Fox Foundation for a special webinar featuring Martin M. Shenkman, CPA, MBA, PFS, AEP, JD, an estate planning attorney and author of 42 books. Martin will share practical and often overlooked estate planning steps you should take if you or a loved one is living with Parkinson's disease and tips to increase your financial wellness and maximize the impact of your philanthropy.

Contact our Planned Giving Team if you have questions about this event or gift planning.

212-509-1524 or plannedgiving@michaeljfox.org

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

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Care Connection Webinar: Preventing Neurocognitive Decline

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

Join the Alzheimer's Foundation of America on August 10th for an online presentation by Dr. Kieran Reid about recent studies that have shown that dedicated physical exercise programs in senior centers for older adults have been able to not only reduce the number of falls but improve cognitive function. He will also describe his efforts to develop senior center-based physical activity programs that can achieve these goals and improve the quality of life for at-risk older adults.

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

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Understanding Alzheimer's and Dementia

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

Alzheimer's disease is not a normal part of aging. Join the Alzheimer's Association on August 10th to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; and current research and treatments available for some symptoms.

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

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Del Mar Caregiver Resource Center

A Program of Health Projects Center

Legal Planning For Caregivers

August 10, 2023 | 4:00 PM - 5:00 PM ET | Online

What legal and financial matters are important for caregivers of adult family members living with a chronic illness? Tune in on August 10th for a webinar that will address this topic and provide information regarding powers of attorney, health care directives, wills, trusts, and conservatorships.

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

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Virtual Family Caregiver Workshop

August 11, 2023 | 9:00 AM - 12:00 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 11th 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. 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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Planning for Getting Paid for Caring for a Family Member

August 11, 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 us:

- Download our **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



caringkind
connect 2 culture

Meaningful Engagement and Enjoyment for Families Impacted by Dementia

August 14, 2023 | 6:00 PM - 8:00 PM ET | Online

Learn about connect2culture®, CaringKind's program that connects families to cultural organizations that develop programs specifically created for people living with dementia and their care partners.

Meredith Wong, Director of connect2culture, will speak about some of connect2culture's partner programs.

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

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Create a Plan for Recovery During Caregiving

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

After an intense period, like a hospitalization or decline, you and your caree deserve a Recovery Plan. The plan gives you a period of time after the crisis for your mind, body and spirit to recover. In addition, you can plan for how your caree will recover by considering a new routine and adding help.

Tune in on August 15th for a webinar featuring Denise Brown that will discuss how to come up with a Recovery Plan for carers and carees.

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

REGISTER



Useful Technology for Caregivers

August 15, 2023 | 7:00 PM - 8:00 PM ET | Online

As a caregiver, technology can make your life so much easier! There are so many useful gadgets and tools out there that can help you with everything from keeping track of

medication schedules to monitoring your loved one's safety. With the help of these tools, caregivers can better care for their loved ones while still maintaining their own well-being. So don't be afraid to try out some of these useful technologies and see how they can benefit you and your loved one!

Join Willing Hearts, Helpful Hands on August 15th for a discussion of the ways that technology can assist caregivers taking care of a loved one.

A Zoom meeting ID and password will be emailed to all participants 15 minutes prior to the start of the event.

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

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Rethinking Carer Empowerment and Resilience

August 15, 2023 | 8:30 PM - 10:30 PM ET | Online

Tune in on August 15th for a free, two-hour interactive webinar that will feature emerging evidence and discussion on the terms empowerment and resilience as they relate to caregiving. This webinar will explore these contentious terms, with the aim of moving towards a more constructive framework for operating.

Designed for a wide audience, evidence presented will include research findings, evidence-based practice, and the lived experience of caring.

The webinar will be interactive and enable participants to share their own ideas and experiences on the topic of carer empowerment as it relates to their identity as a carer and their overall health and wellbeing.

About the Carer Knowledge Exchange

The Carer Knowledge Exchange is a partnership project delivered by Carers NSW and the Institute for Public Policy and Governance (IPPG) at the University of Technology Sydney, proudly funded by the NSW Government.

The Exchange brings together carers, researchers, students, decision makers, professionals and service providers to share their knowledge about carers and learn from each other with the aim to improve outcomes for carers across Australia by connecting research to practice.

This interactive webinar is for anyone with an interest in connecting carer* related research to practice, including carers and former carers; academic and not-for-profit researchers; research students; policy makers and practitioners; and people who receive care.

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

REGISTER
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Taking Care of Yourself

August 16, 2023 | 8:30 AM - 10:00 AM ET | Online

If you care for someone with dementia, this is your chance to consider your own wellbeing and develop some tools and skills to help you.

“Resilience is the way we cope with stress and adversity in life. By learning new ways of thinking, behaving and interacting with others, we develop ways to cope even when life is tough.”

Put another way, resilience is building the ability to make choices when we are under under pressure.

