

THIS WEEK IN CAREGIVING



July 12, 2023



CAREGIVING IN THE NEWS

Caregiver Action Network Names Marvell Adams Jr. Next Chief Executive Officer

Caregiver Action Network, the nation's leading organization supporting family caregivers, has selected Marvell Adams Jr. as its next Chief Executive Officer after a nationwide search.

Adams is a caregiving expert and visionary leader who comes to CAN with over two decades of experience in not-for-profit leadership—scaling organizations, strengthening infrastructure, ensuring financial sustainability, and initiating DEI initiatives. Previously, Adams was the Chief Operating Officer of The Kendal Corporation, a \$400 million not-for-profit provider of communities with programs servicing over 4,000 residents.

From: Caregiver Action Network | Published: July 10, 2023

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Leaders in Washington Can and Should Deliver Relief to Americans Caring for Loved Ones

Today, there are about 48 million Americans providing long-term care for a friend, neighbor, or family member. These Americans take pride in their commitment to caring for loved ones, but for many people, the role of caregiver can be a financially difficult job.

Last year, the Department of Health and Human Services delivered a report detailing over 350 actions for Congress to take that would provide relief to caregivers, including plans that would provide financial relief for caregivers. It's now up to our elected leaders to take

Dingell, Kiggans, Bennet, Capito Launch Bipartisan, Bicameral Assisting Caregivers Today Caucus

Representatives Debbie Dingell (D-MI) and Jen Kiggans (R-VA) along with Senators Michael Bennet (D-CO) and Shelley Moore Capito (R-W. Va.) today re-launched the bipartisan, bicameral Assisting Caregivers Today (ACT) Caucus. The caucus will provide education about the challenges family caregivers face and advocate for policies that support them.

"More than half of Americans over 50 years old will serve as a family caregiver for a period of time, and family caregivers need our support," said Dingell. "I'm

action, deliver on those recommendations and support our country's caregivers.

From: Newsweek | Published: July 10, 2023

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proud to launch this caucus with my colleagues to help educate lawmakers about the depth of the caregiving crisis in America and work toward fixing it.”

From: Office of Rep. Debbie Dingell | Published: June 23, 2023

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NAC NEWS AND UPDATES



2023 GUIDEBOOK
SUPPORTING DIVERSE
FAMILY CAREGIVERS:
A GUIDE FOR PATIENT
ADVOCACY GROUPS

**Supporting Diverse Family
Caregivers: A Guide for
Patient Advocacy Groups**

[DOWNLOAD NOW](#)

Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups

The National Alliance for Caregiving (NAC) has released a new publication to assist patient advocacy groups in their efforts to support diverse family caregivers. Through research with professional patient advocacy group representatives and diverse family caregivers in the condition areas of lung cancer, heart disease, blood cancer and lupus, *Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups* addresses the impact of culture and identity on the way that family caregivers provide care, and introduces ways in which patient advocacy groups can support their caregiving experience through culturally responsive resources and supports. The number of diverse family caregivers in the United States is growing yearly, and their aggregate number will soon surpass non-Hispanic white, non-LGBTQ+ caregivers. This guide was created with support from AstraZeneca.

To learn more, click the red button below.

[LEARN MORE](#)





It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores those caring for someone with chronic pain and the tools that are available to assist them. [Assessing the Pain of Care Recipients: Tools Available to Family Caregivers](#) utilizes a rapid literature review to identify and discuss the tools available to chronic pain caregivers to assess pain in their care recipient and how these caregivers can be better supported in their role.

To read the report, click the red button below..

VIEW THE REPORT
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The image shows the cover of a report. The title 'Chronic Disease Family Caregiving Through a Public Health Lens' is at the top in white. Below it, the subtitle 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' is in red. At the bottom, it says 'SEPTEMBER 2022 REPORT'. The NAC logo is at the bottom left, and the John A. Hartford Foundation logo is at the bottom right. The background is a dark blue gradient with a faint image of people.

JUST RELEASED!

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

DOWNLOAD NOW

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

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

Included in this report:

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

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

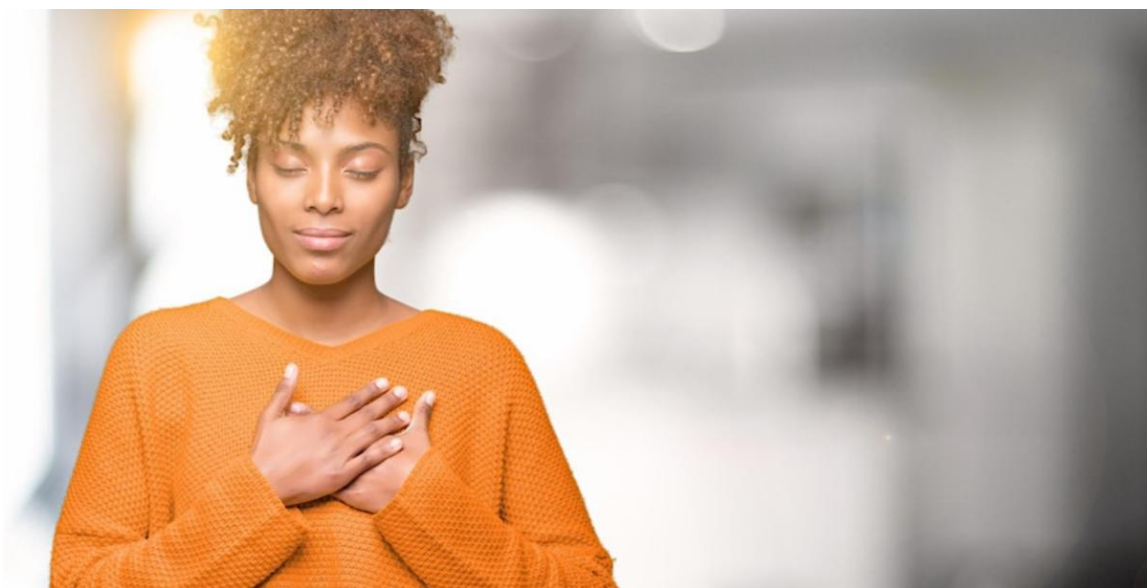
To read the report and access our findings, click the red button below.

VIEW THE REPORT



EVENTS & OPPORTUNITIES

JULY



Taking Care of Yourself While You Care for Others

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

Caring for yourself is one of the most important things you can do as a caregiver. But

often, caregivers prioritize the needs of others over their own.

In this presentation hosted by the Ontario Caregiver Organization on July 13th, Laura Jackson, a registered nurse and healthcare leader, will identify ways to care for yourself. Attendees will learn:

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

Laura Jackson, RN, BScN, MN, CPMHN(C), NBC-HWC, is a caregiver, healthcare leader, mental health, and self-care advocate. She has worked in various roles, including as a health and lifestyle coach, mindfulness, yoga and self-compassion facilitator, wellness leader, healthcare administrator and professional practice clinician. She currently works in mental health as well as maintains a private wellness practice.

