

THIS WEEK IN CAREGIVING



May 17, 2023



CAREGIVING IN THE NEWS

The U.S. 'Has Become a Nation of Caregivers,' Expert Says

The cost of caring for children, growing old, being ill, or otherwise needing care has never been higher.

According to a recent report from AARP, roughly 38 million family caregivers provided an estimated 36 billion hours of care in 2021, contributing an estimated economic value of approximately \$600 billion. However, family caregivers often provide this financial, social, and medical support for no pay.

From: Yahoo! Finance | Published: May 12, 2023

READ MORE



If You See Something, Say Something: A Caregiver's Role in Keeping Older Adults Safe

"If you see something, say something." It's a familiar adage to encourage people to look out for each other and it rings especially true for family caregivers of older adults receiving health care. These caregivers have unique knowledge about the health, wellbeing and what matters most to the person they care for.

Obviously, the best case is when the older person can clearly articulate any concerns for themselves. However, a caregiver may identify a potential safety issue before a doctor, nurse or even the older adult notices it themselves, and may be able to say something before harm occurs.

The Mother Who Changed: A Story of Dementia

In October 2017, Diane Norelius stopped answering the phone. Her two daughters called and called. They called Diane's boyfriend, Denzil Nelson, too. Whenever Denzil picked up, he would only say, "She doesn't want to talk to you." But usually, he didn't pick up. The women worried that their mother, who was 81, was sick, or maybe even dead. After a few days of radio silence, they flew home to Denison, Iowa, a town of around 8,000 people, surrounded by cornfields.

When Diane answered the door and saw her daughters standing on the lawn, she hesitated. Then she looked over at Denzil, who had come to stand by her side. "Can't we come in, Mom?"

From: New York Times | Published: May 12,

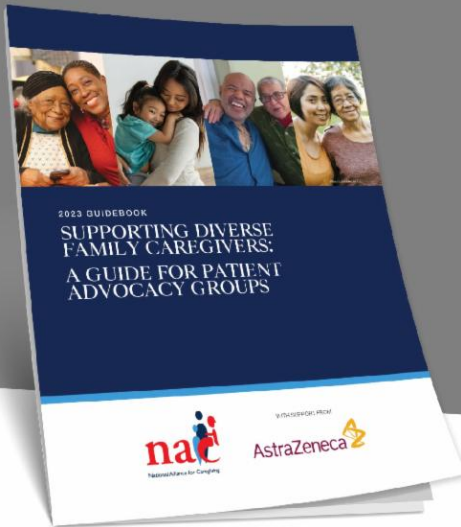
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NAC NEWS AND UPDATES



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. At the bottom, it says 'SEPTEMBER 2022 REPORT'. The NAC logo is in the bottom left corner. A small white box at the bottom right of the cover mentions 'WITH SUPPORT FROM John A. Hartford Foundation'. The background of the cover is a dark blue 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

MAY

A Caregiver Roadshow

May 17, 2023 | 1:00 PM - 2:00 PM ET | Online

Join AARP on May 17th for a conversation designed for unpaid family caregivers who are the backbone of our health care system. Gain an understanding of what you need to know as you navigate the care journey: how to start a conversation with loved ones about their wishes, making an effective caregiving plan, types of caregiving supports and services that might be available in your community, AARP resources for family caregivers, options for paying for care, and how to take care of yourself while you're on your caregiving journey. This session is live and not recorded.

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

REGISTER





Role Changes in Caregiving Families

May 17, 2023 | 2:00 PM - 3:00 PM ET | Online

Millions of adult children act as family caregivers for their aging parents. How does this role reversal impact relationships? Tune in on May 17th for a presentation by MemoryLane Care Services that will discuss how family roles change from the points of view of the family caregiver and the person receiving care. The session will also share practical tips to purposefully strengthen connections.

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

REGISTER



Alzheimer Society
D U R H A M R E G I O N

Enhancing Care Program for Care Partners Information Session

May 17, 2023 | 6:30 PM - 7:30 PM ET | Online

Join the Alzheimer's Society of Durham Region in Ontario for a Zoom session for care partners of a person living with dementia and health care providers to learn more about the Enhancing Care Programs, TEACH and CARERS, two programs developed by Reitman Centre at Sinai Health System to support the needs of caregivers and aid in the enhancement of coping and practical skills.

TEACH: TEACH stands for Training, Education and Assistance for Caregiving at Home. TEACH is a therapeutic group intervention with the goal of providing education while enhancing coping skills of care partners. A vital aspect of TEACH is the group support where care partners have the opportunity to share and learn from other care partners, often discussing common problems and strategies that have worked for others. TEACH is widely open to any kind of care partner, whether they are just starting out in this role or have been caregiving for a long period of time.

CARERS: CARERS stands for Coaching, Advocacy, Respite, Education, Relationship, Simulation. CARERS is an eight-week program for primary caregivers of people living with

dementia and this program is more in-depth than TEACH and consists of 2-hour sessions each week. CARERS focuses on practical skill-based tools and emotional supports needed to provide care for someone with dementia. It is structured around therapeutic relationships, adult learning which includes experiential learning through the use of simulation and problem-solving techniques.

