

THIS WEEK IN CAREGIVING



August 30, 2023



CAREGIVING IN THE NEWS

Families, States Chart Path Forward on Paid Caregiving

For Paige Hall, a single mother living in Eugene, Ore., getting paid by Medicaid to care for her son James during the pandemic was life-changing.

She no longer had to worry about finding a reliable, qualified caregiver who could care for James, a nonspeaking 11-year-old with autism and severe drug-resistant epilepsy.

Shortages of home care workers in Eugene had made it nearly impossible for Hall to find help, and the workers who said they were available either didn't show up to work or were late to their shifts. But with Paige as James' primary caregiver, his behavior, self-confidence and physical health improved, she said.

From: Roll Call | Published: August 21, 2023

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LGBTQ+ Caregivers Carry an Added Burden of Isolation, Stigma, and Lack of Support that Can Harm Their Physical and Mental Health

Caring for someone living with dementia can be a stressful experience that harms the physical and mental health of caregivers. Many caregivers experience depression and lower quality of life. LGBTQ+ caregivers face unique challenges that can magnify these strains.

Around 8% of the estimated 50 million-plus caregivers of adults or children with special needs in the U.S. identify as LGBTQ+, with many caring for someone living with dementia.

For the First Time, Traditional Medicare Will Pay to support Family Caregivers

The federal agency that operates Medicare, the Centers for Medicare & Medicaid Services, is finally recognizing what people have known for, well, thousands of years: Family members are the bedrock of the system of care for frail older adults and younger people with disabilities. And the agency is taking some important steps to help them.

Some proposals will provide valuable support; others less so. But the key is that, for the first time, Medicare will pay doctors and other providers to deliver critical support to the families of

From: Fortune | Published: August 24, 2023

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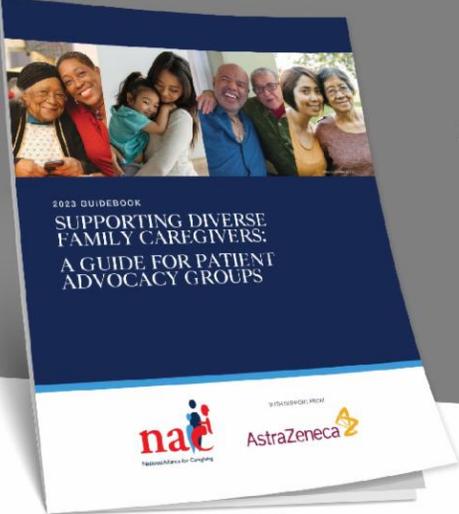
people with certain medical conditions.

From: Forbes | Published: August 23, 2023

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NAC NEWS AND UPDATES



The image shows the cover of a guidebook. The top half features a photograph of a diverse group of people, including an elderly woman, a man, a woman, and a child. Below the photo, the text reads: "2023 GUIDEBOOK SUPPORTING DIVERSE FAMILY CAREGIVERS: A GUIDE FOR PATIENT ADVOCACY GROUPS". At the bottom of the cover are the logos for NAC (National Alliance for Caregiving) and AstraZeneca.

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](#)
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Social Innovations In Caregiving:
SPOTLIGHT ON PAIN ASSESSMENT



AUGUST 2022

Assessing the Pain of Care Recipients: Tools Available to Family Caregivers

Fawn A. Cothran, PhD, RN, GCNS-BC, FGSA
Hunt Research Director

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



JUST RELEASED!

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

SEPTEMBER 2022 REPORT

NAC National Alliance for Caregiving
NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
John A. Hartford Foundation

DOWNLOAD NOW

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

The National Alliance for Caregiving is proud to present *Chronic Disease Family Caregiving Through a Public Health Lens: The Framework for Family Caregiving and Public Health*, a new report developed with support from The John A. Hartford Foundation and in partnership with the National Association of Chronic Disease Directors (NACDD). This framework outlines policy recommendations, implementation actions and messaging content to help the public health community address the complex needs of America's 53 million family caregivers.

Included in this report:

- A foundation of the framework and background into why it's needed;
- Strategies and recommendations for viewing family caregiving through a public health lens;
- A framework comprised of public health data gathering research, education, and awareness and service coordination and delivery across sectors and siloes;
- Actions for implementing an expanded family caregiver support infrastructure via a pilot program.

Guided by the expertise of state-based chronic disease directors, NAC's report and framework recognizes the importance of caregivers as a vital part of the health care team and that supporting these family caregivers is essential for improving public health outcomes for communities and the nation.

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

[VIEW THE REPORT](#)



EVENTS & OPPORTUNITIES

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.



Family Reactions to Mental Illness

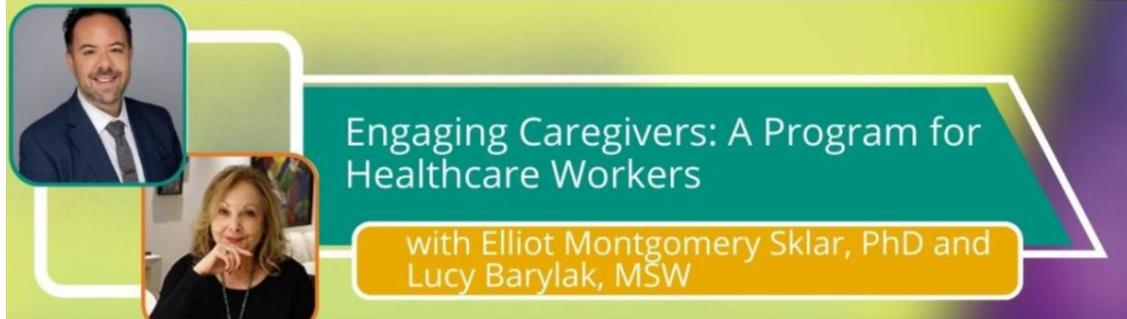
September 6, 2023 | 11:00 AM - 12:00 PM ET | Online

Understanding why people experience things differently can help to ease tension & increase acceptance. Discuss the caregiving experience, the stages of emotional response, and learn how to respond and cope in this one-hour seminar with a licensed therapist.