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

REGISTER



Preventing Neurocognitive Decline: Before and After Diagnosis

July 13, 2023 | 1:00 PM - 2:00 PM ET | Online

It is estimated that up to 40% of risk factors for Alzheimer's disease are modifiable, meaning that we can actually alter our lifestyles to reduce our risk. Even after diagnosis, the modification of these risk factors may have important benefits for the overall course and sense of well-being.

Join the Alzheimer's Foundation of America on July 13th for presentation that will review the major risk factors and describe how to adopt a brain-healthy lifestyle.

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

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Why Family Caregivers Should Say "No"

with Bary J. Jacobs, PsyD

Why Family Caregivers Should Say "No"

July 18, 2023 | 12:00 PM - 1:00 PM ET | Online

Family caregivers often feel uncomfortable setting limits and saying "no" to the family members they are caring for because they don't want to feel guilty. But saying "no" can be good for caregivers and care receivers. Psychologist and author Barry Jacobs will lead a conversation about how to say "no" to improve the well-being of the caregiver and care receiver and therefore avoid all guilt.

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

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How to Know When Home Care Is No Longer Enough

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

This webinar will help you better understand caregiver needs and provide options to aid people who are on the cusp of moving to long-term care to stay in their homes for as long as possible. It will address ways to recognize and delay that moment. But if that day comes, you should have a way to help your clients and their families make the best decision possible. We know you care about each and every one of your clients. We hope that after this webinar, you'll know how to guide their decisions in a way that feels true to your values and to theirs.

Participants in this webinar will be able to:

- Describe the benefits of being a caregiver
- Empower caregivers to advocate for their needs and plan for care transitions
- Describe uses for technology in caregiving
- Use various ethical and professional frameworks to help caregivers reach difficult decisions about roles and fairness between various caregivers and the care recipient.

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

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FAIR Health Shared Decision-Making Tools for Hip Osteoarthritis: Combining Cost and Clinical Information

July 19, 2023 | 12:00 PM -1:00 PM ET | Online

Robin Gelburd, JD, will discuss FAIR Health's groundbreaking consumer- and provider-oriented tools, content and resources that seek to facilitate shared decision making, healthcare engagement and financial health literacy around care for hip osteoarthritis and other conditions. Ms. Gelburd will discuss how the tools' cost information, drawn from FAIR Health's comprehensive, national, private healthcare claims database, shows promise for informing decision making among patients, providers and, if applicable, family caregivers.

About the Speaker: Robin Gelburd is the founding President of FAIR Health, a national, independent nonprofit organization that serves as a trusted leader in healthcare cost

transparency, data analytics and benchmarks. FAIR Health possesses the nation's largest collection of private healthcare claims data, which includes over 41 billion claim records and grows at a rate of over 2 billion claim records a year. Certified by the Centers for Medicare & Medicaid Services as a national Qualified Entity, FAIR Health also receives data representing the experience of all individuals enrolled in traditional Medicare Parts A, B and D. Robin is a nationally recognized expert on healthcare policy and health literacy and transparency. Selected as one of Crain's 2019 Notable Women in Health Care, she has been invited to speak to organizations and federal and state agencies across the country and world.

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

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Hearing Loss and Dementia

July 19, 2023 | 1:00 PM - 2:00 PM ET | Online

There is growing evidence that suggests a link between hearing loss and dementia. Several studies have shown that individuals with hearing loss are at a higher risk of developing dementia and other cognitive impairments. This course provides strategies and resources to help health professionals to address treat hearing loss and build cognitive resilience.

Participants in this webinar will be able to:

- List 6 or more modifiable risk factors for dementia.
- Summarize the link between hearing loss and dementia.
- Identify effective interventions and strategies to address hearing loss with a special focus on adults ages 45 and older.
- Identify special considerations for high-risk populations.

Presenter: Frank Robert Lin, MD, PhD is a professor of Otolaryngology, Medicine, Mental

Health and Epidemiology and director of the Cochlear Center for Hearing and Public Health at the Bloomberg School of Public Health. Dr. Lin completed his medical education and residency in Otolaryngology, and got his doctorate in Clinical Investigation, all at Johns Hopkins. He completed further otologic fellowship training in Lucerne, Switzerland. Dr. Lin's clinical practice is dedicated to otology and the medical surgical management of hearing loss. His public health research focuses on understanding how hearing loss affects the health and functioning of older adults and the strategies and policies needed to mitigate these effects.

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

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Caregiving: Where Do I Start?

July 19, 2023 | 2:00 PM - 3:00 PM ET | Online

Caring for a senior loved one can be challenging and even overwhelming at times. Don't go it alone. This session will help you identify some key components of caregiving such as assessing home safety, organizing important documents, identifying community resources, and mobilizing your care network.

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

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Negotiating Healthcare Bills

July 24, 2023 | 6:00 PM - 7:00 PM ET | Online

Join financial coach Kate Grayson on July 24th for a discussion of how to understand and negotiate the costs and terms of a medical procedure in advance; how to negotiate a medical bill after you've received it; and what to do if you can't afford to pay a medical bill.

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

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The Role of Doulas at End-of-Life

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

Join the American Society on Aging on July 25th for a discussion of the current landscape of end-of-life care in the United States based on research reports by NHPCO, AARP, Kaiser and Medicare. Both the benefits and challenges of in-home hospice and caregiving will be described, to introduce the need for an end-of-life doula role in the care model. The doula role and who tends to choose this profession, training through the International End of Life Doula Association (INELDA), the role's scope of practice, services provided, settings in which they work and how to locate a trained end-of-life doula all will be addressed.

Participants in this webinar will be able to:

- Describe end-of-life care gaps that can be addressed through the role of the end-of-life doula.
- Identify three benefits of an end-of-life doula's support.
- Identify two ways an end-of-life doula can be engaged.

The presenter will be Kris Kington-Barker, director of outreach and care provider programs and an educator for INELDA. Previously she served for 10 years as executive director for Hospice of San Luis Obispo County. Prior to her focus on end-of-life care, Kingston-Barker's career ranged from psychiatric nursing to hospital and rural health clinic administration and operations. She serves on the board of directors for Joshua's House Volunteer Hospice, dedicated to serving terminally ill persons who are experiencing homelessness and she is assisting in establishing end-of-life doulas as core members of their care team.

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



REGISTER



The Grief Journey of the Dementia Caregiver

July 25, 2023 | 3:00 PM - 4:00 PM ET | Online

Join HopeHealth Hospice & Palliative Care on July 25th for an online presentation that will break down the types and stages of grief that affect caregivers of persons living with dementia. This event will discuss how to identify the area of stress that is most burdensome to each particular caregiver and ways to lessen that burden in order to help that caregiver continue to provide optimal care.

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

REGISTER



The Costs of Care & How to Pay for It

July 25, 2023 | 7:00 PM - 8:00 PM ET | Online

Today, 48 million Americans provide care for their parents, spouses, adult children with disabilities and other loved ones. If you're among them -- or you soon may be -- don't miss this new caregiving webinar from AARP.

Our panel of experts will help you make sense of the financial implications of caregiving. You'll hear strategies and tips for putting together a care plan and navigating costs, and we'll explore options for financial assistance.

