

# THIS WEEK IN CAREGIVING



February 15, 2023



## CAREGIVING IN THE NEWS

### Why Caregivers Should Confront Rather than Avoid a Dementia Diagnosis

"Bob has seemed more confused recently," his wife, Sandra, my 77-year-old psychotherapy client, tells me. "There are days he can't seem to remember anything."

She had expressed similar worries several times in recent months, and we had speculated what his forgetfulness might mean. Today I ask her gently, "Have you given any more thought to having his thinking skills tested?"

*From: AARP | Published: February 7, 2023*

[READ MORE](#)



### Millennials Who Take Care of Aging Parents Could Face a Different Kind of Recession

Millennials, a generation that already went through two recessions and soaring inflation, are now either about to or are already facing another potential kind of financial stress. Indeed, many of them are either preparing to or already are caregivers to aging parents.

Unfortunately, not all of these Americans are sufficiently financially prepared which in turn puts millennials in a spot where they could take another big financial hit.

*From: Yahoo! Finan | Published: February 10, 2023*

[READ MORE](#)

### 9 Tips for Creating a Home that is Safe for Aging in Place

After my father had a debilitating stroke when he was 64, my mom, sister and I found ourselves scrambling to adapt my parents' home to his new needs. We removed any obstructions in the main walking paths and added an adaptive seating device to reduce the fall potential when he'd get up and down from his perch in front of the TV. It could have been worse, though.

*From: Washington Post | Published: February 6, 2023*

[READ MORE](#)





## NAC NEWS AND UPDATES



Join us for the release of our new guide!

**SUPPORTING DIVERSE FAMILY CAREGIVERS:  
A GUIDE FOR PATIENT ADVOCACY GROUPS**

**February 28, 2023 at 1:00PM ET**



[REGISTER NOW](#)

### Release Webinar - Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups

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

Join the National Alliance for Caregiving for the release of their new guide, *Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups*. This guide provides information learned from diverse family caregivers on how their culture may affect their caregiving role and their interaction with caregiving resources, and provides guidance on how patient advocacy groups can reach diverse caregivers with culturally responsive support. At the webinar, NAC will go through some of their findings and the content of the guide itself.

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

[LEARN MORE](#)



### Opening for an Associate Director of Policy & Advocacy Position with NAC

The National Alliance for Caregiving (NAC) has posted a job opening for an Associate Director of Policy & Advocacy position. The Associate Director will support NAC's Advocacy Department with the aim to further NAC's vision of a society that values, supports, and empowers family caregivers—drawing on NAC's mission to build partnerships in research, advocacy, and innovation to make life better for family caregivers.

Interested applicants can email Mike Wittke, Vice President for Policy & Advocacy, at [mike@caregiving.org](mailto:mike@caregiving.org) or click the red button below.

[LEARN MORE](#)



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

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

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

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

We want to know:

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

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

To learn more, click the red button below.

**LEARN MORE**





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.



## Global Voices of Caregiving: A PhotoVoice Project

As part of the World Carers Conversation 2022, NAC worked with Chief Story Officer Anne Levy and caregivers from around the globe to help them tell their own story through a series of photos. These photos addressed simple questions about being a caregiver, such as what works, what doesn't work, and what a world that embraces and supports caregivers would look like. Each one of these stories is unique to the caregiver's own experience and tells a diverse story of what it's like to care for others, an act which connects us all.



“  
I am always learning from and sharing with my fellow carers how to care for myself while caring for my loved one.  
– Jean, Taiwan



To view and hear these stories, please click on the red button below.





# EVENTS & OPPORTUNITIES

## FEBRUARY

### February 15th Community Call to Plan for National Healthcare Decisions Day

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

The [Conversation Project](#) invites healthcare organizations from around the U.S. to participate in a community call on February 15th to facilitate planning for [National Healthcare Decisions Day](#). NHDD is an annual series of events held around the country on April 16 that aims to empower patients, caregivers, and providers to engage in shared healthcare decision-making and advance care planning.

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

REGISTER



### Understanding PTSD

February 15, 2023, 1:00 PM – 2:00 PM ET | Online

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, access to treatment, and coping strategies. Join Jaymi Dormaier for a one-hour seminar that will provide an accessible guide to understanding what causes Post Traumatic Stress Disorder, its symptoms, co-occurring disorders, and treatment options. Attendees will learn practical tips for managing symptoms and helping others.

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.

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.

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

REGISTER





## Coping with Stress as a Caregiver

**Wednesdays, February 15 - March 8, 2023, 3:00 PM – 4:00 PM ET | Online**

It's common for caregivers to sacrifice their own well-being while caring for others – and we're here to help you prioritize yourself. While caregivers are often compassionate and giving individuals, we too need time for cultivating our own wellness. You've likely heard the saying before that "you cannot pour from an empty cup." Taking care of ourselves and properly managing stress can help improve our lives – both in and out of our caregiving roles.

Join us for a 4-part workshop series for caregivers – focused on strategies for self-care and connecting with others to find support.

Learn how to use the stress-mapping model to cope with stress, restore your well-being, and safeguard your passion for this work.

Sessions are held virtually on Wednesdays from 3:00 to 4:00 pm ET on the following dates:

February 15th & 22nd, March 1st & 8th

Topics Include:

- \*Balancing care for self with care for others
- \*Mapping early warning signs of stress
- \*Supporting one another with the implementation of self-care strategies

Yvette Garcia, M.A. has over 10 years of experience in supporting individuals to stay in touch with their personal "why" and bringing out the best in themselves while navigating the stressors of work and everyday life.

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

**REGISTER**



# Many Faces of Anxiety

February 15, 2023, 6:30 PM – 8:30 PM ET | Online

Join Victoria Medeiros and Ambreen Agha (Child and Family Therapists) on February 15, 2023 for a workshop whose goal is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

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

REGISTER



CENTER ON HOLOCAUST SURVIVOR CARE  
JEWISH FEDERATIONS INSTITUTE ON AGING AND TRAUMA

## Grant Opportunity for Serving Holocaust Survivors, Older Adults, and Their Family Caregivers

Deadline to submit Letter of Intent to Apply: February 16, 2023

The Jewish Federations of North America's Center on [Holocaust Survivor Care and Institute on Aging and Trauma](#) is seeking proposals for the Innovations Program to expand person-centered, trauma-informed (PCTI) services for Holocaust survivors, older adults with a history of trauma, and their family caregivers. PCTI care infuses knowledge about trauma into agency programs and procedures to promote the well-being and empowerment of trauma survivors.

Successful applicants will join a prestigious cohort of subgrantees that are developing and sharing models of PCTI.

Organizations throughout the United States that serve Holocaust survivors, diverse populations of older adults with a history of trauma, and/or their family caregivers are encouraged to apply.

If you have questions, please contact [Aging@JewishFederations.org](mailto:Aging@JewishFederations.org). To learn more, click the red button below.

LEARN MORE



CAREGIVER  
TELECONNECTION

Engaging Caregivers: A Program for Healthcare Workers



**Thursdays, February 16 - February 23, 2023, 11:00 AM – 12:00 PM ET | Online**

The Caregiver Teleconnection program has one-hour conference calls, at no cost. These sessions cover a wide range of interesting topics related to the care you provide to your loved one. You can get expert advice, ask questions and talk to other people who are also providing care.

Join in for these conference calls, which began on February 9th, for the remaining two Caregiver Teleconnection sessions that will focus on 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. Healthcare workers can better serve patients through partnership with caregivers, but there is limited formal training and support on how to engage caregivers which is the focus of this series. Certificate of attendance provided upon request. Certificate of attendance provided upon request.

To participate in these sessions, you can either log in using a laptop, tablet or phone. If you prefer to call in, a phone number will be provided within the Zoom registration confirmation email. If you have any questions or need further assistance, please call 1-866-390-6401 or email [caregiverteleconnection@wellmed.org](mailto:caregiverteleconnection@wellmed.org).

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

**REGISTER**  
>



## **Navigating Mental Health Crisis in Childhood: Strategies for Parents and Caregivers**

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

Mental health conditions are very common. Research shows that 1 in 6 children or adolescents will experience a mental health condition in any given time. Additionally, 50% of all lifetime mental health conditions begin before the age of 14 and 75% start before the age of 24. However, identifying warning signs or symptoms and seeking treatment early can make a difference in reducing the impact of a mental health condition. As a parent or caregiver of a child under the age of 18 with a mental illness, navigating the mental health service delivery system can be complex and daunting.

Join the National Alliance for Mental Illness (NAMI) Greater Cleveland for Navigating Mental Health Crisis in Childhood: Strategies for Parents and Caregivers on Thursday, February 16 at 12pm via Zoom. Facilitated by Dr. Mackenzie Varkula, a psychiatrist specializing in child and adolescent mental health and a board member with NAMI Greater Cleveland, this presentation will provide clinical expertise on common mental health conditions experienced by children and adolescents. The presentation will also outline strategies for navigating the mental health care system for your minor child with a mental illness, especially when your child may be in mental health crisis or experiencing suicidal ideation. Time will be allotted for Q&A where attendees can ask specific questions of the presenter.

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

**REGISTER**



## Caregiver Learning Workshop: Estate and Elder Law Planning

February 16, 2023 | 1:00 PM - 2:00 PM ET | Online

Join Rebecca L. Wilson (Attorney, Myers Billion LLP Law Firm) on February 16th that will cover estate planning and elder law tools that can help you get your ducks in a row. She will focus on tools that enable caregivers to handle issues that arise, from paying bills to making medical decisions. She will discuss ways to create a plan that ensures an individual's wishes are carried out, both during any incapacity and on death. She will also cover the consequences of failing to put together a plan ahead of time and the options that remain when emergencies arise.

For more information, contact **Leacey Brown**, SDSU Extension Gerontology Field Specialist, at 605-394-1722 or [leacey.brown@sdstate.edu](mailto:leacey.brown@sdstate.edu).

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

REGISTER



**N C B A A**  
National Caucus and Center on Black Aging

**DIVERSE  
ELDERS  
COALITION**

**Caring for those who care: Training Series**

**Meeting the Needs of African  
American and Black Caregivers**

**Caring for Those Who Care: Meeting the Needs of African**

# American and Black Caregivers

February 16, 2023 | 1:00 PM - 2:00 PM ET | Online

Welcome to "Caring for Those Who Care: Meeting the Needs of African American and Black Caregivers," a free training session hosted by the Diverse Elders Coalition in collaboration with the National Caucus and Center on Black Aging, Inc.

This training is offered to healthcare, social service providers, and aging professionals. By attending this training, you will:

- Identify and address the unique needs and caregiving realities of unpaid African American and Black family caregivers
- Gain an understanding of how a lack of culturally and linguistically appropriate services impact family caregiver experiences and health outcomes
- Deepen cultural awareness and learn best practices on the provider level to better support African American and Black family caregivers.

## Training Details

- This training will be delivered live over Zoom from 1:00pm - 2:30pm EST.
- This training is 90-minutes long and will include Q&A at the end.
- Live Transcription will be available.
- This session will not be recorded.

## Trainers:

\*Keisha Lewis (she/her), Health Program Liaison, National Caucus and Center on Black Aging, Inc.

\*Nina Darby (she/her), Training Manager, Diverse Elders Coalition

Questions? Contact Nina Darby at [ndarby@diverseelders.org](mailto:ndarby@diverseelders.org).

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

REGISTER



## When Black Starts to Crack: Parental Care in the Black Community Panel

February 26, 2023 | 6:00 PM - 7:30 PM ET | Online

Would you like more information about caring for a parent? Would hearing the

experiences of other adult child caregivers help you on your journey? Have you planned for your long-term caregiving? If you resonate with any of these questions, then this event is for you!

Tune in on February 26th for a moderated panel discussion that will feature the author and contributors to *When Black Starts to Crack: Parental Caregiving in the Black Community*, a new book that features an array of stories and creative expressions by African American parental caregivers. Research, resources, and stories for and about adult child caregivers will be shared throughout the event. Participants will gain valuable information about the experiences and uniqueness of caring for a parent in the context of the Black Community. Audience participation is encouraged and expected.

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

**REGISTER**



## **Building a Treatment and Support Team with Your Loved One**

**February 16, 2023 | 7:00 PM - 8:00 PM ET | Online**

No one should have to go through depression on their own — neither you the caregiver nor your loved one.

Tune in on February 16th for Part 2 of a workshop being held by Families for Depression Awareness, "Creating a Circle of Support with Your Loved One." This session will highlight the importance of the support network for both the caregiver and the person living with depression.

