

THIS WEEK IN CAREGIVING



June 28, 2023



CAREGIVING IN THE NEWS

The U.S. Population is Older than It Has Ever Been

The median age in the United States reached a record high of 38.9 in 2022, according to data released Thursday by the Census Bureau.

It's a rapid rise. In 2000, the median age was 35, and in 1980, the median was 30.

The new data adds to the evidence that, like many European and Asian nations, the United States is graying, posing challenges for the work force, the economy and social programs.

From: New York Times | Published: June 22, 2023

[READ MORE](#)



Calling for Backup: Why Respite Care is a Necessary Solution for Caregiving Burnout

For years, whenever her mother asked who would care for her as she grew older, City Heights resident Teresa McNerney always happily volunteered.

McNerney shares a robust sense of humor with her mom, Glenda Lou Schott, 87, who spent years raising six children as a single mom while working multiple jobs. After 15 years of living independently following a divorce, her mom started displaying symptoms of cognitive impairment in late 2017, said McNerney, 57.

From: San Diego Union-Tribune | Published: June 20, 2023

Medicaid Aims to Better Serve Adults with IDD, Aging Caregivers

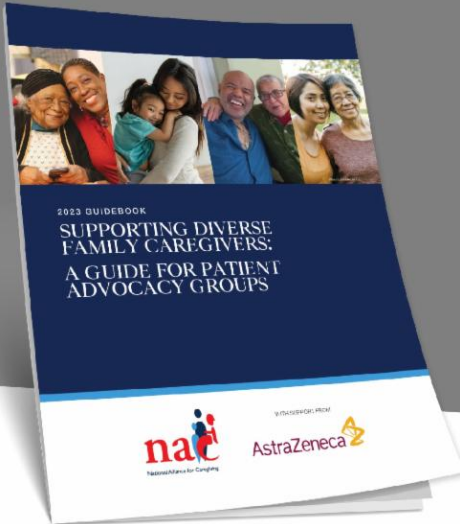
Upwards of a million U.S. households include an adult with intellectual and developmental disabilities who's supported by an aging caregiver and that number is expected to grow. Now, Medicaid officials are making a push to better meet their needs.

The Centers for Medicare and Medicaid Services is issuing a collection of new resources to help state Medicaid and partner agencies as they design and deliver services for this burgeoning demographic.

From: Disability Scoop | Published: June 22, 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.

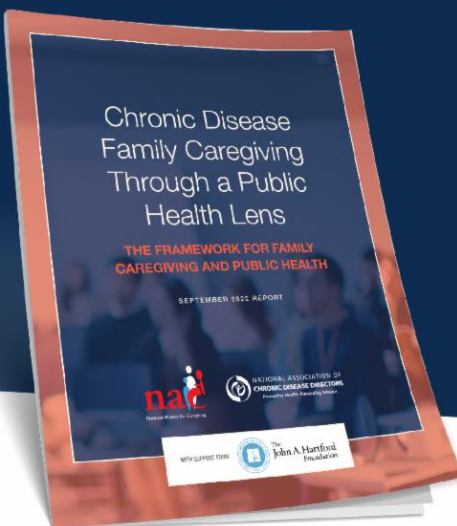
[LEARN MORE](#)



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. Below it, the subtitle 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' is written in red. The date 'SEPTEMBER 2022 REPORT' is at the bottom. 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 a photograph of a group 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.

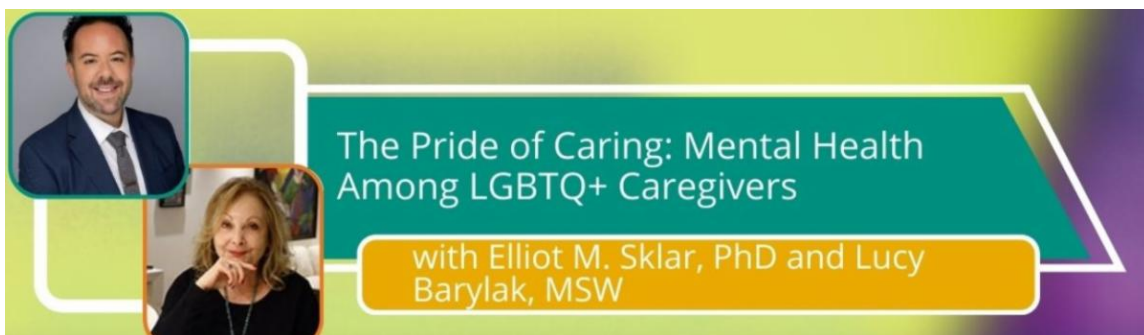
To read the report and access our findings, click the red button below.

