

THIS WEEK IN CAREGIVING



January 25, 2023



CAREGIVING IN THE NEWS

How to Make a Caregiving Plan (So It's Ready When You Need It)

Iris Waichler sat at the kitchen table with her husband, Steven, and seven friends. They were gathered to discuss their single, childless friend Paul Mungrides. But this wasn't a lighthearted chat about finding the 56-year-old a date. They were there to talk about his end-of-life wishes.

From: New York Times | Published: January 19, 2023

[READ MORE](#)



Family Caregivers Go Unpaid. Now, States Are Giving Them Grants

Family caregivers in Maine became eligible in October to receive grants of up to \$2,000, the latest state program aimed at supporting this chronically overworked population.

Advocacy groups say Maine's program is part of a national movement to help the roughly 53 million Americans who provide unpaid care for older relatives or children with disabilities.

From: Barron's | Published: January 23, 2023

[READ MORE](#)



Family Caregiving a Top Priority for AARP in 2023

AARP made great progress in 2022 on behalf of family caregivers, but more work needs to be done to really provide them – and those who count on their care – the support they require. The adequacy of assistance and resources still depends on where you live.

So as 2023 legislative sessions begin around the country, we've planned an ambitious advocacy agenda to build on our thousand-plus victories in 53 states and territories since 2014.

From: AARP | Published: January 13, 2023

[READ MORE](#)





NAC NEWS AND UPDATES

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 or click the red button below.

LEARN MORE



Caregiving is
an emotional
experience.



CALL: 1.888.665.2190

to tell us about the challenges and joys
you experience as a family caregiver.

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

Sponsored by 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

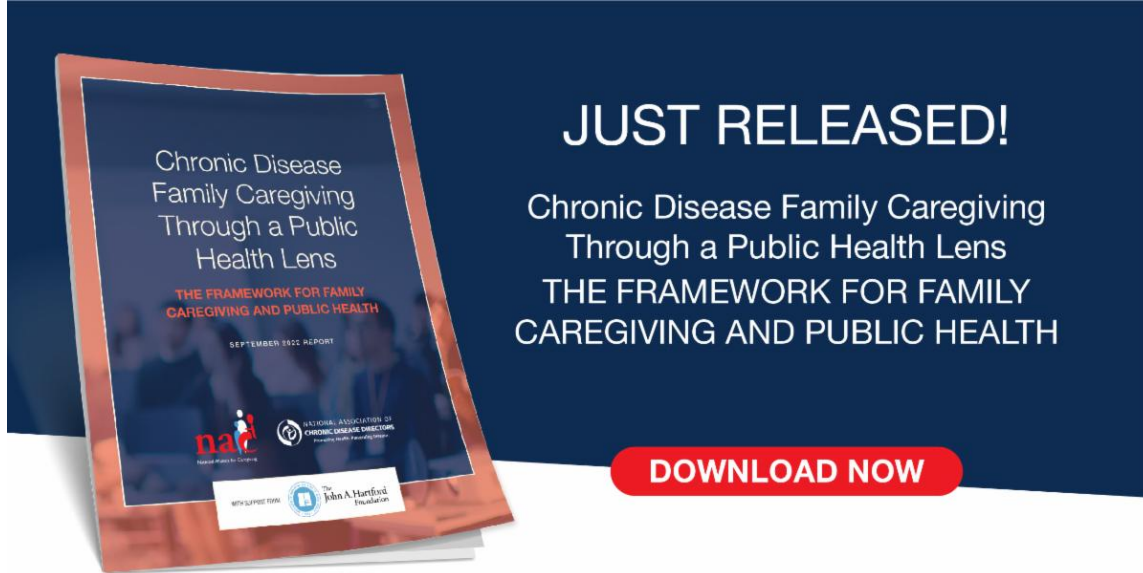


It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores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





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..



World Carers Conversation 2022 Session Recordings

World Carers Conversation returned May 19, 2022 as a global, virtual event with the support of EMD Serono and Embracing Carers. Innovators, researchers, policymakers and carer advocates from around the globe learned about advancements in the field, got inspired, and made connections that matter for the future of carers everywhere. These recordings cover the primary conversations and topics discussed.

To view the slide deck used in the event, click [here](#). To view the recordings, click below.

VIEW RECORDINGS
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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



2022 WORLD CARERS Conversation
A VIRTUAL GLOBAL SUMMIT HIGHLIGHTING INNOVATIONS IN CAREGIVING RESEARCH, PRACTICE AND POLICY

nac National Alliance for Caregiving

embracing carers

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

VIEW STORIES
>



EVENTS & OPPORTUNITIES

JANUARY



Essentials of Caregiving: Advance Directives

January 25, 2023 | 11:30 AM - 1:00 PM ET | Online

This presentation will provide a broad overview of the steps you can take to prepare for your future care and the care of your family member(s) living with dementia. We will cover Medical Power of Attorney (MPOA), living wills, and out-of-hospital DNRs.

Communicating your wishes to your family and providers is critical in ensuring you are provided care that aligns with your values and preferences. We can never anticipate what might happen and the possibility that we may be unable to communicate our wishes one day. Hosted by the Caring for the Caregiver program at the School of Nursing at UT Health San Antonio, this presentation will help you proactively prepare for your future and communicate what matters to you in terms of care.

Our presenter, Alaina Kuhn, RN, BSN, is completing her Doctorate of Nursing Practice at UT Health San Antonio. She has experience working across settings including critical care and has seen firsthand the importance of having advance directives in place. She will be joined by Stett Jacoby from the Law Offices of Carol Bertsch, who will be available to support discussion and answer questions.