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

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A Caregiver's Guide to Wellness

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

Join AARP of North Carolina on May 18th for an online event featuring Shevel Mavins and Kaii Marie Robertson, cofounders of the Behavioral Health Mind Body Academy, that will explore the importance of developing a caregiver self-care plan and how to go about doing so. For example, it's a good idea to consider the benefits of arranging for respite care when you're taking care of a loved one at home and of making time for walking and exercise.

Effective caregivers understand their limitations and request help as needed, so identifying a backup support system is a key step. While it can be tough to call on assistance, the presentation will cover how to discuss sharing the responsibility of caring for a loved one with your family. You'll also get suggestions of apps that can help you manage your loved one's medical affairs.

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

REGISTER





Making 'Cents' of Caregiving Costs

May 18, 2023 | 6:00 PM - 7:00 PM ET | Online

In this informative session, you'll be introduced to essential information caregivers need to know to more easily manage the costs and complexities of caregiving -- on creating a health care plan, choosing a power of attorney and budgeting for housing and transportation costs, for example. AARP's **Financial Workbook for Family Caregivers** will be reviewed, we'll explore how to incorporate the financial tips into your caregiving, and additional resources will be provided.

By the end of the session, we hope you have the confidence to make your own plans, as well as understand how to best plan for your care recipient. The presentation, part of a multi-event Caregiving series from AARP Massachusetts, will be given by a trained AARP volunteer and will include time for Q&A.

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

REGISTER



TRANSPLANT
community
UNMET NEEDS
SUMMIT

The Transplant Community Unmet Needs Summit

May 19, 2023 | 10:00 AM - 3:00 PM ET | Online

The Transplant Community Coalition is launching the inaugural Transplant Community Unmet Needs Virtual Summit May 19th! The one-day virtual event will feature empowering and educational sessions such as Building Your Mental Health Toolbox, Being the CEO of Your Care, State of Transplant Policy and more.

To learn more or to register for this event, click the red button below.

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METTLE
HEALTH

Conversations and Events

Advance Care Planning: Advance Directives Deep Dive

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

Advance directives are tricky to complete if you don't understand the context or consequences of the medical decisions you are asked to make. What is a health care proxy, and what does the role entail? What does artificial nutrition actually entail? How about a ventilator? Putting yourself into a future state is hard enough, but much harder when you don't fully understand the implications of what you're signing up for.

Join BJ Miller, Mettle Health founder, palliative care and hospice physician and author, for an informal and interactive conversation on what's in an advance directive and how to complete them. Advance care planning IS confusing, and we hope to shed some light in this session.


All online discussions begins with a basic overview of the day's topic before opening up to the group for Q&A and conversation. This session should feel as supportive as it does educational, so bring your questions and comments, or feel free to just listen. Together, we'll explore real life examples and address your questions on the topic.




Discussions are held online and once registered, you will receive a link via email to join on video or by phone.

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

REGISTER
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**NAVIGATING AGING
RESEARCH**
CELEBRATE
CLINICAL TRIALS DAY
WITH MIKE SPLAINE
Aging Advocate

20 MAY 2023  2:00PM-3:00PM



Clinical Trials Day - Navigating Aging Research with Mike Splaine

May 20, 2023 | 2:00 PM - 3:00 PM ET | Online

Progress on cognitive health, dementia, caregiving, and aging treatments lags because there are simply not enough people volunteering to participate in research.

Clinical trials range from things one can do from the couch or home office, to complex clinical trial in major medical centers, but sharing reputable information is an easy step we can all take.

Aging Research Navigators hosts aging advocate Mike Splaine for a virtual coffee chat on May 20th to discuss the hows and whys of participating in brain health research. This presentation is helpful for anyone interested in research, especially those living with Alzheimer's disease or a related dementia.

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

REGISTER



Comfort for Caregivers: Strategies for Dealing with Caregiver Stress

May 22, 2023 | 10:00 AM - 11:00 AM 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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Sundowning

May 24, 2023 | 8:30 AM - 10:00 AM ET | Online

You may have heard the term “sundowning”. It refers to the agitation or state of confusion occurring in the late afternoon and lasting into the night experienced by someone with dementia. It’s a really common side affect of dementia and it is particularly apparent in the autumn and winter months as the days are shorter and the night rolls in earlier.

Sundowning can cause different behaviors, such as confusion, anxiety, aggression or ignoring directions. It can also lead to pacing or wandering. These behaviors can be particularly difficult for a carer to manage and can increase your own anxiety as the late evening / afternoon starts to approach.

Join the UK's Dementia Carers Count on May 24th for a presentation and exploration of sundowning. This session is for you if you ...

- want gain a better understanding of the factors that may contribute to early evening agitation or sundowning
- would like to consider your own needs at this time as well as the person with dementia
- want to spend time with experienced healthcare professionals who will answer your questions in a safe, supportive environment
- would like to meet other people who are taking care of a friend or family member with dementia in a similar situation

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

REGISTER
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**United
Healthcare**

**Online Training Offers Specialized
Support to Foster Parents**

May 24, 2023 | 12:00 PM - 1:00 PM ET | Online

In the United States, over 391,000 children and teens are in foster care. Behavioral health is the largest unmet health need of this population, requiring the presence of at least one nurturing, responsive caregiver who is stable in the child's or teen's life over time to help address.

