

# THIS WEEK IN CAREGIVING



July 19, 2023



## CAREGIVING IN THE NEWS

### To Fix the Care Economy, the United States Should Look Internationally

The care economy and the role of caregiving in unpaid and paid work have been in the spotlight recently in the United States. In 2021, the proposed [Build Back Better plan](#) would have invested \$400 billion in the care economy—including long-term care services under Medicaid, paid family and medical leave, and better pay for home and child care workers—but failed to pass after some legislators equated it with [socialism](#). A recent [executive order](#) that integrates more supportive caregiving policies into federal government spending has largely skirted political debate, but it impacts a narrower slice of the population.

*From: PRB | Published: July 11, 2023*

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### Paid Leave Lets Older Adults Care for Their Parents

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 effect 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 affect older adults.

*From: Futurity | Published: July 13, 2023*

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### When the Caregiving Ends: Recovering from Loss, Rebuilding Your Life

Suddenly, after months, maybe years of caregiving, it's over. For me, it was just after midnight on a Monday in December. The phone rang, and a voice from Skilled Nursing said, "I'm sorry to tell you that your mother passed away at 12:10 this morning."

"Oh my god, it's over," I gasped. I felt a clutching in the pit of my stomach. Oh my god, it's finally over.

*From: Next Avenue | Published: July 14, 2023*

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## NAC NEWS AND UPDATES



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

[DOWNLOAD NOW](#)

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

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

To learn more, click the red button below.

[LEARN MORE](#)



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

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

**VIEW THE REPORT**  
>

The image shows the cover of a report. The title 'Chronic Disease Family Caregiving Through a Public Health Lens' is at the top in white. Below it, the subtitle 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' is in red. At the bottom, it says 'SEPTEMBER 2022 REPORT'. The NAC logo is in the bottom left corner. A small white box at the bottom right of the cover mentions 'WITH SUPPORT FROM John A. Hartford Foundation'. The background of the cover is dark blue 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**



**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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## ARE YOU CARING FOR A LOVED ONE WITH DEMENTIA?

**"FREE"**  
**WORKSHOP**

**3 Tools & Techniques  
to Uplevel Care**

**July 22, 2023  
3 PM PST (Pacific)**

**1**

**Hygiene**

**2**

**Food**

**3**

**Balance**



**Parent's Dementia Journey**

## Caring for a Loved One with Dementia? 3 Tools & Techniques to Up-Level Care

**July 22, 2023 | 6:00 PM - 7:00 PM ET | Online**

Join author Katherine A. Knight on July 22nd for a workshop that will discuss tools & techniques that you can use to bring dignity to the care of your loved one with dementia. In each care hero's life, they go through many physical and emotional ups and downs. This presentation will help you learn the tools and techniques that will help you up-level your caregiving skills.

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

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**Alzheimer's and Dementia Caregiving at Home**

July 24, 2023 | 3:00 PM - 5:00 PM ET | Online

Direct care providers (personal care providers, home makers, and caregivers) are frequently undervalued in their impact and role in the caregiving profession. They often have limited opportunities and resources for specialized training, professional development, and as the result, subsequent career advancement. With the funds from the Training Grant, Amity Healthcare Group developed an accessible specialized training Alzheimer's and Dementia Caregiving at Home and Creating Safe Home Environment for People Living with Dementia and Alzheimer's Disease that will:

- Allow HCBS providers/caregivers to gain specialized, disease sensitive skills working with consumers with dementia and Alzheimer's disease that will result in improved quality of care, consumer outcomes, and quality of life.
- Allow HCBS providers/caregivers to use correct care management, behavioral and communication techniques necessary to effectively deliver care to individuals impacted by dementia and Alzheimer's.
- Help HCBS providers/caregivers to focus on individualized care and create a safe environment for staff and consumers in the home setting.

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.

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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.



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## **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.

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## **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.