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

REGISTER



Caregiver Hell

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

Join Motivated Care and Longevity Income Solutions on January 27th for an educational

webinar to gain a new perspective on being prepared for every stage of aging.

About this event

We understand what a burden it can be to care for a loved one...but does it have to be this way? We say - NO! This informative event for families and caregivers will provide:

- The supportive services and resources you need to know to reduce your stress and anxiety
- Ways to create more harmony in the family dynamic
- Solutions to regain your freedom while supporting a loved ones' needs

Knowledge is power. Supporting families' needs everyday, we strive to provide a sense of security and relief. Register today to get the guidance to ease your stress, alleviate your concerns, and give you the tools you need to feel good about your decisions. There will be time for questions and answers.

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

REGISTER



Carers' Rights and Benefits

January 27, 2023 | 8:30 AM - 10:00 AM ET | Online

Caring for a family member or friend with dementia can be financially challenging. There is a range of financial support available, but getting to grips with the system can be tricky.

This session explores the range of carers' rights and benefits and the types of assessments and support available.

The various benefits will be described, and there will be an opportunity to reflect and apply this to your own situation.

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

- Gain a better understanding of the rights and benefits available to you and the person you care for
- Spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- Meet other people who are taking care of a friend or family member with dementia in a similar situation

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

REGISTER





What's Next for Me After Caregiving Ends?

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

When a personal caregiving experience ends, you may wonder: What's next for me?

Because of your personal caregiving experience, you'll look at your life's work with a fresh perspective. During this interactive workshop, Denise M. Brown, founder of the The Caregiving Years Training Academy, will help you see possibilities for your career or your volunteer work. She'll also share how other family caregivers transform their personal caregiving experience through her training programs.

We'll record this meeting so be sure to register even if you can't attend the live event. We'll send the archive to you after the event ends.

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



Gentle Yoga for Caregivers

January 29, 2023 | 2:00 PM - 2:30 PM ET | Online

Join [Yoga4Caregivers](#) on January 29th for a 30-minutes yoga class that will offer simple and accessible breathing exercises, stretches, and guided meditation for everybody. This class was created with the overwhelmed caregiver in mind. No experience is necessary.

This 30 Minute Sunday-Self Care Gentle Yoga class is offered in Yoga4Caregivers' online Private Facebook Group every Sunday and available for replay.

To register, you will need to sign up with a valid email to our online private Facebook community, which you can do by clicking on the red button below.

REGISTER



Meaningful Activity

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

Why is meaningful activity important for people with dementia?

Meaningful activity is important to help us all maintain a good quality of life, whether we are living with dementia or not. It is particularly important for people with dementia as it:

- Helps maintain skills and independence
- Helps maintain brain (cognitive) function
- Builds and preserves self-esteem and self-confidence
- Gives an outlet for self-expression
- Provides social and emotional connection

The type of meaningful activity a person with dementia will be able to engage in will depend on their interests, strengths and abilities.

Meaningful activity can vary from daily tasks such as cooking and cleaning, to art classes, watching films, exercise and spending time with family and friends.

Why join this session?

It is an opportunity to consider activities and why they are important to someone with dementia. The session explores different sorts of activities might meet the different needs of an individual. There will be some practical advice and strategies about how to engage someone in activities.

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

- Know more about why activities are important
- Consider the different needs an individual has and how activities might meet these
- Learn some hints and tips about how to get someone involved in activities
- Spend time with experienced healthcare professionals who will answer your questions in a safe and supportive environment
- Meet other people who are taking care of a friend or family member with dementia in a similar situation

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

REGISTER





Embracing Tender Memories in Caregiving

with Barry J. Jacobs, Psy.D.

Embracing Tender Memories in Caregiving

January 31, 2023 | 12:00 PM - 1:00 PM ET | Online

Caregiver Teleconnection sessions are one hour learning sessions that can be done via Zoom or over the phone for caregivers of older persons. Experts from around the country share information important to caregiving. Caregivers will have the opportunity to ask questions as well as hear from other caregivers.

It is easy for family caregivers to get swept up in the many tasks they need to do each day for care receivers. But when caregiving is over, it won't be memories of feeding or dressing their loved ones that will most matter to them; it will be tender moments of emotional closeness. This Caregiver Teleconnection event with Barry J. Jacobs, Psy.D., a clinical psychologist, author, and consultant, we'll discuss ways of being present with care receivers by focusing more on being with them than doing for them.

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

REGISTER



FEBRUARY

Taking Care of Yourself

February 1, 2023 | 8:30 AM - 10:00 AM ET | Online

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

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

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

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

This session is for you if you would like to:

- Learn about how resilience can be built to support your well being
- Gain ideas and strategies to support your own wellbeing
- Spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- Meet other people who are taking care of a friend or family member with dementia in a similar situation

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

REGISTER



Relationships and Feeling Secure

February 2, 2023 | 8:30 AM - 10:00 AM ET | Online

This session aims to explore the types of relationships and bonds we have with important people in our lives, including the person with dementia that you care for. There will be an opportunity to discuss how attachment affects a person with dementia and what can help them feel more secure in relationships.

This session is for you if:

- you would like to gain a better understanding of the influences the ability of a person with dementia to feel secure
- you would like to learn about the different strategies which can contribute to a person feeling secure
- 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



Advance Directives: What Families Should Know

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

Making medical decisions can be difficult when facing any illness. That is why an advance directive is so important to have. In this workshop we will discuss what advance directives are, who needs to have them and more.

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

presentation. Please note, all times are Eastern Time (U.S.).