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

**REGISTER**



## **Create a Plan for Recovery During Caregiving**

**February 21, 2023 | 1:00 PM - 2:00 PM ET | Online**

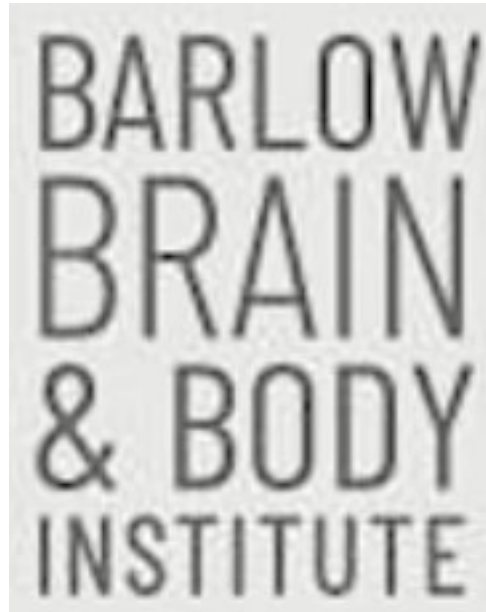
After an intense period, like a hospitalization or decline, you and your caree deserve a Recovery Plan. Join Denise Brown on February 21st for an online session about planning for a period of time after your caregiving crisis for your mind, body and spirit to recover.

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**



## How to Test the Frontal Lobe

**February 21, 2023 | 6:00 PM - 6:30 PM ET | Online**

Join [Dr. Andy Barlow](#) on February 21st as he talks about various topics related to neurological disorders such as dementia, Alzheimer's and Parkinson's. Learn how to recognize and prevent these disorders, and how the body, brain and gut are all connected.

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

**REGISTER**



## Dementia 101

**February 22, 2023 | 1:00 PM - 2:00 PM ET | Online**

Caring for someone living with dementia poses many unique challenges for family caregivers. This class will provide a basic understanding of dementia and how it affects an individual. It will also include some tips for caregivers on how to cope with these changes.

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

**REGISTER**



## Disparities in Dementia Care

**February 22, 2023 | 2:00 PM - 3:00 PM ET | Online**

Join AARP virtually for a thought-provoking session on inequities in dementia care and how care can be made more inclusive.

## About the Event

Alzheimer's disease and other forms of dementia disproportionately affect older Black and Hispanic Americans compared to older whites, according to the Alzheimer's Association.

Dr. Carl V. Hill, chief diversity, equity, and inclusion officer for the Alzheimer's Association, will discuss how recent research ties poor social determinants of health and health equity issues to disproportionate rates of dementia in minority populations. He'll also examine the importance of diverse participants and perspectives in Alzheimer's disease research – and what comes next to foster more inclusive research. There will be time for questions.

This event is being hosted by Insight Memory Care Center in Fairfax, Virginia, and will be offered in-person in Fairfax and online for virtual participation. You will be given the opportunity to select your attendance option.

Please do not opt out of event-related email, as you will be emailed a link to join the presentation prior to the event. Note that the information you provide on the host's platform shall be governed by the host organization's privacy policies.

Contact Melissa Long at [melissa.long@insightmcc.org](mailto:melissa.long@insightmcc.org) for more information.

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

**REGISTER**



## Challenges Faced by African American Caregivers

**February 23, 2023 | 12:00 PM - 1:00 PM ET | Online**

In honor of Black History Month, AARP North Carolina has partnered with Shevel Mavins and Kaii Marie Robertson, co-founders of the Behavioral Health Mind Body Academy, to recognize the importance of caregivers in the African American community and explore their unique challenges. Studies show that as African Americans age, they experience a greater incidence of chronic health conditions than their white counterparts. A 2016 CIGNA Health Disparities report found that:

- Four in 10 Black men aged 20 or older have high blood pressure, a rate 30 percent higher than that of white men. In Black women, the rate is 60 percent higher than for white women.
- Black Americans are more than twice as likely as whites to suffer from Alzheimer's disease and other kinds of dementia. Research data also shows racial bias in pain assessment and treatment recommendations for Black patients.

Because racial bias is still a common occurrence in our health care system, it is critical for caregivers to know how to advocate effectively for their loved ones. Learn how you can ensure that your loved one is receiving quality care, and how to discuss the importance of advance care planning. (Meanwhile, caregivers themselves may be coping with chronic disease at higher rates.)

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

Contact AARP North Carolina at [ncaarp@aarp.org](mailto:ncaarp@aarp.org) for more information.

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

**REGISTER**



## **Money Matters: Making Financial Plans After a Diagnosis of Dementia**

**February 23, 2023 | 5:00 PM - 6:00 PM ET | Online**

After receiving a diagnosis of Alzheimer's disease or another dementia, the need for and cost of future care may not be immediately considered.

Financial planning often gets pushed aside because of the stress and fear the topic evokes. However, financial stress can be reduced by preparing for care costs. The sooner planning begins, the more the person with dementia may be able to participate in decision-making.

Join Robert Wroblewski of Treece Financial Group for this educational webinar to learn 10 key tips to:

- help address what long-term costs may be faced
- how to cover costs
- considerations for individuals with younger-onset
- where to find support services
- and more.

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

**REGISTER**



## **Strategies to Support Social Engagement of Tribal Elders**

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

Join engAGED: The National Resource Center for Engaging Older Adults and the Diverse Elders Coalition for a webinar focused on social engagement among tribal elders. During the webinar, the Administration for Community Living will discuss how Title VI Native American Aging Programs address social engagement and social isolation of tribal elders, share best practice strategies for outreach to tribal elders and highlight how other Aging Network organizations can work with Title VI programs when developing and implementing social engagement programming. Attendees will also hear from the Seneca Nation Area Office for the Aging and Shoshone-Bannock Tribes on how both Title VI programs are helping elders stay engaged and connected.

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

REGISTER



## “I’m Not Sick, I Don’t Need Help”

**February 25, 2023 | 9:00 AM - 12:00 PM ET | Online**

Struggling to help someone with serious mental illness accept treatment? Learn the #1 reason people refuse help – “anosognosia” – and how to create trusting relationships that lead to treatment and recovery!

Join the National Alliance for Mental Illness-Cleveland on February 25th for an online LEAP (Listen-Empathize-Agree-Partner) workshop facilitated by [Bob Krulish](#) based on his book, *I'm Not Sick, I Don't Need Help*.

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

REGISTER



## Quality of Life Foundation/Wounded Veteran Family Care

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

Join the American Red Cross Military and Veteran Caregiver Network (MVCN) for a conversation with Andrea Sawyer, Advocacy Director and Meredith Beck, Senior Lead Policy Advisor about the ways Wounded Veteran Family Care is advocating for caregivers through education and information. Learn about the application and appeals process for the VA's Caregiver Support Programs. Andrea and Meredith have decades of experience in policy and advocacy.

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

REGISTER







## Intimacy and Dementia

February 27, 2023 | 2:30 PM - 4:00 PM ET | Online

Tune in on February 27th for an online presentation by the [Alzheimer Society of Durham Region](#) (Canada) that will explore how to meet the needs for companionship and intimacy between persons living with dementia and care partners. This event will examine ways to reduce frustrations and help persons living with dementia and their care partners express themselves to meet their needs.

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

REGISTER



## Rare Disease Day at NIH 2023

February 28, 2023 | 9:00 AM - 5:00 PM ET | Online

Sponsored by the [National Center for Advancing Translational Sciences \(NCATS\)](#) and the [National Institutes of Health \(NIH\) Clinical Center](#), [Rare Disease Day at NIH](#) will be held both in-person at the NIH main campus in Bethesda and virtually on Tuesday, Feb. 28, 2023, from 9 a.m. to 5 p.m. EST. Rare Disease Day at NIH seeks to bring together a

broad audience including patients, patient advocates, caregivers, health care providers, researchers, trainees, students, industry representatives, and government staff.

This year's event will feature panel discussions, rare diseases stories, in-person and virtual exhibit and scientific posters. An event app will be available with engagement features and ways to connect with others.

The event is free and open to the public.

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



## Understanding Schizoaffective Disorder

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

Schizoaffective disorder is a complicated illness that is often confused with other mental health disorders. Join the Mindspring Mental Health Alliance on February 28th for an exploration of the diagnostic criteria, signs, and symptoms that differentiate schizoaffective disorder from other illnesses. This one-hour seminar includes information on causation, risk factors, treatment options, and ways to cope if you or a loved one have been diagnosed.

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



**MARCH**

## Managing Medications as a Caregiver

**March 1, 2023 | 10:00 AM - 11:00 AM ET | Online**

As a caregiver, do you find yourself acting as “pharmacist,” trying to keep track of and manage multiple prescriptions? Join AARP for a presentation on March 1st that will explore ways to organize and record medications taken by someone in your care. These handy tips will help you ensure that the medicines are used as instructed and prevent deadly drug interactions or mistakes.

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

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



## The Brain and Dementia

**March 6, 2023 | 8:30 AM - 10:00 AM ET | Online**

Understanding how dementia affects different parts of the brain is useful, particularly if you

are looking after someone with dementia.

The brain is the most complex organ in the body and produces every thought, memory and action, experience and feeling we have. The more we can understand the brain, the more sense emotions and behavior will make.

You may already know that dementia is not just the brain getting older. It is caused by damage to the brain that can produce unpredictable results and symptoms.

But, did you know that there are more than 100 types of dementia? The condition affects memory, emotions, communication, behavior, vision and motor skills – and it worsens over time.

Tune in on March 6th for a presentation hosted by Dementia Carers Count that will help you learn about the different types of dementia and how they can affect the brain.

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

[REGISTER](#)



## Understanding Compassion Fatigue and Burnout

**March 7, 2023 | 1:00 PM - 2:00 PM ET | Online**

Does compassion cause suffering? When does it go too far and how can caregivers protect their own wellbeing? Learn the warning signs, who is at risk, and how to restore your emotional energy 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.

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.

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

[REGISTER](#)



# Keeping the Communication Going

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

Join Dementia Carers Count on March 8th for a discussion about how dementia can affect language and communication. There will be an opportunity to explore the emotional impact of a breakdown in communication / relationships for a carer and the person with dementia and identify strategies to help establish effective and meaningful interactions.

This session is for you if:

- you would like to gain a better understanding of how communication can be affected for a person with dementia
- you would like to learn about different strategies to support a person's ability to communicate and understand
- you want to spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- you would like to meet other people who are taking care of a friend or family member with dementia in a similar situation

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

REGISTER



## Gerontological Society of America Call for Abstracts

Deadline to submit: March 9, 2023

The Gerontological Society of America (GSA) seeks compelling and discerning presenters/authors for the November **GSA 2023 Annual Scientific Meeting** who will address the most-pressing issues and challenges in our fields and generate actionable insights to share with meeting attendees from over 36 countries.

Multiple presentation options include papers, posters, and symposia. Enhance your career by presenting your research at the most prestigious gathering of experts in the field of aging. Inform your colleagues about the latest issues, trends and challenges. We look forward to seeing you in Tampa!

To learn more about submitting an abstract, click the red button below.

LEARN MORE



# Supporting Your Adult Child Through Their Cancer Diagnosis and Treatment

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

This presentation will address the emotional and physical impacts on parents who have young adults with cancer. It will explore common stressors and concerns including the burnout that arises while caregiving for young adults with cancer. It will also identify coping strategies and interventions to help parents navigate through their adult child's cancer journey, including issues surrounding being a grandparent if the young adult has children.

This presentation is aimed at adult parents of young adults who have cancer but all are welcome to attend. There will be time to ask questions, as well as connect with other parents/grandparents.

Presenter Bio:

Sam Fortune is an oncology social worker, and the Women's Cancers Program Coordinator at CancerCare. She provides counseling and support to people coping with cancer, caregivers of cancer patients, and people who have experienced the loss of a loved one. Sam also develops and executes programmatic activities for the Women's Cancers Program, which cater to specific needs within the community. Furthermore, Sam participated in several national presentations on various Women's Cancers topics and has been a speaker in several CancerCare's Education Workshops as a leading expert in the field.

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

**REGISTER**



## Planning for Getting Paid for Caring for a Family Member

**March 10, 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](#)



## Comfort for Caregivers: Strategies for Dealing with Caregiver Stress

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

Caring for a loved one strains even the most resilient people. Tune in on March 14th for a workshop presented by HopeHealth Hospice & Palliative Care that will discuss strategies for dealing with caregiver stress and show attendees effective ways to preserve your own health and well-being.

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

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

[REGISTER](#)



## Preparing for an Outing with the Person You Care For

**March 20, 2023 | 8:30 AM - 10:00 AM ET | Online**

Tune in on March 20th for an online session hosted by Dementia Carers Count that will take a look at some of the challenges of going out in the community, both for the person

with dementia and those who are caring for them.

This event will explore the importance of going out for both the person living with dementia and their carer. It will also look at ways to prepare and support someone with dementia before an outing and discuss about resources and support that may be helpful.