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

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

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Defining Caregivers & Recognizing Their Experiences

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

Healthcare workers can better serve patients through partnership with caregivers, but there is limited formal training and support on how to engage caregivers. Join the WellMed Charitable Foundation on September 6th to learn about defining roles and responsibilities with patients and caregivers, the role of diversity and culture, and where to find resources to help with difficult situations and elder abuse.

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

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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



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

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

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

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

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

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BOLD
PUBLIC HEALTH
CENTER OF EXCELLENCE
ON DEMENTIA
CAREGIVING

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

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

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

This is the sixth event of a bi-monthly, roundtable series showcasing innovative, state-wide public health approaches for supporting dementia caregivers. The goal of this series

is to create a public health community of practice, where agencies can share experiences and lessons learned, and find ideas of strategies they can implement to support dementia caregivers in their jurisdictions.

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



Plan Your Respite In Place Space

September 12, 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.

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.



A promotional banner with a green and purple gradient background. On the left, there are two circular portrait photos: the top one shows a man in a suit (Elliot Montgomery Sklar) and the bottom one shows a woman (Lucy Barylak). To the right of the photos, the text reads "Engaging Caregivers: A Program for Healthcare Workers" in white. Below this, in a yellow rounded rectangle, it says "with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW" in white.

Difficult Situations & Elder Abuse

September 13, 2023 | 11:00 AM - 12:00 PM ET | Online

Healthcare workers can better serve patients through partnership with caregivers, but there is limited formal training and support on how to engage caregivers. Join the WellMed Charitable Foundation on September 13th to learn about defining roles and responsibilities with patients and caregivers, the role of diversity and culture, and where to find resources to help with difficult situations and elder abuse.

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

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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.

REGISTER



**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
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Caring for a Loved One With Dementia

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

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

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

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

REGISTER
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Create a Plan for Recovery During Caregiving

September 19, 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.

Connect with Denise M. Brown to create your plan. Denise began helping family caregivers in 1990 and began helping her parents in 2004.

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

REGISTER



Virtual Understanding Alzheimer's and Dementia ONEgeneration

September 19, 2023 | 8:00 PM - 9:30 PM ET | Online

Alzheimer's disease is not a normal part of aging. Join the Alzheimer's Association on September 19th to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

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

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

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

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

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

REGISTER



Diversity & Caregiving

September 20, 2023 | 11:00 AM - 12:00 PM ET | Online

Join the WellMed Charitable Foundation on September 20th to learn about

- How to support caregivers from different cultures
- Gender and sexuality
- Cultural competence in long term care planning, and in long term care settings

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

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BJC HealthCare

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.

REGISTER



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.

REGISTER



UNDERSTANDING & DEMENTIA PREVENTION STRATEGIES

Understanding Dementia and Prevention Strategies

September 25, 2023 | 2:00 PM - 3:00 PM ET | Online

Join Dementia Club UK on September 25th for a free, online, 1-hour training course in the fundamentals of Understanding Dementia and Prevention Strategies. This course will provide you with the core essentials you need to begin working towards becoming Dementia Friendly. Suitable for individuals, carers or businesses.

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

REGISTER



Dementia and Hospice Eligibility

September 27, 2023 | 12:00 PM - 1:00 PM ET | Online

How do you know when your loved one with dementia is eligible for hospice services? Join HopeHealth Hospice & Palliative Care on September 27th for an online presentation that will offer a focused look at Medicare hospice guidelines and the qualifying criteria as well as contributing factors that lead to eligibility for hospice care.

This session is part of a series designed to provide education, support, and resources for those caring for loved ones living with dementia.

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

REGISTER



Managing Money: A Caregiver's Guide to Finances

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

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

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

REGISTER



Hearing and Balance Disorders in Older Adults

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

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

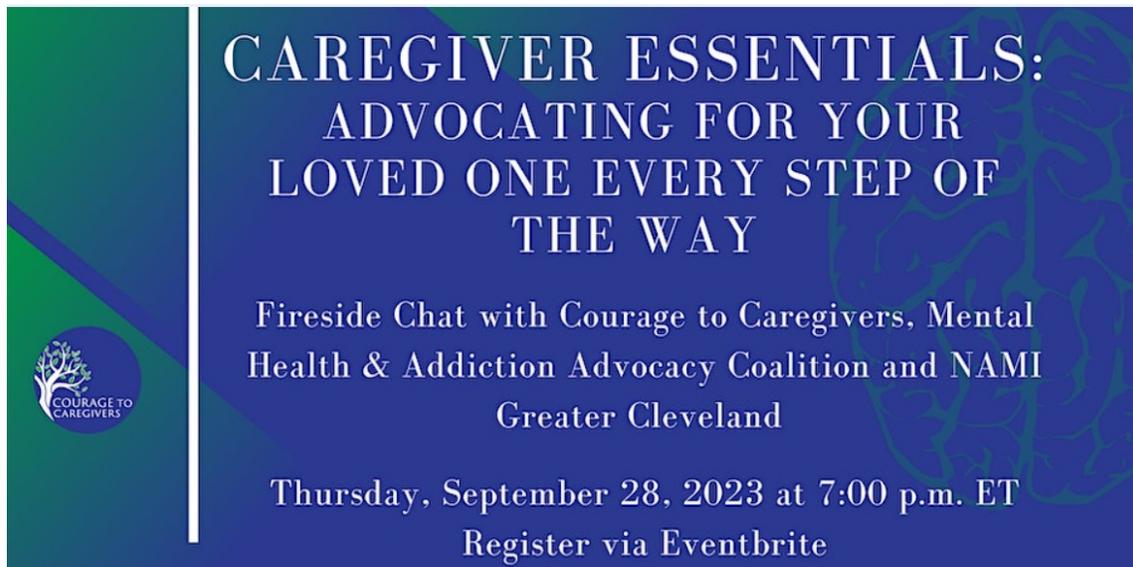
Join the American Society on Aging on September 28th for an overview of hearing loss and balance disorders in older adults, including signs, symptoms and treatment options to help improve quality of life. The discussion covers tips to assess the conditions and effective communication strategies to integrate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

Participants in this webinar will be able to:

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

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

REGISTER



**CAREGIVER ESSENTIALS:
ADVOCATING FOR YOUR
LOVED ONE EVERY STEP OF
THE WAY**

Fireside Chat with Courage to Caregivers, Mental
Health & Addiction Advocacy Coalition and NAMI
Greater Cleveland

Thursday, September 28, 2023 at 7:00 p.m. ET
Register via Eventbrite

Caregiver Essentials: Advocating for Your Loved One Every Step of the Way

September 28, 2023 | 7:00 PM - 8:00 PM ET | Online

Join Jenny Woodworth, Director of Programs, in conversation with Joan Englund, Executive Director of Mental Health & Addiction Advocacy Coalition and Katie Jenkins, MPA, CDCA, Executive Director of NAMI Greater Cleveland regarding advocacy both on a large scale and a small scale. Questions about how to best support your loved one during treatment? Questions about policy regarding mental health and addiction? This is the Fireside Chat for you!

