

THIS WEEK IN CAREGIVING



July 6, 2023



CAREGIVING IN THE NEWS

Families Worry over the Future of Medicaid Caregiver Payments that Were Expanded During the Pandemic

Nathan Hill started receiving \$12.75 an hour from a state Medicaid program to help care for his severely disabled son during the pandemic, money he said allowed his family to stop using food stamps.

The program was designed to provide a continuation of care and ease a home health worker shortage that grew worse after COVID-19 hit.

But now, with the COVID-19 public health emergency over, he worries that the extra income will disappear. Some states have already stopped payments while others have yet to make them permanent.

From: ABC News | Published: June 28, 2023

[READ MORE](#)



From Caregiver to Peer Specialist: A Job Based on Life Experience

"Caregiver burden" is a frequently used term but has different meanings. For example, health care professionals often acknowledge the caregiver burden but see it as resulting from the caregiver's prior relationship with the patient, the tasks of caregiving or the **friction** that can arise in the family, often over money.

Yet family caregivers often say that the real burdens occur when the caregiver is unprepared for the role and does not know how to navigate our complex and confusing care system.

From: Next Avenue | Published: June 30, 2023

The Sandwich Generation is Pressed: Here's How to Manage the Burden of Dual Care

The sandwich generation is officially becoming a panini: More adults than ever are bearing the responsibilities of three generations at once, and with the rising costs of living, increased demands on their time, pandemic-related struggles and expenses related to elder care, the squeeze is tighter than ever.

An informal term describing adults who financially support themselves, their children and their elderly parents, the sandwich generation is primarily made up of individuals in their forties and fifties.

READ MORE

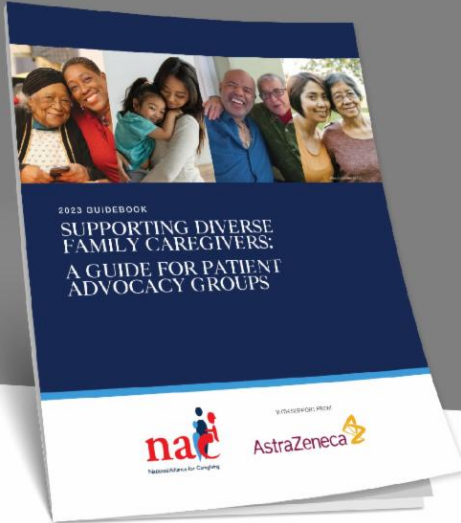


From: The Good Men Project | Published: July 1, 2023

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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

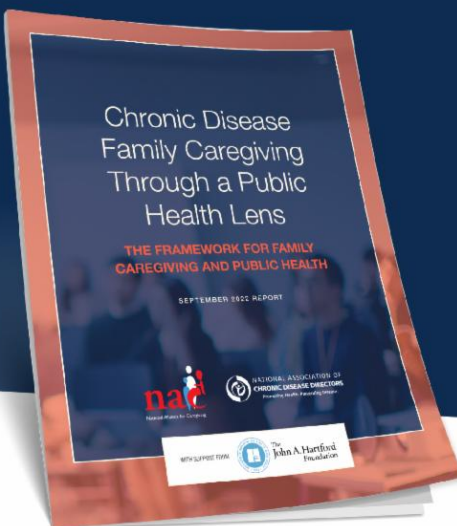




It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores 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
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The image shows the cover of a report. The title 'Chronic Disease Family Caregiving Through a Public Health Lens' is at the top in white. Below it, the subtitle 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' is in red. The date 'SEPTEMBER 2022 REPORT' is at the bottom. The NAC logo is in the bottom left corner. The background of the cover features a photograph of a group of people. To the right of the cover, the text 'JUST RELEASED!' is in large, white, sans-serif font. Below it, the subtitle 'Chronic Disease Family Caregiving Through a Public Health Lens' and the title 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' are listed in white. At the bottom right, there is a red button with the text 'DOWNLOAD NOW' in white.