VIEW THE REPORT



EVENTS & OPPORTUNITIES

JUNE



Mental Health Among LGBTQ+ Caregivers

June 28, 2023 | 11:00 AM - 12:00 PM ET | Online

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. Join Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW on June 28th for an interactive session on this important health issue.

This webinar will be hosted by the WellMed Charitable Foundation.

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

REGISTER



NATIONAL ACADEMY
FOR STATE HEALTH POLICY

Webinar: Emergence Respite Care Strategies in Medicaid Home and Community-Based Services Waivers

June 29, 2023 | 3:00 PM - 4:00 PM ET | Online

Family caregivers play an important role in caring for Medicaid home and community-based services (HCBS) waiver participants. Respite care is a service delivered in the home or a facility-based setting to provide short-term relief for caregivers. Although most states offer respite through Medicaid, varied program policies and payment rates among states greatly affect caregivers' access to high quality respite services.

Tune in on June 29th for a webinar that will be hosted by [RAISE Act Family Caregiver Resource and Dissemination Center](#). This event will highlight key takeaways from a [new report](#) by the National Academy for State Health Policy that explores emerging respite care strategies within Medicaid HCBS waivers serving older adults and adults with physical disabilities. Kentucky and Virginia Medicaid officials will also outline respite care policies that increase service access within their states, with a particular focus on how other states can replicate.

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

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2023 Health Equity Accelerator Awards: Application Guidelines

Deadline: June 30, 2023

Sanofi believes every person has the right to a fair and just opportunity to be as healthy as possible, and no one should be disadvantaged from getting the care they deserve. It created the Health Equity Accelerator Awards to encourage and support the efforts of US advocacy groups. The advocacy community actively engages with patients and caregivers in underserved communities to address inequities. Alongside this progress, there is opportunity to apply learned experiences and bring new thinking to solve the many challenges that limit peoples' access to care.

This year 10 awards will be given to US advocacy groups for innovative programs that address specific health disparity challenges impacting underserved populations*.

US-based non-profit advocacy organizations are invited to apply by proposing innovative programs to address these challenges. A panel of judges will select a winner for each challenge category based on evaluation criteria, and the corresponding non-profit organizations will receive a \$50,000 healthcare contribution from Sanofi.

To learn more or to apply, click the red button below.

APPLY
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JULY

Keeping the Communication Going

July 3, 2023 | 1:30 PM - 3:00 PM ET | Online

Tune in on July 3rd for an online session that will explain how dementia can affect language and communication. There will be an opportunity to explore the emotional impact of a breakdown in communication / relationships for a carer and the person with dementia and to identify strategies to help establish effective and meaningful interactions.

This session is for you if:

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

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

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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.

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Memory Changes

July 10, 2023 | 1:30 PM - 3:00 PM ET | Online

As dementia progresses, it affects people's ability to store and retrieve information as the memory becomes less efficient.

Join Dementia Carers Count on July 10th for an event that will focus specifically on some of the memory challenges which can occur for a person with dementia and some ideas and strategies to support these challenges. It will provide you with the confidence to try new ways to support the person and to look after yourself.

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

- Learn about how changes in the brain can affect memory
- Get ideas for supporting the person's memory
- Spend time with experienced healthcare professionals who will answer your questions in a safe and supportive environment.
- Meet other people who are taking care of a friend or family member with dementia in a similar situation

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



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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.

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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.