Our instincts are designed to protect us and can take over and make decisions for us, but this isn't always helpful. Resilience gives us the awareness to notice this and the ability to choose how to act rather than a knee jerk reaction.

There are a number of ways we can build resilience that we will discuss in this session.

Join the UK's Dementia Carers Count on August 16th for a discussion about how caregivers can take care of themselves while caring for another. This session is for you if you would like to:

- Learn about how resilience can be built to support your well being
- Gain ideas and strategies to support your own wellbeing
- Spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- 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.

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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.

REGISTER



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.

REGISTER





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.

REGISTER



Family
Caregiver
Alliance®

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.

REGISTER



Understanding and Responding to Dementia-Related Behavior

August 24, 2023 | 1:00 PM - 2:00 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 August 24th 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.

REGISTER



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.

REGISTER



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.

REGISTER



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.

REGISTER



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.

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.

REGISTER



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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OCTOBER



Managing Complex Relationships with Your Care Recipient

October 5, 2023 | 12:00 PM - 1:00 PM ET | Online

What if your caregiving responsibility is coming from obligation rather than love? What happens when you do not have a great relationship with your care recipient? How can you improve and embrace your caregiving role to the fullest? In this webinar, join our Caregiver Coach, Jane Vock, and learn about:

- Sources of ambivalence including a quick summary of uncertain feelings
- Strategies that can help you move out of ambivalence
- Understanding of acknowledgement and forgiveness
- Mindfulness exercise – being in the present moment
- When and where to seek professional help, counselling, coaching

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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PATIENT AND CAREGIVER STUDIES

BIIB080 for Mild Cognitive Impairment Due to Alzheimer's Disease or Mild Alzheimer's Dementia

Who is sponsoring this study? Multiple states

Where is this study located? Biogen

Start: Aug. 24, 2022

End: December 2026

Enrollment: 735

What is this study about?

This Phase 2 clinical trial will evaluate the effects and safety of different dosages of the study drug, BIIB080, on cognition and daily functioning in people with mild cognitive impairment (MCI) due to Alzheimer's disease or mild Alzheimer's dementia. BIIB080 is an experimental research drug designed to reduce the production of tau, a protein associated with Alzheimer's. Participants will be randomly assigned to receive either a low or high dosage of BIIB080 or a placebo by cerebrospinal fluid (CSF) injection, for either every 12 or 24 weeks for up to 72 weeks. At the start of the study and after 72 weeks, participants will complete questionnaires and other tests to measure cognitive and daily functioning. All participants will be monitored for adverse side effects up to two years.

Do I qualify to participate in this study?

Minimum Age: 50 Years

Maximum Age: 80 Years

Must have:

- Meet all clinical requirements for MCI due to Alzheimer's or mild Alzheimer's dementia, including the following at the study screening visit:
 - Memory impairment, with Repeatable Battery for the Assessment of Neuropsychological Status Delayed Memory Index score of < 85
 - Clinical Dementia Rating global score of 0.5 or 1
 - Mini-Mental State Examination score of 22 to 30
- Positive for amyloid deposits, based on positive emission tomography brain scan or CSF test

- If taking a non-disease-modifying Alzheimer's medication, including but not limited to donepezil, rivastigmine, galantamine, tacrine, and memantine, the dosage must be stable for at least two months prior to the study screening

Must NOT have:

- Known allergy to BIIB080 or a history of hypersensitivity to any of the inactive ingredients in the drug product
- Previous participation in this study or other studies with BIIB080
- Current enrollment, plan to enroll, or previous participation in a research study for:
- Any therapy designed to have a disease-modifying effect in Alzheimer's, including gene therapy and any immunotherapy targeting amyloid protein or tau protein, unless:
 - Study was for a passive immunotherapy targeting tau protein, then participation in this study may be possible if the last treatment occurred at least six months, or long enough for the therapy to clear the body, prior to the study screening
 - Documentation is available that the participant received a placebo, then participation in this study would still be possible
- Current or previous use of medications designed to have a disease-modifying effect on Alzheimer's, outside of a research study
- Any vaccination within 10 days before or after the first day of starting study treatment or any of the study clinic visits
- Any condition that could make having a brain MRI unsafe (e.g., MRI-incompatible pacemaker, MRI-incompatible aneurysm clips, artificial heart valves, or other metal foreign body, claustrophobia that cannot be medically managed)

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

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MIB-626 for Alzheimer's Disease

Who is sponsoring this study? Brigham and Women's Hospital

Where is this study located? Massachusetts

Start: Dec. 1, 2021

End: December 2024

Enrollment: 50

What is this study about?