To support foster and kinship caregivers and adoptive parents, UnitedHealthcare and the [National Foster Parent Association](#) are offering a no-cost, online course that addresses the mental health needs of children and youth in foster care and the self-care needs of caregivers. The course coincides with National Foster Care Month, an annual event that recognizes the important role people from all parts of the child welfare system play in supporting children, youth and families.

To learn more or to register for this course, click the red button below.

LEARN MORE



Eldercare Caregiving Grief and Guilt

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

When you become a caregiver, quite often some huge emotions come along for the ride. Emotions such as Grief & Guilt.

Join Amy Friesen, Founder of Tea & Toast, Best-Selling Author, Speaker and Educator, and Margaret Dennis, Founder of Evolv Coaching as they explore these big emotions. Why do these emotions happen & how to recognize them (it isn't always what you think!).

Learn strategies on how you can support yourself and your loved ones when these emotions surface.

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

REGISTER





Stages and Progression of Dementia

May 24, 2023 | 2:00 PM - 3:00 PM ET | Online

Dementia is the umbrella term for the category of illnesses that cause memory loss and the deterioration of mental functioning. Dementia occurs due to physical changes to the brain. Join MemoryLane Care Services for a webinar that will discuss the stages and progression of dementia as well as resources to support you and your loved ones.

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

REGISTER



Understanding Dementia Better

May 25, 2023 | 1:00 PM - 3:00 PM ET | Online

Tune in on May 25th for an online session hosted by the UK's Dementia Adventure, "Understanding Dementia Better." Its expert training team will support you to understand dementia better, offering you small and easy steps that can make a big difference.

This 2-hour session will be informal, and a great opportunity to meet and learn from other people in situations similar to yours.

We actively encourage questions, which you can ask during the session or send to us before-hand.

You can expect to understand:

- The common symptoms of dementia.
- How dementia can affect the senses, communication and behaviour.
- The importance of seeing the person before the condition.
- Practical ways to connect with a person with dementia.
- Strategies to overcome communication barriers.
- Solutions for adapting the environment.
- The benefits of a connection with nature and the outdoors.

Following the session, we will send you an email with a link to resources we mention throughout the session.

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

REGISTER
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**NATIONAL LGBTQIA+ HEALTH
EDUCATION CENTER**

A PROGRAM OF THE FENWAY INSTITUTE

What You Need to Know about Informal Caregiving and the LGBTQIA+ Community

May 25, 2023 | 2:00 PM - 3:00 PM ET | Online

Tune in on May 25th for a webinar presented by the [National LGBTQIA+ Health Education Center](#) and the [National Center for Equitable Care for Elders](#) (NCECE). It will focus on the unique experiences and considerations for supporting both LGBTQIA+ caregivers who provide care or assistance to a family member, chosen family, or friend and those providing care to LGBTQIA+ older adults.

After participating in this webinar, participants will be able to:

1. Understand various roles, responsibilities, and models of informal caregiving.
2. Explain best practices for addressing needs or concerns related to education, access to services, and overall wellness for LGBTQIA+ caregivers and care recipients.
3. Implement strategies to provide affirming care and connect LGBTQIA+ caregivers to inclusive and affirming support services.

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

REGISTER
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CONFIDENCE

¡CONFIANZA!



CONFIDENCE Financial Education Program: May 25 - June 22, 2023

Thursdays, May 25 - June 22, 2023 | 5:00 PM - 7:00 PM ET | Online

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

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

REGISTER



Setting Boundaries for Healthy Relationships and Caregiver Self-Care

May 25, 2023 | 7:00 PM - 8:30 PM ET | Online

Healthy boundaries are essential for any caregiver supporting a loved one living with depression. Boundaries provide structure in relationships and ensure that everyone involved is respected and gets their needs met. By setting clear limits, you can prioritize your wellness while continuing to be a support for your loved one.

Taking the time to nurture yourself emotionally, mentally, and physically can help you remain strong despite the demands of caregiving and avoid caregiver burnout. Learn how to develop and affirm your boundaries to promote your own wellness and strengthen your relationship with your loved one.

Join Families for Depression Awareness on Thursday, May 25, 2023, from 7:00 PM to 8:30 PM ET to hear from Jenny Woodworth, LISW, to learn how to define boundaries as they relate to familial relationships. You'll learn why boundaries are necessary when supporting a loved one with a mood disorder and how to apply boundaries as a form of self-care.