REGISTER





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

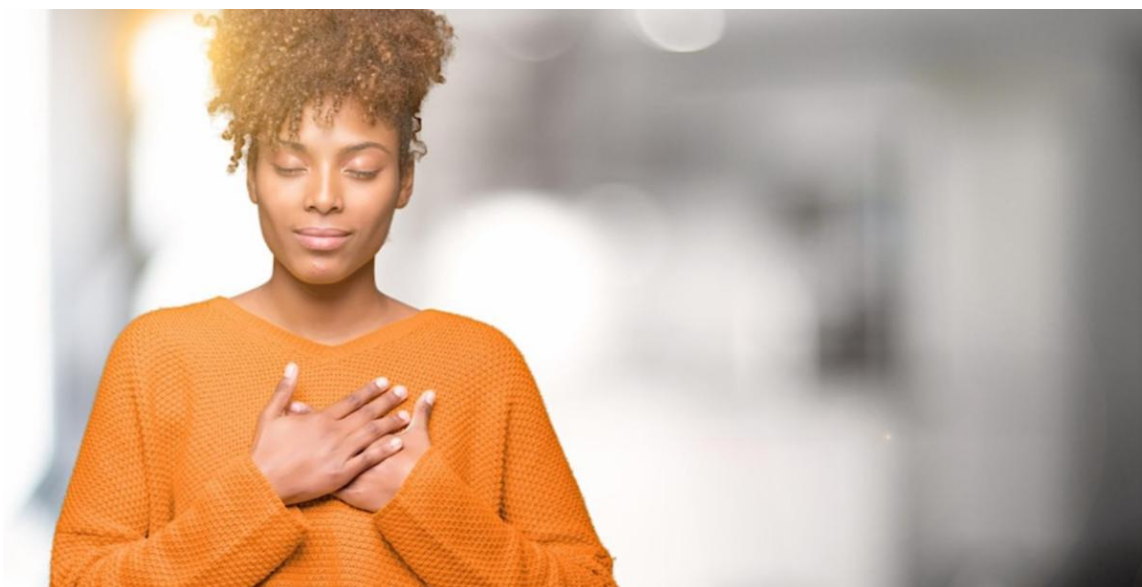
July 12, 2023 | 2:00 PM - 3:00 PM ET | Online

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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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.

REGISTER





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 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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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
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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.

REGISTER



**DEMENTIA
CARERS COUNT**

Supporting Family Carers

Washing, Dressing, and Personal Care

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

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

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

- Explore the different needs an individual has in personal care activities
- Consider strategies that will support positive personal care interactions
- Spend time with experienced healthcare professionals who will answer your questions in a safe and supportive environment
- Meet other people who are taking care of a friend or family member with dementia who maybe having similar experiences

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

REGISTER



Planning for Getting Paid for Caring for a Family Member

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

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

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

Before joining us:

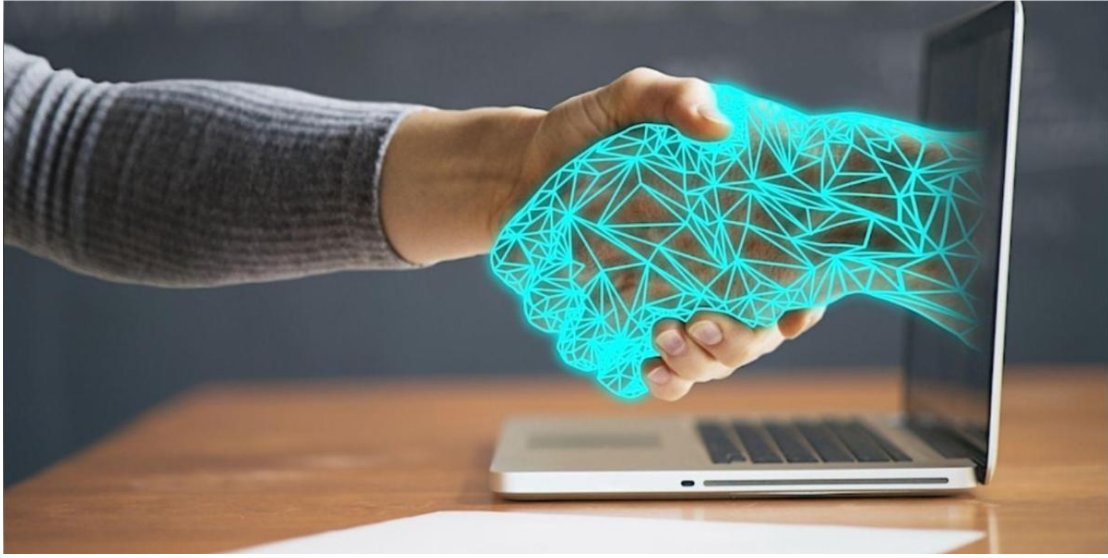
- Download our **Paying for Care Planning Tool** to use during our 50-minute session.