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## Caregiver Stress & Burnout

**July 26, 2023 | 9:00 AM - 10:00 AM ET | Online**

Caregivers can be family members, friends or hired professionals who assist individuals in need. It involves a significant amount of time, energy and emotional resources that can have both a rewarding and extremely challenging experience. It is important for caregivers to prioritize their own well-being and seek support when needed. Finding the support from others, setting boundaries, and seeking respite whenever possible can provide relief during life's stressful moments.

While stress is a common experience that we all can relate to in life, unexpectedly, it can rock our world and completely throw us off track. If we're not careful, the stress we experience can slowly turn into burnout which can decrease our happiness and wreak havoc on our health.

Join IOSKA: The Center of Positive Change, as we discuss stress, burnout, emotions, and natural health.

Throughout the workshop, you will gain a deeper understanding of how stress can significantly impact your body and review natural inexpensive remedies to bring you back into balance!

Register now to secure your virtual seat!!

Host: Sevyn Angela L. Harris

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

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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. Blinter 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,  
UVMHC 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.

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## 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.

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## 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](mailto:RAISE.mail@acl.hhs.gov) with any questions.

To register learn more, click the red button below.

**LEARN MORE**  
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# 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.

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**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.

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## 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.

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

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

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

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

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**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.

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## Plan Your Respite In Place Space

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

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

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

Before joining us:

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

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

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

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## Care Connection Webinar: Preventing Neurocognitive Decline

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

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

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

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## Understanding Alzheimer's and Dementia

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

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

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

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## 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.

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## 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 your 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.

**REGISTER**



## **Understanding and Responding to Dementia-Related Behavior**

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

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join the Alzheimer's Association on August 24th to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

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

**REGISTER**



## **CONFIDENCE Financial Education Program**

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

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



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

**REGISTER**



## Release a Worry with a Family Emergency Plan

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

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

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

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

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

The agenda for this webinar includes:

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

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

**REGISTER**



**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**





## **Surviving and Thriving: Pancreatic Cancer and Caregiver Workshop**

**September 22, 2023 | 10:30 AM - 5:00 PM ET | Online**

Join the Siteman Cancer Center and the Cancer Support Community of Greater St. Louis on September 22nd for a Pancreatic Cancer Patient and Caregiver Workshop. This free education and support workshop is open to pancreatic cancer patients, survivors, and their primary caregivers.

Participants will learn how to positively impact the survivorship experience after a pancreatic cancer diagnosis.

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

**REGISTER**



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## **PATIENT AND CAREGIVER STUDIES**

### **Dose Response Study of Simufilam for Mild-to-Moderate Alzheimer's Disease (REFOCUS-ALZ)**

Start: November 18, 2021

End: June 2024

Enrollment: 1083

**Who is sponsoring this study?** Cassava Sciences, Inc.

**Where is this study located?** Multiple states

**What is this study about?**

This Phase 3 clinical trial, named REFOCUS-ALZ, will test the safety and effects of different dosing levels of the experimental drug simufilam designed to slow cognitive and functional decline in older adults with mild-to-moderate Alzheimer's disease. All participants will be randomly assigned to receive either 50 mg or 100 mg tablets of simufilam or a placebo, twice daily for 76 weeks. Participants will attend clinic visits for evaluation four weeks after the start of the study, and then every three months until the end of the study. Testing will include neurological exams, laboratory tests, electrocardiograms, questionnaires, and interviews. Some study locations may also analyze blood samples or cerebral spinal fluid (optional) to measure the levels of proteins associated with Alzheimer's disease. In addition, some locations may also collect brain scans, using MRI or PET imaging. Researchers will monitor all participants for safety throughout the study and measure changes in cognitive function and mobility.