Topics covered include:

- Ways to prepare for the financial effects of caregiving
- What Medicare does and does not cover
- Long-term care insurance and how it works
- Additional sources of support and financial aid

You'll also have access to tools and resources to use after the webinar as you continue your caretaking journey. Invite your friends and loved ones so that they, too, can feel more prepared to cover the costs of caregiving.

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

REGISTER
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Successful Public Health Approaches in Dementia Caregiving: Vermont A Virtual Roundtable Series

In each episode of this virtual roundtable series we highlight the story of one state that has successfully implemented a state-wide, innovative, and integrative approach to advancing its dementia caregiving goals. Attendees can learn about other states' efforts in dementia caregiving and get ideas for action in their states and communities. This series offers a great opportunity for knowledge exchange, peer-learning and idea generation.

In this episode, we will present the story of Vermont.



July 26th, 2023 | 11:00am-12:30pmET | Zoom

Register at the following link or scan
<https://bit.ly/SuccessfulPublicHealthApproaches-Vermont>



Lori McKenna, LICSW

Mental Health Clinician/
Geriatric Clinical Social Worker,
University of Vermont Medical Center
Assistant Director, Frederick C. Blinzer Center for
Parkinson's Disease and Movement Disorders
Coordinator, CARERS/TEACH VT

Jeanne Hutchins, MA

Executive Director, Larner College of Medicine,
Center on Aging
Manager, Dementia Family Caregiver Center,
University of Vermont Medical Center

Lucas Kovacevich, MAT, MSW

Program Administrator, VT-BRIDGES

Audrey Winograd, JD, MSW

Medical Social Worker and Psychotherapist
Program Coordinator, VT-BRIDGES
Member, CARERS Dementia Caregiver Team

Janet Nunziata, MS

Associate Director for Education, Center on Aging,
University of Vermont
VT-BRIDGES and Grand Friends Program

Allegra Miller, M. Ed

Family Caregiver
Volunteer Co-creator and Consultant,
UVMCMC Peer-to-Peer Mentoring Program

Successful Public Health Approaches in Dementia Caregiving: Vermont

July 26, 2023 | 11:00 AM - 12:00 PM ET | Online

Join the Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC) on July 26th for the Vermont episode of the "Successful Public Health Approaches in Dementia Caregiving" series. Attendees will hear from a variety of panelists with perspectives of those involved with the Vermont BOLD Program, Vermont Center on Aging, University of Vermont Medical Center, Vermont Dementia Family Caregiver Center, Vermont BRIDGES Program, and family caregivers.

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

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

REGISTER



Charting the Course to Better Brain Health

July 26, 2023 | 4:00 PM - 5:00 PM ET | Online

Tune in on July 26th for a webinar on the 2023-2027 Healthy Brain Initiative Road Map – a framework for reducing the risk and impact of dementia in your community.

Hear more about relevant strategies and fresh additions tailored to align with existing public health efforts.

Learn how to take action, prioritize health equity, and shift policies to promote brain health for every member of your community. Secure your spot today for this exciting webinar!

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

REGISTER



Joint Meeting to Kick Off Second Terms of RAISE Family Caregiving Advisory Council & Advisory Council to Support Grandparents Raising Grandchildren

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

Please join the Administrative for Community Living on July 27th for the virtual kick-off meeting of the new [RAISE Family Caregiving Advisory Council](#) and the [Advisory Council to Support Grandparents Raising Grandchildren](#).

The centerpiece of the joint meeting will be the introduction and swearing-in of new council members as they start their three-year terms. You'll also hear from federal leaders and partners about the way forward for the work of the councils, a preview of the next joint advisory council meeting (September 19, 2023), and more.

Registration is not required to attend. The public meeting access link will be operational (live) 5 minutes prior to the meeting start time. ASL and closed captioning will be available during the meeting.

All information for this meeting, including an agenda, will be posted on the [RAISE](#) and [SGRG](#) webpages in advance of the meeting. Contact RAISE.mail@acl.hhs.gov with any questions.

To register learn more, click the red button below.

LEARN MORE



Understanding behaviours that challenge



Understanding Behaviors that Challenge

July 28, 2023 | 9:00 AM - 10:30 AM ET | Online

Behaviors that challenge can be the hardest part of caring. Join the UK's Barnet Carers on July 28th for an online session that will look at ways in which you can understand and manage that behavior.

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

REGISTER



AUGUST



A Plan for You After Your Family Member's Diagnosis

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

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

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

Join Denise Brown on August 1st for a discussion of how to proceed once a diagnosis has been made.

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

REGISTER



Spousal Caregiving

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

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

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

Participants in this webinar will be able to:

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

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

REGISTER



Comfort for Caregivers; Strategies for Dealing with Caregiver Stress

August 7, 2023 | 12:00 PM - 1:00 PM ET | Online

Caring for a loved one strains even the most resilient people. In this workshop, we will discuss strategies for dealing with caregiver stress and learn effective ways to preserve your own health and well-being. There will be time for Q&A following the presentation.

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

REGISTER



**DEMENTIA
CARERS COUNT**
Supporting Family Carers

Washing, Dressing, and Personal Care

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

Join the UK's Dementia Carers Count on August 8th for a webinar about the difficulties with washing and dressing a person with dementia can face and how you can support them.

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

- Explore the different needs an individual has in personal care activities
- Consider strategies that will support positive personal care interactions
- 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 who maybe having similar experiences

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

REGISTER



Planning for Getting Paid for Caring for a Family Member

August 11, 2023 | 2:00 PM - 3:00 PM ET | Online

The direct care workforce shortage means many families simply can't find a direct care worker to hire. More and more families may use the caregiving budget to reimburse a family member for providing care. With a new planning tool provided by The Caregiving Years Training Academy, families can create plans to hire a family member and be empowered to have effective conversations with a financial planner and elder law attorney to ensure that they created the right solution for their family.

Join Denise Brown for a 50-minute meeting to explore the possibility of paying a family member (including yourself) for providing care.

Before joining us:

- Download our **Paying for Care Planning Tool** to use during our 50-minute session.

Denise began helping family caregivers in 1990 and launched one of the first online caregiving communities in 1996. She managed the community until its sale in March 2020 in order to focus on her training and development programs. Denise began helping her father in 2004 after his bladder cancer diagnosis. She also helped care for her mother for seven years until her death in August 2022.

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

REGISTER



Useful Technology for Caregivers

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

As a caregiver, technology can make your life so much easier! There are so many useful gadgets and tools out there that can help you with everything from keeping track of medication schedules to monitoring your loved one's safety. With the help of these tools, caregivers can better care for their loved ones while still maintaining their own well-being. So don't be afraid to try out some of these useful technologies and see how they can benefit you and your loved one!

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

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

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

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Rethinking Carer Empowerment and Resilience

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

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

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

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

About the Carer Knowledge Exchange

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

proudly funded by the NSW Government.