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

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

REGISTER





Useful Technology for Caregivers

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

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

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

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

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

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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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PATIENT AND CAREGIVER STUDIES

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

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

The study seeks individuals who are:

- at least 50 years old

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

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

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

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

LEARN MORE
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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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Masupirdine for Agitation in People with Alzheimer's Disease

Start: November 1, 2022
End: January 2025
Enrollment: 375

What is this study about?

This Phase 3 study will test the safety and effectiveness of the experimental drug masupirdine (SUVN-502) to reduce agitation in older adults with Alzheimer's disease. Participants will be randomly assigned to take either a placebo or one of two doses of the study drug by mouth daily for three months. Researchers will evaluate agitation at the start and end of the study and monitor participants for any side effects.

Do I qualify to participate in this study?

Minimum Age: 50 Years
Maximum Age: 90 Years

Must have:

- Diagnosis of Alzheimer's disease, based on a clinical evaluation with:
 - Mini-Mental State Examination score between 8 and 24
 - History of physical agitation (e.g., kicking, biting, flailing) that interferes with daily functioning (e.g., bathing, dressing) and social activities, or requires medical intervention
- Availability of a caregiver to help participant complete study procedures

Must NOT have:

- Diagnosis of a neurological condition causing cognitive impairment other than Alzheimer's disease (e.g., vascular dementia, Parkinson's disease, Lewy body disease, frontotemporal dementia)
- Agitation caused by a condition other than Alzheimer's (e.g., pain; other psychiatric disorders; delirium due to a metabolic disorder, systemic infection, or substance use)

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

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Dominantly Inherited Alzheimer Network Trial Unit (DIAN-TU)

Start: December 2012

Who is sponsoring this study? Washington University School of Medicine

Where is this study located? Multiple states

What is this study about?

This ongoing study is testing the safety and effectiveness of several experimental drugs to slow the progression of cognitive impairment in people with an inherited Alzheimer's disease-causing gene mutation. Specifically, mutations in presenilin 1 (PSEN1), presenilin 2 (PSEN2), and amyloid precursor protein (APP) genes are associated with inherited Alzheimer's disease. All participants will be tested to determine if they have one of the mutations. Participants found to have one of the mutations will be randomly assigned to receive injections of one of the study drugs. Those participants who do not have a mutation will be randomly assigned to receive injections of either a study drug or a placebo. Injections will be given every four weeks for up to 208 weeks. Researchers will measure changes in cognition, blood and spinal fluid biomarkers, abnormal amyloid and tau protein in the brain, and brain glucose metabolism. Measurements will be done at the start of the study and then again at weeks 52, 104, 156, and 208. The study, called DIAN-TU, will test several different study drugs, starting with gantenerumab and solanezumab.

Do I qualify to participate in this study?

Minimum Age: 18 Years
Maximum Age: 80 Years

Must have:

- Have a genetic mutation that causes Alzheimer's disease or are a family member with an dominantly inherited Alzheimer's disease (DIAD) mutation
- No more than 10 years after the predicted or actual age of cognitive symptom onset
- Cognitively normal or with mild cognitive impairment or mild dementia (Clinical Dementia Rating score of 0 to 1)
- Fluency in trial-approved language and adequate intellectual functioning (aside from mild impairment)
- Able to undergo magnetic resonance imaging (MRI), lumbar puncture, and positron emission tomography and to complete all study-related testing and evaluations
- Females of childbearing potential must agree to use effective contraception if partner is not sterile
- Visual and hearing abilities adequate to complete cognitive and functional assessments
- Study partner who can attend visits and provide information on participant's cognitive and functional abilities
-

Must NOT have:

- Evidence of significant abnormality on brain MRI scans
- Alcohol or drug dependence within past year
- Pacemakers, aneurysm clips, artificial heart valves, ear implants, or foreign metal objects in the eyes, skin, or body that would prevent MRI
- History or presence of significant cardiovascular disease, liver/kidney disorders, infectious disease or immune disorder, or metabolic/endocrine disorders
- Taking anticoagulants; low-dose aspirin (325 mg or less) is allowed
- Exposed to a monoclonal antibody-targeting beta-amyloid peptide within past 6 months
- Cancer in last 5 years, except basal cell carcinoma, nonsquamous skin carcinoma, prostate cancer, or carcinoma in situ with no significant progression in past 2 years
- Positive pregnancy test or plans to become pregnant during the trial period

To learn more or to participate in this study, call Ellen Ziegemeier at (844)342-6397 or

email her by clicking on the red button below.