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



Advance Directives: What Families Should Know

July 10, 2023 | 12:00 PM - 1:00 PM ET | Online

Making medical decisions can be difficult when facing any illness. That is why an advance

directive is so important to have. In this workshop we will discuss what advance directives are, who needs to have them and more.

Tune in on July 10th for a workshop hosted by HopeHealth Hospice & Palliative Care designed to provide education, support, and resources for those caring for loved ones with an illness. There will be time for Q&A following the presentation.

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

REGISTER



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

July 10, 2023 | 3:00 PM - 4:00 PM ET | Online

Join HopeHealth Hospice & Palliative Care on July 10th for a presentation that will identify characteristics of each stage of dementia, discuss common challenges in providing care and identify communication and care tips to improve our daily interactions with patients living with dementia.

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

REGISTER



Advance Care Planning Made Easy

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

According to a national survey, 90% of people say that talking with their loved ones about end-of-life care is important, but only 27% have done so. The result is that too many people are dying in ways they wouldn't choose, often leaving loved ones feeling guilty and uncertain.

No doubt talking about end-of-life choices can be tough. However, discussing how you choose to live at the end of life with loved ones and healthcare professionals has proven to ease anxieties and reduce stress for everyone. Far better to have these conversations at the kitchen table than in the intensive care unit during a medical crisis. This series,

“Advance Care Planning Made Easy: How to Decide, Discuss and Document Your End-of-Life Wishes,” can help.

This session will address the first step: how to decide what care you want at the end of your life and who you want to speak for you if you are unable to speak for yourself.

How to Join

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

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

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Money Matters for Family Caregivers

July 11, 2023 | 6:00 PM - 7:00 PM ET | Online

Join aidaly.com on July 11th for a workshop that will discuss:

- Money and family caregiving: How to create separation between your personal finances and your care recipient's money
- Understand your money: Learn where your money stands today, and plan for your future
- Talking to family about money: How to have productive conversations with family about one of life's most fraught topics – money

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

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Preparing to Be a Caregiver

July 11, 2023 | 8:00 PM - 9:00 PM ET | Online

Taking care of a loved one at home can be a challenging and lonely responsibility even as it offers its own rewards. Developing a team approach to caregiving and identifying helpful resources in your community can help make caregiving more manageable. Join AARP on July 11th for a webinar that will explore key steps in the planning process, including:

- How to start the conversations about caregiving
- Strategies for forming your caregiving team
- Ways to find local resources and support
- How to care for yourself and connect with other caregivers

After the workshop, participants will receive AARP tools and resources such as AARP's Prepare to Care publication.

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

REGISTER



Breathe: Coping with Caregiver Burnout and Welcoming Relaxation

July 11, 2023 | 9:00 PM - 10:00 PM ET | Online

On July 11th, join the USC Family Caregiver Support Center, in collaboration with Independence at Home (A SCAN Community Service), for a presentation focused on strengthening family caregivers' mental health. This session will focus on caregiver burnout and provide recommendations on how to improve coping skills. Participants will

practice some relaxation techniques with a facilitator.

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

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Caring for LGBTQ+ Loved Ones

July 12, 2023 | 1:00 PM - 2:00 PM ET | Online

Nearly 44 million Americans, or 1 in 5 adults, are caregivers for a relative or friend over age 50. LGBTQ+ older adults typically rely on families of choice for support -- a close friend, an ex-partner, or a younger relative (such as a niece or nephew). These relationships often go unrecognized legally and socially, which can make it difficult to perform tasks and access services on a loved one's behalf. And because close friends of similar age may be providing the care, these caregivers may be unable to offer longstanding support as they develop their own health impairments. As a result, many LGBTQ+ older adults experience isolation or loneliness.

Join AARP on July 12th for a webinar that will discuss the special challenges of caregiving in the LGBTQ+ community and share a framework -- how to start the caregiving conversations, how to form a caregiving team and make a plan, how to find support -- that will help you in preparing to be a caregiver. You will have the opportunity to connect with other caregivers, exchange tips and advice, and learn about resources available.