Questions? Contact us at CommunityEducation@HopeHealthCo.org

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

REGISTER
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Understanding Alzheimer's and Dementia

February 7, 2023 | 2:00 PM - 3:00 PM ET | Online

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

This FREE course is provided to you by Grand County Higher Ed and the Alzheimer's Association of Colorado, northern division.

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

REGISTER
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CAREGIVER TELECONNECTION

Engaging Caregivers: A Program for Healthcare Workers

Thursdays, February 9 - 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.

Beginning on February 9th, join in for a three-session Caregiver Teleconnection program 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.

To learn more about this event, click the red button below.

REGISTER



Caregiving Strategies: Caring & Supporting Adults Living with Heart Failure

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

Family caregivers play an invaluable part in supporting people living with heart failure. However, this role can be stressful and overwhelming, and it may be difficult for caregivers to balance their needs with their care recipient.

In recognition of Heart Month, join the Ontario Caregiver Organization on February 9th for a presentation given by two heart failure caregivers, Cindy Yip and John Yudelman, who will share their challenges, experiences, and helpful supports they found on their caregiver journeys. You will also hear from Dr. Phyllis Billia, cardiologist at UHN's Peter Munk Cardiac Centre. Dr. Billia specializes in heart failure, focused on patients undergoing advanced therapies. She will provide practical resources and explain care strategies and support for caregivers.

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

REGISTER



Preparing to Care for a Loved One

February 10, 2023 | 2:00 PM - 3:00 PM ET | Online

No matter where you are in the journey of family caregiving – just beginning to anticipate a need, helping to coordinate a big move, or taking care of a family member full-time – having a good framework to help guide your own and your loved one's decisions will make the process of being a caregiver easier.

During this online "lunch and learn" class, AARP will share five key steps in such a framework, designed to help you begin talking about values and preferences before care is needed, assemble a caregiving team and make a plan to take care of yourself, too, for example. You will also have the opportunity to connect with other family caregivers, exchange tips and advice, and learn about resources available to you and your loved ones.

Please note that you must be signed into your AARP account or create an account to

register. AARP membership is not required to create an account. Please do not opt out of event-related emails, as you will be emailed a link to join the class via Zoom prior to the event.

Contact AARP California at kritualo@aarp.org for more information.

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



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.



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
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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. We will discuss ways to create a plan that ensures an individual's wishes are carried out, both during any incapacity and on death. We 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.

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



Why Dementia is Different for Everybody

February 22, 2023 | 8:30 AM - 10:00 AM ET | Online

Dementia affects each person in a different way, depending on multiple factors. These factors can include neurology, physical health, personality, our biography and background and the social environment in which we live. The signs and symptoms of dementia can therefore be quite different depending on the individual.

Did you know that there are more than 100 types of dementia? Understanding the different types of dementia, how they are diagnosed and their effects on different people is important in providing the best care for the person with dementia.

Presented by Dementia Carers Count in the UK, this introductory course on February 22nd, looks at the different factors that affect a person's experience of dementia and how these might influence the role of the carer.

Why join this session?

Whether the person you care for has a formal diagnosis or not, this session is for you. By better understanding dementia, you will be better equipped to deal with the challenges you both might have to face.

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

- Gain a better understanding of your friend or family member
- Learn about the different factors which can contribute to a person's experience of having dementia
- Understand why no two people with dementia have the same experience
- Spend time with experienced healthcare professionals who will answer your questions in a safe and supportive environment.
- Meet other people who are taking care of a friend or family member with dementia in a similar situation

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

REGISTER



Information for Caregivers of People on Kidney & Liver Transplant Waitlist

February 22, 2023 | 12:00 PM - 1:00 PM ET | Online

If you are caring for someone who was recently diagnosed with end stage kidney or liver failure or is currently on the kidney or liver transplant waitlist this interactive webinar session may help.

We will provide an overview of the referral process, pathways to transplant, resources for caregivers and an opportunity for questions and answers.

Pre-registration is required. A follow-up email containing webinar login/call-in details will be sent to all registrants.

If you have questions or would like more information about these sessions, please email livingorgandonation@uhn.ca.

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
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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.

REGISTER
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MARCH

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
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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 to 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



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. In this workshop, we will discuss strategies for dealing with caregiver stress and learn 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

This session hosted by Dementia Carers Count 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.

We will explore the importance of going out for both the person living with dementia and their carer.

The session will look at ways of preparing and supporting someone to go out as well as thinking about resources and support that may help.

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.

REGISTER



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, those who provide healthcare or services and supports to persons living with dementia, and other stakeholders.

The Summit will be held virtually on 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

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) - 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.



APRIL



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 us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

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 nine-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
>**

PATIENT AND CAREGIVER STUDIES



Are You a Caregiver for a Person with Dementia Who is Receiving Home Care?

If you are a caregiver living approximately 2 or more hours away from your care recipient, you may be eligible to participate in a new [research study](#) conducted by the LeadingAge Long-Term Services and Supports (LTSS) Center @UMass Boston. The study seeks to evaluate the administration of a non-drug intervention designed to help long-distance caregivers of persons with dementia.

The LTSS Center conducts applied research and dissemination projects aimed at transforming the way aging services and supports are financed, delivered, and experienced by older adults and their families. The Center's mission is to create a bridge among the policy, practice, and research communities to advance the development of high-quality aging services.

You may be eligible to participate in this study if you:

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

If eligible, you will receive:

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

To learn more or participate in this study, email Richard Evan Chunga, the study's Principal Investigator, by clicking on the red button below.