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Trappsol Cyclo for Early-Stage Alzheimer's Disease

Start: Sept. 23, 2022

End: March 31, 2024

Enrollment: 90

Who is sponsoring this study? Cyclo Therapeutics, Inc.

Where is this study located? Multiple states

What is this study about?

This Phase 2 trial will test the safety and effectiveness of the experimental drug Trappsol Cyclo to improve cognition and daily functioning in older adults with mild cognitive impairment due to early-stage Alzheimer's disease. Participants will be randomly assigned to receive either Trappsol Cyclo or a placebo by IV infusion for four hours once a month. Participants will complete questionnaires and memory tests, and provide blood samples at the start of the study, and after 4, 8, 12, and 24 weeks. Researchers will measure changes in cognition and daily functioning, and track the concentration of the drug in the blood. They will also monitor all participants for safety and any side effects throughout the trial.

Do I qualify to participate in this study?

Minimum Age: 50 Years

Maximum Age: 80 Years

Must have:

- Diagnosis of mild cognitive impairment due to early-stage Alzheimer's
- Mini-Mental State Examination score of 20 to 28 at study screening and the start of the study, with no more than a three-point change between visits
- Evidence of amyloid deposits based on either a blood test or an MRI brain scan

Must NOT have:

- Serious kidney disease
- Evidence of a neurodegenerative disease other than Alzheimer's
- Severe hypothyroidism
- Abnormally low levels of Vitamin B12 in the blood
- Serious vision, hearing, or language problems that would interfere with taking memory tests

To learn more or to participate in this study, call Lori Gorski at (386)418-8060 or email her by clicking on the red button below.

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Trazodone to Improve Sleep and Memory in People with Early Alzheimer's Disease

Start: Jan. 4, 2023

End: May 2028

Enrollment: 100

Who is sponsoring this study? Johns Hopkins University

Where is this study located? Maryland

What Is This Study About?

This Phase 2 study, named REST, will examine the effectiveness of the FDA-approved drug trazodone to improve sleep and memory in people with mild cognitive impairment due to early Alzheimer's disease. Participants will be randomly assigned to take either trazodone or a placebo pill at bedtime for one month, pause for one month without pills, then switch groups for one month. Throughout the three-month study, participants will wear a sleep-monitoring device on their wrists. In addition, participants will perform and complete four home sleep tests during the study. At the start and end of the study, participants will fill out questionnaires about their sleep, complete memory tests, and undergo MRI brain scans.

Do I Qualify To Participate in This Study?

Minimum Age: 55 Years

Maximum Age: N/A

Must have:

- Mild cognitive impairment due to early Alzheimer's disease, based on the study screening evaluation, including:
 - Clinical Dementia Rating score of 0.5, with a Memory Box score > 0.5
 - Repeatable Battery for the Assessment of Neuropsychological Status (RBANS) list recall memory performance score > 1.5 standard deviation below cognitively normal people of the same age and education
- Evidence of sleep problems, with Pittsburgh Sleep Quality Index score of > 5
- Adequate vision and hearing to complete study tests
- Overall good health, with no disease that could interfere with the study
- Able to have Magnetic Resonance Imaging (MRI) scan
- Availability of a study partner who knows the participant well and is able to answer questions and attend study visits

Must NOT have:

- Frailty or any other condition that may interfere with ability to complete study procedures
- Diagnosis of any significant or unstable medical condition that could make it difficult to complete study procedures
- Diagnosis of obstructive sleep apnea or apnea/hypopnea index score of >15 at the start of the study
- Diagnosis of dementia
- Any medical or neurologic condition other than mild cognitive impairment that could be causing thinking and memory issues
- Delirium
- Allergy to trazodone
- Currently taking sleep medications, including trazodone
- Current substance abuse
- Current major depressive, manic, or acute psychotic episode
- Diagnosis of serious or unstable medical condition which could make it difficult to complete study procedures
- Any condition that may make having an MRI brain scan unsafe (e.g., metal shrapnel, heart pacemaker, severe claustrophobia, epilepsy)
- Diagnosis of long QT syndrome, a heart disorder that causes fast, chaotic heartbeats