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

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Strategies for Building Effective Care Teams for Family Caregivers

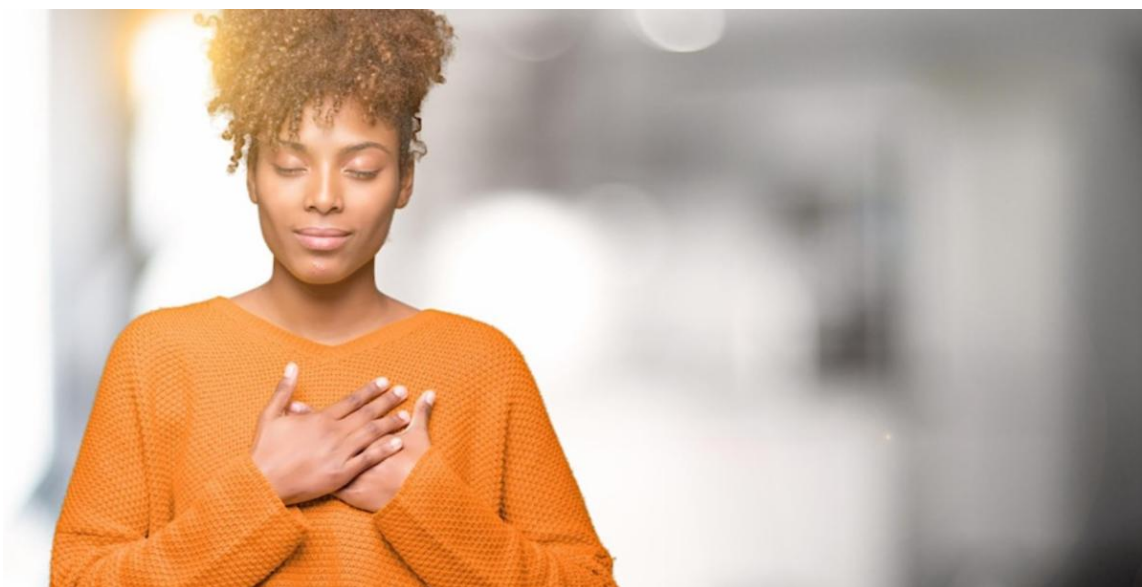
July 12, 2023 | 2:00 PM - 3:00 PM ET | Online

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join the Alzheimer's Association on July 12th to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The Effective Communication Strategies program was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia.

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

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Taking Care of Yourself While You Care for Others

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

Caring for yourself is one of the most important things you can do as a caregiver. But often, caregivers prioritize the needs of others over their own.

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

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

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

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

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Preventing Neurocognitive Decline: Before and After Diagnosis

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

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

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

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

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Why Family Caregivers Should Say "No"

with Bary J. Jacobs, PsyD

Why Family Caregivers Should Say "No"

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

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

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

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How to Know When Home Care Is No Longer Enough

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

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

Participants in this webinar will be able to:

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

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

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Hearing Loss and Dementia

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

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

Participants in this webinar will be able to:

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

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

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

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Caregiving: Where Do I Start?

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

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

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

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Negotiating Healthcare Bills

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

Join financial coach Kate Grayson on July 24th for a discussion of how to understand and negotiate the costs and terms of a medical procedure in advance; how to negotiate a

medical bill after you've received it; and what to do if you can't afford to pay a medical bill.

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

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The Role of Doulas at End-of-Life

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

Join the American Society on Aging on July 25th for a discussion of the current landscape of end-of-life care in the United States based on research reports by NHPKO, 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.