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

REGISTER



OCTOBER



Managing a Complex Relationship with the Person You Care for

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

Caring for another person can be challenging, particularly when the relationship is complex or strained. You may be experiencing mixed feelings about the situation and how to best accept the caregiving role. In this webinar, join our Caregiver Coach, Jane Vock, and learn about:

- Strategies on accepting your caregiving role and the person you care for
- Understanding what forgiveness is and how it can help you
- Mindfulness exercise – learn to stay in the present moment
- Letting go of negative feelings and setting boundaries
- Find meaning for yourself – do things that make you happy
- When and where to seek professional help, counselling, coaching

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

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HFSA Patient & Caregiver Day 2023

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

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

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

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

REGISTER



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.

REGISTER



Focus on Falls: The Latest Findings on Balance, Mobility and Preventing Injury

October 13, 2023 | 12:00 PM - 1:00 PM ET | Online

No matter what your level of physical activity or ability, you can take action to reduce your risk of falling, and your chance of serious injury if you stumble or fall. Join the University of Michigan's Geriatrics Center on October 13th to learn about recent research on falls in older adults, and get tips for prevention and recovery.

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

REGISTER



The Grief Journey of the Dementia Caregiver

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

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

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

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

REGISTER



Smoking and Dementia

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

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

Participants in this webinar will be able to:

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

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

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Planning Your Return to Work



Planning Your Return to Work After a Caregiving Leave

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

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

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

REGISTER



Brain Health: What You Should Know and What You Can Do

October 20, 2023 | 12:00 PM - 1:00 PM ET | Online

Staying mentally sharp, and spotting early signs of decline in your memory and thinking abilities, have become even more possible in recent years. Join the University of Michigan's Geriatrics Center on October 20th for an online presentation that will get you up to speed on the latest knowledge and preventive advice, and special considerations for people from different backgrounds.

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

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Health & Financial Conference: Crisis-Resistant Plan for Caregivers

November 8th - 9th, 2023 | 3:00 PM - 4:30 PM ET | Online

This conference is designed for individuals 10-15 years away from retirement who are caring for aging loved ones. It highlights the significant role caregivers play as financial and medical resources for their loved ones. The conference addresses the caregiver's dilemma, where they face uncertainty about their loved one's circumstances and fear receiving distressing calls or arriving to find no response. Many loved ones wish to live independently without additional help, creating a slow-motion train wreck scenario.

The conference aims to provide caregivers with essential information to make informed care decisions, avoid financial losses, improve family communication, and ensure proper care for their loved ones. Attendees will find resources and support to manage their caregiving responsibilities and personal well-being effectively.

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



LEGAL AND FINANCIAL PLANNING

FOR ALZHEIMER'S DISEASE

Virtual

November 14, 2023
1:00PM-2:00PM PACIFIC STANDARD TIME

Brought to you by
Kadlec Community Health
Kadlec Neurological
Resource Center
alzheimer's association

ALZHEIMER'S PROGRAM: Managing Money:

A Caregiver's Guide

November 14, 2023 | 4:00 PM - 5:00 PM ET | Online

Caregivers; How much do you know about managing money? This free, online program by the Alzheimer's Association will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support.

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

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Holiday Tips for the Dementia Caregiver

November 15, 2023 | 12:00 PM - 1:00 PM ET | Online

The holidays can be challenging for anyone but add in the complications of communication and altered senses that come with dementia, and they can be incredibly difficult. Join HopeHealth Hospice & Palliative Care on November 15th for an online session that will discuss situations that can occur and tips for handling them if they do.

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

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PATIENT AND CAREGIVER STUDIES

Brain Stimulation to Improve Memory and Sleep

Who is sponsoring this study? University of North Carolina, Chapel Hill

Where is this study located? North Carolina

Start: June 28, 2023

End: Dec. 28, 2023

Enrollment: 50

What is this study about?

This study will test the effectiveness of gamma wave transcranial alternative stimulation (tACS) to improve sleep and memory in older adults. At the start of the study, all participants will receive a wristband activity tracker along with an EEG headband to wear at home. Each participant will wear the devices for one night to record brain waves before receiving tACS. The next day and approximately one week later, participants will receive tACS brain stimulation while completing memory tests at the clinic. After each treatment, participants will wear the EEG headband and activity tracker overnight, while sleeping. Researchers will measure changes in thinking, memory, brain activity, and sleep quality.

Do I qualify to participate in this study?

Minimum Age: 50 Years

Maximum Age: N/A

Must have:

- Willing to abstain from consuming alcohol for at least 24 hours before each study visit

Must NOT have:

- Implanted device or metal in head (including cochlear implant and hearing aids), cardiac pacemaker or any other powered medical device
- Current or history of neurological disease, including:
 - Epilepsy
 - Sleep disorders (e.g., insomnia, sleep apnea, restless legs syndrome, parasomnia) with a Pittsburgh Sleep Quality Index score > 5
 - Stroke or transitory ischemic attack
 - Neurodegenerative disease (e.g., Alzheimer's disease, Parkinson's disease, or amyotrophic lateral sclerosis)
 - Impaired cognition, with a Montreal Cognitive Assessment < 26
 - Immune-mediated disease of the central nervous system
 - Chronic infectious brain disease
 - Brain tumor
 - Traumatic brain injury with loss of consciousness or brain bleeding
 - Chronic pain with the need for daily pain medication
- Current or history of psychiatric illness, including:
 - Schizophrenia
 - Obsessive compulsive disorder
 - Borderline personality disorder
 - Anxiety disorder, with a General Anxiety Disorder questionnaire score > 10
 - Bipolar disorder
 - Psychosis
 - Eating disorder
 - Depression within the last three months, with a Patient Health Questionnaire score > 5
- History of any of the following medical conditions:
 - Moderate to severe chronic obstructive pulmonary disease
 - Abnormal kidney function
 - Liver disease
 - Cancer
 - Diabetes mellitus
 - Heart disease within the last three months
- History of brain surgery
- Working in night shifts or going to bed after midnight on three or more nights per week
- Taking any psychiatric medications within the last three months
- Using illegal drugs (including cannabis) within the last three months
- Alcohol use disorder, with an Alcohol Use Disorders Identification Test score > 7 for

females and for males > 65 years or > 8 for males < 65 years

- Pregnancy, planned pregnancy, planned or ongoing fertility treatment
- History of adverse reaction to receiving transcranial magnetic stimulation