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

REGISTER



Sleep & Dementia

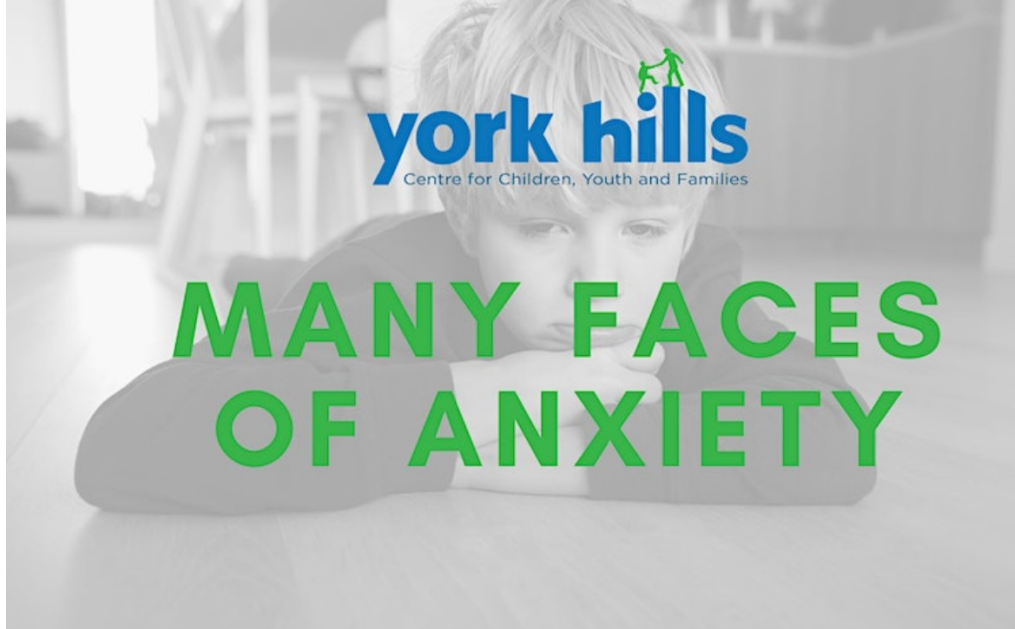
May 29, 2023 | 2:30 PM - 4:00 PM ET | Online

Disturbances in the sleep cycle are common with people suffering from dementia. Join the Alzheimer's Society of Durham Region in Ontario for an online event that will explore how sleep affects our brain, and how changes influence behaviours, and ways to ensure good sleep hygiene.

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

REGISTER





Many Faces of Anxiety

May 29, 2023 | 6:30 PM - 8:30 PM ET | Online

Join the York Hills Centre for Children, Youth and Families on May 29th for a workshop that will provide valuable information to caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

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

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

May 30, 2023 | 10:00 AM - 11:00 AM ET | Online

On May 30th, join HopeHealth Hospice & Palliative Care for an online presentation 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 workshop, click the red button below.

REGISTER



Reminiscence in Caregiving

May 31, 2023 | 2:00 PM - 3:00 PM ET | Online

People living with dementia struggle with short-term memory limitations. Recalling memories from the past is a great way to connect. Join MemoryLane Care Services on May 31st for an online session that will discuss ways to incorporate reminiscence and the life story into caregiving.

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

REGISTER



Trust It or Trash It? Techniques for Evaluating Health News Stories

May 31, 2023 | 2:00 PM - 3:00 PM ET | Online

Too often health and medical news reporting is unreliable, at best. Ten years ago one study found nearly 90% of all health news stories contained inaccurate information, and it's only gotten more difficult since then to sort out the useful information from hype, advertisements, or genuinely fake news. In the effort to make their stories catch readers' eyes, journalists frequently mistake, exaggerate, or spin reports. Often reporters also miss details that make all the difference when it comes to transforming research findings into useful medical treatment.

However, there's good news too. With critical thinking skills, tools, and techniques, careful readers (even without a science background) can spot inaccurate or unreliable health reporting.

Join the Family Caregiver Alliance on May 31 for a program that will describe DIY

techniques that anyone can use to detect bias, spin, and scam warning signs; identify trustworthy go-to sources for quick and efficient searching. This presentation will also explain how to read and evaluate medical research reports. Being able to identify what is valid and relevant information amidst all the noise of our news media can be essential for people with serious or chronic illness, and for those who help care for them.

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

REGISTER



Sleep Hygiene

May 31, 2023 | 9:00 PM - 10:00 PM ET | Online

Join the Family Caregiver Alliance on May 31st for a workshop that will discuss sleep and the body, sleep and aging, sleep-wake cycle changes, chemicals and hormones, health conditions, lifestyle, sleep disorders, and sleep deprivation. This is an evening event to accommodate working caregivers.

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

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JUNE



Family Reactions to Mental Illness

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

Understanding why people experience things differently can help to ease tension and increase acceptance. Join Jaymi Dormaier, a licensed therapist, on June 1st for a discussion of the caregiving experience, the stages of emotional response, and learn how to respond and cope.

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

REGISTER



Dealing With Dementia

June 1, 2023 | 5:00 PM - 9:00 PM ET | Online

Being a caregiver for a family member or friend with dementia comes with its own set of unique rewards and challenges. Hosted by the Rosalynn Carter Institute, the Dealing with Dementia workshop is here to provide insights and guidance on dementia and the caregiver journey. Participants will be mailed a free, comprehensive Dealing with Dementia guide designed specifically to help support caregivers.

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

REGISTER



Aspects of Caregiving

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

Join BJ Miller, Mettle Health founder, palliative care and hospice physician and author, for an informal and interactive conversation on caregiving and what it entails to be a caregiver.