REGISTER





The Costs of Care & How to Pay for It

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

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

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

Topics covered include:

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

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

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

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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. Binter Center for
Parkinson's Disease and Movement Disorders
Coordinator, CARERS/TEACH VT

Jeanne Hutchins, MA

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

Lucas Kovacevich, MAT, MSW

Program Administrator, VT-BRIDGES

Audrey Winograd, JD, MSW

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

Janet Nunziata, MS

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

Allegra Miller, M. Ed

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

Successful Public Health Approaches in Dementia Caregiving: Vermont

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

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

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

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

REGISTER



Charting the Course to Better Brain Health

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

Tune in on July 26th for a webinar on the 2023-2027 Healthy Brain Initiative Road Map – a

framework for reducing the risk and impact of dementia in your community.

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

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

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

REGISTER



AUGUST



Spousal Caregiving

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

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

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

Participants in this webinar will be able to:

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

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

REGISTER



Comfort for Caregivers; Strategies for Dealing with Caregiver Stress

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

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

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

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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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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:

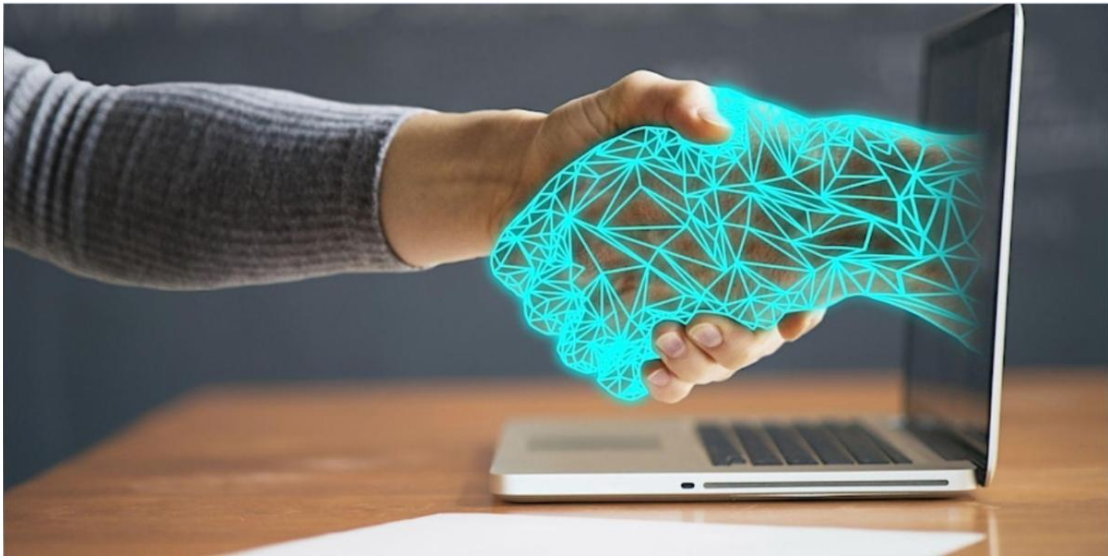
- Download our **Paying for Care Planning Tool** to use during our 50-minute session.

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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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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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.

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SEPTEMBER

Driving Safety for Older Adults

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

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

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

Participants in this webinar will be able to:

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

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

REGISTER
>

PATIENT AND CAREGIVER STUDIES

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.

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

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

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

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

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

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

If you decide to participate you will be asked to:

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

During these activities, you will be asked questions about:

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

To participate, click the correct link below:

Non-respite group:

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

Respite group:

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

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

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



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

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

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

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

Survey

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

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

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

By allowing survey investigators to use your data, you give up any property rights you may have in the data. Your data will be stored without your name or any other kind of link that would enable us to identify which data are yours. Therefore, it will be available indefinitely for use in future research studies without your additional consent and cannot be removed. However, federal regulatory agencies and Washington University, including the Washington University Institutional Review Board (a committee that reviews and approves

research studies) and the Human Research Protection Office may inspect and copy records pertaining to this research. If a report is written about this study, it will not identify participants.