The session is for you if you would like to...

- gain some ideas for supporting the person and reduce your own fear or embarrassment of potential situations
- spend time with experienced health and care professionals who will answer your questions in a safe, supportive environment
- You would like to meet other people who are taking care of a friend or family member with dementia who may be in a similar situation

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



## 2023 NIA Dementia Care and Caregiving Research Summit

**March 20th - 23rd, 2023 | 11:00 AM to 4:00 PM ET | Online**

The 2023 National Research Summit on Care, Services, and Supports for Persons Living with Dementia and their Care Partners/Caregivers will build on progress of the previous Summits to review research progress, highlight innovative and promising research, and identify remaining unmet research needs with input from the research community, persons living with dementia (PLWD) and their care partners.

The Summit will be held virtually from March 20-22, 2023 from 11 a.m. to 4 p.m. Eastern time each day. Submitting this registration form will enable you to join any or all three days of the Summit proceedings.

Please see the Summit webpage for more information: [www.nia.nih.gov/2023-dementia-care-summit](http://www.nia.nih.gov/2023-dementia-care-summit)

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





## Driving and Dementia Roadmap

March 27, 2023 | 2:30 PM - 4:00 PM ET | Online

Making the decision to stop driving and the transition to non-driving is challenging and complex, especially for drivers living with dementia and their care partners. In this webinar, Drs. Gary Naglie and Mark Rapoport, who lead a team of researchers focused on dementia and driving, will describe the development and evaluation of the Driving and Dementia Roadmap (DDR - [www.drivinganddementia.ca](http://www.drivinganddementia.ca)) - a recently launched online educational resource. They will also demonstrate how to use the DDR, whether you are a person living with dementia, a care partner/friend or a healthcare/service provider supporting others through this process.

**\*\*This event will not provide information or training on how to assess an individual's driving ability\*\***

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



## Young Onset Dementia

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

Join the [Alzheimer Society of Durham Region](#) (Canada) on March 29th for an online workshop that will distinguish Young Onset dementia from other types of dementia by identifying its core symptoms and by understanding the possible causes/risk factors that



bring changes to brain structure and function. It will also discuss general ways of supporting people living with young onset dementia.

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

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

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

**REGISTER**



**APRIL**

# The University of Manchester Institute for Collaborative Research on Ageing

## **Hospice Staff and Family Carers & End-of-Life Dementia Care**

**April 4, 2023 | 11:00 AM - 12:00 PM ET | Online**

More than 50 million people live with dementia worldwide, with figures reaching to more than 75 million by 2030. Being a progressive condition, in its advanced stages, dementia reduces the opportunities of the person to receive proper care, and more specialist end-of-life care is needed to ensure that better quality of life is promoted during the last period of life.

Hospices offer an interdisciplinary care model for the person and their family supporters. This type of care can occur in different settings (e.g., in-ward hospital, nursing home, long-term facilities), it can be offered on a home-based service and or directly offered in the hospice through inpatient care.

Whilst hospices are regarded as providers of gold-standard care for people requiring end-of-life support, health care professionals working in these settings rarely receive dementia training and examples of evidence-based practices are currently lacking. More research is needed to investigate the experience of care delivery in hospice staff and family carers of people with dementia.

Join the Manchester Institute for Collaborative Research on Ageing on April 4th for a seminar about a recent study on the experience of hospice clinical staff and family carers of end-of-life dementia care.

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

**REGISTER**





# Caregiver Solutions

A VANTAGE AGING INITIATIVE

## Heart Health for Family Caregivers

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

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

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

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

**REGISTER**



## Understanding and Responding to Dementia-Related Behaviors

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

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

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

**REGISTER >**



## HEALTH AND AGING POLICY FELLOWS

### Health and Aging Policy Fellowship 2023-2024 Call for Applications

**Deadline to apply: April 17, 2023**

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

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

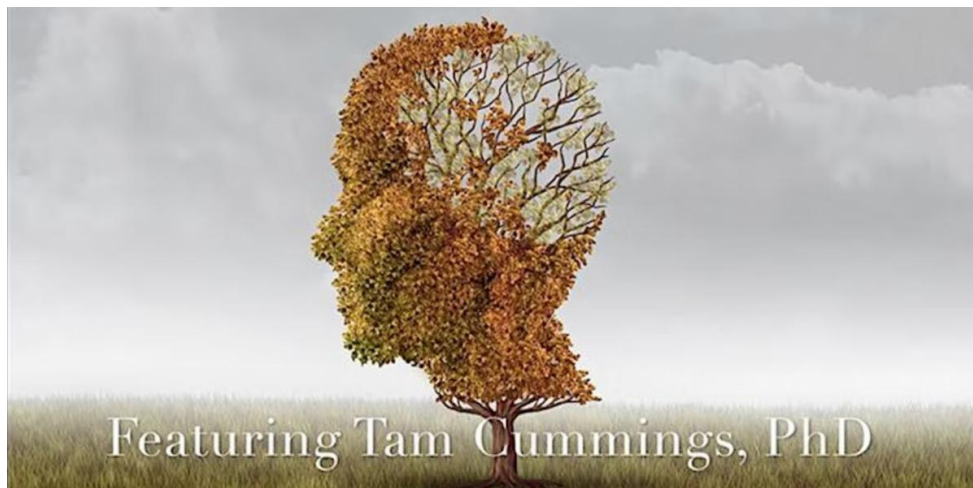
In addition, through our partnership with the veterans health administration, VA employees can participate in the VA track as a non-residential fellow.

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

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

**APPLY FOR THE FELLOWSHIP**

**>**



# Pain and Other Assessments in a Person with Dementia

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

Tune in on April 27th for an online session in which Dr. Tan Cummings will discuss Pain and Other Assessments in a Person With Dementia. Professionals use a variety of tools to determine decline and remaining function in Persons With Dementia. Specific tools help give physicians, nurses and caregiving staff a better picture of what is happening to the resident. Assessing for depression, anxiety, ADLs, IADLs, Pain, etc., keeps arguments out of the doctor's office and helps us to assist families in understanding the disease process.

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

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

REGISTER



## PATIENT AND CAREGIVER STUDIES

### Social Engagement Study for Care Partners of Persons with Dementia

There is a new contactless study at the University of Illinois to provide opportunities for care partners who want to:

- Connect with others outside the role of caregiving
- Attend to self-care needs
- Reminisce with others in a casual setting
- Engage with others on topics of shared interests

#### What is the study about?

We are evaluating the benefits of remote social engagement events for individuals 60 and over who care for a relative with dementia. In the events, participants see a short slideshow about various topics of interest (e.g, the 60s, cooking, movies). After the slideshow, participants enter a virtual breakout room to have a casual and engaging conversation with others about the topic. You will have the flexibility to pick the events which work best for your schedule.

#### How is this different than a support group?

While support groups offer opportunities to learn and share about caregiving, this program is focused on providing social engagement opportunities outside your role as a caregiver to support your social health from the comfort of your home using an online platform.

You may be eligible to participate if:

- Age 60 and above
- Comfortable speaking English
- Have a computer, tablet, or iPad with internet access
- Care for a relative with dementia
- Can participate in 30-minute discussions over four weeks

#### What do I need to participate?

You will need access to a computer, laptop, or tablet with a webcam/microphone and internet access.

### **What is the compensation?**

Three assessments are completed throughout the study process. You are paid \$25 following each assessment.

If you have questions, please contact us by email at [shs-caregiver-engage@illinois.edu](mailto:shs-caregiver-engage@illinois.edu) or by phone at 217-333-5262.

If you want to participate in this study, click on the red button below.

**LEARN MORE**



## **CADASIL Registry**

Start: June 3, 2022

End: October 2027

Enrollment: 2500

This study is conducted by the CADASIL Consortium.

**Where Is This Study Located?** Wisconsin

### **What Is This Study About?**

CADASIL, or cerebral autosomal dominant arteriopathy with subcortical infarcts and leukoencephalopathy, is a rare genetic disorder affecting the small blood vessels in the brain. The CADASIL Registry is enrolling people who have or are at risk of developing CADASIL, or who have a family member or other loved one with CADASIL. After joining the CADASIL Registry, volunteers will be invited to participate in studies on CADASIL.

### **Do I Qualify To Participate in This Study?**

Minimum Age: 18 Years

Maximum Age: 90 Years

#### **Must have:**

- Person with CADASIL or at risk for CADASIL, or have a loved one or a family member with CADASIL

#### **Must NOT have:**

- None

To learn more or participate in this study, email the CADASIL Consortium by clicking on the red button below.

**LEARN MORE**



## **Nutrition in People With Dementia and Their Caregivers**

Start: Oct. 25, 2022

End: Sept. 14, 2023

Enrollment: 120

This study is conducted by the University of Kansas Medical Center.

## **Where Is This Study Located?** Kansas

## **What Is This Study About?**

Informal caregivers perform many nutrition-related tasks as part of daily dementia care, including food shopping, preparation, and feeding. In this one-month observational study, a registered dietician will evaluate the nutritional health of people with dementia and their caregivers, as well as the caregivers' nutrition knowledge. Caregivers will complete questionnaires about their nutritional needs and knowledge. The results of the study will inform future research to reduce malnutrition in people with dementia and their caregivers, as well as reduce caregiver burden.

## **Do I Qualify To Participate in This Study?**

Minimum Age: 18 Years

Maximum Age: N/A

### **Must have:**

Participants with dementia:

- Diagnosed with Alzheimer's disease or other dementia
- Live at home with a family caregiver or a domestic partner
- Availability of past weight records with a minimum of two different timepoints

Caregiver participants:

- Primary caregiver who is responsible for food planning
- Normal cognition
- English speaking

### **Must NOT have:**

Participants with dementia:

- Diagnosis of frontotemporal dementia, alcohol-related dementia, Huntington's disease, schizophrenia, or manic-depressive disorder

Caregiver participants:

- Vision problems that prevent completing questionnaires

All participants:

- Current participation in a nutrition treatment study

To learn more about this study, call Rebecca Mount at 913-945-8160 or email her by clicking on the red button below.

**LEARN MORE**





## **Racial/Ethnically Diverse Sexual and Gender Minority Caregivers of Individuals Living with Alzheimer's Disease and Related Dementias**

To ensure that diverse sexual and gender minority (SGM) people are represented in Alzheimer's Disease and Related Dementias (ADRD) and caregiving research, the University of Nevada, Las Vegas is asking for insight on the lived experiences of racial/ethnically diverse SGM ADRD caregivers.

This research aims to provide valuable data necessary to design future caregiving interventions and services meant to improve the health and well-being of diverse ADRD caregivers.

### **Inclusion Criteria:**

- Self-identify as lesbian, gay, bisexual, transgender, and queer (LGBTQ+) or a sexual and/or gender minority (SGM) and as a racial/ethnic minority.
- Provide care to an adult with Alzheimer's disease or related dementias (ADRD) at least eight hours a week on average.
- Able to complete an interview, up to 2 hours, in English or Spanish.

### **Exclusion Criteria:**

- Severe substance use/abuse
- Psychiatric disorders
- Inability to provide verbal consent

Participation is voluntary. All information will be kept confidential. Participants will receive a \$50 Visa E-gift card after completion of the phone interview.

To learn more about this study, email Dr. Krystal Kittle by clicking on the red button below.

[\*\*LEARN MORE\*\*](#)



## **Spironolactone for African Americans with Mild Cognitive Impairment or Early Alzheimer's Disease**

Start: Sept. 6, 2022  
End: September 2023  
Enrollment: 30

This study is conducted by Emory University.

## Where Is This Study Located? Georgia

### What Is This Study About?

This Phase 4 study will evaluate the safety and effects of the FDA-approved blood pressure medication spironolactone in older African American adults with mild cognitive impairment or early Alzheimer's disease. Participants will be randomly assigned to take either spironolactone or a placebo pill once a day for one year. All participants will complete memory and thinking tests at the start, mid-point, and end of the study. Researchers will monitor participants for side effects throughout the study.