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

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

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

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Taking Care of Yourself

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

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

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

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

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

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

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

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

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

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Does When I Eat Matter? -- Understanding Intermittent Fasting

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

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

ABOUT OUR SPEAKER: Brian Browne MS CSA

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

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

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Tips for Caregivers to Safely Assist with Mobility and Navigate Change

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

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

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

- Acknowledging the emotional challenges that accompany this part of the role
- Tips for moving your care recipient safely

- A discussion on in-home safety devices that could support you
- Lived caregivers' experiences

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

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

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

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Dementia and Hospice

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

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

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

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Relationships, Family, and Mental Health

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

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

Fine print: Certificates of attendance are provided at no cost. CEUs are not provided. Everyone who registers will receive the webinar recording & resource info 24 hours after the live event.

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

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

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CONFIDENCE Financial Education Program

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

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

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

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Release a Worry with a Family Emergency Plan

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

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

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

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

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

The agenda for this webinar includes:

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

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

REGISTER
>

SEPTEMBER

Care Essentials for Care Partners Workshops

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

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

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

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

Week 2: Care Essentials: Communicating Effectively (September 12th)

Second in our four-part series, this session explores communication changes in dementia and strategies for effective communication.

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

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

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

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

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

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

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

REGISTER



Driving Safety for Older Adults

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

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

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

Participants in this webinar will be able to:

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

adult stops driving

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

REGISTER
>

PATIENT AND CAREGIVER STUDIES



Stress and Well-Being in the Lives of Caregivers Study

The University of Michigan's SWELCare study focuses on the daily experiences, well-being and cardiovascular health of individuals living with a family member/friend who has dementia.

WHO CAN TAKE PART IN THE STUDY?

Individuals who are Black or White, living with and helping a family member or friend who has Alzheimer's or related dementia and are residents of the state of Michigan.

BENEFITS OF TAKING PART IN THIS STUDY

You are helping to improve our understanding of the impact that the daily activities of family members/friends, who are living with a person with dementia, have on their heart health.

Both participants have the ability to view their heart rates on the study phones. The family member/friend will also be able to view their blood pressure.

WILL I BE PAID FOR PARTICIPATING IN THE STUDY?

YES! The family member/friend and the person living with dementia will receive a combined amount of up to \$400 for taking part in the study.

WHAT DOES PARTICIPATION INVOLVE?

Part 1: Baseline Interview

- Family member/friend completes 90-120 minute baseline survey
- Person living with dementia completes a 10-12 minute memory screener

Part 2: Training Session

During this 90-120 minute session the family member/friend learns how to:

- Use 2 heart monitors
- Complete short surveys on a mobile phone
- Assist person living with dementia with wearing one heart monitor

Part 3: Daily Life

During 5 days of daily life the family member/friend

- Wears two heart monitors (one on chest and one on wrist and finger)
- Completes 6 short daily web surveys on a mobile phone
- Completes a short event survey when feeling irritated, hurt, annoyed or stressed

During the same 5 days of daily life the person living with dementia:

- Wears a mini heart monitor on the chest

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

JOIN THE STUDY



Online Training and Support for Lewy Body Dementia Caregivers

Start: April 21, 2023

End: December 2023

Enrollment: 41

Who is sponsoring this study? University of Washington

Where is this study located? Washington

What is this study about?

This study will evaluate the feasibility and effectiveness of a web-based program, named VOCALE LBD+, to improve caregiving skills and provide support for caregivers of a friend or family member with Lewy body dementia (LBD). Participants will attend online group sessions for eight weeks to join peer support discussions, and receive caregiving education, including the completion of problem-solving exercises. Researchers will measure changes in the caregiver's sense of support, caregiving knowledge, and problem-solving skills after eight weeks and again in a follow-up four weeks later.

Do I qualify to participate in this study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Informal, unpaid caregiver of a patient with LBD
- Able to read, write, and speak English
- Access to a device that can be used for videoconferencing and/or phone calls

Must NOT have:

- None

To learn more or to participate in this study, call Annie Chen at (206)221-9218 or email her by clicking on the red button below.

LEARN MORE



Telehealth Occupational Therapy for Behavioral and

Psychiatric Dementia Symptoms

Start: May 1, 2023

End: June 2026

Enrollment: 76

Who is sponsoring this study? Elizabeth K. Rhodus

Where is this study located? Kentucky

What is this study about?

This study will examine the ability of a telehealth occupational therapy program, named Harmony at HOME, to improve well-being for people living with dementia as well as their caregivers. Caregiver-care recipient pairs will be randomly assigned to complete the Harmony at HOME program or a caregiver educational program. Participants in both groups will attend weekly telehealth sessions for two months. At the start and end of the study, and one month after the last session, caregivers will answer questions about their experience with the program, stress levels, and behaviors of the care recipient with dementia. Participants with dementia will complete neuropsychiatric and cognitive tests.

Do I qualify to participate in this study?

Minimum Age: 21 Years

Maximum Age: 99 Years

Must have:

Participants with dementia:

- 65-99 years of age
- Living at home with one primary caregiver
- Diagnosis or probable diagnosis of dementia, with a Clinical Dementia Rating Scale score > 1
- If taking psychotropic medication, dosage must be stable for the duration of the study
- Adequate senses (hearing, vision, smell, touch, taste) to complete study tasks
- Challenging behaviors within one month prior to study enrollment, as reported by caregiver
- Caregiver willing to participate for the duration of the study
- Contact with or patient of a medical provider at the University of Kentucky Alzheimer's Disease Research Center or Kentucky Neuroscience Institute within one year of study recruitment

Caregivers:

- 21-99 years of age
- Able to speak, read, and write in English
- Able to retrieve and send mail

Must NOT have:

Participants with dementia:

- Any unstable medical condition within one month prior to screening visit, including poorly controlled blood pressure, diabetes, current cancer diagnosis, or breathing problems
- Wheelchair or bed-bound
- Currently living in a skilled nursing facility or otherwise receiving facility-based care
- Physically violent behaviors, as reported by caregiver
- Starting any new antipsychotic medication within one month prior to screening
- Unpredictable use of antipsychotic medications
- Diagnosis of a major disorder that alters the senses (e.g., macular degeneration, legal blindness, total deafness, severe peripheral neuropathy, anosmia)
- Severe mental illness in the past year (e.g., major depression, schizophrenia,

bipolar disorder, personality disorder, alcohol, or substance abuse disorder)

- Major infection within one month prior to the baseline visit

Caregivers:

- Diagnosis of mild cognitive impairment or dementia

To learn more or to participate in this study, call Elizabeth Rhodus at (857)257-5562 or email her by clicking on the red button below.

LEARN MORE



Online Support and Education Program for Long-Distance Dementia Caregivers

Start: Sept. 15, 2021

End: May 31, 2024

Enrollment: 40

Who is sponsoring this study? LeadingAge

Where is this study located? Massachusetts and the District of Columbia

What is this study about?

This study will test the feasibility and effects of an online caregiver support and education program designed to reduce caregiver burden in people who are providing long-distance care for a person with dementia or significant memory issues. Using videoconferencing, all participants will attend four one-on-one skill-building and educational online sessions, as well as three small group support sessions guided by a trained social worker. In addition, caregivers will connect with their care recipient and the care recipient's home care aide using a tablet provided for the study. To gather information about the program experience and effects, researchers will conduct video interviews with each participant before starting the program and again after the last session.