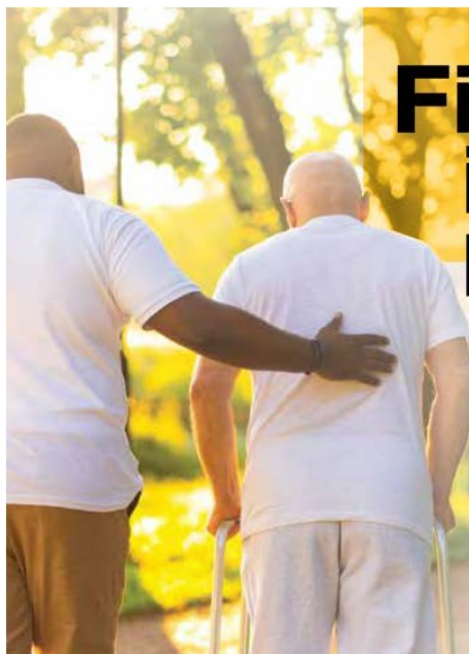
Participation in this study is completely voluntary. You may choose not to take part at all. If you decide to participate in the study you may stop participating at any time. Any data that was collected as part of this study will remain as part of the study records and cannot be removed. If you decide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

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

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

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

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Finding Ease in Caregiving Participants Needed

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

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

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

Recruiting: Finding Ease in Caregiving 8-Week Class

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

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

We are looking for participants interested in helping us refine this program through participation. This virtual study is delivered through Zoom. Each class meets for 1 hour a

week for eight weeks. Participants are asked to complete three surveys during the program and can earn up to \$90 for their participation.

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

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

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

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

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

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

The study seeks individuals who are:

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

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

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

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

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PET Imaging of Brain Inflammation in Alzheimer's Disease

Start: Jan. 20, 2023

End: Oct. 31, 2025

Enrollment: 71

Who is sponsoring this study? The Methodist Hospital Research Institute

Where is this study located? Texas

What is this study about?

This study will test different PET imaging tracers to visualize specific immune cells, called astrocytes and microglia, associated with brain inflammation known to contribute to neurodegenerative diseases, such as Alzheimer's disease. Participants with either normal cognition or Alzheimer's will undergo four PET imaging and MRI brain scans over four months. Researchers will use the information collected to develop a diagnostic tool that could be used to test the effectiveness of therapies designed to treat brain inflammation.

Do I qualify to participate in this study?

Minimum Age: 18 Years

Maximum Age: 90 Years

Must have:

Participants with Alzheimer's disease:

- 50-90 years of age
- Diagnosis of Alzheimer's, with a Clinical Dementia Rating score of 1 to 3
- Fluent in English or Spanish

Participants with normal cognition:

- 18-90 years of age
- No evidence of amyloid protein in the brain, based on a PET scan
- Fluent in English

Must NOT have:

Participants with Alzheimer's disease:

- History of major stroke or brain trauma, multiple sclerosis, or any other brain disorder that may interfere with the study

Participants with normal cognition:

- Diagnosis of any of the following medical conditions, which may interfere with the study, including:
 - Any brain disorder, other than a headache
 - Cancer, metabolic encephalopathy, or infection
 - Blood, heart, kidney, lung, hormone, or liver disorders, except for treated thyroid disease
 - Serious mental health, personality, or substance abuse disorders
 - Taking psychotropic or antiepileptic medication
 - Substance abuse within the past two years
- Any condition that may make taking the drug selegiline unsafe, including:
 - Allergy or hypersensitivity
 - Taking any drug that could interact with selegiline, including opioids, such as meperidine and certain antidepressants, such as bupropion

All Participants:

- Any conditions that may make having an MRI or PET brain scan unsafe (e.g., metal shrapnel, heart pacemaker, severe claustrophobia, epilepsy)
- Radiation exposure that if combined with radiation exposure from this study would exceed the safety limit
- Currently pregnant
 - Women who are able to become pregnant must take a pregnancy test on-site and review the negative result together with a physician prior to PET brain scan

To learn more or to participate in this study, call Masahiro Fujita at (713)441-0803 or email him by clicking on the red button below.