### Do I Qualify To Participate in This Study?

Minimum Age: 50 Years

Maximum Age: N/A

#### Must have:

- Self-identify as African American
- Normal blood pressure or controlled high blood pressure (110-140/40-90 mmHg)
- Diagnosis of mild cognitive impairment or early-stage Alzheimer's disease:
  - Self-reported memory concerns
  - Montreal Cognitive Assessment score of 15-25
  - Functional Assessment Questionnaire score < 9
- Wechsler Memory Scale-Revised Logical Memory subscale score:
  - < 11 for 16 or more years of education
  - < 9 for 8-15 years of education
  - < 6 for less than seven years of education

#### Must NOT have:

- Stroke in the last three years
- Unable to complete study procedures due to communication problems or other factors
- Any medical issue that interferes with the study procedures (e.g., chest pain, shortness of breath, or abdominal pain)
- History of allergy or adverse reaction to an aldosterone antagonist
- Uncontrolled high blood pressure
- Currently taking RAAS modulating medications (i.e., angiotensin II receptor blocker, angiotensin converting enzyme inhibitor, renin inhibitor, or aldosterone antagonist such as eplerenone)
- Kidney disease, with baseline creatinine > 2.0 mg/dL
- High potassium, with blood potassium > 5.5 mEq/dL
- Diagnosis of a neurological or psychiatric condition other than mild cognitive impairment that could impact cognition (e.g., Parkinson's disease and related movement disorders, multiple sclerosis, epilepsy, schizophrenia, untreated major depressive disorder, or other psychotic disorders)
- Abnormal levels of thyroid stimulating hormone (> 10 milliunits (mU)/L) or vitamin B12 (<250 pg/mL) that impact cognitive function
- Any medical or psychiatric disease that could affect participant safety or study results, according to the study investigator
- Uncontrolled congestive heart failure, with poor exercise tolerance and shortness of breath
- Women must be postmenopausal

To learn more about this study, call Dr. Antoine Trammell at 404-712-6332 or email him by clicking on the red button below.

[LEARN MORE](#)





## Caregivers Use of Alternative Strategies in Managing Dementia

You are invited to participate in a study that is being used to collect data for a research project for a Speech-Language Pathology degree at Missouri State University. This survey is intended to be administered to caregivers of persons with Dementia and will take 5-10 minutes to complete. The study will examine the caregivers' perceptions of complimentary/alternative strategies as well as the types of strategies that have been implemented to help manage Dementia in the person under their care.

By exploring these topics, we hope to learn more about caregivers' knowledge on types of complimentary/alternative strategies that are available, examine strategies that are being used the most within this population and if there is any correlation in outcome of specific strategies (e.g., improvement or decline).

Areas that will be examined are vocalness, behaviors, independence, and activeness before and after implementation of strategies that are used. To that end, the results from this study may be presented at professional conferences and/or submitted for publication in a scholarly journal. If you agree to participate in this study, you will be asked to respond to a few questions regarding personal information (e.g., relation to persons with Dementia under your care).

If you have any questions or concerns, please contact the study's lead investigator, Dee Telling, at [dtelling@missouristate.edu](mailto:dtelling@missouristate.edu). If you are interested in participating in this study, click the red button below.

**LEARN MORE**



## Interview about Family Relationships and Wellbeing in Dementia

If you are a caregiver to a family member with dementia, you're invited to participate in an interview about your caregiving experiences and wellbeing. The interview will last approximately 60-90 minutes and can be completed over the phone or via Zoom.

You will receive a \$10 Amazon gift card for participating. In order to participate you must:

- Be a caregiver to a FAMILY MEMBER living with dementia
- Be at least 18 years old
- Be able to read and speak English

To sign up for an interview, click the red button below.

**LEARN MORE**



## Co-Designing a Stress Management Toolkit for Families Living with Dementia

Researchers at Duke University would like to learn more about stress experienced by people living with dementia and their care partners, as well as about how families manage stress at home.

The goal of the project is to develop a toolkit of different things that people with dementia and their care partners can use on a daily basis to manage stress at home.

Focus groups will be held with dyads of people with dementia and their care partners together, and with care partners only. Groups will be held remotely using Zoom and are anticipated to last about 60-90 minutes. Participants will be compensated for their time.

Those that are interested in participating should call Melissa Harris at (405)513-1271 or email her by clicking on the red button below.

[LEARN MORE](#)



## Mental Fatigue and Self-Care in Informal Oncology Caregivers

Are you an unpaid caregiver of a person living with cancer? Are you 18 years old or older? We want to hear about your experiences as a caregiver.

A research study is being conducted at the Medical University of South Carolina to understand how mental fatigue affects informal caregivers of persons living with cancer and determine if mental fatigue, participating in self-care activities, and general caregiver quality of life are related. We are seeking volunteers to share their experiences to help drive research within the cancer caregiver community. The study involves completing surveys that are expected to take 25-35 minutes.

It is our hope that this study will help guide future research to identify ways healthcare professionals can help caregivers handle the stresses of caregiving.

For more information or to see if you qualify for the study, click the red button below.

[LEARN MORE](#)



## Communication in the Family

Hello! You are invited to be interviewed about your experiences and communication patterns as someone who currently (or in the past) cares for your family member living with Alzheimer's disease or another related dementia (ADRD). There are potentially things you are uncertain about regarding caring for your family member, and we are interested in how you communicate to manage these uncertainties. Uncertainty means the inability to predict what will happen or the unknown. For example, you might worry about your loved one's well-being because their dementia makes their behavior unpredictable.

You are eligible if you:

- Are at least 18 years old
- Used to or currently help care for one of your family members who lives/d with ADRD (by care, this includes but is not limited to: Eating, bathing, transferring,

managing finances, medications, chores, shopping, etc.)

If you are interested, click the red button below to get started on scheduling your interview and answering some demographic questions.

[LEARN MORE](#)



## Participate in Patient and Care Partner Survey on Post-transplant Journey

PatientsLikeMe (PLM), a patient community and digital health management [platform](#), and Takeda, a global, values-based, R&D-driven biopharmaceutical leader, are conducting a research study to better understand the post-transplant journey of patients and care partners to help determine any knowledge gaps and opportunities to better connect. The three-phase study seeks to better understand the transplant patient journey, particularly if they've experienced cytomegalovirus (CMV) infection, and identify changes in care journey experiences to help connect patients and their care providers.

PatientsLikeMe is a health tracking and learning platform embedded within an online social network. As of early 2020, the PLM community consists of ~860,000 members representing a wide range of conditions. The underlying PLM platform is designed, and continues to be optimized, to foster peer support and disseminate knowledge, including real-world insights. Members share personal stories about their health journey, engage with others who are (or were) in their situation, monitor symptoms, evaluate treatments, and track outcomes.

Participants will be compensated for their time and must:

1. Be 18 years of age or older
2. Be a patient or care partner of a patient who has had a solid organ transplant or hematopoietic stem cell transplant within the last three years.

If you fit the criteria below and want to share your experience via a written survey, click on the red button below.

[LEARN MORE](#)



## Varoglutamstat for Early-Stage Alzheimer's Disease

Start: November 15, 2021  
End: November 30, 2023  
Enrollment: 414

This study is being conducted by the University of California at San Diego.

### **What Is This Study About?**

This Phase 2 study will test the safety and effectiveness of varoglutamstat to reduce amyloid deposits in older adults with early-stage Alzheimer's disease. In the first phase of this study, participants will be randomly assigned to receive one of three dosage levels of the study drug or a placebo by tablet twice a day for six months. In the second phase, participants will take the highest safe dose identified in the first phase and researchers will assess the longer term effects of the study drug up to 72 weeks. At the end of each study phase, researchers will measure any changes in brain activity, and cognitive and daily functioning. They will also collect blood and cerebral spinal fluid samples to analyze drug absorption and any changes in the levels of amyloid protein. Throughout the study, participants will be monitored for any adverse health events.

### **Do I Qualify To Participate in This Study?**

Minimum Age: 50 Years  
Maximum Age: 89 Years

#### **Must have:**

- Diagnosis of mild cognitive impairment or early-stage Alzheimer's disease
- Mini-Mental State Examination score of 20 to 30 at study screening
- Montreal Cognitive Assessment score < 26 at screening
- Clinical Dementia Rating global score of 0.5 or 1 with memory score of > 0.5 at study screening
- Presence of Alzheimer's disease proteins in cerebrospinal fluid
- MRI brain scan within six months of study screening consistent with a diagnosis of Alzheimer's disease
- Study partner who has frequent interaction with the participant (> 3-4 times per week) and who is available to attend all clinic visits and can assist the participant with study procedures

#### **Must NOT have:**

- Any significant neurodegenerative disease, other than Alzheimer's (e.g., Parkinson's disease, Huntington's disease, vascular dementia, Creutzfeldt-Jakob disease, Lewy Body dementia, progressive supranuclear palsy, AIDS, or normal pressure hydrocephalus)
- Severe liver disease
- Participation in another clinical trial for an experimental drug with at least one dose of study drug taken 90 days prior to the start of the study; confirmed use of a placebo is acceptable
- History of significant medical or psychiatric conditions that could interfere with study participation including:
  - Moderate or severe skin reactions to medications, or current moderate to severe skin disease
  - Major depression within six months prior to the study screening
  - Schizophrenia
  - Uncontrolled bipolar disorder within five years prior to the study screening
  - Seizures within two years prior to the study screening
- Any condition that could make having the following study procedures unsafe:
  - Lumbar puncture (e.g., skin infection on lower back, trauma to lower back, bleeding disorder or taking blood thinners)
  - MRI brain scan (e.g., metal shrapnel, heart pacemaker, severe claustrophobia)

To learn more about this study, call Archana Balasubramanian at (858)246-1277 or email

her by clicking on the red button below.

LEARN MORE



## IN CASE YOU MISSED IT...

### The Changing Brain: Exploring Personality & Behavior Change with Dementia



Changes in personality and behavior are common symptoms for people living with dementia. This informative webinar explores the changes caused by dementia, ways to understand behavior changes, and the impact on caregivers.



## RESEARCH & RESOURCES

### Different Care Settings at the End of Life

The three most common places people at the end-of-life die are at home, in a hospital, or in a care facility. While not everyone has the chance to decide where they will die, people who know the end of life is approaching may be able to plan ahead. Several factors may help with this planning, including knowing the type of care you need and want, where you can receive this level of care, [advance care directives](#), [costs](#), and availability of family and friends to help.

To learn more, click the red button below.

LEARN MORE





## Providing Care and Comfort at the End of Life

Not all end-of-life experiences are alike. Death can come suddenly, or a person may linger in a near-death state for days. For some older adults at the end of life, the body weakens while the mind stays clear. Others remain physically strong while cognitive function declines. It's common to wonder what happens when someone is dying. You may want to know how to provide comfort, what to say, or what to do.

To learn more, click the red button below.

[LEARN MORE](#)



## Legal Issues for LGBTQ+ Caregivers

Lesbian, gay, bisexual and transgender people, in couples or not, face increasingly important legal and financial decisions as they age. These legal and financial decisions, the documents that enforce them, and the agents that you name in them will determine who has the legal authority to confer with your doctors and make medical decisions for you, and who has the legal authority to manage your financial resources if and when you become incapacitated, legally unable to act on your own behalf.

To learn more, click the red button below.

[LEARN MORE](#)





## Building Your Caregiver Toolkit

Families for Depression Awareness would like to share with you free copies of our publication, "Building Your Family Caregiver Toolkit: Strategies for Supporting Loved Ones to Get Well"

This 20-page toolkit includes educational content about self-care strategies, setting boundaries, setting realistic expectations, defining your role, and identifying resources.

With generous support from our funders and while supplies last, we can send copies of the toolkit to individuals and in bulk at no cost to coalitions, organizations, providers, and companies.

Please submit a form if you are interested in receiving a personal copy or copies that you may distribute throughout your communities, congregations, companies, and constituencies.

To fill out the request form, click the red button below.

[LEARN MORE](#)



## Rush Caring for Caregivers (C4C)

The mission of Rush Caring for Caregivers is to support family members or friends who are caring for adults 60 and older by offering services that aim to reduce caregiver stress, prevent caregiver burnout, and assisting caregivers in finding a balance between the needs of their loved ones and their own needs.

The C4C program has been proven to have positive health-related outcomes for both adults age 60 and older as well as for their care partners. Funded by the RRF Foundation for Aging, it uses an evidence-based framework to improve care for older adults and caregivers through education, resources and support. C4C focuses on what matters to the caregiver by assisting in developing a plan for the caregiver's physical and emotional health and well-being while incorporating the care needs and preferences of the older

adult. These services may be delivered in person, by telephone or via video conferencing. C4C does not charge for the initial meeting and other sessions are covered by most insurances.

To learn more, click the red button below.

[LEARN MORE](#)



## **Home Modification Toolkit: Lessons from the Field!**

The University of Southern California Fall Prevention Center of Excellence and the Administration for Community Living have put together a toolkit designed to provide professionals with tools to enhance home modification availability and awareness for older adults and persons with disabilities. The Toolkit has a specific emphasis on enhancing the Aging Network's ability to deliver and promote access to best practice home modification programs through targeted resource development, training, technical assistance, and information dissemination.

The Aging Network is an interconnected system of agencies funded under the Older Americans Act of 1965. The National Aging Network includes 56 State Units on Aging (SUAs), 622 Area Agencies on Aging (AAAs), and more than 260 Title VI Native American aging programs.