Do I qualify to participate in this study?

Minimum Age: 21

Maximum Age: None

Must have:

Caregivers:

- Currently a long-distance caregiver, defined as an adult who lives a travel distance of at least two hours from the person they care for who has dementia or significant memory issues
- Experiencing significant caregiving burden (i.e., physical, emotional, social, and/or financial stress from providing care)

Participants with Alzheimer's or another related dementia:

- 65 years of age or older
- Diagnosis of dementia or have significant memory issues
- Living in the community
- Receiving nonmedical homecare

Must NOT have:

- Currently enrolled or plans to enroll in a similar study over the next three months

To learn more or to participate in this study, call Verena Cimarolli at (917)584-5396 or email him by clicking on the red button below.

Online Exercise and Brain Health Education for People at Risk for Alzheimer's Disease

Start: April 10, 2023

End: March 2024

Enrollment: 216

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

Where is this study located? California

What is this study about?

This study will evaluate the effects of an online exercise and brain health education program, named Brain Health Together. The program is designed to improve cognition and well-being in older adults at risk for Alzheimer's disease. Participants will be randomly assigned to complete either a brain health educational video program for three months or to participate in the Brain Health Together program for three or six months. Participants in the Brain Health Together program will attend online exercise classes, brain health education classes, and one-on-one coaching sessions once per week. At the start and end of the study, participants will complete memory tests and answer questionnaires about their physical activity, mental health, diet, sleep, and overall well-being.

Do I qualify to participate in this study?

Minimum Age: 55 Years

Maximum Age: 85 Years

Must have:

- Cognitive decline or diagnosis of mild cognitive impairment in the past year
- Two or more brain health risk factors (e.g., low physical activity, depression, hypertension, diabetes)
- Access to a computer or tablet with a video camera and internet
- Fluent in English
- Living in the United States

Must NOT have:

- Diagnosis of Alzheimer's or dementia
- Diagnosis of any medical condition which could interfere with the study, including:
 - Any major neurological disorder (e.g., Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis)
 - Schizophrenia or other psychotic disorder
 - Autism or autism spectrum disorder
 - Serious mood or anxiety disorder that is not well-controlled (e.g., symptoms of depression or anxiety that made it hard to do daily tasks in the past six months)
 - Spine fracture within the past year
 - Vertigo or severe dizziness within the past year
 - Stroke or heart attack within the past year
 - Major untreated vision or hearing impairment (e.g., unable to see and hear well enough to watch a movie on TV)
 - Physical limitation that would restrict ability to participate in exercise classes (e.g., use wheelchair or walker to get around home, unable to stand up from sitting without assistance)
- Currently participating in another research study that could interfere with this study

(e.g., drug study or other study to improve brain health)

- Previous participation in the Moving Together or the Brain Health Together programs
- Limited life expectancy (e.g., enrolled in hospice, undergoing cancer treatment)

To learn more or to participate in this study, call Deanna Mercer at (415)326-3888 or email her by clicking on the red button below.

LEARN MORE



Characterizing Risk Factors for Burden in Caregivers to Individuals with Alzheimer's Disease and Frontotemporal Dementia

The Aging Brain and Emotion Lab at the University of Nebraska's Department of Gerontology looking for individuals who are 50 years and older that are currently serving as an unpaid, family caregiver to an individual with Mild Cognitive Impairment, Alzheimer's Disease or Frontotemporal Dementia. The study will involve one virtual visit for one hour and will be conducted over the internet. Compensation for study participation is available.

The experiment involves completing online questionnaires/interview and computer tasks. To be eligible for the study, you must be 50 years of age or older and currently serving as an unpaid family caregiver to an individual who is 40 years of age or older with Mild Cognitive Impairment, Frontotemporal Dementia, or Alzheimer's disease, for 5 hours a week or more, for at least 6 months. In addition, to be eligible you should have comprehension of written and spoken English and have completed a minimum of two years of high school or higher. You are not eligible for the study if you have a diagnosis of a neurological or psychiatric disease (e.g., stroke), history of drug abuse, vision, hearing, cognitive, or motor difficulties, or if you are currently pregnant.

To learn more or to participate in this study, call the Aging Brain and Emotion Lab at (402)554-5961 or send an email to the Lab by clicking on the red button below.

LEARN MORE



The Impact of Intervention (Psychoeducation/Respite) Programs for Helping Informal Caregiver's (ICs) Deal with Caregiver Burden and Depression

Kecia Jones, a doctoral student at Northcentral University (NCU), conducting research about the effectiveness of intervention programs for informal caregivers (ICs) for relieving caregiver burden and depression.

The study is seeking individuals who live with and help care for a loved one with dementia to investigate effectiveness of an online education program and respite care services for caregiver burden and depression.

You are eligible to participate in this research if you are:

- 18 years or older
- live with and provide unpaid care for an individual with dementia
- live in the US
- have access to a computer

Two groups (180 participants) are being recruited. You qualify for the respite group if you have used respite services (such as adult daycare or in-home respite) once a week over the past six months. If you have not used respite, you would qualify for the non-respite

group.

If you decide to participate you will be asked to:

- Complete a pretest online survey about yourself, respite care, caregiver burden and depression (20 minutes).
- You may be randomly selected to complete an education course (1 hour weekly for 6 weeks) about how to care for someone with dementia; if you are not randomly assigned, no activities are required.
- You may be invited to participate in an online recorded one-on-one interview (45-60 minutes).
- Complete a posttest online survey about caregiver burden and depression.

During these activities, you will be asked questions about:

- Your age, gender, racial background, marital status, education, employment, household income, relationship to the care recipient, and type of dementia the care recipient has.
- Symptoms of depression and caregiver burden.
- iSupport training (if selected).

To participate, click the correct link below:

Non-respite group:

https://ncu.co1.qualtrics.com/jfe/form/SV_5jZ1VKp2m4laZ4W

Respite group:

https://ncu.co1.qualtrics.com/jfe/form/SV_6R1tGnWLVBgw8VE

If you have questions or concerns, email Kecia Jones by clicking on the red button below.

LEARN MORE



Are You a Caregiver for an Older Adult? A Research Study Seeks Participants!



The purpose of the study is to understand people who are working while taking care of their older friends/family. You might qualify if you meet the following study criteria.

Working Family/Friend Caregivers for Older Adults -- an Online Survey in Exchange for a \$10 Gift Card

Washington University in St. Louis is conducting a survey of people who are working while taking care of their elderly friends/family.

Participation in this study would involve responding to a series of survey questions. The entire process should take 15 - 30 minutes and you will be provided with \$10 gift card if you agree to participate and respond to the follow up survey. The response will be recorded only for research purposes.

Survey

The survey questions are about your eldercare responsibilities, feelings about eldercare,

and demographics. Only people in the research team will have access to survey responses. There are no known risks from being in this study. You will receive \$10 gift card being in this study. You will not have any costs for participating in this research study.