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

LEARN MORE



Closed-Loop Brain Stimulation to Improve Cognitive Control

Who is sponsoring this study? University of Texas at Austin

Where is this study located? Texas

Start: May 31, 2023

End: Dec. 31, 2026

Enrollment: 180

What is this study about?

This study will evaluate the effectiveness of closed-loop brain stimulation to improve cognitive control, such as the ability to focus thinking to achieve a goal, in cognitively normal adults and older adults with mild cognitive impairment. The brain stimulation targets theta brain waves, which are thought to be important for processing information and making memories. At a single study visit, participants will play a cognitively demanding video game while wearing a device that measures their brain waves. If the device detects that the participant is not engaged in the video game, it will deliver theta-burst stimulation. Young adults will attend two clinical sessions, and older adults with normal cognition or mild cognitive impairment will attend 15 clinical visits. Participants will complete cognitive assessments at the start of the study, immediately after the last treatment session, and in a follow-up after two months.

Do I qualify to participate in this study?

Minimum Age: 18 Years

Maximum Age: 90 Years

Must have:

- Overall good health
- Adequate vision (corrective lenses allowed)
- At least elementary school education
- Able to understand middle school level experiment instructions
- Study participants must meet the criteria for one of the following groups:
 - 18-65 years of age, normal cognition
 - 60-90 years of age, normal cognition with a Montreal Cognitive Assessment score of 23 or higher
 - 60-90 years of age, mild cognitive impairment

Must NOT have:

- Diagnosis of a neurological or psychiatric disease that could interfere with the study (e.g., history of epilepsy or seizure-related brain damage, multiple sclerosis, schizophrenia, substance use disorder)
- Any condition that could interfere with brain wave measurement or stimulation delivery, including skin infection, wounds, or dermatitis
- Any conditions that may make having an MRI brain scan unsafe (e.g., metal shrapnel, metallic tattoos, heart pacemaker, severe claustrophobia, epilepsy)

- Taking any of the following medications, which could interfere with study results:
 - Psychotropic medications with cognitive side effects (e.g., benzodiazepines, anticonvulsants, antipsychotics)
 - Cognitive enhancing medications (e.g., Adderall, memantine)

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

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Online Care Coaching for Dementia Family Caregivers

Who is sponsoring this study? Kinto

Where is this study located? Illinois

Start: May 18, 2023

End: Aug. 31, 2024

Enrollment: 300

What is this study about?

This study will examine the effectiveness of an online care coaching program to improve the emotional well-being and financial management skills of dementia caregivers. Participants will be randomly assigned to start the coaching program right away or to start the program after two months. The program consists of up to three one-on-one care coaching sessions using videoconferencing. In addition, participants will attend up to six weekly, online support groups with other caregivers, and receive a variety of resources through a mobile app. At the start and end of the six-week trial, as well as at a 45-day follow-up, participants will answer questions about their mental health, caregiving experience, perception of financial preparedness, and quality of life.

Do I qualify to participate in this study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Caring for a family member or close friend with dementia or memory loss
- Providing five or more hours of unpaid care or support each week
- Fluent in English
- Living in the United States
- Access to a smartphone, reliable internet service, and an email address

Must NOT have:

- Currently participating in another study with a non-drug intervention
- Previous participation in a Kinto care coaching study

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

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Diabetes Management for African Americans with Mild Cognitive Impairment

Who is sponsoring this study? Thomas Jefferson University

Where is this study located? Pennsylvania

Start: October 25, 2021

End: January 2025

Enrollment: 200

What is this study about?

This study will explore whether a behavioral treatment program for people with diabetes, called DREAM, can improve memory for African Americans with both poorly controlled diabetes and mild cognitive impairment (MCI). Participants will be randomly assigned to complete the DREAM program or a different home-based diabetes education. Over two years, all participants will have 11 in-home visits with a community health worker who will provide information on diabetes management. Participants in the DREAM program group will also receive four telehealth visits with a diabetes nurse educator. Every six months, all participants will complete memory tests, give blood, and undergo an eye exam. Researchers will use results from these tests to evaluate any changes in cognitive impairment and diabetes management.

Do I qualify to participate in this study?

Minimum Age: 65 Years

Maximum Age: N/A

Must have:

- African American or Black ancestry
- Diagnosis of MCI
- Type 2 diabetes for at least one year before starting study, with:
 - Blood A1C > 7.5

Must NOT have:

- Diagnosis of dementia
- Any medical illness or condition that could interfere with the study
- Any serious psychiatric disorder that could interfere with the study
- Life expectancy less than two years

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

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Sleep Quality and Alzheimer's Disease Risk

Who is sponsoring this study? University of Pittsburgh

Where is this study located? Pennsylvania

Start: January 3, 2022

End: May 2026

Enrollment: 116

What is this study about?

This study will examine whether improving sleep quality can improve cognitive function

and reduce the amyloid deposits associated with the development of Alzheimer's disease. A preliminary study suggests that reducing the total time older adults spend in bed each day improves overall sleep quality by helping them fall asleep quicker and sleep more deeply. Participants will be randomly assigned to a regular sleep schedule that either reduces their total amount of time in bed by 15% or maintains their usual amount of time in bed. All participants will keep a sleep diary and wear a device to track their sleep and activity. They will also provide blood samples to screen for amyloid and test for the APOE gene associated with Alzheimer's disease risk. Researchers will measure changes in amyloid levels, brain activity using an electroencephalogram and MRI, memory and cognitive function, and sleep quality after four weeks as compared to the start of the study.