[LEARN MORE](#)



Food and Brain Training to Improve Cognition in Older Adults (MINDSpeed)

Start: January 20, 2019
End: March 31, 2024
Enrollment: 180

This study is being conducted by Indiana University and the Regenstrief Institute.

What Is This Study About?

The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet

incorporates the DASH (Dietary Approaches to Stop Hypertension) diet, which has been shown to lower high blood pressure, a risk factor for Alzheimer's disease. This study, named MINDSpeed, will test whether the diet combined with Brain HQ cognitive brain training exercises improves cognitive performance in older adults. All interventions will be conducted through applications (apps) running on a tablet computer device that will be provided to all participants for the length of study. Participants will select foods using an online shopping format on the provided tablet device. Selected foods will be prepared and delivered to each participant by the study team for 12 weeks.

Do I Qualify To Participate in This Study?

Minimum Age: 60 Years

Maximum Age: N/A

Must have:

- High school education
- English speaking
- Resident of Marion County, Indiana and able to receive food deliveries
- Natural-born U.S. citizen

Must NOT have:

- Living in a nursing home
- Diagnosis of dementia, Alzheimer's disease, cancer with short life expectancy, multiple sclerosis, epilepsy, schizophrenia, bipolar disorder, Parkinson's disease; current chemotherapy or radiation therapy; history of brain tumor, brain surgery, or brain infection; stroke or myocardial infarction within the past 12 months
- Current alcohol consumption of eight drinks per week for women or 15 drinks per week for men
- Poor vision or color blind
- Inability to communicate clearly that could interfere with the study, as determined by the study contact
- Unable or unwilling to provide blood sample at the start of the study
- Tumor, hemorrhage, aneurysm, hydrocephalus, or other significant clinical finding from the brain MRI test at the start of the study

To learn more or participate in this study, call Daniel Clark at (317)274-9292 or email him by clicking on the red button below.

[LEARN MORE](#)



Online Cognitive Behavioral Treatment for Insomnia in Dementia Caregivers

Start: January 1, 2021

End: January 1, 2024

Enrollment: 60

This study is being conducted by the University of Missouri.

What Is This Study About?

Cognitive behavioral therapy for insomnia (CBT-I) is an established treatment for insomnia in adults. This pilot study, named NiteCAPP, will test whether a web-based CBT-I program can reduce insomnia in dementia caregivers. Caregivers will participate in four online CBT sessions on healthy sleep habits and relaxation strategies and will complete a daily electronic sleep diary. Researchers will evaluate sleep quality, as well as levels of anxiety,

pain, depression, cognition, caregiver stress, and quality of life.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Dementia caregiver living with a person with dementia
- Read and understand English
- If currently taking prescribed or over-the-counter sleep medications, dosage must be stable for at least six weeks before study screening visit
- Meets criteria for insomnia diagnosis, including:
 - Symptoms of sleep loss (e.g., fatigue) for more than six months
 - Adequate opportunity and circumstances for sleep
 - One or more of the following: difficulty falling asleep, staying asleep, or waking too early
 - Daytime disruption due to insomnia (e.g., mood, cognition, social relationships, work performance)
- Insomnia Severity Index score of 9 to 11
- Time to fall asleep >30 minutes or becoming awake after falling asleep, on three or more nights a week

Must NOT have:

- Cognitive impairment
- Sleep disorder other than insomnia (e.g., sleep apnea)
- Bipolar or seizure disorder
- Major psychopathology (e.g., suicide ideation/intent, psychosis) or severe, untreated psychiatric condition; depression and anxiety acceptable)
- Psychotropic or other medications (e.g., beta-blockers) that affect sleep
- Nonpharmacological treatments for sleep or mood outside of current study

To learn more or participate in this study, call Christina McCrae at (573)882-0982 or email her by clicking on the red button below.

[LEARN MORE](#)



Research Study for People with a Recent Alzheimer's Diagnosis and their Caregivers

Researchers from Medical University of South Carolina (MUSC) College of Nursing are seeking caregivers and their loved-ones with a recent Alzheimer's diagnosis (within 12 months) to volunteer for a research study. The purpose of this study is to help test an educational program (SUPPORT-D) for families. The program will focus on managing daily stress, improving quality of life, home safety, and advanced care planning.

If you and your loved-one would like to join this study, you will be sent program materials,

asked to review them, and take part in two study visits over six weeks. These visits with a nurse will last 45- 60 minutes and are conducted virtually (via Microsoft Teams or telephone). Researchers will ask you to complete several surveys related to knowledge of Alzheimer's disease, acceptability and feasibility of the intervention, stress, caregiver burden, symptom burden, quality of life, disease preparedness, safety, technology literacy, and advanced care planning. Study compensation is provided for your time.

To learn more or participate in this study, call Mary Chris Pittman at (843)792-3512 or email her by clicking on the red button below.

LEARN MORE



The Informal Caregiving Experience

Hello! You are invited to participate in an online survey about your experiences as an informal caregiver. Informal caregivers can be defined as an individual that is currently taking care of a someone else (i.e., spouse, parent, sibling, friend) that has been diagnosed with a chronic illness or disability (e.g., Alzheimer's, dementia, Parkinson's, cancer, physical disabilities). An informal caregiver is not a paid health aid for the care receiver.

We are interested in how prepared you felt when starting the caregiving role and how much becoming a caregiver has influenced your identity.

You are eligible if you:

- Are not caring for a minor
- Currently help care for one of your loved ones who lives with a chronic illness (by care, this includes but is not limited to: Eating, grooming, managing finances, administrating medications, transportation, shopping, etc.)
- Caring for your loved one at least part time (approx. 20 hours a week) to full time

If you are interested in participating in this study, click the red button below.