Will you save my research data to use in future research studies?

As part of this study, we are obtaining data from you. We would like to use this data for studies going on right now as well as studies that are conducted in the future. These studies may provide additional information that will be helpful in understanding changes in eldercare responsibilities over time, for example, how responsibilities are viewed in different cultures or society. It is unlikely that what we learn from these studies will have a direct benefit to you. There are no plans to provide financial compensation to you for use of your data.

By allowing survey investigators to use your data, you give up any property rights you may have in the data. Your data will be stored without your name or any other kind of link that would enable us to identify which data are yours. Therefore, it will be available indefinitely for use in future research studies without your additional consent and cannot be removed. However, federal regulatory agencies and Washington University, including the Washington University Institutional Review Board (a committee that reviews and approves research studies) and the Human Research Protection Office may inspect and copy records pertaining to this research. If a report is written about this study, it will not identify participants.

Participation in this study is completely voluntary. You may choose not to take part at all. If you decide to participate in the study you may stop participating at any time. Any data that was collected as part of this study will remain as part of the study records and cannot be removed. If you decide not to take part in the study or if you stop participating at any time, you won't be penalized or lose any benefits for which you otherwise qualify.

If you have questions, concerns, or complaints about your rights as a research participant, please contact the Human Research Protection Office, 660 S. Euclid Ave., Campus Box 8089, Washington University St. Louis, Saint Louis, MO 63110, 1(800)-438-0445 or email hrpo@wustl.edu.

General information about being a research participant can be found on the Human Research Protection Office web site, <http://hrpo.wustl.edu>. To offer input about your experiences as a research participant or to speak to someone other than the research staff, call the Human Research Protection Office at the number above. Thank you very much for your consideration of this research study.

If you have questions about the research study, please email Julie Lee by clicking on the red button below.

LEARN MORE





Finding Ease in Caregiving

Participants Needed

Arizona State University researchers invite you to volunteer for a study designed to **assist caregivers for people with dementia or a decline in thinking abilities**. The strategies you'll learn are ones used by dancers and artists to quickly recognize and reduce stress in their bodies.

We are offering an eight-week online group program, one hour each week, to help caregivers discover new ways to care for themselves.

You are eligible to **receive up to \$90** for completing the intervention.

Recruiting: Finding Ease in Caregiving 8-Week Class

Tired? Stressed? Are you a caregiver of someone living with dementia? Arizona State University's Center for Innovation in Healthy and Resilient Aging is looking for participants interested in helping us understand more about reducing caregiver stress while empowering caregivers. Join us for a FREE weekly class.

The Finding Ease in Caregiving Program aims to reduce the stress associated with caregiving and provide caregivers with new resources to face the challenges of caregiving. Under the direction of Professor Robert Kaplan, we focus on helping you find ways to ease and cope with the stresses that come with caregiving.

We are looking for participants interested in helping us refine this program through participation. This virtual study is delivered through Zoom. Each class meets for 1 hour a week for eight weeks. Participants are asked to complete three surveys during the program and can earn up to \$90 for their participation.

Since this program is all virtual, no commuting is required. We welcome caregivers of individuals living with dementia from throughout the US. Classes are forming now!

If you want to participate, please complete the survey here: <https://links.asu.edu/FindingEase> and specify how the research team can best contact you.

Please consider sharing this information with those in your network who may benefit.

If you have questions about the research study, please email Dr. Aaron Guest by clicking on the red button below.

LEARN MORE



Alzheimer's Disease and Related Dementias (ADRD) Partner/Spousal Caregiver Study

Shandra Burton, a doctoral candidate in the College of Nursing at Rush University, is looking for individuals who may be willing to participate in a research study about how partner/spousal caregivers manage/deal with the challenges of caring for persons with Alzheimer's disease and related dementias (ADRD).

The study seeks individuals who are:

- at least 50 years old
- self-identify as a partner/spousal caregiver of color
- provide at least 10 hours per week of unpaid help (such as cooking, cleaning, dressing, medication management, etc.)
- your intimate partner/spouse has been diagnosed with ADRD by a healthcare professional
- your intimate partner/spouse is at least 50 years old
- your intimate partner/spouse resides in the same household

Participation is entirely voluntary and includes answering a few questions about your experience as a partner/spousal caregiver using Rush Zoom, a secure online platform. The interview will take approximately 60 minutes of your time.

Participants will receive a \$25.00 Amazon gift card upon completion of the interview. Participation is completely voluntary, information collected is protected, and participants may terminate at any time.

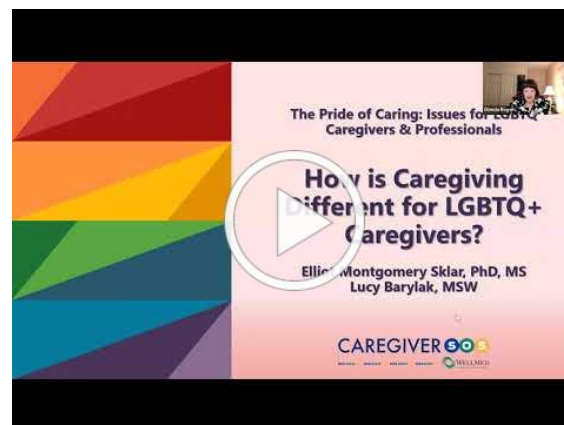
To learn more or to participate in this study, call Shandra at (463) 701-1565 or email her by clicking on the red button below.

LEARN MORE



IN CASE YOU MISSED IT...

How is Caregiving Different for LGBTQ+ Caregivers? w/ Elliot Sklar & Lucy Barylak



On June 7th, Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW engaged in a one-hour discussion of the ways that caregiving is different for LGBTQ+ caregivers.

This webinar was hosted by the WellMed Charitable Foundation



RESEARCH & RESOURCES



UNIVERSITY OF
MICHIGAN

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

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

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

To learn more, click the red button below.

LEARN MORE



How Family Members Can Cope with Sudden Caregiving

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

Cancer cells had infiltrated the language center in his brain. In an instant, he had lost the ability for intelligible speech.

To learn more, click the red button below.

LEARN MORE



Caring for a Person with Depression

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

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

To learn more, click the red button below.

LEARN MORE





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

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

To learn more, click the red button below.

LEARN MORE



Tips for Traveling With Dementia

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

To learn more, click the red button below.

LEARN MORE



11 Tips for Getting the Most Out of a Family Meeting

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

To learn more, click the red button below.

LEARN MORE





Eating and Dementia

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

To learn more, click the red button below.

LEARN MORE



9 End of Life Documents Everyone Needs

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

To learn more, click the red button below.

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PREVIOUSLY APPEARED



**HEALTHYBRAIN
INITIATIVE**



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

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

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

To learn more, click the red button below.

LEARN MORE





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

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

To learn more, click the red button below.

LEARN MORE



Changes in the Retina Linked to Stages

of Alzheimer's Disease

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

To learn more, click the red button below.

LEARN MORE



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

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

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

To learn more, click the red button below.