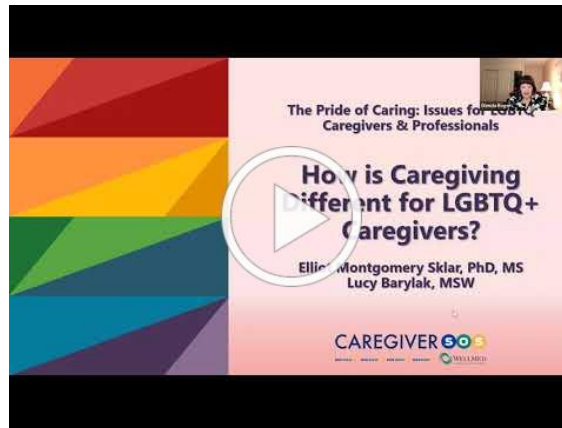
To learn more or to participate in this study, call Barry Greenberg at (410)955-1696 or email he by clicking on the red button below.

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IN CASE YOU MISSED IT...

How is Caregiving Different for LGBTQ+ Caregivers?



Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW, discussed the ways that caregiving is different for LGBTQ+ caregivers.

This webinar was hosted by the WellMed Charitable Foundation.



RESEARCH & RESOURCES



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
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A Caregiver's Guide to Sundowning and Dementia

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

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

To view the guide, click the red button below.

VIEW THE GUIDE
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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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PREVIOUSLY APPEARED



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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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**

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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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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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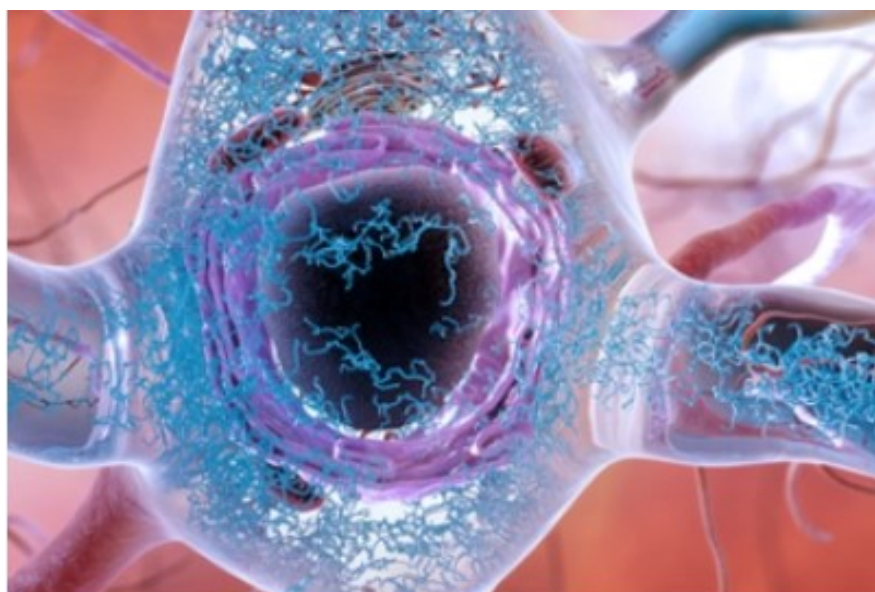
New Program Developed to Address Mental Health Needs of Military Caregivers