To learn more, click the red button below.

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## **Caregiver's Guide to Medications and Aging**

Modern medicines have contributed to longer life spans, improved health, and vastly improved our overall quality of life. Medications are the most common treatment for many diseases and conditions seen in older people and persons with disabilities. Medicines now not only treat and cure diseases that were untreatable just a few years ago, they aid in the early diagnosis of disease; prevent life-threatening illnesses; relieve pain and suffering; and allow people with terminal illnesses to live more comfortably during their last days.

However, for older adults and people with disabilities, medications—prescription, over-the-



counter, social drugs such as alcohol, and herbal remedies/alternative medicines—can be a double-edged sword. When not used appropriately, effectively, and safely, medications can have devastating consequences.

To learn more, click the red button below.

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## When It's Time to Leave Home

The decision about whether your parents should move is often tricky and emotional. Each family will have its own reasons for wanting (or not wanting) to take such a step.

One family may decide a move is right because the parents can no longer manage the home. For another family, the need for hands-on care in a long-term care facility motivates a change.

To learn more, click the red button below.

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## HIV-Associated Neurocognitive Disorder (HAND)

Since the start of the AIDS epidemic more than three decades ago, doctors, family and friend caregivers, and patients have observed that some people with the disease experience decline in brain function and movement skills, as well as shifts in behavior and mood. This disorder is called HIV-associated Neurocognitive Disorder, or “HAND.” Although advances in antiretroviral therapy from the past two decades have decreased the severity of HAND, symptoms still persist in 30–50% of people living with HIV. For many people, these symptoms continue to affect activities of daily living.

To learn more, click the red button below.

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## PREVIOUSLY APPEARED



### Frequently Asked Questions about Caregiving

Caregiving can be overwhelming, especially when you're starting out. Take a deep breath! Then tackle one task at a time.

First, assess your loved one's needs. What types of help are needed? Ask family members and friends to share tasks. Look for resources in your community, such as home health care or adult day care centers. The [Eldercare Locator](#) can help you find in-home help; transportation; resources to install ramps, grab bars, or other home modifications; and other resources in your area. It can also help you learn about options for paying for care.

To learn more, click the red button below.

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### Paying for Mental Health Care: Your Questions Answered!

Paying for mental health care is no easy task. Even people with health insurance have trouble finding and paying for mental health care. The situation can feel dire.

A new fact sheet released by [Families for Depression Awareness](#) explains issues involved in paying for care and offers practical strategies that help you support your loved one in getting necessary mental health treatment.

To view the fact sheet, click the red button below.

VIEW THE FACT SHEET





## How to Share Caregiving Responsibilities with Family Members

Caring for an older family member often requires teamwork. While one sibling might be local and take on most of the everyday caregiving responsibilities, a long-distance caregiver can also have an important role.

As a long-distance caregiver, you can provide important [respite to the primary caregiver](#) and support to the aging family member. First, try to define the caregiving responsibilities. You could start by setting up a family meeting and, if it makes sense, include the care recipient in the discussion.

To learn more, click the red button below.

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## Dementia-Related Pain: What Caregivers Need to Know

As dementia progresses, so does the likelihood that patients are experiencing pain. Between 50% and 80% of patients with moderate to severe dementia experience pain daily. Many patients receive inadequate treatment due lack of recognition. Alzheimer's disease causes the person to develop a mask-like facial expression. This minimizes typical facial expressions of pain, like a drawn mouth or furrowed brows. Also, patients may have lost the cognitive ability to tell caregivers about their pain with phrases such as "this hurts" or "I am in pain."

To learn more, click the red button below.

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## Paying for Long-Term Care

Many older adults and caregivers worry about the cost of medical care and other help they may need. These expenses can use up a significant part of monthly income, even for families who thought they had saved enough. How people pay for [long-term care](#) — whether delivered at home or in a hospital, assisted living facility, or nursing home — depends on their financial situation and the kinds of services they use.

To learn more, click the red button below.

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## Taking Care of Yourself: Tips for Caregivers

Taking care of yourself is one of the most important things you can do as a caregiver. Make sure you're [eating healthy](#), [being active](#), and [taking time for yourself](#).

Caregiving, especially from a distance, is likely to bring out many different emotions, both positive and negative. Feeling frustrated and angry with everyone, from the care recipient to the doctors, is a common experience. Anger could be a sign that you are overwhelmed or that you are trying to do too much. If you can, give yourself a break: take a walk, talk with your friends, get some sleep — [try to do something for yourself](#).

To learn more, click the red button below.

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## Podcast: Caring for a Parent at the End of Life

Mark Chesnut is a NYC-based journalist, editor, and public speaker. His book, *Prepare for Departure, Notes on a single mother, a misfit son, inevitable mortality, and the enduring allure of frequent flyer miles*, is about love and care and acceptance – not the infamous acceptance from the 5 stages of grief – but the acceptance that can happen between a mother and son when one of their lives is coming to an end.

This episode of the [Dougy Center](#)'s podcast "Grief Out Loud" travels to a lot of places, including: What Mark learned about grief from his mother after his father died. How those lessons shaped the way he approached caring for her and grieving her death. How Mark moved into a place of acceptance with his mother for the ways she responded when he came out to her as a young adult. The ways he dealt, and continues to deal with grief, even during the height of COVID, when he was unable to access his usual outlet, travel.

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

LISTEN TO THE PODCAST





## Resources for Alzheimer's and Dementia Caregivers

The Alzheimer's Foundation of American (AFA) was founded by a family caregiver to be a resource for caregivers and a place they can turn to for help, guidance and support in their time of need. AFA provides a wide variety of resources for Alzheimer's and dementia caregivers. Whether you are just starting out on your journey with Alzheimer's or dementia, or have been on the journey for a while, we are here for you. No one is alone on their journey.

To learn more, click the red button below.

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## Family Caregiving HelpGuide

[HelpGuide.org](https://www.helpguide.org) is an independent nonprofit that runs one of the world's leading mental health websites. Its team is a passionate group of people dedicated to providing you with balanced, responsible, helpful, and motivating mental health information, resources, and tools.

New family caregivers face many responsibilities. HelpGuide offers suggestions and resources that will assist you as you navigate your new role.

To learn more, click the red button below.

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## Health Scams! Don't Take the Risk.

How to Spot a Scam... It's Called Health Fraud

- Lots of people are fooled into buying health products that sound great, but are really fakes.
- Some products may cause serious problems like pain, suffering, or even death.
- Some products may not mix well with your other medicines.
- You may also lose your money on scam products that don't work.

To learn more, click the red button below.

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## Optimism Linked to Longevity and Well-being in Two Recent Studies

Optimism is linked to a longer lifespan in women from diverse racial and ethnic groups, and to better emotional health in older men, according to two NIA-funded studies. One study showed that the previously established link between optimism and longevity applies to racially and ethnically diverse populations of women and that the link is only partially due to changes in health behaviors. The other study showed that more optimistic men have fewer negative emotions, due in part to reduced exposure to stressful situations. These findings suggest that increasing optimism may be a way to extend lifespan and improve well-being in older adults.

To learn more, click the red button below.

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## Podcast: How to Take Better Care of Your Loved Ones

Giving and receiving care—it's a natural part of life. But how do we offer the best possible support for our loved ones? Tune in for this podcast in which TED speakers share ideas on reimagining caregiving.

Guests include dementia care advocate Yvonne van Amerongen, attorney Diana Adams, inclusion advocate Sara Jones, and comedian Bill Bernat.

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

[LISTEN TO THE PODCAST](#)



## Helping Children Understand Alzheimer's Disease

When a family member has Alzheimer's disease, it affects everyone in the family, including children and grandchildren. It's important to talk to them about what is happening. How much and what kind of information you share depends on the child's age and relationship to the person with Alzheimer's.

Talk with kids about their concerns and feelings. Some may not talk about their negative feelings, but you may see changes in how they act. Problems at school, with friends, or at home can be a sign that they are upset. A school counselor or social worker can help your child understand what is happening and learn how to cope.

To learn more, click the red button below.



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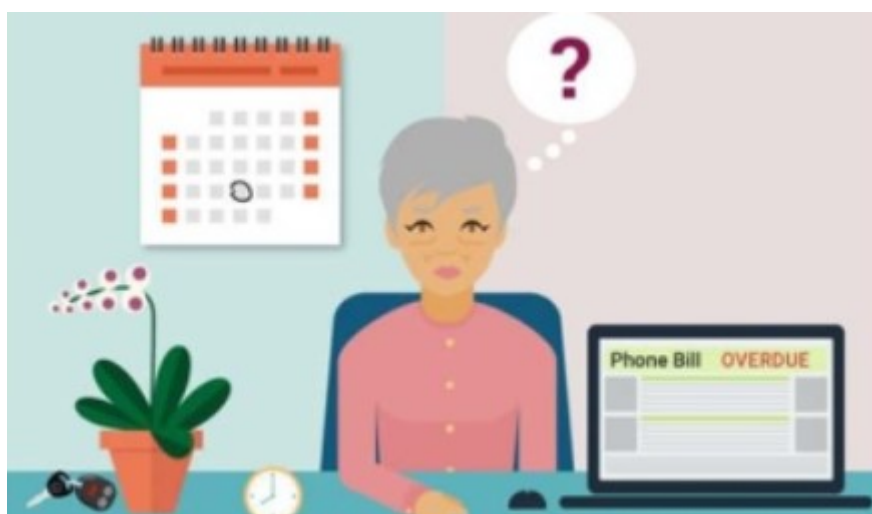
## Managing Money Problems in Alzheimer's Disease

People with Alzheimer's disease often have problems managing their money. In fact, money problems may be one of the first noticeable signs of the disease.

Early on, a person with Alzheimer's may be able to perform basic tasks, such as paying bills, but he or she is likely to have problems with more complicated tasks, such as balancing a checkbook. As the disease gets worse, the person may try to hide financial problems to protect his or her independence. Or, the person may not realize that he or she is losing the ability to handle money matters.

To learn more, click the red button below.

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## What Are the Signs of Alzheimer's Disease?

The symptoms of Alzheimer's can vary from one person to another. Memory problems are typically one of the first signs of the disease. Decline in non-memory aspects of cognition, such as finding the right word, trouble understanding visual images and spatial relationships, and impaired reasoning or judgment, may also signal the early stages of Alzheimer's. As the disease progresses, symptoms become more severe and include

increased confusion and behavior changes.

To learn more, click the red button below.

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## GETTING YOUR AFFAIRS IN ORDER: Advance Care Planning

### Getting Your Affairs in Order

Long before she fell, Louise put all her important papers in one place and told her son where to find them. She gave him the name of her lawyer, as well as a list of people he could contact at her bank, doctor's office, insurance company, and investment firm. She made sure he had copies of her Medicare and other health insurance cards. She made sure her son could access her checking account and safe deposit box at the bank. Louise made sure Medicare and her doctor had written permission to talk with her son about her health and insurance claims.

To learn more, click the red button below.

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### Cancer Caregiver Resources Guide

The American Cancer Society Caregiver Resource Guide is a tool for people who are

caring for someone with cancer. It can help you:

- Learn how to care for yourself as a caregiver.
- Better understand what your loved one is going through.
- Develop skills for coping and caring.
- Take steps to help protect your health and well-being.
- Find important resources for getting help and support.

To view the guide, click the red button below.

[VIEW THE GUIDE](#)



## 6 Valuable Support Resources for Caregivers of Veterans

If you regularly help an older veteran with tasks like dressing, bathing, grocery shopping, transportation, and preparing meals, you could be considered a caregiver.

More than 5.5 million people serve as informal caregivers for older and/or disabled veterans across America—many of them without any kind of compensation.

Caring for a veteran comes with special challenges, and burnout is a very real possibility. That's why it's important to take advantage of the caregiver support resources available to you.

To learn more, click the red button below.

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## The Journey Map of a Sickle Cell Disease Caregiver

The Journey Map of a sickle cell disease (SCD) is a blueprint of the encounters an individual can go through as a caregiver to a loved one with SCD. This diagram was created by [Sick Cells](#) and used during the May 2021 Roundtable on Resources for SCD Caregivers in an effort to visualize an individual's experience and align resources and support.

To view the SCD Journey Map, click the red button below.



## Epilepsy Resources for Caregivers

Whether you've been a caregiver for years or if your duties as a caregiver are just beginning, it's comforting to know that there are epilepsy resources to help you navigate your loved ones' journey.

Many resources exist to connect you with others who are experiencing something similar. There are also support services that can help when you may be feeling a little lost. No matter your situation, there are people and places you can turn to when you need a helping hand.

To learn more, click the red button below.