All online discussions begins with a basic overview of the day's topic before opening up to the group for Q&A and conversation. This session should feel as supportive as it does educational, so bring your questions and comments, or feel free to just listen. Together, we'll explore real life examples and address your questions on the topic.

Discussions are held online and once registered, you will receive a link via email to join on video or by phone.

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

REGISTER





Money Matters for Family Caregivers

June 5, 2023 | 6:00 PM - 7:00 PM ET | Online

Join financial counselor Kate Grayson on June 5th for an online discussion of money matters in the context of caregiving.

This workshop, will examine:

- 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



Under the Umbrella: The Clinical and Lived Experience of Vascular Dementia

June 7, 2023 | 4:00 PM - 5:30 PM ET | Online

Join the Banner Sun Health Research Institute on June 7th for a webinar about Vascular Dementia. This session is the second in a three-part series discussing some of the less common, though very real, forms of dementia that people are facing.

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

REGISTER



A Conversation About Dementia

June 8, 2023 | 12:00 PM - 1:00 PM ET | Online

The suspicion – or the certainty – that a loved one faces a diagnosis of dementia can be

frightening for family members. Join AARP on June 8th for a webinar that will offer tips on how to prepare to be a caregiver – how to have honest and caring conversations about going to the doctor, how to know when it's time for your loved one to stop driving (and then be sure it happens), and how to make the legal and financial plans caregivers need to manage another person's care and affairs.

The featured speaker will be Dan Kapsak, principal of Kapsak | Estes LLC, whose practice is devoted to all aspects of estate and business planning, with a special emphasis in elder law issues.

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

REGISTER



Caring for Your Caregiver

June 8, 2023 | 3:00 PM - 4:00 PM ET | Online

Your caregiver is your most valuable contact to help live a better life with Myasthenia Gravis. They need your understanding, patience, and care too. Join Toni Gities on June 8th for a webinar that will discuss the importance of caring for your caregiver.

Toni is the CEO of Caregiver Empowerment and the 2022 recipient of the Myasthenia Gravis Foundation's Emerging Leadership Award.

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

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Understanding Dementia for Family and Friends

June 9, 2023 | 10:00 AM - 12:00 PM ET | Online

Join CaringKind on June 9th for a seminar that will provide family members and friends information about Alzheimer's disease and other dementias, discuss the different stages of the disease and what to expect and include an overview of our programs and services and other available resources and services are available to help them cope with present challenges and future planning.

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

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Planning for Getting Paid for Caring for a Family Member

June 9, 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



Why Dementia is Different for Everybody

June 12, 2023 | 1:30 PM - 3:00 PM ET | Online

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

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

Join the UK's Dementia Carers Count for an introductory course on June 12th that will examine the different factors that affect a person's experience of dementia and how these might influence the role of the carer. By better understanding dementia, you will be better equipped to deal with the challenges you both might have to face.

The course is for you if you would like to:

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

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

REGISTER



Plan Your Respite in Place Space

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

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

Join The Caregiving Years Training Academy on June 13th for an online session about

finding a break if your caregiving duties require you to stay in place. This presentation will help you create a Respite In Place plan so you can create a space to call your own in your home, your yard and your community.

Before joining us:

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

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

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

REGISTER
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The Future of Brain Cancer Care: Supporting People Better

June 14, 2023 | 12:00 PM - 1:30 PM ET | Online

Join the University of Washington's Broadening the Representation of Academic Investigators in NeuroScience (BRAINS) program on June 14th for a virtual showcase from the future leaders in supportive care and survivorship research in brain cancer. Early and mid-career researchers from many research programs across Australia will come together to share their research on ways to better support people diagnosed with brain cancer, their caregivers, and the health professionals who work with them.

This event is open to anyone interested in attending including researchers, clinicians, community organisations, people with brain tumour, and caregivers.

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

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Caregiving Coffee: Managing Restlessness and Sleep Issues

June 14, 2023 | 2:00 PM - 3:00 PM ET | Online

People with dementia often have trouble sleeping or may experience changes in their sleep schedule. There are many things you can do to help your family member sleep better. Join MemoryLane Care Services on June 14th for a webinar that will provide tips and resources.

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

REGISTER



Caring for and Supporting LGBTW Seniors

June 15, 2023 | 12:00 PM - 1:00 PM ET | Online

Research shows that members of the LGBTQ community have distinct health care needs and experience disparities in care and health outcomes related to aging. According to a study explored in Medical School Curricula, older LGBT adults were found to have a higher risk of disability, poor mental health, smoking and increased alcohol consumption than heterosexuals.

Join AARP North Carolina on June 15th along with Shevel Mavins and Kaii Marie Robertson, co-founders of the Behavioral Health Mind Body Academy, for a presentation intended to educate family caregivers on their LGBTQ loved ones' unique needs and share tips on creating a supportive network that can help reduce some of the health challenges.

Learn how to identify culturally competent providers and how to find LGBTQ-friendly attorneys to assist with advance directives and other legal documents, for example. Shevel and Kaii will also share resources you can tap in the event of discrimination by a nursing home, assisted living facility or a senior living community because of your loved one's sexual orientation.