LEARN MORE



The Impact of Illness Perceptions on Veteran Caregivers

Are you a caregiver of a military Veterans with chronic pain, fatigue, or other symptoms?

Researchers at the University at Albany, SUNY are seeking volunteers for a research study to understand the experiences of caregivers for veterans with chronic symptoms. We are conducting a short (20 minute) survey to understand how you think about the illness you are caring for. The goal of this study is to understand what factors should be considered when supporting veteran caregivers.

You are eligible to participate if you are:

1. Over the age of 18
2. Currently caring for a military veteran with chronic symptoms

If you have questions about this project, you may contact the principal investigator, Darren Winograd, M.A. at dwinograd@albany.edu.

If you wish to participate , click the red button below.

LEARN MORE



Are You Supporting a Loved One with Memory Challenges?

Are you interested in participating in our caregiver focus groups?

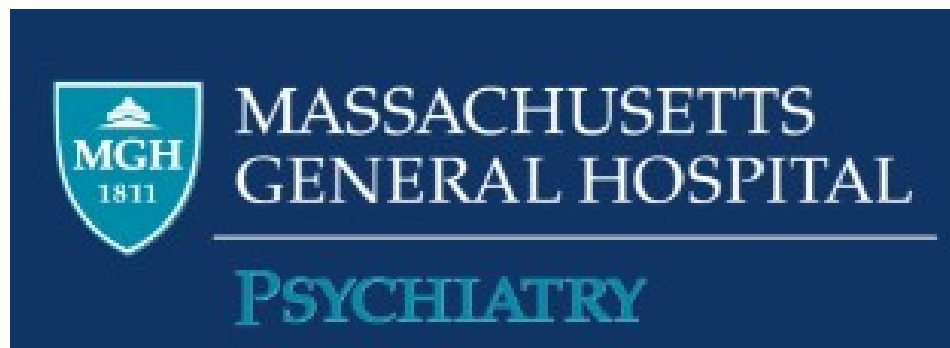
This work is sponsored by the National Institutes on Aging and aims to gather feedback from Black family caregivers about their experiences in caring for a loved one with dementia either currently or within the past 5 years. The following questions will help to determine your eligibility to participate in the study and will only take a few minutes to complete.

If you are eligible to participate in the study, a team member will reach out to you by email or phone to set up a video visit to confirm your eligibility. You must have access to a computer, tablet, or smartphone with working video in order to participate in the video visit. At the video visit you will confirm your identity with a valid form of identification (state id or driver's license, passport etc), and complete a brief cognitive assessment.

Focus groups will take place via zoom and will last approximately 1 hour. Focus group dates and times will be determined based upon group availability. All focus groups will be comprised of 5-8 other current or former caregivers. Prior to the focus group meeting you complete an electronic consent form and brief demographic questionnaire. Following focus group participation, participants will be mailed a \$50 Mastercard gift card.

To participate in this study, click on the red button below.

LEARN MORE



The Mindful and Self-Compassionate Care Program (MASC): Reducing Stress for Caregivers of Persons with Dementia

We would like to invite you to share your thoughts and experiences in a virtual 60-minute focus group via Zoom.

Who are we?

We are researchers from the Center for Aging and Serious Illness and the Center for Health Outcomes and Interdisciplinary Research at Massachusetts General Hospital who are interested in learning about how a 6-week virtual program like the Mindful, Self-Compassionate Care Program (MASC) can be used to support the well-being of caregivers for persons with Alzheimer's disease and related dementias. This research study is sponsored by the National Institutes of Health.

What is this study about?

We are interested in developing a program to support the wellbeing of caregivers of those

living with dementia. We are particularly interested in hearing from caregivers experiencing stress and/or challenges due to their loved one's dementia related behaviors

Who can participate?

- 18 years or older
- English fluency and literacy
- Must live with and care for an individual living with dementia

Why participate?

- You will contribute to the development of a dementia caregiver support program that may benefit caregivers in the future.
- Participants will receive up to \$50 for their time.

To learn more about this study, contact Aniyah Travis at (617)726-9623 or by clicking on the red button below.

LEARN MORE



Are You a Caregiver for a Person With Dementia Who is Receiving Home Care?

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

You may be eligible to participate if you:

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

If eligible, you will receive:

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

To learn more about this study, contact the Project Director, Evan Chunga, by clicking on the red button below.

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IN CASE YOU MISSED IT...

Transforming Hardship Into Healing



Health challenges can be daunting. The disorienting and confusing nature of a health issue tends to put a strain on relationships; conflicts, changing roles, shifting expectations, sensitive and uncomfortable topics can all add to the messy mix. Whether in a caring dynamic at home, in a clinical or organizational setting, we may find ourselves having difficult conversations. Many relationships, familial and professional alike, snap under the pressure of disagreement.

There is a way in the midst of challenging circumstances to transform those conversations into opportunities for healing, rather than a source of added tension and exhaustion. This is vital as so much of our pathway to feeling better depends on the quality of our supportive connections.

In this workshop, Joe Weston guides participants through the murky waters of how to have difficult conversations - how does one bend rather than break in tense confrontations? Whether you're dealing with, or caring for someone with a health challenge, working in a caring profession and trying to understand how to better relate to peers, or even working towards a shift in your organizational culture, Joe offers tried and true insights about how to transform hardship into healing relationships.

Joe Weston is an author, educator, and guide. With a career spanning 30+ years in the fields of conflict prevention, leadership, stress management, and communication, he is a highly sought-after facilitator for individuals, as well as corporations, government agencies, and nonprofits around the world.