Do I qualify to participate in this study?

Minimum Age: 65 Years

Maximum Age: 85 Years

Must have:

- Low sleep efficiency (a significant time awake before falling sleep and/or waking up frequently during sleep) based on information gathered by an activity tracking device and in a sleep diary
- Normal or corrected-to-normal vision and hearing

Must NOT have:

- Diagnosis of Alzheimer's disease
- Evidence of a sleep breathing disorder with an Apnea-Hypopnea Index score > 15
- Current severe psychiatric condition (e.g., major depressive disorder, panic disorder) or a lifetime history of a psychotic disorder or bipolar disorder
- Any chronic medical condition or current medication that affects sleep (e.g., antidepressants, antipsychotic medications, anticonvulsants, steroids, sedatives)
- Substance use or alcohol abuse within the past six months with consumption of > 14 alcohol drinks per week or > six drinks at a single sitting
- Consumption of more than three caffeine drinks per day
- Prior diagnosis of a central nervous system disease (e.g., multiple sclerosis, stroke, Parkinson's disease, Alzheimer's disease, seizure disorder, delirium, or dementia)
- History of a loss of consciousness for more than 24 hours or traumatic brain injury
- Currently doing shift work involving night shift or regular work within the hours of 12am and 6am
- History of sleepiness while driving with a near-miss or prior automobile accident "due to sleepiness" within the past year
- Employed as a commercial driver during the study (e.g., truck or bus drivers, train engineers, airplane pilots)
- Impaired decision-making with a Telephone Interview for Cognitive Status score below 23
- Any condition that would make having an MRI unsafe (e.g., metal in the body, cardiac pacemaker, severe claustrophobia, morbid obesity, epilepsy)

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

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Training for Optimal Routines in Mild Cognitive Impairment

Who is sponsoring this study? University of Pittsburgh

Where is this study located? Pennsylvania

Start: July 2019

End: July 2025

Enrollment: 150

What is this study about?

This study will test the effects of strategy training compared to enhanced usual care in older adults with mild cognitive impairment (MCI). It is designed to engage people in meaningful daily activities through generating self-selected goals, monitoring daily activities, scheduling activities, and finding solutions to barriers. Researchers are investigating the training as a way to slow the emergence of disability and keep people engaged in meaningful daily activities for as long as possible. Participants assigned to the study intervention will engage in 10 one-hour sessions in their home over five weeks with a trained research interventionist. Participants in the comparison group will receive their usual care and will also be connected to additional resources to meet their needs.

Do I qualify to participate in this study?

Minimum Age: 60 Years

Maximum Age: N/A

Must have:

- Diagnosis of MCI
- Difficulty with a daily activity
- Community dwelling

Must NOT have:

- Pregnant
- Central nervous system disorder (other than MCI)
- Substance disorder in past five years
- Lifetime history of bipolar disorder, schizophrenia, or condition that could make it unsafe to proceed in the study (e.g., untreated major depressive disorder)
- Severe medical condition that limits engagement in daily activities

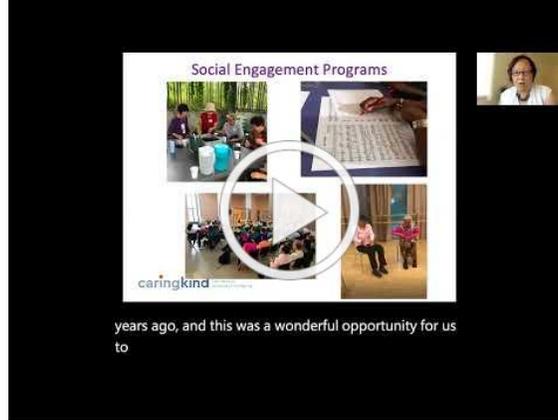
To learn more or participate in this study, click the red button below.

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IN CASE YOU MISSED IT...

**Meaningful Engagement and Enjoyment for Families
Impacted by Dementia**



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, by watching this video..

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



RESEARCH & RESOURCES



Does Medicaid Pay for Nursing Homes? A Comprehensive Guide

Nursing homes provide a safe, comfortable, and engaging environment for older adults who can no longer live independently. They also provide relief for relatives and caregivers who were caring for their family member at home. Medicaid is a vital source of funding for this type of long-term care, relieving older adults and their loved ones of what can be a major expense.

To learn more, click the red button below.



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Does Medicaid Cover Memory Care?

Memory care refers to a holistic set of services purposefully tailored to the needs of people with dementia. This type of care is delivered by specially trained staff, with a goal of helping patients safely maintain their independence and a good quality of life.

Memory care can be provided in a variety of settings, including skilled nursing facilities (nursing homes), assisted living communities, continuing care retirement communities, adult day health care centers, and in the patient's own home. There are also some dedicated, standalone memory care facilities.

To learn more, click the red button below.

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**Do you qualify
for “Extra Help?”
It could pay
to find out.**



Cut Your Medicare Prescription Drug Costs with “Extra Help”

Great news: thanks to the new prescription drug law, the Inflation Reduction Act, in 2024 people with Medicare may qualify for even more savings through the Extra Help program. This program helps some people pay their Medicare drug coverage (Part D) costs, like premiums, deductibles, coinsurance, and other costs. In 2024, the program will expand and you may qualify.

To learn more, click the red button below.

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Women’s Unpaid Caregiving Is Worth More Than \$625 Billion Per Year

On August 15th, the National Partnership for Women & Families released new

analysis that demonstrates how wide the caregiving gap is between men and women across the United States. Through analysis of the recently released 2022 American Time Use Survey, the National Partnership found that men report doing only half as much caregiving of children, other family members, and people outside of their home, as women – meaning that women spend an additional 153 hours providing unpaid care each year, or four full work weeks.

To learn more, click the red button below.

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What Are Clinical Trials and Studies?

By participating in clinical research, you can help scientists develop new medications and other strategies to treat and prevent disease. Many effective treatments that are used today, such as chemotherapy, cholesterol-lowering drugs, vaccines, and cognitive-behavioral therapy, would not exist without research participants. Whether you're healthy or have a medical condition, people of all ages and backgrounds can participate in clinical trials.

To learn more, click the red button below.