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Smartphone Apps to Reduce Stress in Dementia Caregivers

Who is sponsoring this study? Massachusetts General Hospital

Where is this study located? Massachusetts

Start: Feb. 20, 2023

End: Dec. 20, 2024

Enrollment: 80

What is this study about?

This study, named STRIDE, will test the effectiveness of two different smartphone applications, or apps, to reduce stress in caregivers of people living with dementia. Participants will be randomly assigned to use one of the two smartphone apps for a minimum of 10 minutes per day for three months. At the start and end of the study, participants will answer questions about their stress, sleep, overall mental health, and their experience using the application.

Do I qualify to participate in this study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

Caregiver:

- Currently providing unpaid care for a friend or family member living with dementia
- Self-reported stress, with a Perceived Stress Scale score > 6, at screening
- Able to speak, understand, and read English

Person living with dementia:

- Cognitive and functional decline with a Functional Assessment Staging Scale score > 1

Must NOT have:

Caregiver:

- Currently using any consumer-based mindfulness meditation app for more than one hour per month in the past six months
- Currently participating in a meditation program (e.g., mindfulness-based stress reduction, mindfulness-based cognitive therapy)
- Major illness likely to worsen dramatically or require surgery during the study
- Currently receiving treatment for cancer (e.g., chemotherapy, radiation)
- Currently involved in another research study for caregivers
- Significant cognitive decline, based on study screening evaluation
- Plans to place person living with dementia in a nursing home or with another caregiver within the next four months
- Plans to change psychotropic medications during the study

To learn more or to participate in this study, call Ana-Maria Vranceanu at (617)643-7996 or email her by clicking on the red button below.

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Online Training and Support for Lewy Body Dementia Caregivers

Start: April 21, 2023
End: Dec. 11, 2023
Enrollment: 41

Who is sponsoring this study? University of Washington

Where is this study located? Washington state

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.

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Aerobic Exercise to Improve Memory in Older Adults with Mild Cognitive Impairment

Start: March 1, 2019
End: March 31, 2024
Enrollment: 160

Who is sponsoring this study? University of Delaware

Where is this study located? Delaware

What is this study about?

This study will evaluate the effects of aerobic exercise on brain structure and memory in

older adults with mild cognitive impairment. Participants will be randomly assigned to either a supervised aerobic exercise group (treadmill and stationary bicycle) or a supervised group that will do stretching activities. Both groups will meet for three sessions each week for 12 weeks. At the start of the study and again at 12 weeks, researchers will use an MRI scan to assess changes in brain structure, volume, and function. Additional tests will measure memory, cardiorespiratory fitness, and cognitive function.

Do I qualify to participate in this study?

Minimum Age: 60 Years

Maximum Age: 90 Years

Must have:

- Cognitive function test scores consistent with amnesic mild cognitive impairment
- Mini-Mental State Examination score >24
-

Must NOT have:

- Major psychiatric disorder (e.g., schizophrenia, bipolar disorder, major depression) within past two years
- Neurological or autoimmune condition affecting cognition (e.g., Parkinson's disease, epilepsy, multiple sclerosis, head trauma with loss of consciousness greater than 30 minutes)
- Any significant medical illness (e.g., cardiovascular disease, cancer, kidney failure, diabetes, chronic obstructive pulmonary disease, liver disease, high blood pressure)
- Current medication use that may affect central nervous system functions (e.g., long-acting benzodiazepines)
- Failure of exercise screening test
- Factors affecting ability and/or safety of MRI scanning (e.g., claustrophobia, metal implants, pacemaker)
- Concussion within last two years or more than three concussions in lifetime
- Smoking (including marijuana) within the past three months

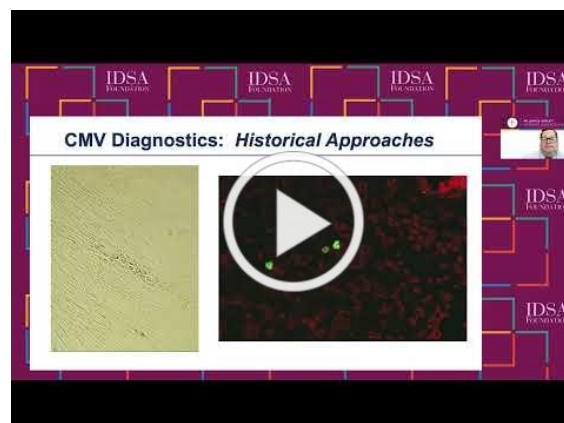
To learn more or to participate in this study, call Curtis Johnson at (302)831-4098 or email him by clicking on the red button below.