## Do I qualify to participate in this study?

Minimum Age: 50 Years

Maximum Age: 87 Years

### Must have:

- Diagnosis of mild or moderate Alzheimer's disease
- Mini-Mental State Exam score of 16 to 27
- Clinical Dementia Rating Global Score of 0.5, 1, or 2
- Evidence of brain changes associated with Alzheimer's disease, based on MRI brain scan or other tests, either before or during study screening
- If taking any medications for Alzheimer's disease, the dosage must be stable for at least three months before starting the study
- Nonsmoker for at least three years
- Availability of a study partner
- Fully vaccinated for COVID-19 at least two weeks prior to study start

### Must NOT have:

- Any condition, disease, or injury that could significantly contribute to the participants cognitive impairment including:
  - Neurologic condition, other than Alzheimer's disease
  - Serious head trauma
  - Sleep apnea
- Any current primary psychiatric diagnosis, other than Alzheimer's disease, which could interfere with cognitive assessment or the ability to complete study procedures
- Geriatric Depression Scale score > 8
- Suicidal ideation during the past three months or suicidal behavior during the past year
- Alcohol or substance use disorder within two years of study screening
- Evidence of vascular disease (i.e., damaged blood vessels) or other signs of disease, based on MRI brain scan
- History of seizure, stroke, or transient ischemic attack in the past two years
- Insufficiently controlled diabetes or high blood pressure
- History or diagnosis of significant cardiac disease
- Body mass index < 18.5 or > 37.5
- Currently taking or previously prescribed aducanumab, lecanemab, or any anti-amyloid monoclonal antibody, more than two doses

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

**LEARN MORE**  
>

## AXS-05 for Agitation in People with Alzheimer's Disease

Start: Sept. 6, 2022

End: June 2025

Enrollment: 350

**Who is sponsoring this study?** Axsome Therapeutics, Inc.

**Where is this study located?** Multiple states

**What is this study about?** Multiple states

This Phase 3 clinical trial will evaluate the effectiveness and safety of AXS-05 to reduce



agitation in people with Alzheimer's disease. Participants will be randomly assigned to take either AXS-05 or a placebo pill twice a day for five weeks. At the start and end of the study, a study partner will answer questions about the participant's agitation and aggressive behaviors.

### **Do I qualify to participate in this study?**

Minimum Age: 65 Years

Maximum Age: 90 Years

#### **Must have:**

- Diagnosis of probable Alzheimer's disease
- Diagnosis of clinically significant agitation due to probable Alzheimer's

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

- Diagnosis of any dementia other than Alzheimer's
- Unable to comply with study procedures
- Any medical condition that could interfere with the study, based on study screening evaluation

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

**LEARN MORE**



## **KarXT for Psychosis in People with Alzheimer's Disease**

Start: August 23, 2022

End: April 2025

Enrollment: 380

**Who is sponsoring this study?** Karuna Therapeutics

**Where is this study located?** Multiple states

### **What is this study about?**

Many people with Alzheimer's disease experience psychotic symptoms, such as delusions and hallucinations. This Phase 3 trial will test whether the experimental drug KarXT can prevent the relapse of psychosis related to Alzheimer's disease in older adults.

Participants will be randomly assigned to take either KarXT or placebo pills by mouth three times a day for 38 weeks. Throughout the study, researchers will monitor the participants for psychotic symptoms.

### **Do I qualify to participate in this study?**

Minimum Age: 55 Years

Maximum Age: 90 Years

#### **Must have:**

- Possible or probable Alzheimer's disease, based on evaluation at study screening with:
  - Mild to severe dementia with Mini-Mental State Examination score of 8 to 22
  - MRI or CT scan of the brain available from the past five years; if not available, a brain scan will be collected during study screening