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5 Tips for Sandwich Caregivers on How to Balance Children and a Parent

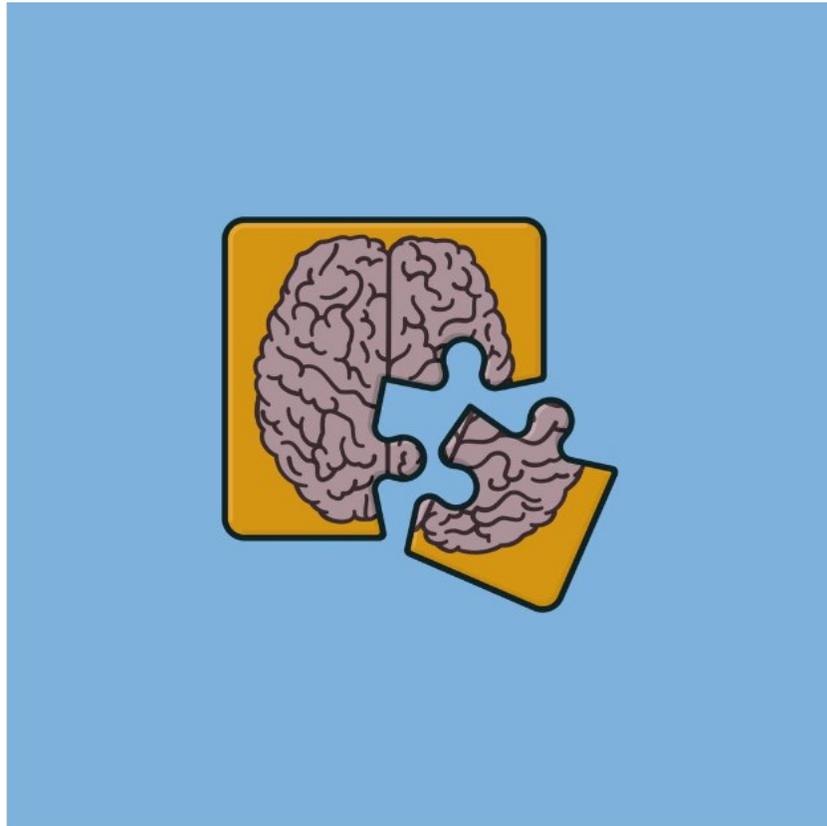
For many families, late summer ushers in the annual ritual known as “back to school.” Dreaded by kids and celebrated by parents, the return to school marks a time of transition to more rigid schedules after a few months of fun and flexibility.

But for sandwich generation caregivers – those who are raising a family while caring for a parent – the new school calendar and all the activities associated with it can add to an

already hectic schedule.

To learn more, click the red button below.

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When Alzheimer's Patient Gets Agitated, Caregiver Should Stay Calm and Be Reassuring

An individual with Alzheimer's disease or other dementias may experience symptoms of agitation which include angry outbursts, excessive talking or movement, disruptive or impulsive behavior, pacing and shuffling of feet, problems with focusing or communicating and difficulty sitting still. The individual may become agitated suddenly because of a change, i.e., change in caregiver, different environment or because of a specific reason, such as increased noise or not being able to do something they previously could. Medical conditions can increase the risk of agitation such as infections, endocrine problems, electrolyte imbalance or reactions to medications.

To learn more, click the red button below.

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PREVIOUSLY APPEARED

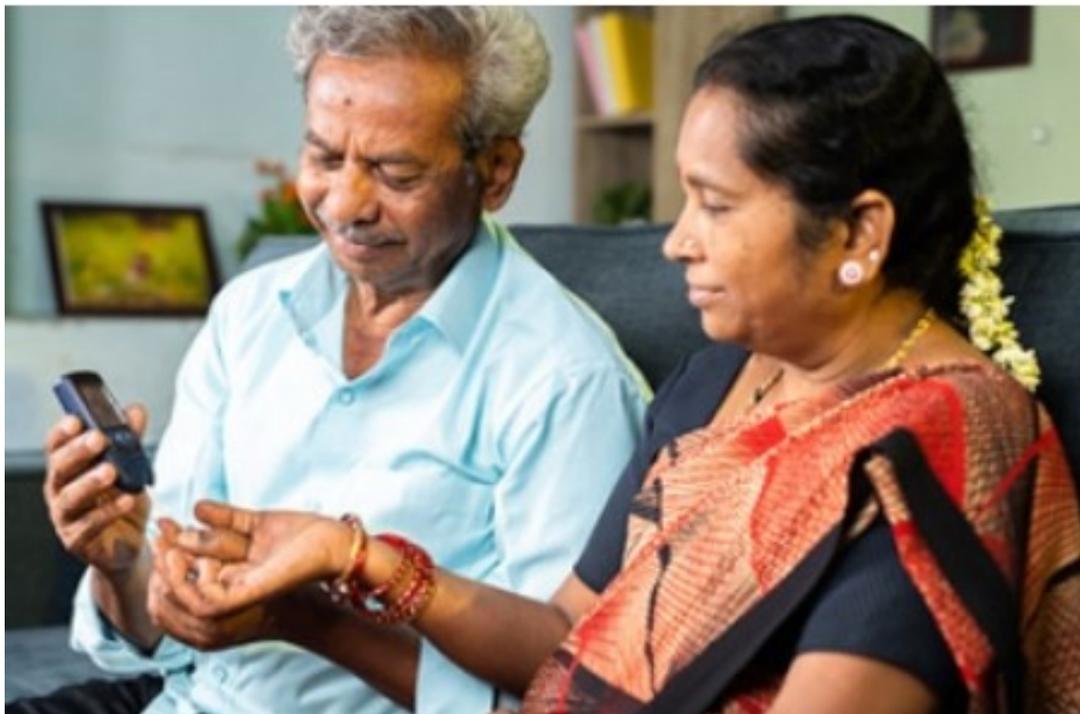


Does Depression in Caregivers Affect the Prognosis of Parkinson's Disease Patients

In a recent study published in JAMA Network Open, researchers assessed the relationship between care providers with depressive symptoms and the quality of life (QoL), hospital admissions, and emergency department (ED) consultations of Parkinson's disease (PD) patients.

To learn more, click the red button below.