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IN CASE YOU MISSED IT...

Infection Prevention: Cytomegalovirus in Post-Transplant Patients



Post-transplant CMV is a common complication of hematopoietic cell transplantation and solid organ transplantation. It can cause significant morbidity and mortality in transplant recipients, not only in the early post-transplant phase but for years following transplantation. Infection prevention strategies are a critical element of avoiding complications when caring for high-risk patients. This webinar provides patients and caregivers with an overview of the infection prevention methods that can help keep transplant recipients healthy and safe after transplantation.



RESEARCH & RESOURCES



**HEALTHYBRAIN
INITIATIVE**



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

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

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

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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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PREVIOUSLY APPEARED



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



National Institute on Aging

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.

[LEARN MORE](#)



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.

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Easing Depression in Older Adults

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

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

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What Are Frontotemporal Disorders?

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

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

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8 Frequently Asked Questions About Alzheimer's Disease

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

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

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

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

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

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Adjusting to Cancer Together


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

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

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 **LGBTQ+ caretakers face special challenges**

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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Going to the Hospital: Tips for Dementia Caregivers

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

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

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

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

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Caregiver Chats

with *Dr. Lakelyn*



**A podcast for
those caring for
aging parents**

New episodes drop on the
15th and 30th of each month.



 **Home Instead.**

Caregiver Chats Podcast

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

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

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

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

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

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Could "Musical Medicine" Influence Healthy Aging?

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

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

To learn more, click the red button below.

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Caregiving 101: On Being a Caregiver

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

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

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Discussing the Care Economy with Ai-jen Poo

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

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

To learn more, click the red button below.

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Advance Directives and Living Wills: Bringing Up Sensitive Topics

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

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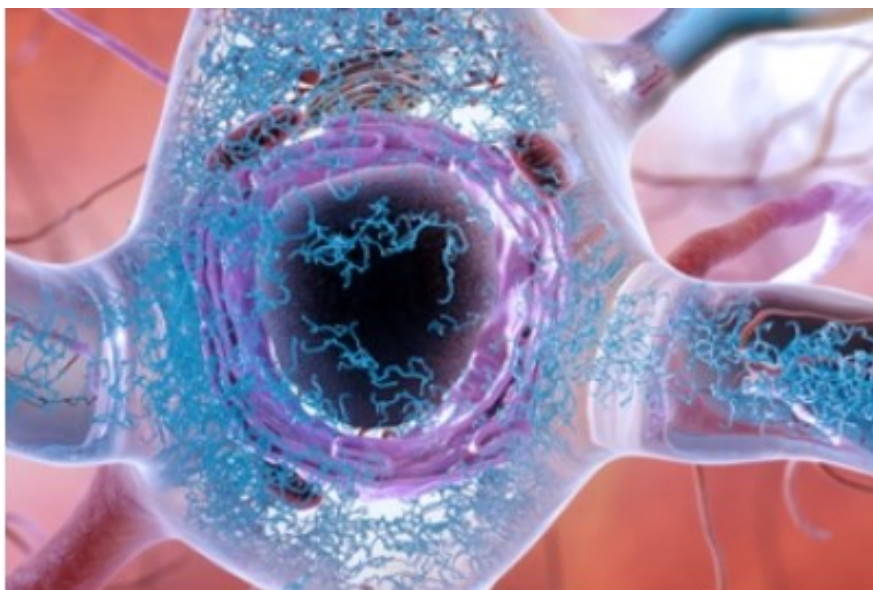
New Program Developed to Address Mental Health Needs of Military Caregivers

The Veterans Administration (VA) recently launched a virtual program to pilot mental health services for caregivers enrolled in the **Program of Comprehensive Assistance for Family Caregivers (PCAFC)**. This program will provide much needed resources, tools and support for caregivers while they care for our nations' heroes.