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

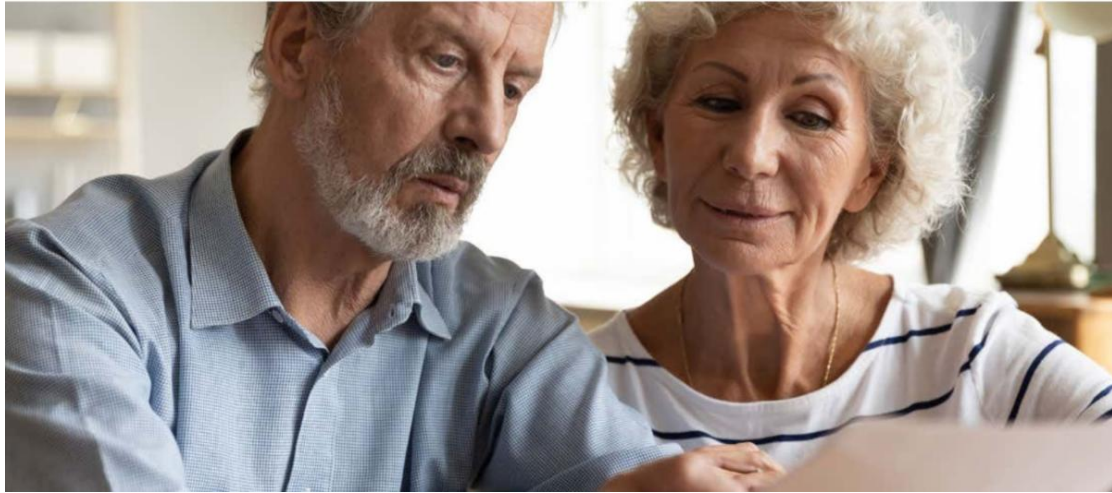
Being active and getting exercise helps people with Alzheimer's disease feel better. Exercise helps keep their muscles, joints, and heart in good shape. It also helps people

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.

VIEW THE GUIDE



Helping Family and Friends Understand Alzheimer's Disease

When you learn that someone has Alzheimer's disease, you may wonder when and how to tell your family and friends. You may be worried about how others will react to or treat the person. Realize that people often sense when something has changed. By sharing what is happening, family and friends can help support you and the person with Alzheimer's disease.

To learn more, click the red button below.

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Dementia-Friendly Initiatives for Individuals Living with Dementia, Care Partners, and Communities

Many existing affordable programs for individuals living with dementia are under-used. This article outlines the history of Dementia-Friendly America and efforts in states to address the needs of individuals living with dementia and their care partners within an Age-Friendly framework. It reviews existing state programs that focus on gaps in services for these sub-populations, the need to communicate about available, affordable programs and services, and public health initiatives to fund community-based supports for people living with dementia and their care partners. It addresses inclusivity, anti-ageism, and equity, as well as how to address quality outcomes in each of those areas.

To learn more, click the red button below.

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Alzheimer's and Dementia Caregivers: 5 Ways to Help Find Nourishment

Are you caring for a parent, spouse, other relative, or friend with Alzheimer's or dementia? Do you know someone who is? The National Council on Aging has put together a caregivers' toolbox to help.

To learn more, click the red button below.

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Less Myelin Content in the Brain Linked to Faster Cognitive Decline

People whose brains have less myelin — the fatty tissue that insulates nerve cells — experience steeper declines in cognition over time, according to an NIA study published in *Alzheimer's & Dementia*. The findings show the impact of myelin content as healthy people age and underscore myelin as a potential therapeutic target for neurodegenerative diseases, such as Alzheimer's and mild cognitive impairment.

To learn more, click the red button below.

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Caregivers Feeling the Squeeze of "Sandwich Caregiving"

An estimated 11 million Americans provide unpaid care to older adults while also caring for their children. (For comparison, that's slightly more people than the entire population of the state of Georgia.) Known as “sandwich caregiving,” this type of intergenerational care is emotionally, physically, and often financially taxing. Elder care is expensive and increasingly complex. Navigating the bureaucracies of health care and insurance can feel like a full-time job. Moreover, due to a variety of societal trends, the “sandwich” years are lasting longer than ever, increasing caregivers’ risk of burnout.

To learn more, click the red button below.

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Caregiver Stress

Alzheimer's caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. Read on to learn symptoms and ways to avoid burnout.

To learn more, click the red button below.

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Advice for Caregivers: Handling Burnout

Millions of Americans care for a loved one with cancer every year, with one in three caregivers dedicating time every week that is equivalent to a full-time job. While caregiving allows for an opportunity to provide for someone you love, the long-term stresses of caregiving can lead to physical and emotional exhaustion.

To learn more, click the red button below.

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The Link Between Highly Processed Foods and Brain Health

Roughly 60 percent of the calories in the average American diet come from highly processed foods. We've known for decades that eating such packaged products -- like some breakfast cereals, snack bars, frozen meals and virtually all packaged sweets, among many other things -- is linked to unwelcome health outcomes, like an increased risk of diabetes, obesity and even cancer. But more recent studies point to another major downside to these often delicious, always convenient foods: They appear to have a

significant impact on our minds, too.

To learn more, click the red button below.

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