This Phase 1/2 clinical trial will test the safety and effectiveness of the experimental drug MIB-626 to improve cognitive and daily functioning in people with Alzheimer's disease. MIB-626 is designed to activate certain pathways involved in brain cell energy to reduce the breakdown of brain cells associated with Alzheimer's. Participants will be randomly assigned to take either MIB-626 or a placebo tablet twice a day for three months. At the start and end of the study, participants will provide cerebrospinal fluid and blood samples, undergo MRI imaging, complete cognitive tests, and answer questionnaires about daily functioning and mental health. Researchers will use this information to measure changes in cognitive and daily functioning, levels of the study drug in the blood and brain, and biological measures of aging and Alzheimer's.

Do I qualify to participate in this study?

Minimum Age: 55 Years

Maximum Age: 85 Years

Must have:

- Diagnosis of Alzheimer's disease, with:
 - Evidence of amyloid protein buildup in cerebrospinal fluid, based on spinal tap analysis
 - Clinical Dementia Rating global score of 0.5 or 1
 - Mini-Mental State Exam Score of 18 to 26
 - Geriatric Depression Scale score of < 6
 - Impaired memory, based on study screening evaluation
- If taking FDA-approved medications for Alzheimer's (e.g., cholinesterase inhibitors, memantine), dosage must be stable for at least two months before study screening
- Adequate vision and hearing to complete study tests
- Availability of a study partner who has regular contact with the participant, knows them well, and is able to attend study visits
- Fluent in English

Must NOT have:

- Any systemic illness or unstable medical condition that could jeopardize safety or interfere with the study results, including:
- Neurological disease other than Alzheimer's that could cause cognitive impairment, including:
 - Parkinson's disease, vascular dementia, dementia with Lewy bodies, frontotemporal dementia, Huntington's disease
 - Normal pressure hydrocephalus
 - Corticobasal syndrome
 - Brain tumor, seizure disorder
 - Subdural hematoma within the last year
 - Multiple sclerosis
 - History of significant head trauma followed by persistent neurologic deficits
- Known brain structure abnormalities
- Abnormalities in the blood vessels supplying blood to the brain (e.g., stroke, hemorrhage), based on MRI brain scan
- Psychiatric disorder (e.g., major depressive disorder within the last year, bipolar disorder, schizophrenia) or current major psychiatric symptoms that could interfere with study procedures
- Serious back or spinal disease that would make a lumbar puncture difficult or unsafe
- History of alcohol or substance abuse or dependence within the past two years
- Currently taking any of the following medications:
 - Niacin or dietary supplements containing nicotinamide mononucleotide or nicotinamide riboside
 - Antipsychotic medications or antidepressant medications with anticholinergic side effects (prospective participants taking psychoactive medications must discontinue use at least two months before study screening)
 - Blood thinners
- Abnormal laboratory test results
- Participation in another study testing an experimental drug within the past three months or recent enough that the experimental drug is still in the body

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

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Neflamapimod for Dementia With Lewy Bodies

Who is sponsoring this study? EIP Pharma Inc.

Where is this study located? Multiple states

What is this study about?

- This Phase 2 clinical trial will evaluate the effectiveness of neflamapimod to improve memory, learning, and problem-solving skills in people with dementia with Lewy bodies (DLB). Participants will be randomly assigned to receive either neflamapimod or placebo capsules three times a day for four months. At the start and end of the study, participants will complete cognitive and neuropsychological tests and undergo an electroencephalogram, or EEG, to measure brain activity. Researchers will measure changes in memory, cognitive function, mobility, dementia symptoms (e.g., sleep, hallucinations), and functional connections in the brain.

Do I qualify to participate in this study?

Minimum Age: 55 Years

Maximum Age: N/A

Must have:

- Probable DLB, based on diagnostic criteria, including:
 - Brain imaging (DaTscan) results consistent with DLB
 - If brain imaging results are negative, then must have a history of a REM sleep behavioral disorder, based on polysomnography testing
 - Clinical Dementia Rating Global Score of 0.5 or 1.0
- If currently receiving cholinesterase inhibitor therapy:
 - Therapy must be for longer than three months
 - Stable dosage for at least six weeks before starting the study
 - Dosage must not change during the study, except for dose reduction due to tolerance
- If not currently receiving cholinesterase inhibitor therapy, but received such therapy in the past:
 - Therapy must have been discontinued at least three months before starting this study
- Able to perform all aspects of the study's cognitive and function tests with:
 - Normal or corrected eyesight and hearing
 - No history of learning difficulties that could interfere with test completion
- Vaccinated for SARS-CoV-19, unless excluded for medical reasons
- Must have a reliable study partner
- If female, must be:
 - Postmenopausal for more than one year before starting the study, or
 - Surgically sterile (e.g., hysterectomy)

Must NOT have:

- Any central nervous system condition other than DLB (e.g., post-stroke dementia, vascular dementia, Alzheimer's disease, or Parkinson's disease)
- Blood levels of tau protein > 2.4 pg/mL, a protein associated with Alzheimer's
- Serious risk of suicide, based on study screening evaluation
- Ongoing major and active psychiatric disorder and/or other medical condition that could compromise study safety or completion
- Alcohol or drug abuse within the past two years
- Abnormal blood or urine test results that are clinically significant
- Known human immunodeficiency virus, hepatitis B, or active hepatitis C virus infection
- Past participation in a research drug trial less than six weeks before or long enough before to ensure that the other research drug has cleared the body before starting this study
- History of brain surgery within the past five years
- If male with female partner(s) of child-bearing potential, unwilling or unable to

- adhere to contraception requirements specified in the protocol
- Positive pregnancy test result during study screening and/or is unwilling or unable to adhere to the study's contraception requirements
- Body weight less than 132 pounds
- Poorly controlled medical illness that would interfere with study measurements, such as:
 - High blood pressure
 - Heart attack within past six months, uncompensated congestive heart failure, or other significant heart disease
 - Significant lung, kidney, liver, infectious disease, immune, metabolic, or hormonal disorders

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

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Online Insomnia Therapy for People with Mild Cognitive Impairment

Who is sponsoring this study? University of Virginia

Where is this study located? Virginia

Start: Feb. 27, 2023

End: January 2028

Enrollment: 144

What is this study about?

This Phase 2 study, named SHUTi MIND, will test whether online cognitive behavioral therapy for insomnia (CBTi) can improve sleep and cognition in older adults with mild cognitive impairment. Participants will be randomly assigned to complete a sleep health education program either with or without weekly CBTi sessions for up to nine weeks. All study activities are online and all participants will keep daily sleep diaries. At the start and end of the program, and at six-, 12-, 18-, and 24-month follow-up appointments, all participants will complete questionnaires related to their sleep, fatigue, cognition, mental health, and overall quality of life.

Do I Qualify To Participate in This Study?

Minimum Age: 65 Years

Maximum Age: N/A

Must have:

- Able to speak and read English
- Living in the United States
- Access to any internet-enabled device (computer, tablet, smartphone) with email
- Current problems falling asleep and/or staying asleep, which have caused significant distress or impairment in social, work-related, or other areas of functioning over the past three months
- Cognitive impairment, based on testing at study screening
- If currently taking medications, dosage regimen must be stable

Must NOT have:

- Currently undergoing psychological treatment for insomnia
- Psychological or psychiatric treatment that started within the past three months
- Any of the following medical conditions, which may interfere with the study:

- Huntington's or Parkinson's disease
- Psychotic or bipolar disorder, or severe depression
- Epilepsy without stable treatment for at least three months
- Asthma or respiratory concerns with night treatment
- Brain tumor, injury, or infection that has not yet healed
- Any untreated sleep disorders other than insomnia (e.g., obstructive sleep apnea)
- Chronic pain treated with opioids
- Currently being treated for hyperthyroidism
- Currently undergoing chemotherapy
- Irregular sleep schedule
- Currently taking any medication that is known to cause insomnia, including stimulating medications taken in the evening or taken for less than three months
- Moderate to high risk of suicide
- Alcohol or drug abuse within the past year

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

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Home-Based Brain Stimulation for Cognitive and Movement Dysfunction in Dementia

Who is sponsoring this study? Hebrew SeniorLife

Where is this study located? Massachusetts

Start: Jan. 24, 2023

End: August 2027

Enrollment: 144

What is this study about?

This study will evaluate the effectiveness of a noninvasive brain stimulation therapy to improve memory, mobility, and daily functioning in older adults with mild cognitive impairment or early-stage dementia. The therapy uses transcranial alternating current stimulation (tACS) and transcranial direct current stimulation (tDCS) to target different areas of the brain. Caregivers or study partners will be trained to deliver the home-based therapy. Participants with cognitive decline will be randomly assigned to receive either the tACS or tDCS therapy alone, in combination, or a sham control. There will be a total of 20 at-home sessions, for 30 minutes a day, over four weeks. All participants will complete cognition and movement tests at the start of the study, and after one, three, and six months. They will also undergo an MRI brain scan at the start of the study and after the last treatment. Researchers will measure changes in memory, attention, thinking, mobility, daily functioning, brain activity, and health-related quality of life.

Do I Qualify To Participate in This Study?