The clinical resource hub will focus on the unique mental health needs of caregivers through evidence-based therapeutic modalities with services centered around couples, family therapy and the individual needs of the caregiver.

To learn more, click the red button below.

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Study of Green Tea and Other Molecules Uncovers New Therapeutic Strategy for Alzheimer's

Researchers have discovered how a molecule found in green tea breaks apart tangles of the protein tau, a hallmark of Alzheimer's disease. Based on this finding, the team identified other molecules that can also untangle tau and may be better drug candidates than the green tea molecule. Results from the NIA-funded study, published in Nature Communications, suggest that this approach may one day provide an effective strategy for treating Alzheimer's.

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Multivitamins May Help Slow Memory Loss in Older Adults, Study Shows

A daily multivitamin — an inexpensive, over-the-counter nutritional supplement — may help slow memory loss in people ages 60 and older, a large nationwide clinical trial suggests.

The research, a collaboration between scientists at Brigham and Women's Hospital and Columbia University, appeared in the American Journal of Clinical Nutrition on Wednesday.

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Activities to Do with a Family Member or Friend Who Has Alzheimer's Disease

It's important to spend meaningful time with a family member or friend who has Alzheimer's disease or a related dementia. Participating together in activities your loved one enjoys can help improve their quality of life and manage behavior changes that may come with the disease, such as sleep problems, aggression, and agitation. It can also help grow and strengthen your connection. However, it may be difficult to know what activities you can safely do with your loved one.

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Staying Physically Active with Alzheimer's

Being active and getting exercise helps people with Alzheimer's disease feel better. Exercise helps keep their muscles, joints, and heart in good shape. It also helps people

stay at a healthy weight and have regular toilet and sleep habits. You can exercise together to make it more fun.

You want someone with Alzheimer's to do as much as possible for himself or herself. At the same time, you need to make sure that the person is safe when active.

To learn more, click the red button below.

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Maintaining Your Medication Record Form

Once we hit 65, most of us are taking some kind of medication or supplement daily.

Proper medication management is important to manage the overall health of the person you care for, monitor their chronic conditions, and reduce the risk of falls.

Print the medication record form below to track medications and have them reviewed by a doctor or pharmacist.

To view the form, click the red button below.

VIEW THE FORM



Unwinding of Medicaid Continuous Coverage: What Does it Mean for You?

The end of the federal public health emergency (PHE) for COVID-19 means millions of low-income older Americans stand to lose their Medicaid coverage.

Those at risk include people who no longer qualify for Medicaid and those who are still eligible but face practical barriers to getting their coverage renewed.

There are steps you can take to reduce your risk of losing Medicaid benefits as well as affordable alternatives if you or your loved one does lose coverage.

To view the form, click the red button below.

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The ABCs of Respite: A Consumer Guide for Family Caregivers

Respite is a service that provides a temporary break between the family caregiver and the care recipient. It is most important for caregivers to plan ahead if possible when they begin their caregiving activities to access intermittent breaks from caregiving. To be most effective you should consider respite services much earlier than you think you will need them. Respite will be most helpful if you use it before you become exhausted, isolated, and overwhelmed by your responsibilities. Respite services should be beneficial, meaningful, and enjoyable to both the caregiver and the care recipient.

In this Consumer Guide published by the ARCH National Respite Network and Resource Center, you can find insight on how to plan for respite, information about the types of respite available, and answers to the following questions:

- How do I find and pay for Respite?
- How do I choose a respite program or provider?

- How do I choose an Adult Day Services Program?

To view the guide, click the red button below.

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