LEARN MORE



12 Self-Care Tips for Nurturing Your Body

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

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

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

To learn more, click the red button below.

LEARN MORE



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

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

To learn more, click the red button below.

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

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

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

To learn more, click the red button below.

LEARN MORE



How to Talk to Someone with Alzheimer's

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

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

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

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

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

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

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

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

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Background Checking: Resources That Help

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

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Does Medicaid Pay for Assisted Living?

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

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

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

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

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

To view the guide, click the red button below.

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A Caregiver's Guide to Sundowning and Dementia

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

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

To view the guide, click the red button below.

VIEW THE GUIDE





Caregiver Worksheets

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

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Daily Multivitamin May Enhance Memory in Older Adults

Memory and thinking skills tend to decline as we get older. Certain lifestyle factors—such as a healthy diet, physical activity, and social interactions—might help to protect cognitive health as we age. Some studies have suggested that taking multivitamins or other dietary supplements may help protect thinking and memory. But few large-scale studies have directly examined how dietary supplements affect cognitive health in older adults. Clinical trials to date have shown mixed results.

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Report: Emerging Respite Care Strategies in Medicaid Home and Community-Based Services Waivers for Older Adults, Adults with Physical Disabilities, and Their Family Caregivers

The National Academy for State Health Policy (NASHP) has published a [report](#), "Emerging Respite Care Strategies in Medicaid Home and Community-Based Services Waivers for Older Adults, Adults with Physical Disabilities, and their Family Caregivers."

Abundant research — and often our own lived experience — points to the physical, mental, and emotional toll of caregiving. With caregivers increasingly asked to perform more intense and complex care, respite care is integral to giving caregivers a much-needed break. Respite care is a service typically delivered in the home or a facility-based setting that provides short-term relief for caregivers. It is one of the most desired caregiver services, and Medicaid is one policy lever to fund it. Through Medicaid's federal-state partnership and under a variety of home and community-based services (HCBS) coverage authorities, states have the flexibility to design HCBS to meet the long-term care needs of their populations. While states utilize a number of federal programs to provide respite, Medicaid is the largest payer of long-term care services, including respite.

To learn more, click the red button below.

VIEW THE REPORT





Durable Medical Equipment: What's Covered by Medicare?

Medicare Part B covers durable medical equipment (DME), which is equipment that helps you complete your daily activities. Medicare usually covers DME if the equipment:

- Is durable, meaning it is able to withstand repeated use
- Serves a medical purpose
- Is appropriate for use in the home, although you can also use it outside the home
- Is likely to last for three years or more

There are many important things to know about Medicare's coverage rules for DME and how to access the equipment you need.

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Does Medicare Pay for Assisted Living?

Medicare is a federal health insurance program that covers a broad range of medical services for older adults, including routine doctor visits, preventive care, and hospital stays. While most people become eligible for Medicare when they turn 65, the program also covers younger people with certain disabilities. Note that Medicare is not the same

as Medicaid—a public health insurance program for populations with low income.

If you're enrolled in Medicare or about to turn 65, you might be wondering: "Will Medicare pay for assisted living?" Here's all you need to know.

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Alzheimer's Disease: Common Medical Problems

In addition to the symptoms of Alzheimer's disease, a person with Alzheimer's may have other medical problems over time, as all older adults do. These problems can cause more confusion and behavior changes. The person may not be able to tell you what is wrong. As a caregiver, you need to watch for signs of illness and tell the doctor about what you see. Here are some common medical problems to watch for.

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Home Safety Checklist for Alzheimer's Disease

Use the following room-by-room checklist to alert you to potential hazards and to record any changes you need to make to help keep a person with Alzheimer's disease safe. You can buy products or gadgets necessary for home safety at stores carrying hardware, electronics, medical supplies, and children's items.

Keep in mind that it may not be necessary to make all of the suggested changes. This article covers a wide range of safety concerns that may arise, and some modifications may never be needed. It is important, however, to re-evaluate home safety periodically as behavior and abilities change.

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Special Concerns of LGBTQ+ Caregivers

As Americans live longer, greater attention is being paid to the concerns facing aging adults and caregivers. While many issues are the same for all older adults and those who care for them, some unique considerations arise for lesbian, gay, bisexual, and transgender (LGBTQ+) people dealing with aging.

Even as attitudes have changed and LGBTQ+ people have become more visible and accepted, families of choice still provide invaluable networks of emotional and social support. Nearly two-thirds of LGBTQ+ older adults say they consider their friends to be chosen family.

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7 Signs of Caregiver Burnout

Caregiver burnout is a state of stress related exhaustion associated with the difficulties of caregiving. The exhaustion of caregiver burnout may be physical, mental, or emotional, and may lead to feelings of guilt. This condition is often confused with clinical depression, as caregiver burnout and depression share many of the same symptoms. Though these conditions are similar, caregiver burnout is unique to caregivers.

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Easing Depression in Older Adults

Depression is common among older adults. But treatment with the standard type of drugs, called antidepressants, doesn't always work. When depression remains after trying a couple of these drugs, it hasn't been clear what approach might be best.

Researchers studied over 600 adults, ages 60 and older, who had hard-to-treat depression. Participants were divided into three groups. One group added the drug aripiprazole (Abilify) to their prescribed antidepressant. The second group added an antidepressant called bupropion (Wellbutrin). The third group stopped taking their prescribed antidepressant and switched to bupropion.

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What Are Frontotemporal Disorders?

If you start to see changes in the way a loved one under 60 acts, speaks, or moves, you may not think of dementia as a cause. Dementia is a loss of thinking, memory, and reasoning that seriously affects your daily activities. It's more common in older adults. But a group of dementias called frontotemporal disorders, or FTD, occurs most often in people between 45 to 64 years old.

"Many people with FTD start having symptoms in the prime of their life," says Dr. Bradley Boeve, an FTD researcher at the Mayo Clinic.

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8 Frequently Asked Questions About Alzheimer's Disease

Alzheimer's disease is a type of dementia. Dementia is a loss of thinking, remembering, and reasoning skills that interferes with a person's daily life and activities. Alzheimer's disease is the most common cause of dementia among older people. Other types of dementia include frontotemporal disorders, Lewy body dementia, and vascular dementia.

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What Do We Know About Diet and Prevention of Alzheimer's Disease?

Can eating a specific food or following a particular diet help prevent or delay dementia caused by Alzheimer's disease? Many studies suggest that what we eat affects the aging brain's ability to think and remember. These findings have led to research on general eating patterns and whether they might make a difference.

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What Is Middle-Stage Dementia, and How Do You Care for Someone Who's Going Through It?

Dementia progresses in stages. Alzheimer's disease, for example, is considered to have seven distinct stages, delineated by the areas of the brain the disease affects. But the progression of dementia is often unpredictable, and people's symptoms can ebb and flow. To keep things simple, most people talk about dementia overall as having three stages: early-stage, middle and late-stage dementia. Clinicians can distinguish the different stages of dementia, identifying the common symptoms that characterize each phase, which helps people living with dementia and their loved ones plan ahead.