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

REGISTER





Defining Dementia: Progression, Treatment & Strategies

June 15, 2023 | 1:00 PM - 2:00 PM ET | Online

This online class reviews the basics of dementia from the various types to progression and treatments available. Most importantly, caregivers will learn the 8 most essential strategies to avoid many of the unwanted behaviors that arise due to the demands of the illness.

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

REGISTER
>



Preventing and Managing Falls

June 21, 2023 | 2:00 PM - 3:00 PM ET | Online

Falls are a threat to the health of older adults and their ability to remain independent. Join MemoryLane Care Services on June 21st for a webinar that will discuss ways to eliminate trip hazards from your home to keep your family safe.

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

REGISTER



Essentials of Caregiving: Learning to be a Caregiver

June 23, 2023 | 2:00 PM - 3:30 PM ET | Online

Whether you have recently taken on the new role of a family caregiver or have been established in the role for some time, join School of Nursing at UT Health San Antonio on June 23rd (2:00 PM ET) for an online session that will assist you in navigating the experience of caring for your loved one.

The School of Nursing's presenters bring their professional and personal experiences to this informational opportunity. Sheran Rivette, Family Caregiver Specialist at the School of Nursing, cared for her late husband who lived with dementia. She brings her expertise in care management and will provide tips and tricks that supported her in her role. Dr. Sara Masoud brings her experience as a former family caregiver and her expertise as the Program Manager at the university's Caring for the Caregiver program.

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

REGISTER





Young Onset Dementia

June 26, 2023 | 2:30 PM - 4:00 PM ET | Online

Join the [Alzheimer Society of Durham Region](#) (Canada) on June 26th for an online workshop that will distinguish Young Onset dementia from other types of dementia by identifying its core symptoms and by understanding the possible causes/risk factors that bring changes to brain structure and function. It will also discuss general ways of supporting people living with young onset dementia.

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

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

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

REGISTER



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.

REGISTER
>

PATIENT AND CAREGIVER STUDIES

UC Davis Dyadic Study on Empathy in Caregiving

Description

The purpose of this research is to learn more about how people who experience memory problems caused by Alzheimer's disease interact with their spousal/partner caregivers. By understanding how you and your spouse/partner understand each other's emotions, we can identify better strategies to promote well-being of couples like you.

This study requires

- Concurrent 60 to 90 minute in person interviews with persons with AD and caregivers at home or on campus
- A 5 to 10 minute follow-up call in 6 months
- Two optional parts including (a) collection of small bits of hair, and (b) an additional 60-minute interview in person, over the phone, or via videoconferencing.

If you are not comfortable traveling to the in-person location, the study team can come to your home to conduct the interviews using COVID safety protocols.

Who can participate

Couples of one caregiver and one spouse/partner who:

- Is age 60 and older
- Has received a diagnosis of Alzheimer's disease
- Experiences mild to moderate cognitive impairment
- Lives at home

Compensation

Care recipients will receive up to \$90 for being in this study. Caregivers will receive up to \$100 for being in this study.

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

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Brain Safe: Reducing Exposure to Drugs Linked to Alzheimer's

Start: October 16, 2019

End: February 28, 2024

Enrollment: 700

Who is sponsoring this study? Indiana University

Where is this study located? Indiana

What Is this study about?

Anticholinergics are a class of drugs used to treat many medical problems and have been associated with a higher risk of dementia. This study will test the effectiveness of an application called Brain Safe to reduce older adults' exposure to prescription anticholinergics and improve function and quality of life. Participants will be randomly assigned to use either the Brain Safe application or a medication list application for one year. The applications will be loaded on a smartphone provided by the study or the participant. Brain Safe provides conversation starters for older adults to talk with their doctor about any use of anticholinergics and potential for changing or stopping the prescription. It also includes a medication list, risk calculator, and educational content.

Do I qualify to participate in this study?

Minimum Age: 60 Years

Maximum Age: N/A

Must have:

- Primary care visit at Eskenazi Health or Indiana University Health in past year
- English-speaking
- At least one prescription for a strong anticholinergic medication in past year and currently using it
- Community-dwelling in Central Indiana
- Not cognitively impaired
- Not terminally ill
- Not sensory impaired (after correction)

Must NOT have:

- Permanent resident of an extended care facility (nursing home); independent or assisted living is allowed if managing own medication
- Diagnosis of Alzheimer's disease or related dementia or taking dementia medications
- Diagnosis of schizophrenia, bipolar disorder, or schizoaffective disorder
- Involvement in another clinical trial that would prevent or interfere with study objectives
- Sensory or other impairment prohibiting the use of a mobile touchscreen device or other study activity

For more information call Richard Holden at (317)278-5323 or email him by clicking on the red button below.

Online Sleep Education for Rural Alzheimer's Caregivers

Who is sponsoring this study? University of Missouri

Where is this study located? Missouri

Start: Feb. 2, 2022

End: March 31, 2026

Enrollment: 100

What Is This Study About?