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## Informal Caregivers in Cancer

Being a caregiver means helping with the daily needs of another person. An informal caregiver is usually a relative or friend who may or may not live in the same house as the person they are caring for. A formal caregiver, such as a nurse, is paid and has training to care for a patient. Informal and formal caregivers help people with cancer during and after treatment in many ways.

The NIH's National Cancer Institute has put together a fact sheet about the roles, needs, and burdens of informal caregivers who are caring for a person with cancer. To view the fact sheet, click the red button below.

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## What Parents and Caregivers Need to Know About the New Pediatric Obesity Guidance

For the first time in 15 years, the American Academy of Pediatrics (AAP) has updated its guidance on obesity in children, recommending a more proactive approach.

According to the Centers for Disease Control and Prevention, nearly 20% of children and adolescents in the United States are obese—meaning that their body mass index (BMI) is at or above the 95th percentile of the CDC growth chart. For children, BMI is an age- and sex-specific measurement using height and weight that helps assess body fat. Children who are obese are at higher risk for physical health issues, including heart disease and type 2 diabetes, as well as mental health issues, such as anxiety and depression.

To learn more, click the red button below.

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## Understanding Chronic Sorrow

There is sneaky grief and loss that caregivers of children with mental illness experience. Chronic sorrow, as it has been called, is "ambiguous, one that rarely subsides over time, and is rarely acknowledged." As a caregiver of children who have struggled with mental illness, I have learned to celebrate the joy and stay in deep gratitude for healthy times, yet there is a constant dull ache that persists, and chronic sorrow gives this a name for me. In my professional role, I have listened as chronic sorrow creates an additional barrier for caregivers, complicating the stress and anxiety of caring for their children.

To learn more, click the red button below.

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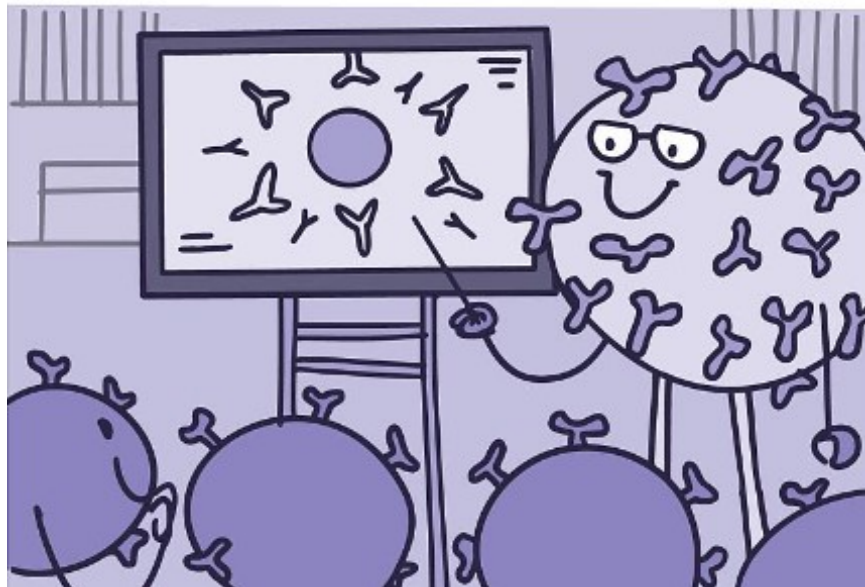
## **Blood Test for Early Alzheimer's Detection**

One of the first stages of Alzheimer's disease involves formation of toxic aggregates, called oligomers, of the protein amyloid beta ( $A\beta$ ). These oligomers can start to form more than a decade before symptoms appear and before other known disease markers form. The ability to detect these oligomers would permit early disease diagnosis. This would make strategies to intervene before irreparable brain damage occurs possible.

To learn more, click the red button below.

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## Your Body's Disease Defenses

Every day while you eat, sleep, work, and play, battles are being fought throughout your body. You rarely feel it. But bacteria, viruses, and other microbes are constantly invading from the outside world.

Your body has a defense system for such invaders. It's called the immune system. Your immune system is made up of trillions of cells and proteins. These are found in your blood and every organ of your body. The immune system learns and changes over your lifetime—even before birth.

To learn more, click the red button below.

[LEARN MORE](#)



## Adapting Activities for People With Alzheimer's Disease

Doing things we enjoy gives us pleasure and adds meaning to our lives. People with Alzheimer's disease need to be active and do things they enjoy. However, it's not easy for them to plan their days and do different tasks.

People with Alzheimer's may have trouble deciding what to do each day, which could make them fearful and worried or quiet and withdrawn, or they may have trouble starting tasks. Remember, the person is not being lazy. He or she might need help organizing the day or doing an activity.

To learn more, click the red button below.

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## Providing Care for a Person With a Frontotemporal Disorder

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

To learn more about, click the red button below.

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## Long-Distance Caregiving: Twenty Questions and Answers

If you live an hour or more away from a person who needs care, you can think of yourself as a long-distance caregiver. This kind of care can take many forms—from helping with finances or money management to arranging for in-home care, from providing respite care for a primary caregiver to creating a plan in case of emergencies.

Many long-distance caregivers act as information coordinators, helping aging parents understand the confusing maze of new needs, including home health aides, insurance



benefits and claims, and durable medical equipment.

The National Institute on Aging offers a booklet *Long-Distance Caregiving: Twenty Questions and Answers* intended to serve as a gateway to ideas and resources that can help make long-distance caregiving more manageable and satisfying.

To learn more, click the red button below.

[VIEW THE BOOKLET](#)



## Healthy Eating and Alzheimer's Disease

Eating healthy foods helps everyone stay well. It's even more important for people with Alzheimer's disease.

When the person with Alzheimer's disease lives with you:

- Buy healthy foods such as vegetables, fruits, and whole-grain products. Be sure to buy foods that the person likes and can eat.
- Give the person choices about what to eat—for example, “Would you like green beans or salad?”
- Buy food that is easy to prepare, such as premade salads and single food portions.

To learn more, click the red button below.

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## Changes in Intimacy and Sexuality in Alzheimer's Disease

Alzheimer's disease can cause changes in intimacy and sexuality in both a person with the disease and the caregiver. The person with Alzheimer's may be stressed by the changes in his or her memory and behaviors. Fear, worry, depression, anger, and low self-esteem (how much the person likes himself or herself) are common. The person may become dependent and cling to you. He or she may not remember your life together and feelings toward one another. The person may even fall in love with someone else.

To learn more, click the red button below.

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## End-of-Life Care for People With Dementia

People often live for years with [dementia](#). While it can be difficult to think of these diseases as terminal, they do eventually lead to death. [Caregivers](#) often experience special challenges surrounding the [end of life](#) of someone with dementia in part because the disease progression is so unpredictable. Below are some considerations for end-of-life care for people with dementia.

To learn more, click the red button below.

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## Tips for People With Dementia

People with dementia experience a range of symptoms related to changes in thinking, remembering, reasoning, and behavior. Living with dementia presents unique challenges, but there are steps you can take to help now and in the future.

Alzheimer's disease and related dementias get worse over time. Even simple everyday activities can become difficult to complete. To help cope with changes in memory and thinking, consider strategies that can make daily tasks easier. Try to adopt them early on so you will have more time to adjust.

To learn more, click the red button below.

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## Getting Help with Alzheimer's Caregiving

Some caregivers need help when the person is in the early stages of Alzheimer's disease. Other caregivers look for help when the person is in the later stages of Alzheimer's. It's okay to seek help whenever you need it.

As the person moves through the stages of Alzheimer's, he or she will need more care. One reason is that medicines used to treat Alzheimer's disease can only control symptoms; they cannot cure the disease. Symptoms, such as memory loss and confusion, will get worse over time.

Because of this, you will need more help. You may feel that asking for help shows weakness or a lack of caring, but the opposite is true. Asking for help shows your strength. It means you know your limits and when to seek support.

To learn more, click the red button below.



## February 22nd Is Heart Valve Disease Awareness Day

Even though as many as 11 million Americans are affected by heart valve disease, public awareness of the disease is shockingly low. The seriousness of the disease, combined with the fact that symptoms are often difficult to detect or dismissed as a normal part of aging, makes this lack of awareness dangerous. While heart valve disease can be disabling and deadly, it can usually be successfully treated in patients of all ages if treated in time, making education and awareness particularly important.

The Heart Valve Disease Awareness Day campaign takes place every February 22nd during American Heart Month. The goal of this initiative is to provide allies and partners with easy-to-understand messages that can easily be incorporated into outreach efforts. It includes social media graphics, videos, magazine inserts and other tools to enable others to spread the word about valve disease.

To learn more about raising awareness of Heart Valve Disease Awareness Day, click the red button below.



## Worry Less and Age Better with BenefitsCheckup

BenefitsCheckUp is the nation's most comprehensive online tool to connect older adults and people with disabilities to benefits. This tool can make it easy to see if you may be eligible—and then help you find out where to apply online or how to get help from a benefits counselor. Answer questions anonymously to find out if you may be eligible for

key benefits programs, including the Supplemental Nutrition Assistance Program (SNAP), Medicare Savings Programs, Medicaid, Medicare Part D Low Income Subsidy (LIS) - Extra Help, among others.

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

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## The Powerful Placebo

If you're feeling unwell, you may turn to medicine to find relief. But how do you know it was the drug that made you feel better? Sometimes, when you expect a treatment to work, it will. This phenomenon is called the placebo effect. Scientists are looking for ways to harness this effect for medical treatments.

To learn more about the placebo effect, click the red button below.

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## Bathing, Dressing, and Grooming: Alzheimer's Caregiving Tips

At some point, people with Alzheimer's disease will need help bathing, combing their hair, brushing their teeth, and getting dressed. Because these are private activities, people may not want help. They may feel embarrassed about being naked in front of caregivers. They also may feel angry about not being able to care for themselves.

Click the red button below for suggestions for caregivers who help provide everyday care for individuals with Alzheimer's.

[LEARN MORE](#)



### How Family Caregivers Can Help When Personal Hygiene Is a Problem

Pamela Toto's 102-year-old client had a problem: She was able to live alone, with help from her son, but getting in and out of her shower, where she had a chair and a handheld nozzle, was too difficult.

So, Toto, an occupational therapist, showed the son how to safely help his mother into her shower chair.

But, Toto says, "they didn't do it." She learned why in a talk with the son: "He said, 'I do everything for my mom, but I just don't want to see her naked.'" Toto helped the pair find a solution: a wrap-around towel robe the woman already had that she could wear on the way into and out of the shower.

It was a good illustration, Toto says, of the challenges, both practical and emotional, that caregivers and care recipients face when someone needs help with showering, using the toilet or other intimate hygiene tasks.

To learn more, click the red button below.

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## How Caregivers Can Counter Family Gaslighting

Intentionally misleading someone to believe something that isn't true is often called gaslighting, named for the Alfred Hitchcock–directed 1944 movie *Gaslight*, in which a devious husband uses trickery and deception to manipulate his gullible wife into thinking she's losing her mind. The term has become part of common parlance in our polarized age of decreased trust in institutions and one another.

People may feel gaslit by friends who are warm and supportive to their faces but bad-mouth them behind their backs; when caught, the gaslighter will say the person is crazy that they thought the comments were about them. An employee may complain of being gaslit by a boss who promises an increased bonus for working longer hours and then reneges, denying having made such a claim. And caregivers may feel gaslit by other family members who deliberately twist the truth about a care receiver's needs or the caregiver's responsibilities, to increase that caregiver's sense of duty and guilt.

To learn more, click the red button below.

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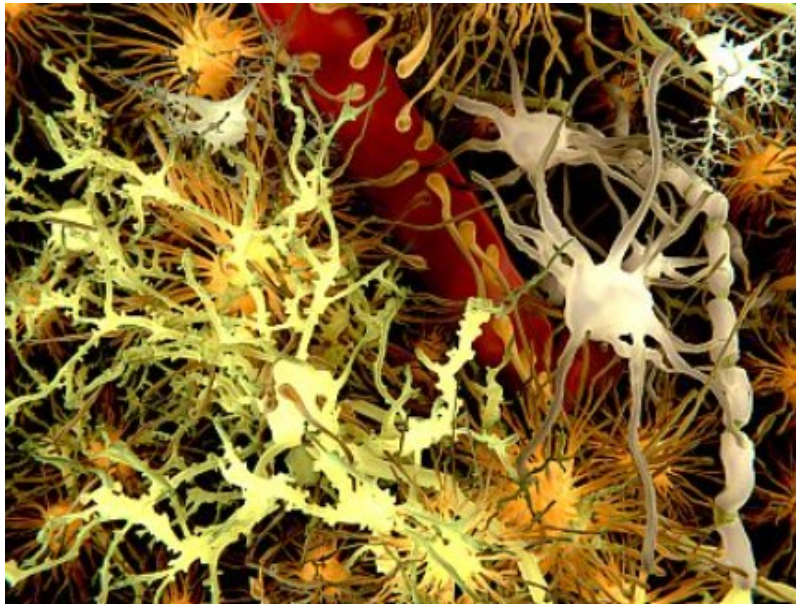


## Does Exercise Really Help Aging Brains? New Study Raises Questions

Exercise and mindfulness training did not improve older people's brain health in a surprising [new study](#) published this week in JAMA. The experiment, which enrolled more than 580 older men and women, looked into whether starting a program of exercise, mindfulness — or both — enhanced older people's abilities to think and remember or altered the structure of their brains.