RESEARCH & RESOURCES



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.

[LEARN MORE](#)





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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)





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.



PREVIOUSLY APPEARED



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



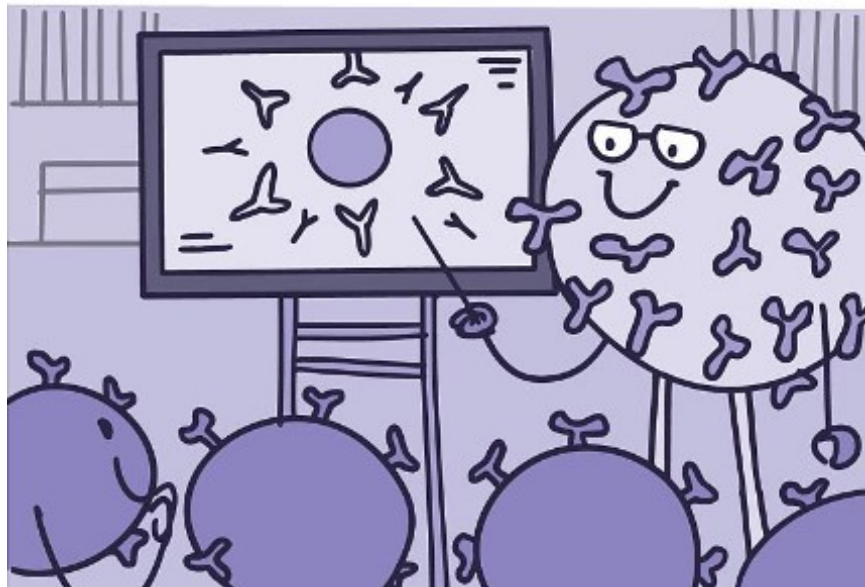
Blood Test for Early Alzheimer's Detection

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.

[LEARN MORE](#)





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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)





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.

[LEARN MORE](#)



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.

[LEARN MORE](#)





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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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.

[LEARN MORE](#)



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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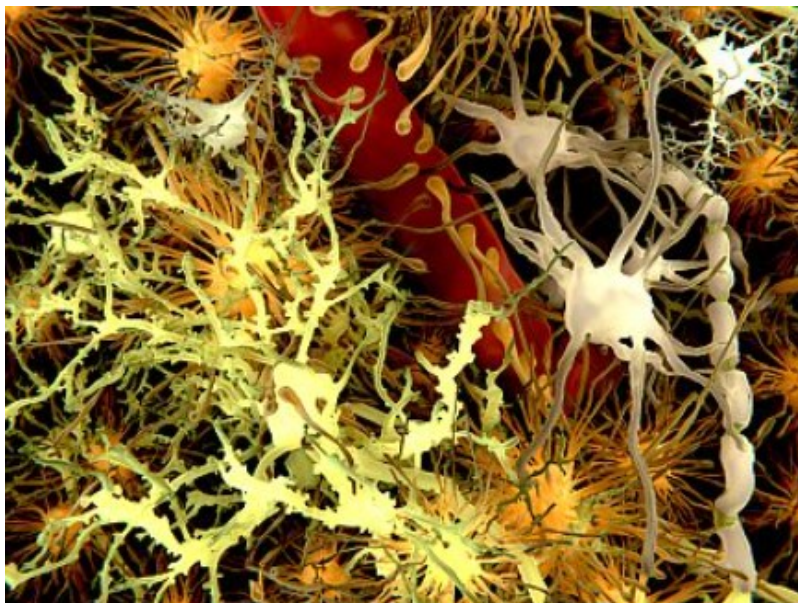


Does Exercise Really Help Aging Brains? New Study Raises Questions

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.

LEARN MORE



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](#)



Consumer Financial
Protection Bureau

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](https://www.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.

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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.

[LEARN MORE](#)



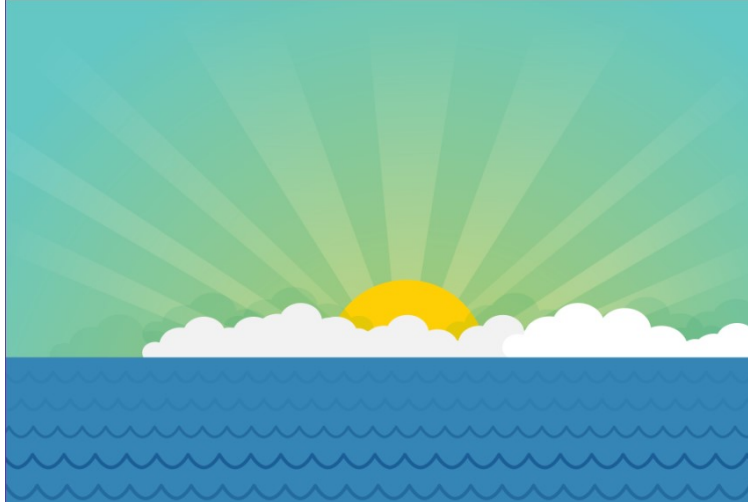
When Should Family Caregivers Apply for Medicaid for a Loved One?

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.

[LEARN MORE](#)





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.

[LEARN MORE](#)





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](#)



**Search.
Find.
Help.**

For Organizations Serving
Older Adults and Caregivers
in Public Health Emergencies



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



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.

[LEARN MORE](#)





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.

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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.