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Adjusting to Cancer Together

Because myeloproliferative neoplasms (MPN) can cause chronic disease, spanning years or even decades, some patients need their significant other or another loved one to become their caregiver. This change and the adjustment it requires can strain a relationship and impact quality of life.

A study published in the Journal of Clinical Nursing found that patients with MPNs and their caregivers have a hard time adjusting to “the lives the disease enforced upon them” and would benefit from “psychosocial support, patient education, peer support and rehabilitation interventions” based on individual needs.

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LGBTQ+ Caretakers Face Special Challenges

About 9% of all caregivers in the U.S. are LGBTQ++. Members of the LGBTQ++ community also provide care at a much higher rate — 1 in 5 LGBTQ++ people provide care, compared to 1 in 6 non-LGBTQ++ people, according to SAGE, a national advocacy and services organization for LGBTQ+ elders.

This population faces unique challenges — they are twice as likely to live alone and four times more likely to not have children, who often provide caregiver support as people age.

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19 Conditions that Mimic Dementia

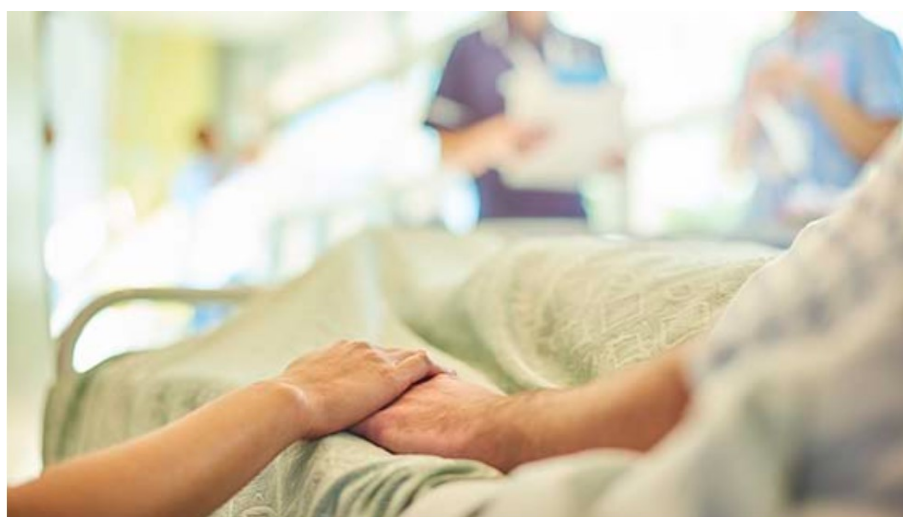
19 Conditions that Mimic Dementia

If your older adult has been experiencing cognitive challenges or acting strangely, it's natural to think Alzheimer's disease or dementia might be the cause. After all, we hear so much about it in the news. Plus, a recent AARP survey found that nearly half of adults 40 and older think they will develop dementia — a share far greater than the condition's actual prevalence.

However, it's important to not jump to the conclusion that it's a non-treatable condition like dementia because there are many treatable diseases that mimic dementia. That's why it's essential to visit a doctor as soon as you realize there's a problem. There could be something relatively simple going on that they can treat.

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Going to the Hospital: Tips for Dementia Caregivers

A trip to the hospital can be stressful for people with Alzheimer's disease or another dementia and their caregivers. Being prepared for emergency and planned hospital visits can relieve some of that stress. The National Institute on Aging offers ways to help you

prepare and tips for making your visit to the emergency room or hospital easier.

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It's Never Too Late for Exercise to Boost Your Brain Health

Exercise can sharpen your thinking and keep your brain healthy as you age — even if you don't start exercising until later in life.

That's the finding of a new study that found that previously sedentary 70- and 80-year-olds who started exercising, including some who had already experienced some cognitive decline, showed improvement in their brain function after workouts.

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Caregiver Chats

with *Dr. Lakelyn*



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Caregiver Chats Podcast

The Caregiver Chats podcast is a space for family caregivers and care partners to find support and expertise to help make the caregiving journey a little more manageable. It is hosted by Home Instead, Inc. Gerontologist, Dr. Lakelyn Eichenberger designed to help those caring for older adults find balance, support, resources and encouragement. New episodes will be posted on the 15th and 30th of every month.

To listen to past episodes of Caregiver Chats, click the red button below.

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Case Study Unlocks Clues to Rare Resilience to Alzheimer's Disease

Biomedical breakthroughs most often involve slow and steady research in studies involving large numbers of people. But sometimes careful study of even just one truly remarkable person can lead the way to fascinating discoveries with far-reaching implications.

An NIH-funded case study published recently in the journal *Nature Medicine* falls into this far-reaching category. The report highlights the world's second person known to have an extreme resilience to a rare genetic form of early onset Alzheimer's disease. These latest findings in a single man follow a 2019 report of a woman with similar resilience to developing symptoms of Alzheimer's, despite having the same strong genetic predisposition for the disease.

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Could "Musical Medicine" Influence Healthy Aging?

Many of us have favorite songs that can help us relax after a hectic day or get us moving on the dance floor. Music can also be a powerful gateway to memory; for example, a song from our past may bring back memories that trigger strong emotions.

But what is happening in our brains when we hear a song that is meaningful to us? Could music make older adults not only feel better but also improve their health? Much more research is needed before any definitive conclusions can be drawn, but there is growing scientific interest in music's effects on the brain and body as we age.

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Caregiving 101: On Being a Caregiver

Caregiving often creeps up on you. You start by dropping by your mom's house and doing her laundry, or taking your dad to a doctor's appointment. You find yourself doing the grocery shopping and refilling prescriptions. Gradually, you are doing more and more. At some point, you realize you have made a commitment to take care of someone else.

Sometimes, caregiving is triggered by a major health event, such as a stroke, heart attack, or accident. Maybe you suddenly realize that dad's memory lapses have become dangerous. Life as you know it stops, and all your energy goes to caring for your loved one. Caregiving has become your new career, and you adjust to a new normal.

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Discussing the Care Economy with Ai-jen Poo

Every day in the United States, 10,000 people turn 65, according to the UN Population Division. We are about to have the largest older population ever. At the same time, nearly 4 million babies are born every year, leaving many Americans juggling caring for young children and aging parents. Caregiving is often cast as nonproductive labor, despite the incredible mental, emotional and physical toll it can take. It's increasingly clear that more resources are urgently needed to support caregivers. How can we rethink our social and economic policies to ensure that more people can age with dignity?

Ai-jen Poo is president of the National Domestic Workers Alliance and executive director of Caring Across Generations. She is also author of the 2015 book *The Age of Dignity: Preparing for the Elder Boom in a Changing America*. She joins *Why Is This Happening* podcast to discuss her personal experiences that led her to be an activist, the need for more infrastructure to support caring for aging populations, the care economy and more.

To learn more, click the red button below.

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Advance Directives and Living Wills: Bringing Up Sensitive Topics

With so many different terms like “living will” and “medical directive” used by professionals, it can be confusing to determine what’s most important for your individual situation. There are several documents that people should consider with their loved ones.

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