To learn more, click the red button below.

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## Alzheimer's Tied to Cholesterol, Abnormal Nerve Insulation

The protein apolipoprotein E (APOE) plays a key role throughout the body. It helps to transport cholesterol and other fatty molecules, or lipids. The gene that produces APOE comes in a few different varieties. The most common is called APOE3.

The most notorious is APOE4, which has long been linked to an increased risk of dementia in Alzheimer's disease. People who inherit one copy of the APOE4 gene have up to a fourfold greater risk of developing Alzheimer's disease dementia.

To learn more, click the red button below.

LEARN MORE



## Vascular Dementia: Causes, Symptoms, and Treatments

Vascular dementia refers to changes to memory, thinking, and behavior resulting from conditions that affect the blood vessels in the brain. Cognition and brain function can be significantly affected by the size, location, and number of vascular changes.

People with vascular dementia almost always have abnormalities in the brain that can be seen on MRI scans. These abnormalities can include evidence of prior strokes, which are



often small and sometimes without noticeable symptoms. Major strokes can also increase the risk for dementia, but not everyone who has had a stroke will develop dementia.

To learn more, click the red button below.

[LEARN MORE](#)



## What Are the Signs that an Aging Parent Needs Help?

When caring for an aging parent or relative from afar, it can be hard to know when your help is needed. Sometimes, your parent will ask for help. Or, the sudden start of a severe illness will make it clear that assistance is needed. But, when you live far away, some detective work might be necessary to uncover possible signs that support or help is needed.

To learn more, click the red button below.

[LEARN MORE](#)



## Can a Hobby Keep Dementia at Bay? Experts Weigh In

To many, the word “hobby” signifies something lightweight or trivial. Yet taking on a new hobby as one ages might provide an important defense against dementia, some experts say.

About 5.8 million adults over 65 in the United States live with Alzheimer’s disease or other dementia disorders, according to the Centers for Disease Control and Prevention. One in 9 Americans over 65 has Alzheimer’s, according to the Alzheimer’s Association. And although the rate of dementia may be falling thanks to lifestyle changes, more of us are living longer, which means the societal burden of dementia is rising.

To learn more, click the red button below.

[LEARN MORE](#)



## Know Your Rights: Caregivers and Nursing Home Debt

Helping someone you love to move into a nursing home can be stressful enough. Nursing homes should not try to make you personally responsible for a loved one’s bill as a condition of admission.

To learn more, click the red button below.

[LEARN MORE](#)



## Finding Dementia Care and Local Services

A person with dementia will need more care as symptoms worsen over time. Problems with memory, thinking, and behavior often present challenges for those with dementia as well as for their family members. Whether the disease is in early or late stages, there are support systems, resources, and services that can help.

While it can be difficult for some to admit they need assistance with care or caregiving, it is okay to ask for help. [Alzheimers.gov](http://Alzheimers.gov) has provided a set of tips and resources for finding

assistance in your local area.

To learn more, click the red button below.

[LEARN MORE](#)  
>



## Caring for the Caregivers is Part of Optimal Age-Friendly Care

Recently, the Institute for Healthcare Improvement has deepened its commitment to supporting caregivers of older adults. The John A. Hartford Foundation has provided funding for Rush University Medical Center to partner with IHI on the Caregiver Intervention (4Ms-CGI) program, which has two goals: 1) transform how the staff of health systems think about and interact with family caregivers; and 2) provide programs and services for family caregivers to address their own needs and help them provide a reasonable amount of care for the older adult in their lives.

To learn more, click the red button below.

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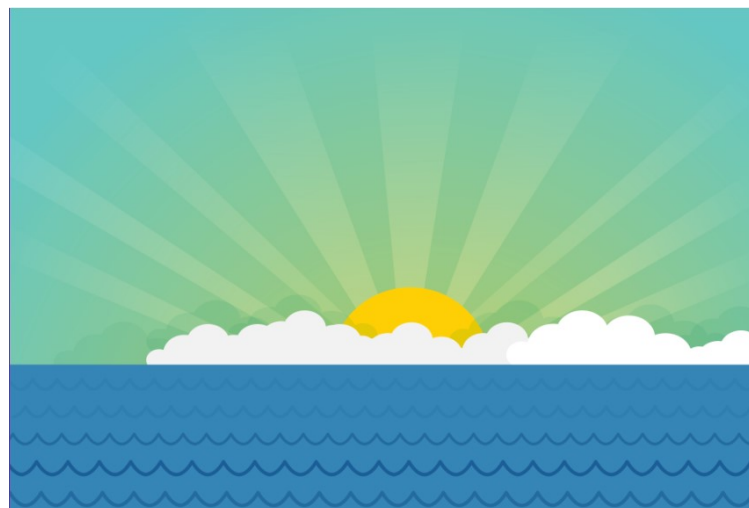


## When Should Family Caregivers Apply for Medicaid for a Loved One?

Imagine your parent or spouse has had a fall or a stroke and is hospitalized. Usually, the following days and weeks are spent getting him or her stable, talking to family and doctors, and wrapping your mind around the incident that happened. It can be a shocking and overwhelming time. Often, these events are the beginning of a major life shift where the family has to come to terms with a loved one's changing needs and abilities. Where will he live? Who will take care of him? Do we have the [right documents in place](#) or do we need to go to court for assistance? And who's going to [pay for everything](#)?

To learn more, click the red button below.

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## Religious and Spiritual Beliefs and Health Care

Religious and spiritual beliefs can offer support and meaning to those coping with health challenges. Because these beliefs may impact medical decision-making, health care providers are generally encouraged to ask patients about their faith background. In July 2022, the University of Michigan National Poll on Healthy Aging asked a national sample of adults age 50–80 about their religious and spiritual beliefs and how those beliefs may influence their health care decisions.

Most adults age 50–80 (84%) said that religious and/or spiritual beliefs are important to them, with 71% reporting their religious beliefs are important to them (45% very important,

26% somewhat important), and 80% stating their spiritual beliefs are important to them (50% very important, 30% somewhat important).

To learn more, click the red button below.

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## Adapting Activities for People With Alzheimer's Disease

Doing things we enjoy gives us pleasure and adds meaning to our lives. People with Alzheimer's disease need to be active and do things they enjoy. However, it's not easy for them to plan their days and do different tasks.

People with Alzheimer's may have trouble deciding what to do each day, which could make them fearful and worried or quiet and withdrawn, or they may have trouble starting tasks. Remember, the person is not being lazy. He or she might need help organizing the day or doing an activity.

To learn more, click the red button below.

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## Transcript: Across the Aisle with Seth Rogen and Laura Miller Rogen

Actor Seth Rogen and filmmaker Lauren Miller Rogen spoke with the Washington Post's Leigh Ann Caldwell on December 8th to discuss for a conversation with the couple about how their personal experiences as caregivers have informed their advocacy and the prospects for bipartisan cooperation on the issue in the new Congress.

To view the transcript of the chat, click the red button below.

[VIEW THE TRANSCRIPT](#)



## New Resources in Search. Find. Help. for Older Adults and Caregivers during Emergencies

The purpose of Search. Find. Help. is to help leaders and staff of organizations serving community-dwelling older adults and their caregivers find resources they can use to support these populations during all types of public health emergencies, including disease outbreaks like COVID-19, natural disasters, and severe weather.

The site includes resources addressing social isolation, managing chronic conditions, elder abuse and neglect, caregiver support, delayed medical care, and emergency preparedness.

Search. Find. Help. has been updated with **over 60 new resources** to support older adults during other public health emergencies such as natural disasters and severe weather with a focus on disproportionately affected populations, including Tribal populations and people with disabilities.

NORC at the University of Chicago has provided an action plan to help organizations select, adapt, and implement programs to meet the needs of their communities. To view the action plan click the red button below.

[VIEW THE ACTION PLAN](#)



# the Playbook

*Better Care for People  
with Complex Needs*

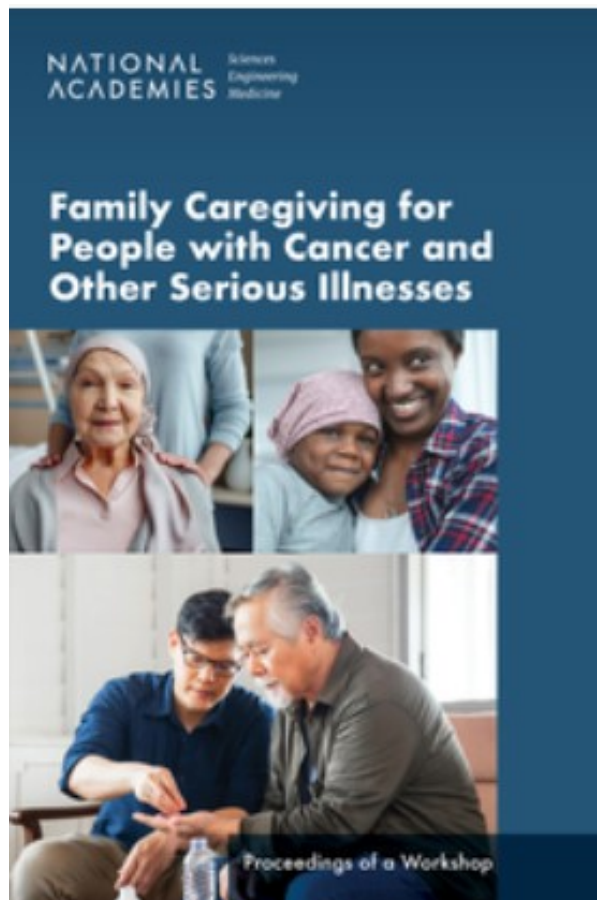
## **The Hurdles Facing Black Families Navigating Serious Illness -- Podcast**

Serious illnesses like cancer and kidney failure are painful for patients and hard on their caregivers. Services like hospice and palliative care exist to support families and ensure their loved ones live easier lives and die more comfortable deaths. But data show Black individuals are less likely to have their pain treated and less likely to use hospice and palliative care.

In this Tradeoffs podcast episode from November 10, 2022 — the latest in a series made possible by the Better Care Playbook — a researcher details ways to make this care more equitable and a caregiver shares her family's journey navigating a serious illness.

To listen the podcast, click the red button below.

**LISTEN TO THE PODCAST**



## Family Caregiving for People with Cancer and Other Serious Illnesses: A Workshop

On May 16 and 17, 2022 the Roundtable on Quality Care for People with Serious Illness, the National Cancer Policy Forum and the Forum on Aging, Disability and Independence will host a collaborative public workshop that will examine opportunities to better support family caregiving for people with cancer or other serious illnesses.

The proceedings summarize presentations and discussions from the May 2022 workshop, which was hosted by the Roundtable on Quality Care for People with Serious Illness, the National Cancer Policy Forum and the Forum on Aging, Disability, and Independence. To view the archived videos and presentations, please see the project [Webpage](#).

To view the workshop's proceedings, click the red button below.

[VIEW THE PROCEEDINGS](#)



### Grandfamilies and Kinship Support Network: A National Technical Assistance Center

The Grandfamilies & Kinship Support Network is the first-ever national technical assistance center for those who serve grandfamilies and kinship families. The Network exists, free of charge, to offer a new way for government agencies and nonprofit organizations in states, tribes, and territories to collaborate and work across jurisdictional and systemic boundaries—all to improve supports and services for grandfamilies and kinship families. Our work is rooted in cultural competence and linguistically appropriate approaches and is fully accessible to people with disabilities.

The Grandfamilies & Kinship Support Network will create lasting change for families around the country by connecting and supporting:

- Policy and program leaders at government agencies in states, tribes, and territories within aging/elder/senior services, child welfare, disability, education, housing, nutrition, Medicaid and Medicare, and Temporary Assistance for Needy Families (TANF);
- Kinship navigators; and
- Leaders of nonprofit, community-based, and faith-based organizations focused on supporting grandfamilies and kinship families.

To learn more about the Grandfamilies & Kinship Support Network, click the red button below.

[LEARN MORE](#)







## What Do We Know About Healthy Aging?

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by National Institute on Aging and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age. Read on to learn more about the research and the steps you can take to promote healthy aging.