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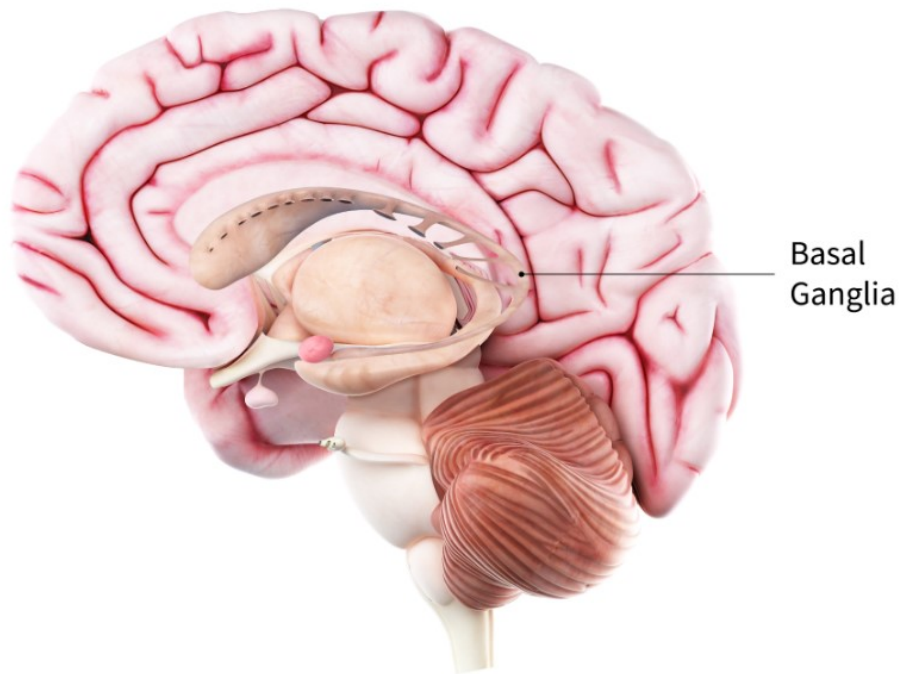
I Am Not Alone Care Alliance

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](#)





Basal
Ganglia

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.

[LEARN MORE](#)



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.

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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.

[LEARN MORE](#)



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.

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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.

[LEARN MORE](#)





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.

[LEARN MORE](#)





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.

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THE COPD CAREGIVER'S TOOLKIT

www.nhlbi.nih.gov/COPD-caregivers



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BREATHE BETTER



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.

[LEARN MORE](#)



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

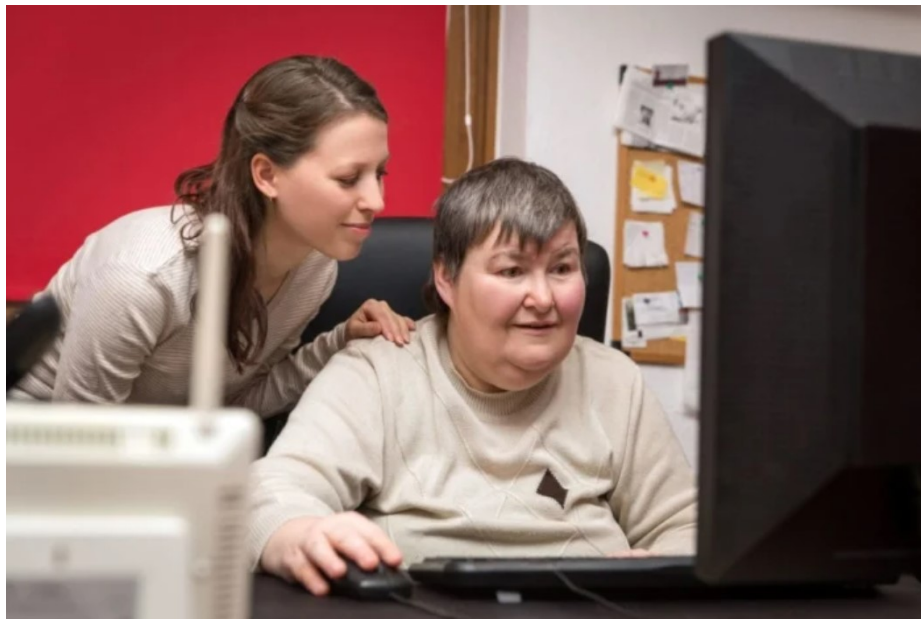
may need. These expenses can use up a significant part of monthly income, even for families who thought they had saved enough.

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.

[LEARN MORE](#)





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.

[LEARN MORE](#)



Fall Prevention Partner Toolkit

There's so much about life to enjoy as we age. We need to stay healthy and take steps to prevent falls so we can enjoy our family, friends, and the things we love. Falls are the number one cause of injury in adults aged 65 and older and can lead to serious health problems. Many of these falls are preventable. You can take control by assessing your fall risk.

Take the Falls Free CheckUp by clicking on the red button below, and discuss the results with your doctor.

[TAKE THE FALLS FREE CHECKUP](#)



The public agrees: family caregivers need support



Age-Friendly Insights: Family Caregivers



Age-Friendly Insights Poll: Broad Political Support for Policies to Help Family Caregivers

In a recent poll, the John A. Hartford Foundation recently asked adults living in the U.S. for their opinions on policies to help family caregivers, including those recommended in the 2022 National Strategy to Support Family Caregivers. Agreement is near-universal: Action is needed to support family caregivers .