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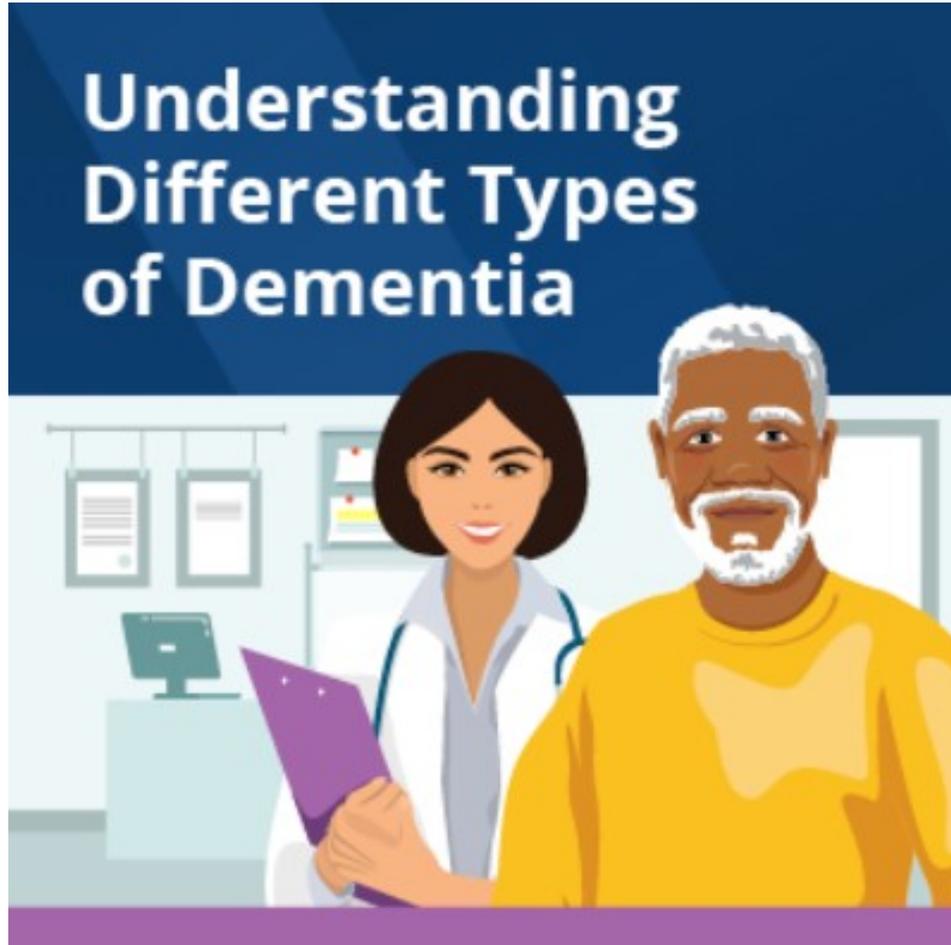


High Blood Glucose Accelerates Cognitive Decline in Stroke Survivors

High blood glucose levels in stroke survivors are associated with faster cognitive decline, according to an NIA-funded study. In contrast, the researchers found no evidence that post-stroke LDL cholesterol or high blood pressure levels accelerate cognitive decline. These findings, published in JAMA Network Open, suggest that glucose management in stroke survivors may help preserve cognition after stroke.

To learn more, click the red button below.

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11 Myths About Alzheimer's Disease

Alzheimer's disease is a leading cause of death in the United States, and millions of Americans are affected by the disease. It's important to distinguish the facts from the myths about Alzheimer's, especially when it comes to finding information online. Read on to learn about common myths surrounding this disease.

To learn more, click the red button below.

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Alzheimer's Disease Fact Sheet

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear later in life. Estimates vary, but experts suggest that more than 6 million Americans, most of them age 65 or older, may have Alzheimer's.

Alzheimer's is currently ranked as the seventh leading cause of death in the United States and is the most common cause of dementia among older adults.

To learn more, click the red button below.

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Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging. Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease.

To learn more, click the red button below.

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Overcoming Roadblocks to Healthy Eating

Healthy eating can help you lose or maintain weight, feel better overall, and possibly decrease your chances of getting certain diseases. Making smart food choices is important at any age. But eating healthy can be difficult even if you know which foods you should buy and prepare. Your budget, physical issues, mood changes, and dietary restrictions can be roadblocks to eating food that's best for you. Here are suggestions for dealing with common problems that can make it harder for older adults to follow through on smart food choices.

To learn more, click the red button below.

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CAREGIVER ACTION NETWORK



Defining a New Normalcy

If there is a common experience shared by nearly all caregivers, it is that things they once did routinely, sometimes on only a moment's notice, suddenly become difficult or even virtually impossible. Simple, everyday, normal things like running to the store, going to the movies, taking a spontaneous long walk or sleeping late in the morning all must give way to the demands and logistics of providing for their care recipients. In addition, caregivers often must perform tasks that are not part of the normal day for other people, doing such things as feeding a disabled teenager, changing the clothes of an incontinent parent or keeping a constant eye on an increasingly confused spouse.

But while normalcy is undoubtedly a casualty of caregiving, there are things that caregivers can do to restore some facets of a normal life to themselves and their family.

To learn more, click the red button below.

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[What to Expect When You Start Caring](#)

for an Elderly Parent

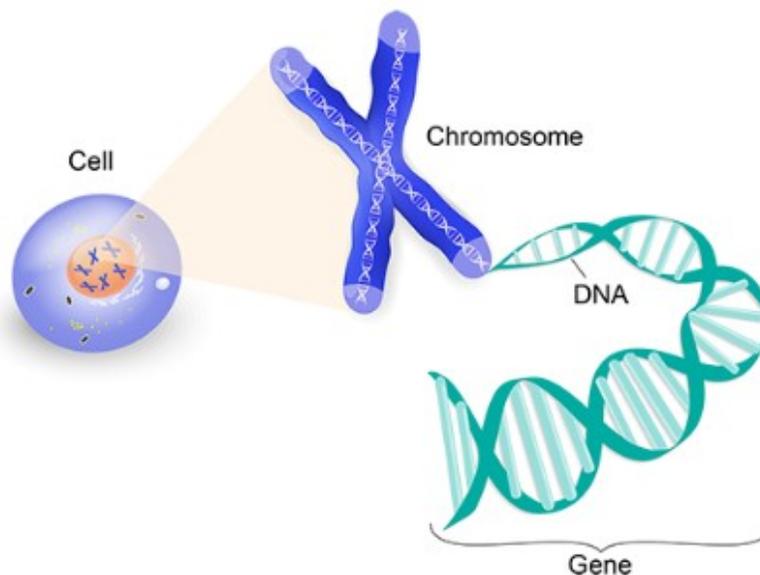
Your parent's health and well-being is a priority. It's crucial to become very familiar with their required medications, medical conditions, doctor's appointments, and hygiene needs.