This study will test whether an online educational program, named NiteCAPP, improves sleep, mood, and overall well-being of rural caregivers of people living with Alzheimer's disease. Participants will be randomly assigned to complete one of two versions of the online program. All participants will attend four weekly sessions and four bimonthly review sessions. Each session will be online and take less than 45 minutes to complete. Throughout the two-month study, participants will record their sleep, fatigue, pain, and medication use in daily electronic diaries. Immediately after the study, then six months and one year later, participants will provide blood samples, undergo electrocardiograms, and answer questions about their stress, sleep, and experience with the program.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

Caregiver participants:

- Living with participant with Alzheimer's disease
- Able to read and understand English
- Diagnosis of insomnia, with:
 - Sleep complaints for > six months
 - Adequate opportunity and circumstances for sleep
 - Difficulty falling asleep, difficulty staying asleep, or waking too early
 - Mood, memory, social, or work problems due to insomnia
 - Takes > 30 minutes to fall asleep or wake up
- If taking prescribed or over-the-counter sleep medication, dosage must be stable for at least six months prior to starting study

Participants with Alzheimer's disease:

- Diagnosis of probable or possible Alzheimer's disease
- One or more nighttime behavioral problems that occur at least three times a week, based on screening questionnaire
- Able to wear sleep sensor on wrist

Must NOT have:

Caregiver participants:

- Cognitive impairment, with:
 - Telephone Interview for Cognitive Status score < 25
- Bipolar or seizure disorders
- Any major psychiatric disorder other than depression and anxiety

All participants:

- Sleep disorder other than insomnia, such as sleep apnea, with:
 - Sleep disorders questionnaire sleep apnea scale score < 32
 - Apnea/Hypopnea Index score > 15

- Currently taking psychotropic or other medications (e.g., beta blockers) that alter sleep
- Currently receiving any treatment for sleep or mood, other than the study program

For more information call Christina McCrae at (573)882-0982 or email her by clicking on the red button below.

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Reliability of the Human Brain Connectome

Start: June 2014

End: December 31, 2026

Enrollment: 120

Who is sponsoring this study? National Institute on Alcohol Abuse and Alcoholism

Where is this study located? Maryland

What Is This Study About?

This study will evaluate brain imaging measures of brain functional connectivity in healthy adults. Participants will undergo two MRI sessions, some while resting and some while doing tasks on a computer, and one positron emission tomography (PET) session to assess the association between functional connectivity and glucose metabolism in the brain. Participants will also have medical exams, tests, and assessments of memory, attention, and thinking, and will wear a device for one week between visits to measure activity and sleep.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: 85 Years

Must have:

- Able to provide written informed consent as determined by physical examination and verbal communication (capacity to consent will be determined by those obtaining the informed consent)
- Able to speak, read, and understand English

Must NOT have:

- Pregnant or breast feeding
- Use of psychoactive medication in the past 2 months or medication that can affect brain function, including but not limited to fluoxetine, meperidine, tricyclic antidepressants, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), stimulant or stimulant-like medications (amphetamine, methylphenidate, modafinil); opioid analgesics; antianginal agents; antiarrhythmics; systemic corticosteroids; anticholinergics; anticoagulants; anticonvulsants; antihistamines (sedating); beta blocker antihypertensives; antineoplastics; antiobesity; antipsychotics; anxiolytics, (benzodiazepine or barbiturates); lithium; muscle relaxants, and systemic steroids as determined by history and clinical exam.
- Current or past diagnosis of a psychiatric or severe mental disorder requiring treatment
- Current or past substance use disorder, alcoholism, or alcohol dependence including those with a binge drinking history every month continuously for the last

10 years will also be excluded. Binge drinkers are those who being female consume 4 or more drinks and males consume 5 or more drinks in one occasion at least once a month.

- Major medical problems that can impact brain function, including HIV; central nervous system disorders such as seizures or psychosis; cardiovascular conditions such as hypertension and arrhythmias; metabolic, autoimmune, or endocrine disorders with the exception of those aged 60 and older with any medical problems that are controlled
- Previous radiation exposure (from X-rays, PET scans, or other exposure) that, with the exposure from this study, would exceed annual research limits
- Head trauma with loss of consciousness for more than 30 minutes
- Positive test for illicit drugs on any day of study
- Presence of metal objects in the body that prevent MRI of the head (pacemakers or other implanted electrical devices, brain stimulators, some types of dental implants, aneurysm clips, metallic prostheses, permanent eyeliner, implanted delivery pump, or shrapnel fragments)
- Other MRI contraindications: fear of enclosed spaces; cannot lie comfortably flat on back for up to 2 hours in the PET and MRI scanners; weight of more than 250 pounds

For more information call Dardo Tomasi at (301)496-1589 or email him by clicking on the red button below.

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UNIVERSITY
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Illness Perceptions and Illness Perception Incongruence as Predictors of Psychological Distress Among Caregivers in the Context of Chronic Multi-Symptom Illness

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

You are eligible to participate if you are:

- Over the age of 18
- Currently caring for an individual with chronic symptoms

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

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In-Home Technology to Measure Activities of Daily Living

Start: Nov. 1, 2021

End: Dec. 31, 2023

Enrollment: 100

Who is sponsoring this study? BioSensics LLD

Where is this study located? Texas

What is this study about?