Minimum Age: 55 Years

Maximum Age: N/A

Must have:

Participants with MCI or early-stage dementia:

- Ability to read, write, and communicate in English
- Ability to identify an eligible study partner

Study Partners:

- At least 21 years of age
- Ability to read, write, and communicate in English

- Comfortable using a computer
- Ability and willingness to learn how to administer the brain stimulation program for the study participant with dementia
- Available during weekdays to administer the brain stimulation program

Must NOT have:

Participants with MCI or early-stage dementia:

- Moderate or advanced dementia with a Montreal Cognitive Assessment score < 18
- Major psychiatric disorder, including major depressive disorder, schizophrenia, or psychosis
- Blindness or other disabilities that would prevent the completion of study tasks
- Any condition that could make using the brain stimulation technology unsafe, including:
 - Seizure within the past two years
 - Use of any drugs that affect the nervous system
 - Presence of specific, implanted medical devices (e.g., deep brain stimulator, medication infusion pump, cochlear implant)
 - Any active skin condition on the scalp, such as eczema
- Unable to understand the purpose of the study, risks of study participation, and ability to withdraw, based on review of the informed consent form at study screening

Study partners:

- Mild cognitive impairment with a MoCA score < 26, at study screening
- Poor eyesight, severe arthritis in the hands, pain, deformity, or other condition that would interfere with successful administration of the brain stimulation therapy
- Insufficient understanding of study procedures, including the purpose of the study, risks of study participation, and ability to withdraw, based on review of informed consent form at study screening

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

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Learning from Friends and Family Who Helped with Dementia Care

Who is sponsoring this study? Arizona State University

Where is this study located? Arizona

Start: March 15, 2023

End: Jan. 9, 2026

Enrollment: 400

What Is This Study About?

This study is gathering information from former dementia caregivers to develop guidance to help others meet their needs after the death of a friend or family member due to dementia. Participants will be interviewed by phone, for one hour, to answer questions about their caregiving experiences and current life. This information will help researchers develop strategies that can support other dementia caregivers during and after the dementia caregiving process.

Do I qualify to participate in this study?

Minimum Age: 18

Maximum Age: None

Must have:

- Former caregivers for a person with dementia who has died
- Speak English
- Able to have a conversation using a telephone

Must NOT have:

- None

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

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Online Therapy for Depressed Caregivers of a Family Member with Dementia

Who is sponsoring this study? University of Alabama at Birmingham

Where is this study located? Alabama

Start: March 21, 2022

End: January 2025

Enrollment: 64

What is this study about?

This study will examine the effects of an online acceptance and commitment therapy (ACT) program on the mental health of depressed caregivers of a family member with dementia. Participants will be randomly assigned to receive psychological education materials with or without individual ACT sessions guided by a trained coach, using videoconferencing, for one hour a week over 10 weeks. At the start and end of the study, and in a three-month follow-up, participants will answer questions about their mental health and quality of life.

Do I qualify to participate in this study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Living at home in the community (i.e., not living in assisted living or nursing facility)
- Currently have the primary responsibility for the care of a relative with dementia who is also living in the community (i.e., not living in assisted living, memory care, or nursing facility)
- Diagnosis of at least mild depression, based on study screening evaluation
- Access to a computer or a smartphone with internet access at home

Must NOT have:

- Cognitive, physical, or significant hearing or sight problems that could interfere with study participation
- Unable to communicate in English
- Psychiatric hospitalization or mental illness diagnoses in the previous two years
- Currently taking antipsychotic or anticonvulsant medication
- Plans for the person living with dementia to move to a nursing home within six months

- Medical conditions (caregiver and person with dementia) that may interfere with completion of the study, based on evaluation of the study investigator

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

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At-Home Smell Test To Assess Brain Health

Who is sponsoring this study? Massachusetts General Hospital

Where is this study located? Massachusetts

Start: May 9, 2023

End: June 2024

Enrollment: 250

What is this study about?

This study will evaluate whether an at-home smell test, named AROMHA, can identify older adults with a cognitive decline disorder or disease, such as early-stage Alzheimer's. Participants with normal cognition, self-reported memory concerns, mild cognitive impairment, or mild behavioral impairment will first be screened by phone and a Zoom video interview. A set of cards with different odors will be mailed to the participants. To take the test, participants will peel and sniff labels on the physical smell cards and use an online application to answer questions related to odor identification, intensity, and discrimination. Participants will not be provided with the results of the tests.

Do I qualify to participate in this study?

Minimum Age: 18 Years

Maximum Age: 100 Years

Must have:

- Participants must fall into one of the following categories, as confirmed by a diagnosis or study screening evaluation:
 - Cognitive concerns, as reported by the participant
 - Mild cognitive impairment
 - Mild behavioral impairment
 - Normal cognition

Must NOT have:

- Diagnosis of a lung disease (e.g., severe emphysema, asthma) that is not under good medical control
- Current sinusitis, common cold, upper respiratory infection, or nasal polyps
- Alcohol or substance dependence within the past six months; a prior history of alcohol or substance abuse will not exclude study participation
- Currently pregnant
- Severe cognitive dysfunction that would impair the ability to complete the study smell tests
- Adverse reaction to fragrances (i.e., smells trigger a severe asthmatic attack or nausea)

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

IN CASE YOU MISSED IT...**Emerging Respite Care Strategies
in Medicaid HCBS Waivers**

Family caregivers play an important role in caring for Medicaid home and community-based services (HCBS) waiver participants. Respite care is a service delivered in the home or a facility-based setting to provide short-term relief for caregivers. Although most states offer respite through Medicaid, varied program policies and payment rates among states greatly affect caregivers' access to high quality respite services.