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

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**MAKE YOURSELF
A PRIORITY, TOO**
[TIPS FOR CAREGIVERS]

Taking Care of Yourself: Tips for Caregivers

Being a caregiver can be extremely rewarding, but it can also be overwhelming. It's not uncommon to feel lonely or frustrated with everyone around you, from the care recipient to the doctors. That's why taking care of yourself is one of the most important things you can do as a caregiver. Here are a few things you can do to care for yourself:

- Stay physically active. Try doing yoga or going for a walk.
- Eat healthy foods. Nutritious food can help keep you healthy and give you energy.
- Join a caregiver support group online or in person. Meeting other caregivers will give you a chance to share stories and ideas.

To learn more self-care tips for caregivers, click the red button below.

[LEARN MORE](#)





Doctor's Appointments: Tips for Caregivers

Working with doctors and other healthcare professionals can be an important part of being a caregiver. Some things caregivers may find especially helpful to discuss are: what to expect in the future, sources of information and support, community services, and ways they can maintain their own well-being.

For suggestions that can help caregivers be an ally and an advocate for those they care for, click the red button below.

LEARN MORE



I am a caregiver



I access care



I am a care provider



I support caregivers and care providers



Canadian Centre for
Caregiving Excellence

#CdnCaregiving

Giving Care: An Approach to a Better Caregiving Landscape in Canada

Unpaid caregivers and paid care providers make up the largest part of Canada's health-care and social supports systems. Research shows that they provide approximately three hours of care for every hour provided through the rest of our systems. They help seniors living in the community or in long-term care settings; children and adults with physical, intellectual, or developmental disabilities; people with medical conditions; people experiencing mental illness; and people with changing support needs related to aging.

On November 7, 2022, the Canadian Centre for Caregiving Excellence released its first policy white paper – *Giving Care: An approach to a better caregiving landscape in Canada*. The report aims to ignite a public conversation on the state of caregiving and

offer potential policy solutions to address the many challenges and systemic issues experienced by Canada's 8+ million caregivers and care providers across the country.

To view the white paper, click the red button below.

[VIEW THE WHITE PAPER](#)



Understanding and Treating Depression

It's normal to feel sad, down, or low at times. But these feelings can sometimes linger. They can get worse, too, eventually making it hard to do basic daily tasks. If you've had a depressed mood or a loss of interest or pleasure in most activities for at least two weeks, you may be experiencing depression.

Depression is a serious disorder. "It's not some-thing that you can just 'push through,' or get through without help," says Dr. Kimberly Young, a mental health researcher at the University of Pittsburgh.

Depression isn't caused by a single thing. Some people's genes put them at risk for depression. Stressful situations may trigger depression. Examples include money problems, the loss of a loved one, or major life changes. Having a serious illness like cancer or heart disease can also lead to depression. And depression can make such illnesses worse.

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

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Serious Illness Messaging Guide Brief

Evidence-Based Messaging Toolkit for
Serious Illness Care



Serious Illness Messaging Toolkit

Capture public interest, bypass misconceptions, and increase demand for your services with better messaging. This toolkit will show you easy ways to improve your messaging about care for serious illness.

This toolkit is the product of a joint endeavor funded by The John A. Hartford Foundation and Cambia Health Foundation. Its launch will take place on November 2.

To access the toolkit, click the red button below.

[ACCESS THE TOOLKIT](#)



Long-Distance Caregiving

Anyone, anywhere, can be a long-distance caregiver, no matter your gender, income, age, social status, or employment. If you are living an hour or more away from a person who needs your help, you're probably a long-distance caregiver. This kind of care can take many forms—from helping with money management and arranging for in-home care to providing respite care for a primary caregiver and planning for emergencies.

The U.S. National Institute on Aging provides a number of resources for long-distance carers. To learn more, click the red button below.

[LEARN MORE](#)





If You're About to Become a Cancer Caregiver

Today, most [cancer treatment](#) is given in outpatient treatment centers – not in hospitals. This means someone is needed to be part of the day-to-day care of the person with cancer and that sicker people are being cared for at home. As a result, [caregivers have many roles](#). These roles change as the patient's needs change during and after cancer treatment.

To learn more about cancer caregiving, click the red button below.

[LEARN MORE](#)
>

Adult Day Care

Adult Day Care Centers are designed to provide care and companionship for older adults who need assistance or supervision during the day. Programs offer relief to family members and caregivers, allowing them to go to work, handle personal business, or just relax while knowing their relative is well cared for and safe.

The goals of the programs are to delay or prevent institutionalization by providing alternative care, to enhance self-esteem, and to encourage socialization. Adult day health care offers intensive health, therapeutic, and social services for individuals with serious medical conditions and those at risk of requiring nursing home care.

To learn more about adult day care, click the red button below.

[LEARN MORE](#)
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What Are the Caregiver's Rights?

Caring for someone you love after a heart or stroke event can be hard. The responsibilities and the emotional stress of being a caregiver can cause you to forget to take care of yourself.

These rights can help you reaffirm that you have a right to health and happiness, even when you're caring for someone else. They'll help you realize that the emotions and pressures you may be feeling are normal

To learn more about caregivers' rights, click the red button below.

[LEARN MORE](#)



Hospital Discharge Planning: A Guide for Families and Caregivers

A trip to the hospital can be an intimidating event for patients and their families. As a caregiver, you are focused completely on your family member or friend's medical care, and so is the hospital staff. You might not be giving much thought to what will happen when your friend or family member leaves the hospital.

Everything about this transition – whether the discharge is to home, a short-term rehabilitation (“rehab”) center, or a residential nursing facility – is critical to the health and well-being of the person you care for. Yet, while it's a significant part of the overall care plan, there is a surprising lack of consistency in both the quality and process of discharge planning across the health care system.

To learn more, click the red button below.

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