- History of psychotic symptoms for at least two months before study screening
- Moderate psychosis with:
  - Clinical Global Impressions-Severity score 4
- At least one of the following:
  - Moderate to severe delusions, with a Neuropsychiatric Inventory-Clinician: Delusions score 2 on two of the eight items
  - Moderate to severe hallucinations, with a Neuropsychiatric Inventory-Clinician: Hallucinations score 2 on two of the seven items
- Living at the same home or residential assisted-living facility for at least six weeks before screening
- Able to walk independently with or without an assistive device (e.g., cane, walker)
- Availability of a caregiver who spends approximately 10 hours each week with the participant and is willing to:
  - Attend all study visits and answer questions about participant behavior
  - Ensure the participant takes the study drug and completes all other study procedures
- If taking a cholinesterase inhibitor or memantine, dosage must be stable for at least six weeks prior to screening
- Able to visit the clinic in an outpatient setting, follow instructions, and comply with study requirements
- Female participants must not be pregnant or breastfeeding
- Must use at least one highly effective method of contraception during the study and for at least one menstrual cycle (e.g., 30 days) after the last dose of the study drug or placebo, if:
  - Female participant of childbearing potential
  - Male participant whose sexual partners are of childbearing potential
- Male participants must not donate sperm for one month after the final dose of the study drug or placebo
- Body Mass Index within 18 to 40

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

- Psychotic symptoms caused by a current or past condition other than Alzheimer's (e.g., schizophrenia, schizoaffective disorder, delusional disorder, mood disorder with psychotic features)
- History of major depressive episode with psychotic features within one year of screening
- Any serious medical condition that could interfere with the study, including:
  - Cancer, lung, liver, kidney, blood, gastrointestinal, hormonal, immune, skin, or neurological disease
  - History of ischemic stroke within one year of screening or any evidence of hemorrhagic stroke
  - History of cerebral amyloid angiopathy, epilepsy, central nervous system tumor, unstable thyroid function, or unexplained fainting
  - Diagnosis of a serious heart condition, heart attack within six months of screening, personal or family history of arrhythmia, and/or implanted heart defibrillator
  - Positive for HIV (human immunodeficiency virus)
  - History of irritable bowel syndrome or serious constipation requiring treatment within the last six months
- Abnormal result from physical examination, medical history, electrocardiogram, or clinical laboratory results at screening
- Risk of suicidal behavior during the study, based on clinical evaluation
- Urine drug test positive for non-cannabis or non-benzodiazepine substances
- Recent history of any prohibited drug, including:
  - Monoamine oxidase inhibitors, anticonvulsants, lithium, tricyclic antidepressants, or any other psychoactive medications except for as-needed anxiolytics
  - If taking selective serotonin reuptake inhibitors or serotonin norepinephrine reuptake inhibitors, dosage must be stable for at least two months before screening
  - If taking mirtazapine as a hypnotic, must be started at least two months before screening
- Positive COVID-19 test result within two weeks of or at screening

- Previously taken KarXT
- Known allergy to tropism (an ingredient in KarXT)
- Participation in another clinical study with an experimental drug within three months of screening or participation in more than two clinical studies within one year of screening

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

**LEARN MORE**  
>

## **AVP-786 for Moderate-to-Severe Agitation in People with Alzheimer's Disease**

**Who is sponsoring this study?** Otsuka Pharmaceutical Development & Commercialization, Inc.

**Where is this study located?** Multiple states

Start: July 8, 2020

End: December 2024

Enrollment: 750

### **What is this study about?**

This Phase 3 clinical trial will evaluate the effects and safety of AVP-786, to treat people with moderate-to-severe agitation due to Alzheimer's disease. AVP-786 is a combination of a drug approved by the FDA as a cough suppressant and a second drug which makes the first last longer in the body. Initially, all participants will undergo a screening evaluation to remove anyone whose agitation symptoms can be reduced without medication. The remaining participants will be randomly assigned to take either AVP-786 or a placebo, by tablet, twice a day for up to 12 weeks. Researchers will monitor participants for any side effects and measure changes in the severity of the agitation, including the types and frequency of behaviors.