To learn more, click the red button below.

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## Caregiving After Cancer Treatment Ends

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by National

Institute on Aging and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age. Read on to learn more about the research and the steps you can take to promote healthy aging.

To learn more, click the red button below.



## Legal and Financial Planning for People with Dementia

Many people are unprepared to deal with the legal and financial consequences of a serious illness such as Alzheimer's disease or a related dementia. Legal and medical experts encourage people recently diagnosed with a serious illness — particularly one that is expected to cause declining mental and physical health — to examine and update their financial and health care arrangements as soon as possible. Basic legal and financial documents, such as a will, a living trust, and advance directives, are available to ensure that the person's late-stage or end-of-life health care and financial decisions are carried out.

To learn more, click the red button below.

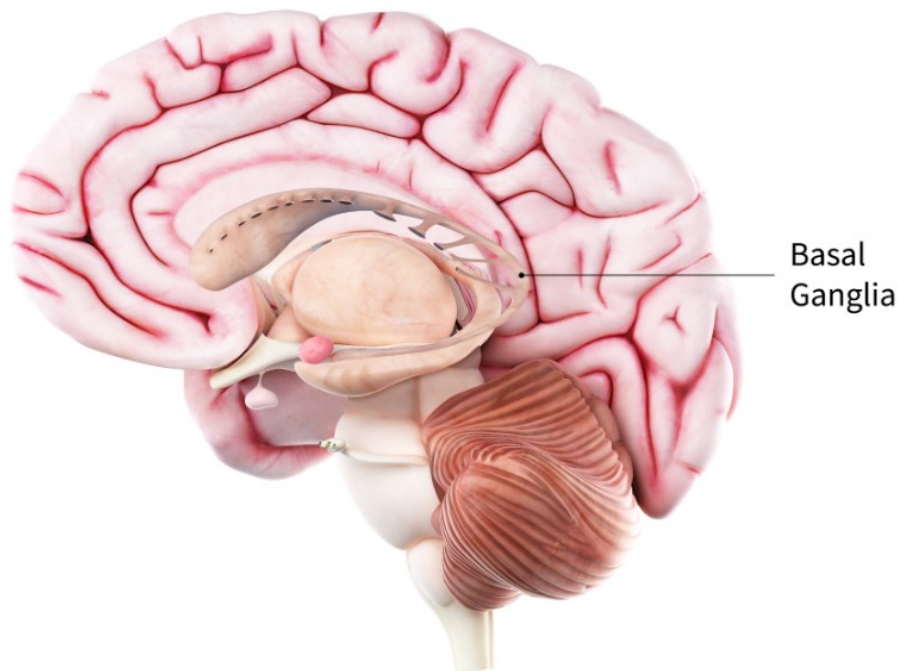


## I Am Not Alone Care Alliance

ianacare, the market leader in family caregiver benefits, is now forming the “I Am Not Alone Care Alliance” to create a full infrastructure of support across all sectors. They have galvanized key leaders and influencers from Fortune 500 companies, digital health, public sectors, and HR & benefits communities to lead the conversation and shape the future of caregiving resources. Designed for action and launched during National Family Caregivers Month, the I Am Not Alone Care Alliance will change the way public and private sectors work together to amplify the voice of millions of family caregivers and to fill the gaps - so no caregiver does this alone.

To learn more, click the red button below.

[LEARN MORE](#)



## Parkinson's Disease: Causes, Symptoms, and Treatments

Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination.

Symptoms usually begin gradually and worsen over time. As the disease progresses, people may have difficulty walking and talking. They may also have mental and behavioral changes, sleep problems, depression, memory difficulties, and fatigue.

To learn more, click the red button below.

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## Support for Families When a Child Has Cancer

When a child has cancer, every member of the family needs support. Parents often feel shocked and overwhelmed following their child's cancer diagnosis. Honest and calm conversations build trust as you talk with your child and his or her siblings. Taking care of yourself during this difficult time is important; it's not selfish. As you dig deep for strength, reach out to your child's treatment team and to people in your family and community for support.

To learn more about long-term care, click the red button below.

[LEARN MORE](#)



## What Is Long-Term Care?

Long-term care involves a variety of services designed to meet a person's health or personal care needs during a short or long period of time. These services help people live as independently and safely as possible when they can no longer perform everyday activities on their own.

Long-term care is provided in different places by different caregivers, depending on a person's needs. Most long-term care is provided at home by unpaid family members and friends. It can also be given in a facility such as a nursing home or in the community, for example, in an adult day care center.

To learn more about long-term care, click the red button below.

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## Veteran Caregiver Kids: America Wants to Hear Your Story

A new initiative is seeking out the voices of America's military-connected caregiving youth to further shine a light on the experiences of "hidden helpers" — children living with and serving wounded, ill or injured service members and veterans.

Children and young adults are asked to submit their stories in the way they want to tell them — through writing, drawing, film, photography or other means.

To learn more, click the red button below.

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## Getting Started Guide for New Caregivers

When many people hear the word caregiver, they tend to think of someone who takes care of a disabled relative and acts almost like a home nurse while also taking care of finances, cooking, and cleaning. That's not wrong, but not all caregivers play such an involved role. Being a caregiver can mean a lot of things.

**Mental Health America** (MHA) has released a guide for new caregivers. Its specific focus is on people who care for someone who has been recently diagnosed with a mental health condition.

To view the MHA guide, click the red button below.

VIEW THE GUIDE





## Saving Money with the Inflation Reduction Act

The Inflation Reduction Act will save money for people with Medicare by improving access to affordable treatments and strengthening the Medicare program.

The cost of a month's supply of each Part D-covered insulin will be capped at \$35, and you won't have to pay a deductible for insulin, starting on January 1, 2023.

If you have drug costs high enough to reach the catastrophic coverage phase in your Medicare drug coverage, you won't have to pay a copayment or coinsurance, starting in 2024.

To learn more, click the red button below.



## Legacy Lessons from the Sages of Aging

Curated from twelve hours of interviews with 12 of the diverse set of legendary pathfinders in the fields of aging, Legacy Lessons from the Sages of Aging is a 90-minute powerful and inspirational documentary for students and professionals in gerontology, social work, healthcare, medicine, nursing, law, housing, psychology, and other professions who work to meet the needs of older adults.

[VIEW THE VIDEO](#)



## Planning for the Future After a Dementia Diagnosis

If you or a loved one has been diagnosed with Alzheimer's disease or a related dementia, it may be difficult to think beyond the day to day. However, taking steps now can help prepare for a smoother tomorrow.

Over time, the symptoms of Alzheimer's and related dementias will make it difficult to think clearly. Planning as early as possible enables you to make decisions and communicate those decisions to the right people.

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## How to Share Caregiving Responsibilities with Family Members

Caring for an older family member often requires teamwork. While one sibling might be local and take on most of the everyday caregiving responsibilities, a long-distance caregiver can also have an important role.

First, try to define the caregiving responsibilities. You could start by setting up a family meeting and, if it makes sense, include the care recipient in the discussion. This is best done when there is not an emergency. A calm conversation about what kind of care is wanted and needed now, and what might be needed in the future, can help avoid a lot of confusion.

Decide who will be responsible for which tasks. Many families find the best first step is to name a primary caregiver, even if one is not needed immediately. That way the primary caregiver can step in if there is a crisis.

Agree in advance how each of your efforts can complement one another so that you can be an effective team. Ideally, each of you will be able to take on tasks best suited to your skills or interests.

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INSTITUTE FOR HEALTHCARE POLICY AND INNOVATION

**NATIONAL POLL ON HEALTHY AGING**  
UNIVERSITY OF MICHIGAN

## Look for the Helpers: Providing Support to Older Adults

People age 50 and above commonly provide health, personal, and other types of care and support to other older adults living with chronic conditions or disabilities. This support is often essential for aging in place and managing chronic conditions. In July 2022, the University of Michigan National Poll on Healthy Aging asked a national sample of U.S. adults age 50–80 about their experiences helping an adult age 65 or older with health, personal, and other types of care needs.

To learn more about the poll's findings, click the red button below.

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**Medicaid Structured Family  
Caregiving: Enabling Family  
Members to Make Caregiving Their  
Primary Focus**

## Medicaid Structured Family Caregiving: Enabling Family Members to Make Caregiving Their Primary Focus

Family caregivers play an important role in states' efforts to help Medicaid beneficiaries



safely remain in their communities. And, as of August 2022, at least seven states (Connecticut, Georgia, Indiana, Louisiana, Missouri, North Carolina, and South Dakota) covered structured family caregiving (SFC) services provided to older adults and/or people with physical disabilities under their Medicaid programs. Coverage of SFC services results in Medicaid payments and other support to family caregivers, usually including spouses and others who are legally responsible for the beneficiary. This brief, which is based on research and interviews with state staff, examines how Georgia, Missouri, and South Dakota are using Medicaid-funded SFC services to help older adults remain in the homes they share with their loved ones.

SFC services consist of a package of services that support home and community-based services (HCBS) waiver participants' primary caregivers and includes payment, individualized training based on the needs of the waiver participant, coaching, back-up or respite care, and other supports. All interviewees emphasized that they valued SFC services because they enabled HCBS waiver participants who do not self-direct services to receive the personal care they need in their homes from people they know and trust.

Georgia and South Dakota offer SFC services to both older adults and people with disabilities enrolled in Medicaid. Missouri, however, offers the services only to Medicaid beneficiaries with Alzheimer's or a related diagnosis. In all three states, Medicaid beneficiaries must be enrolled in an HCBS waiver to qualify for SFC services. As of July 2022, Missouri was providing SFC services to 62 waiver participants, and South Dakota was providing them to 217 participants. Also, all three states administer their SFC services through agencies, which are entities (usually home health providers) that have agreed to provide the services. Interviewees reported that approach enabled their states to implement the service without new staff resources and helped ensure appropriate oversight of the care delivered to Medicaid beneficiaries.

To learn more about Medicaid structured family caregiving, click the red button below.



## The COPD Caregiver's Toolkit

Caring for someone with chronic obstructive pulmonary disease (COPD) might be new for you. It is a condition that can be hard to understand and manage. COPD is a group of lung diseases including emphysema and chronic bronchitis, or both — that block airflow in the lungs. This makes breathing difficult for people living with COPD.

Caregivers who feel confident about what to do often provide better care for their loved ones. “The COPD Caregiver’s Toolkit” offers advice on a variety of topics for patients and caregivers, including how to prepare for doctors’ appointments, navigate changes in home life, provide help after a COPD flare-up or hospital stay and stay mentally and physically

healthy through it all.

To view the toolkit, click the red button below.

[VIEW THE TOOLKIT](#)



## Acceptance & Letting Go

We cannot control everything; we can only control our responses. On our caregiver journey, we often want to assert control over situations in order to show love or support. Sometimes the best way to provide care to our loved ones is to practice radical acceptance and letting things go.

Letting go is hard for everyone at first. Courage to Caregivers has put together some tips and philosophies on acceptance.

To learn more, click the red button below.

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## Potential Contributor to Sex Differences in Alzheimer's Risk

Alzheimer's disease, which can destroy the ability to think, learn, and remember, is more common in women than men. The reasons for this disparity between the sexes are not well understood.

Women are known to have greater levels of tau protein abnormally build up in brain cells over their lives. The structures that form, called tau tangles, are one of the hallmarks of Alzheimer's disease.

To learn more, click the red button below.

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## Paying for Long-Term Care

Many older adults and caregivers worry about the cost of medical care and other help they may need. These expenses can use up a significant part of monthly income, even for families who thought they had saved enough.

At first, many older adults pay for care in part with their own money. Initially, family and friends may provide personal care and other services, such as transportation, for free. But as a person's needs increase, paid services may be needed.

Older adults may be eligible for some government health care benefits. Caregivers can help by learning more about possible sources of financial help and assisting older adults in applying for aid as appropriate.

To learn more about options for paying for long-term care, click the red button below.

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## Caring for a Person Who Has Intellectual Developmental Disabilities

An intellectual or developmental disability affects a person's ability to live, attend school, and work independently. A person may need support with cooking, banking, transportation, social situations, health care visits, and jobs. Three of the best-known intellectual or developmental disabilities are Down syndrome, autism, and traumatic brain injury (TBI). Many families care for a person who has an intellectual or developmental disability. It could be a young child, an adult child who lives at home with their parents, or even an adult sibling.

To learn some tips about caring for someone with intellectual developmental disabilities, click the red button below.

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## Daily Multivitamin May Improve Cognition in Older Adults

Alzheimer's disease and related dementias affect more than 46 million people worldwide. Safe and affordable treatments to prevent cognitive decline in older adults are urgently

needed. In response to this need, certain dietary supplements have been touted as having protective effects on cognition.

To learn more, click the red button below.

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