It's also essential to determine which treatments you can do alone, and which ones require assistance. Perhaps a nurse will make daily visits for a procedure, and you can take care of the rest independently.

It will be a learning process, at first. Communicate with your parent's doctor for additional help to make these decisions.

To learn more, click the red button below.

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Alzheimer's Disease Genetics Fact Sheet

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

To learn more, click the red button below.

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2023 Caring Report: Worst States to Die Without a Will

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

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

To learn more, click the red button below.

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

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

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

Disease.

To learn more, click the red button below.

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

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

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

To learn more, click the red button below.

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Five Common Signs of Dementia Caregivers Need to Know

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

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

To learn more, click the red button below.

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Collaboration Across the Age-Friendly Ecosystem

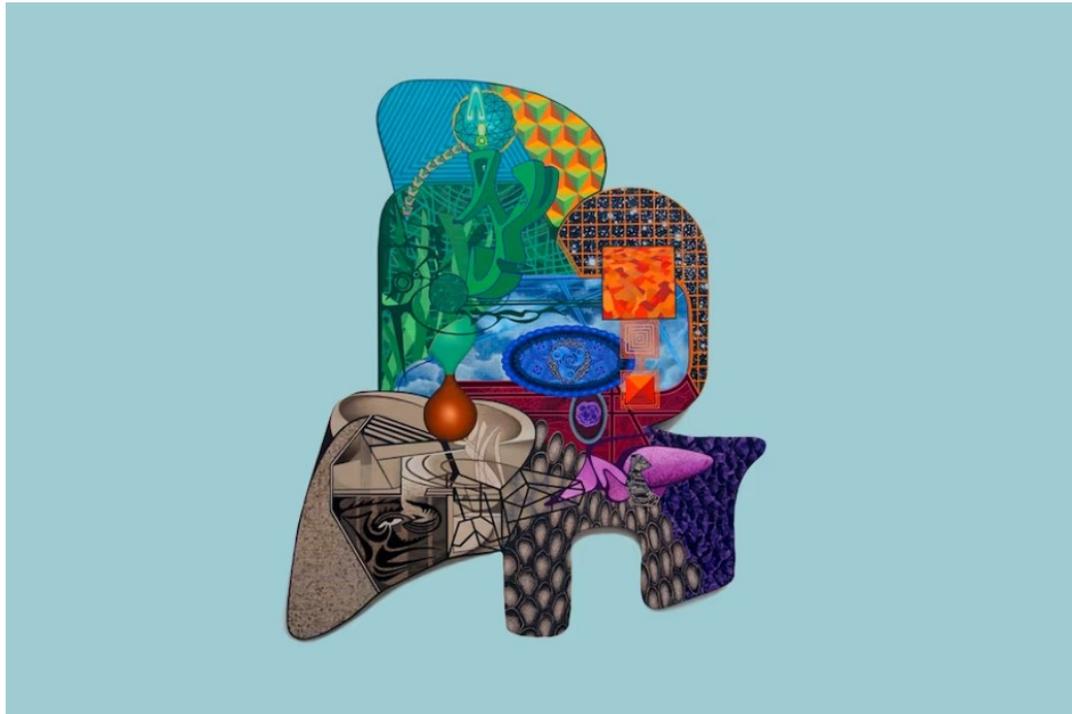
As the population ages, one of the most important ways to support older adult health is through multi-sector collaboration. Many sectors are now working to promote health and well-being across the life course, including Age-Friendly Health Systems, Age-Friendly Communities, Age-Friendly Public Health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

opportunities for social participation, and work and civic engagement.

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

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

[EXPLORE THE MAP TOOL](#)



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

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

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

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

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The Power of Dialectical Behavioral Therapy: A Comprehensive Guide for Caregivers

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

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

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

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

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

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

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

To learn more, click the red button below.

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Changes in Human Microbiome Precede Alzheimer's Cognitive Declines

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

To learn more, click the red button below.

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[How the Aging Brain Affects Thinking](#)

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

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

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

To learn more, click the red button below.

[LEARN MORE](#)



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

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

To learn more, click the red button below.

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Preparing a Living Will

If you're seriously ill and can't communicate your wishes about medical care, a living will

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

To learn more, click the red button below.

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A Guide to Walk-In Showers for the Elderly

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

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

To learn more, click the red button below.

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

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

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

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

- Explanations of key terms used in the preparedness sector but that are not commonly known

- A military-caregiver-specific emergency plan
- Checklists for caring for people with special needs, pets and service animals in an emergency
- Insight into how the physical and mental wounds of war may cause Veterans to experience disasters differently from other care recipients
- Strategies to help Veterans process their emotions in precarious situations
- Tips for service animals
- Month-by-month guides for assembling disaster kits
- Procedures for navigating life after a disaster

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

To view the toolkit, click the red button below.

[VIEW THE TOOLKIT](#)



What Is Lewy Body Dementia?

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

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

To learn more, click the red button below.

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

-Dr. Leila Mady

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.

[LEARN MORE](#)





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.

[LEARN MORE](#)



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

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

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

To learn more, click the red button below.

[LISTEN TO THE PODCAST](#)



Dementia: Is This Dementia and What Does It Mean?

What comes to mind when you hear someone has dementia?

For many people, the term carries with it frightening associations. In fact, dementia is a

group of symptoms, personality changes, or unusual behavior. These can include:

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

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

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

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

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

To learn more, click the red button below.

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Bipolar Depression: Understanding Your Loved One's Experience

In recent years, commercials for prescription medications for "bipolar depression" have run

all day and night. You've probably heard the ads so often that you can name one or more of the medications that are on the market for bipolar depression. Bipolar depression is not a medical diagnosis; rather, it refers to depression that occurs within a bipolar disorder diagnosis.

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

To learn more, click the red button below.

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