### **Do I qualify to participate in this study?**

Minimum Age: 50 Years

Maximum Age: 90 Years

#### **Must have:**

- Diagnosis of probable Alzheimer's disease
- Significant, moderate-to-severe agitation that interferes with daily routine for at least two weeks prior to study screening
- Availability of a reliable caregiver who:
  - spends a minimum of two hours each day at least four days a week with the participant
  - is willing and able to comply with all study procedures, including daily administration of the study drug to the participant

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

- Dementia that is due to another condition or disease, other than Alzheimer's disease (e.g., vascular dementia, frontotemporal dementia, Parkinson's disease, substance-induced dementia)
- Agitation symptoms due to another condition or disease, other than Alzheimer's (e.g., secondary to pain, other psychiatric disorder, delirium)
- Agitation symptoms that can be managed without medication

- Clinically significant or unstable condition or diseases that could interfere with the study, including:
  - Malignant cancer
  - Uncontrolled diabetes
  - Uncontrolled high blood pressure
  - Unstable heart, kidney, or liver disease
  - Diagnosis of myasthenia gravis

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

**LEARN MORE**



## **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.

**LEARN MORE**



## **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**



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### **IN CASE YOU MISSED IT...**

## **The Pride of Caring: Mental Health Among LGBTQ+ Caregivers w/ Elliot Sklar and Lucy Barylak**



LGBTQ+ adults more commonly experience mental health concerns than their non-LGBTQ peers. The stress of caregiving, and isolation that caregivers experience can further these concerns.



## RESEARCH & RESOURCES



# Regenstrief Institute

## Understanding the Intersection of Alzheimer's Disease Caregiving and the LGBT Experience

A new study of caregivers of LGBT older adults living with Alzheimer's disease provides rare insight into the intersection of caregiving and the LGBT experience.

Researchers from Regenstrief Institute and the medical schools of Indiana University and University of Colorado report that many common caregiver experiences — such as feelings of social isolation and of being overwhelmed — are similar for caregivers, whether an individual with Alzheimer's disease is LGBT or not. However, because LGBT older adults often do not have adult children who can serve as caregivers or may be estranged from their families of origin, provision of the care they need, frequently provided by spouses or partners, is especially challenging.

To learn more, click the red button below.

**LEARN MORE**





## Study of Indigenous South Americans Supports a Lifestyle 'Sweet Spot' for Aging Brain Health

Brain size typically declines with age, but the severity and prevalence of that decline may be related to lower activity levels, higher food consumption, and other evolutionary changes in lifestyle that are common in industrialized societies. An NIA-funded study of two indigenous South American groups, published in *Proceedings of the National Academy of Sciences*, supports the idea that there may be a lifestyle “sweet spot” for healthy aging.

To learn more, click the red button below.

**LEARN MORE**



## The Apartment: A Guide to Creating a Dementia-Friendly Home

Dementia-related illnesses impact the mind and affect virtually every aspect of a person's life, including making many facets of daily living more difficult. Most residences are not built with the needs of an individual living with Alzheimer's disease or other dementia-related illnesses in mind. However, almost every part of a residence can impact quality of life for someone living with a dementia-related illness and their family care partners. Even seemingly-cosmetic choices, such as wall colors, furniture patterns, and dishware, make a difference.

To learn more, click the red button below.

LEARN MORE



## Immune Resilience is Key to a Long and Healthy Life

Do you feel as if you or perhaps your family members are constantly coming down with illnesses that drag on longer than they should? Or, maybe you're one of those lucky people who rarely becomes ill and, if you do, recovers faster than others.

It's clear that some people generally are more susceptible to infectious illnesses, while others manage to stay healthier or bounce back more quickly, sometimes even into old age. Why is this? A new study from an NIH-supported team has an intriguing answer. The difference, they suggest, may be explained in part by a new measure of immunity they call immune resilience — the ability of the immune system to rapidly launch attacks that defend effectively against infectious invaders and respond appropriately to other types of inflammatory stressors, including aging or other health conditions, and then quickly recover, while keeping potentially damaging inflammation under wraps.

To learn more, click the red button below.