This webinar highlights key takeaways from a new NASHP report that explores emerging respite care strategies within Medicaid HCBS waivers serving older adults and adults with physical disabilities. Kentucky and Virginia Medicaid officials also outline respite care policies that increase service access within their states, with a particular focus on how other states can replicate.

**RESEARCH & RESOURCES**

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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“Caregivers of patients with (head and neck cancer) face psychological, emotional, social and financial stressors related to the caregiving.”

-Dr. Leila Mady

cure

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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PREVIOUSLY APPEARED



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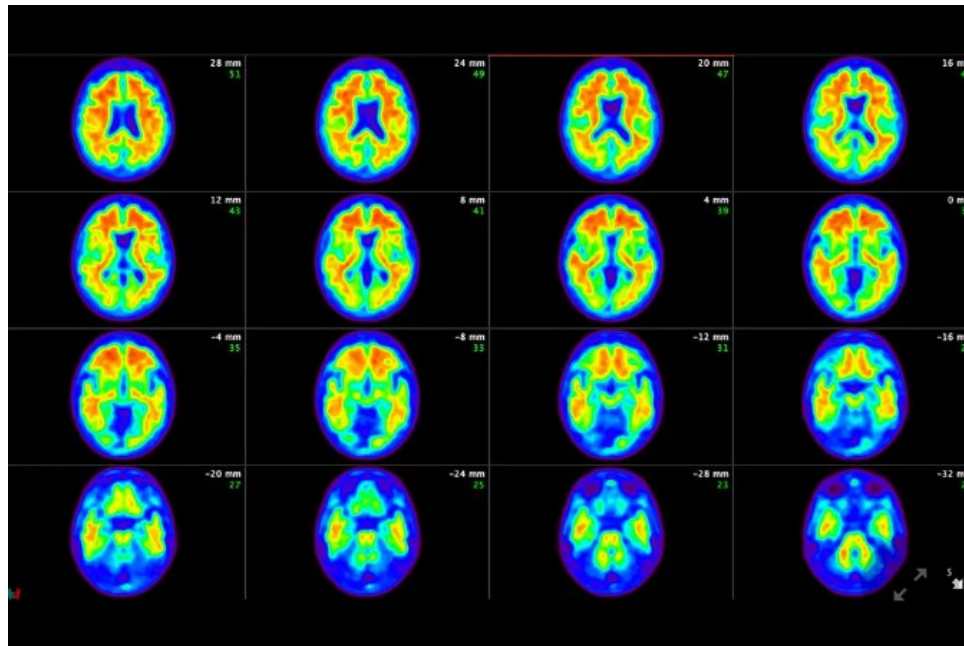
'There Are So Many Caregivers and a Lot of Fragmented Resources.' These Free Videos May Help

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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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





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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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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**GET A FREE VIRTUAL
MEMORY SCREENING!**

Screenings
are offered daily,
Monday – Friday

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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With Paid Leave, Older Adults Care for Parents Instead of Grandchildren

In 2004, California passed a law requiring employers above a certain size to provide paid family leave to their employees.

Much of the research looking at this policy has examined its impact on the work, income and leave-taking of new parents and women of childbearing age—but less research has focused on how paid leave may impact older adults.

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How Family Members Can Cope with Sudden Caregiving

Up until that moment when my father's brain cancer revealed itself, he seemed perfectly fine. A lawyer, devoted father and husband and a former college athlete, he spent his days arguing cases in court, playing baseball with me and my younger brother and swimming miles of laps in a YMCA pool. Then, one fall evening when I was 14, he turned to a neighbor visiting our home to make a comment about a TV show and out of his mouth came a string of gibberish — word fragments and random sounds that made no sense. Cancer cells had infiltrated the language center in his brain. In an instant, he had lost the ability for intelligible speech.

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Caring for a Person with Depression

Depression sucks all the oxygen out of the room. Depression preoccupies a person to a point where they often lack sensitivity to the needs of others. The needs of caregivers are often overlooked. The relationship with the caregiver suffers.

The depressed person doesn't intend this to happen; it's the nature of the illness.

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7 Ways to Prevent Someone with Dementia from Getting Lost or Hurt

One of the most common safety concerns for people with dementia is that they will leave the house and get lost. In my 35 years of caregiving and work experience, no one I have encountered who is living with dementia just “wanders” aimlessly. In their minds, there’s a reason: They are looking for something or someone; they believe they should be somewhere (work, home, picking up a child after school, etc.); they want to do something (I once lost an adult day-care client because he wanted to go fishing); they have an unmet need (hungry, thirsty, tired, lonely, etc.); or they are scared. We may not understand what they are thinking or why they are confused — and they may not be able to communicate it.