LEARN MORE



## NIA Statement on Report of Lecanemab Reducing Cognitive Decline in Alzheimer's Clinical Trial

The U.S. Food and Drug Administration (FDA) today granted [traditional approval for Legembi \(lecanemab-irmb\) for the treatment of Alzheimer's](#). This occasion — combined with ongoing scientific pursuits and advances in Alzheimer's and related dementias research — helps mark decades of scientific progress toward effectively treating and preventing these diseases. NIA remains eternally grateful to the research



community as well as to the many clinical trial participants who have played significant roles in advancing knowledge, data, and discoveries.

To learn more, click the red button below.

**LEARN MORE**

A promotional banner for the Alzheimer's Foundation of America (AFA) featuring a silhouette of a head with a glowing brain and neural network. The text on the left reads: 'GET A FREE VIRTUAL MEMORY SCREENING!', 'Screenings are offered daily, Monday – Friday', and 'Call AFA at 866-232-8484 to make an appointment'. The AFA logo is in the top left corner.

**GET A FREE VIRTUAL MEMORY SCREENING!**

Screenings  
are offered daily,  
Monday – Friday

Call AFA at 866-232-8484  
to make an appointment

## Virtual Memory Screenings

The Alzheimer's Foundation of America offers free virtual memory screenings which allow individuals to receive one-on-one, confidential memory screenings from a qualified professional using their computer, smart phone or tablet. This service, which is part of AFA's National Memory Screening Program, began during the COVID-19 pandemic to ensure that people could still get screened from the safety and comfort of their homes.

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## Dementia Warning Signs

It's important to see your primary doctor if you or a loved one are experiencing changes in memory, mood, or behavior. Your physician can identify if you or your loved one is exhibiting any warning signs of dementia.

Having a memory problem does not necessarily mean someone has a dementia-related illness. Medical conditions such as stroke, B12 deficiency, hypothyroidism, depression and infections can cause dementia-like symptoms and are treatable if diagnosed. If the symptoms are caused by dementia, an early diagnosis can allow for the opportunity to connect with support, education, and medical treatments.

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## 5 Steps to Getting Started with Medicare Saving Programs

Medicare provides vital health care coverage for adults age 65 and older. But it doesn't pay for everything, and there are out-of-pocket costs to consider. These include premiums, deductibles, copayments, and coinsurance.

If you have low income and are struggling to afford Medicare cost sharing, you could qualify for one of the Medicare Savings Programs (MSPs). These are special benefit programs offered by state Medicaid agencies. MSPs were created to relieve some out-of-pocket Medicare expenses for people who have limited income and assets.

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## **PREVIOUSLY APPEARED**



### **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.

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## How Family Members Can Cope with Sudden Caregiving

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

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## Caring for a Person with Depression

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

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

To learn more, click the red button below.

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

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

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## Tips for Traveling With Dementia

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

To learn more, click the red button below.

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## 11 Tips for Getting the Most Out of a Family Meeting

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

To learn more, click the red button below.

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### Eating and Dementia

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

To learn more, click the red button below.

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### 9 End of Life Documents Everyone Needs

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

To learn more, click the red button below.



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**HEALTHYBRAIN  
INITIATIVE**



**ALZHEIMER'S  
ASSOCIATION**

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

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

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

To learn more, click the red button below.

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

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

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**Changes in the Retina Linked to Stages**



## of Alzheimer's Disease

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

To learn more, click the red button below.

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

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

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

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## 12 Self-Care Tips for Nurturing Your Body

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

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

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

To learn more, click the red button below.

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

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

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.

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## How to Talk to Someone with Alzheimer's

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

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

To learn more, click the red button below.

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

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

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

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

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

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

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

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

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## Background Checking: Resources That Help

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

To learn more, click the red button below.

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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.



To learn more, click the red button below.

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

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

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

To view the guide, click the red button below.

**VIEW THE GUIDE**



## **A Caregiver's Guide to Sundowning and Dementia**

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

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

To view the guide, click the red button below.

**VIEW THE GUIDE**





## Caregiver Worksheets

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

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

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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