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Tips for Traveling With Dementia

Whether taking a short trip to see friends and family or traveling farther for vacation, it is important to consider the difficulties and benefits of travel for a person with dementia. In the early stages of dementia, a person may still enjoy traveling. As the disease progresses, travel may become too overwhelming. It is imperative to discuss any travel with the individual's physician to evaluate whether or not travel is recommended or safe.

To learn more, click the red button below.

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11 Tips for Getting the Most Out of a Family Meeting

Caring for someone with Alzheimer's disease or a related illness is a complicated task, and for families requires consensus and vigilance. Family meetings are important to ensure information is shared, formulate care plans, and arrange task divisions with family members. A family meeting is a specific time set aside to promote communication, decision-making, and problem-solving, and to encourage strong family relationships.

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Eating and Dementia

A good diet is vital to a person's health and well-being, but eating with Alzheimer's or dementia can be difficult. Because the brain is involved in all aspects of eating, when parts of it are damaged by disease, a person can have trouble eating. Some may not want to eat and others may not be able to feed themselves. Some may even forget how to chew and swallow. When a person with dementia can't eat, they don't get the nutrition they need to stay healthy, comfortable and strong.

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9 End of Life Documents Everyone Needs

Many of us have thought about writing a will, but there are several other documents you need to cover all aspects of your end of life wishes. Without them, your family will have to make tough decisions on your behalf, not knowing what you would have wanted.

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**HEALTHYBRAIN
INITIATIVE**



Healthy Brain Initiative: State and Local Road Map for Public Health

Throughout history, public health has had an overwhelmingly positive effect on population wellness. As a result, people are living longer in communities all over the country. But as the size of the U.S. population age 65 and older continues to grow, so too will the number and proportion of Americans living with cognitive decline and dementia. Just as with other chronic conditions, the best way to reduce risk, detect problems early and improve safety and quality of care is to act now.

The Healthy Brain Initiative (HBI) Road Map, updated for 2023-2027, is a framework designed to help public health professionals lead with urgency and act for impact in their communities to improve brain health across the life course and support caregivers.

To learn more, click the red button below.

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Beyond the Brain: The Gut Microbiome and Alzheimer's Disease

Trillions of microbes live in our gastrointestinal tract. These different types of bacteria, viruses, fungi, and other microorganisms — collectively known as the gut microbiome — play a vital role in maintaining overall health by helping to digest food and make nutrients. They also support the body's immune system and produce chemicals that affect brain function. When it gets out of balance, the gut microbiome can contribute to disease.

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Changes in the Retina Linked to Stages

of Alzheimer's Disease

Many of the changes to the brain that happen during Alzheimer's disease may also appear in the retina, according to an NIA-funded study. The findings, published in *Acta Neuropathologica*, provide important insights on the effects of Alzheimer's on the retina and suggest that noninvasive methods of monitoring the retina might be a way to reliably detect and track the disease.

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Fighting for -- Not With -- Your Loved One's Healthcare Professionals

Family caregivers' relationships with their loved ones' healthcare professionals can be that of warmly appreciative partners or coldly suspicious antagonists. But there are ways that family caregivers can build mutual trust with physicians, nurses, and other healthcare professions for the sake of their loved ones and themselves.

This webinar presented by the Family Caregiver Alliance features a clinical psychologist, healthcare consultant, and caregiving author and AARP.org columnist. It discusses why professionals' ideas about "patient-centered care" sometimes excludes family members, how caregivers can present themselves as effective collaborators, and ways to productively question professionals' treatment plans. Case illustrations will be used throughout.

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12 Self-Care Tips for Nurturing Your Body

As a caregiver to your loved one, taking care of your own needs can sometimes fall to the bottom of your list of priorities. But looking after your self-care is not only essential to your well-being, it even helps you to be the best caregiver you can be.

Self-care covers many areas of your life (e.g., social, creative, financial, etc.) that all work together to help you feel healthy and whole. In this post, we'll look specifically at how to nurture your physical wellness as part of your holistic self-care habits.

Self-care is about purposefully giving back to yourself to enhance or maintain your own physical and emotional well-being. It can include activities to meet your basic needs or doing something special that you enjoy and makes you feel good.

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A Guide to Caregiving and Senior Living Options for Seniors with Obesity

As people age, the risk for health conditions increases. Many of the health issues connected with age, including arthritis, heart disease and type 2 diabetes, can make the older years of life more challenging. During retirement, many people also become less active. They may lack the ability to cook healthy foods, which can contribute to obesity — another disease that often affects the elderly. In turn, obesity can exacerbate other health issues and create additional challenges for family members taking on the role of caretaker.

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A Step-by-Step Guide to Hiring an In-Home Caregiver

As the baby boomer generation ages, most are expressing their desire to age in place and live independently. For many, the thought of leaving their home and the familiarity of their communities for residential care facilities is daunting. But they're also worried about the risks to their safety, such as falling, that come with independent living, especially those with mobility or health issues.

If this sounds familiar, you may find that in-home care is the solution because it provides similar services to those delivered in residential care facilities. While it's a great option, it's important to choose the right caregiver because they will have almost total access to your home. They might see sensitive information and will certainly be in daily contact with your personal belongings. It's therefore crucial you diligently research in-home care providers so you can be as sure as possible you've hired a reputable agency with trained and vetted caregivers.

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How to Talk to Someone with Alzheimer's

The family of Jack Hanna, the celebrity zookeeper and media personality, has opened up about his Alzheimer's diagnosis, offering an intimate look at the challenges of communicating with a man who no longer remembers who most of them are.

"My husband is still in there somewhere," Suzi Hanna, his wife of 54 years, told The Columbus Dispatch in a story that follows Mr. Hanna as he asks several dozen times if the dog has been fed. He also listens to a family conversation, unaware that his daughter is discussing the pain of being forgotten by him.

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Podcast: Combating the "Multi-Dimensional Beast" of Chronic Pain

Chronic pain, according to a 2023 study, affects more Americans than diabetes, depression, and hypertension. Yet the disease is poorly understood, often undiagnosed or misdiagnosed, and effective treatments are in short supply.

A recent study in *Nature Neuroscience* provides new insights into how the disease affects the nervous system. For the first time, researchers recorded data from inside the brains of individuals who were suffering chronic pain and found distinct biomarkers for the disease. These insights are an important first step toward better diagnosing and treating chronic pain.

In this podcast episode, the lead author of that study, Prasad Shirvalkar, a neurologist and interventional pain medicine specialist at the University of California, San Francisco, talks with managing editor Jason Lloyd about his research and how it could transform physicians' understanding and treatment of what Shirvalkar calls a "multi-dimensional beast."

To listen to the podcast, click the red button below.

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What is Limbic-Predominant Age-Related TDP-43 Encephalopathy (LATE)?

Limbic-predominant age-related TDP-43 encephalopathy (LATE) is a recently characterized type of dementia. Similar to other forms of brain disorders, such as Alzheimer's disease, LATE causes problems with memory and thinking but has different underlying causes.

To listen to the podcast, click the red button below.

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Background Checking: Resources That Help

Stories fill the news about aides who take advantage of, rather than care for, a parent, spouse, or other family member in their home. Drained savings accounts, missing jewelry, and unexplained bruises are all too common experiences. One way to avoid becoming a victim is to conduct an attendant background check. Background checks include a review of job performance and verification that the information provided to the family caregiver is accurate, and that the attendant can do the job that the caregiver needs to be done.

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Does Medicaid Pay for Assisted Living?

Medicaid is a public health insurance program for people with low income and limited assets. It makes medical care more accessible for eligible adults, older adults, children, pregnant women, and people with disabilities. Medicaid is not the same as Medicare, which is a federal health insurance program for adults age 65 and older and certain younger people with disabilities.

In addition to routine and acute health care services, Medicaid provides limited coverage for long-term care. This includes assisted living.

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A Crisis Guide for Caregivers of Seniors with Alzheimer's or Other Dementia

Alzheimer's disease and other forms of dementia have physical and psychological effects that can make it difficult for seniors to maintain their independence. If you have a loved one with one of these diseases, it's important to understand the changes that can occur.

Having dementia puts older adults at risk of several types of crises, including wandering, increased aggression, hallucinations and depression. This guide provided by Caring.com covers the most common crisis situations and offers tips for preventing them. It also explains what to do if one of these crises occurs and provides some resources to help you navigate the complexities of caring for someone with Alzheimer's disease or dementia.

To view the guide, click the red button below.

VIEW THE GUIDE



A Caregiver's Guide to Sundowning and Dementia

Caring for an older adult is never easy, but it's even more of a challenge when that person has dementia. In addition to running errands and providing daily supervision, you need to watch for behavioral changes and signs of worsening memory loss. You may also have to provide assistance with bathing, toileting and other activities of daily living, increasing the physical stress on your body.

Some seniors with dementia experience sundowning, a phenomenon that causes concerning symptoms. Fortunately, there are several things you can do to reduce the risk of sundown syndrome or shorten the length of an episode. This guide produced by Caring.com defines sundowning, explains what causes it and provides tips to help you cope. It also includes a list of resources for families who need support caring for someone with dementia.

To view the guide, click the red button below.

VIEW THE GUIDE





Caregiver Worksheets

NIA caregiver worksheets can help you coordinate care and keep track of your caregiving responsibilities and needs. You can download, print, and copy the worksheets.

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