Difficulties carrying out daily activities, such as managing medications, can be an early sign of dementia. To help improve early dementia diagnosis, this study will test the effectiveness of a sensor-based, in-home technology system, named IADLSys, that monitors daily functioning to distinguish between people with or without early dementia. All participants will receive a computer tablet and five sensors to wear and place on items in their home. For one week, the sensors will collect data on the participants' movements throughout the house and interactions with the tagged items. At the start and end of the study, participants will fill out questionnaires and complete cognition tests. Researchers will assess daily functioning, physical activity, and depression.

Do I qualify to participate in this study?

Minimum Age: 50 Years

Maximum Age: 95 Years

Must have:

- Normal cognition, mild cognitive impairment, or early dementia
- Able to walk without assistance
- Living at home with a caregiver or other person

Must NOT have:

- Unable to engage in daily activities essential for independent living (e.g., using the telephone, preparing meals, and managing medication)
- Any significant medical or psychiatric condition that could interfere with the study
- Stroke within the past six months
- Major hearing or vision impairment
- Injury that may impact the activities of daily living (e.g., fracture, foot ulcer, recent surgery)
- Living in a nursing home or receiving hospice care
- Unable to communicate in English

For more information call Bijan Najafi at (713)798-7536 or email him by clicking on the red button below.

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Electrical Stimulation and Verbal Memory in Alzheimer's Disease

Start: August 1, 2020

End: July 31, 2025

Enrollment: 60

Who is sponsoring this study? Johns Hopkins University

Where is this study located? Maryland

What is this study about?

Transcranial direct current stimulation (tDCS) is a safe, noninvasive, non-painful electrical stimulation of the brain that is used to support nerve cell function. Progressive damage to nerve cells in the brain leads to cognitive decline in Alzheimer's disease and related dementias. This study will test tDCS treatment to prevent or slow nerve cell damage in the brain and improve verbal memory in people with Alzheimer's disease. Participants will receive a word-list learning intervention plus either tDCS or a sham treatment for two learning cycles of two weeks each, with five sessions each week. Between the first and second cycle, there will be three months with no treatment. After each learning period, the researchers will schedule follow-up sessions with participants to conduct testing that will include functional magnetic resonance imaging (fMRI) tests, magnetic resonance spectroscopy, memory tests, and collection of physical and behavioral information.

Do I qualify to participate in this study?

Minimum Age: 50 Years

Maximum Age: 75 Years

Must have:

Aphasic/atypical AD participants:

- Must be right-handed
- Must read and speak English well
- Must have a high-school education, at minimum
- Must be diagnosed as having logopenic variant primary progressive aphasia with Alzheimer's disease (AD) biomarkers. Other possible diagnoses for the aphasic AD variant dementia with speech issues would be mild cognitive impairment or possible AD according to 2011 NIA-AA guidelines

Amnesic/typical AD participants:

- Must be right-handed
- Must read and speak English well
- Must have a minimum of high-school education
- Must be diagnosed with probable AD in specialized diagnostic centers with neuropsychological and AD biomarkers according to 2011 NIA-AA guidelines

Must NOT have:

- Left-handed individuals
- Previous neurological disease including vascular dementia (e.g., stroke, developmental dyslexia, dysgraphia, or attentional deficit)
- Significant hearing loss (>25 decibel, using audiometric hearing screen)
- Uncorrected vision loss
- Advanced dementia or severe language impairments with Mini-Mental State Exam <15, or Montreal cognitive assessment <10, or language Frontotemporal Dementia-specific Clinical Dementia Rating = 3
- People with preexisting psychiatric disorders such as behavioral disturbances, severe depression, or schizophrenia that make it difficult to follow the study schedule and requirements

- Inability to undergo MRI (severe claustrophobia, cardiac pacemakers or ferromagnetic implants, pregnancy)

For more information call Kyrana Tsapkini at (410)736-2940 or email her by clicking on the red button below.

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Stress and Cognitive Decline in People at Risk for Alzheimer's Disease

Start: March 1, 2023

End: March 1, 2029

Enrollment: 240

Who is sponsoring this study? Johns Hopkins University

Where is this study located? Maryland

What is this study about?

This study will evaluate the effects of stress and genetics on cognitive decline and blood biomarkers for Alzheimer's disease in people with mild cognitive impairment. All participants will attend three study clinic visits. At the first visit, participants will answer questions about their daily activities, and take cognitive tests. They will also provide a blood sample to test for genes and proteins associated with the risk of Alzheimer's. One month later, participants will return to the clinic to undergo a brief, stressful activity, and provide saliva samples to measure stress hormones. Two years later, they will return to the clinic to answer questions about daily functioning, complete cognitive tests, and provide a blood sample. For the first and third study visits, participants must bring a study partner (someone who knows them well) to answer questions about the participants daily functioning.

Do I qualify to participate in this study?

Minimum Age: 60 Years

Maximum Age: N/A

Must have:

- Mild cognitive impairment (MCI), based on tests at study screening
- If MCI is due to early Alzheimer's, participant must be functionally independent at the start of the study
- Body Mass Index > 17 and < 30
- Native English speaker
- Availability of a study partner to:
 - Attend the first and third study visits
 - Answer questions about the person with MCI

Must NOT have:

- Dementia
- Current smoker
- Current or history of major psychiatric illness, including schizophrenia, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder
- Diagnosis of a neurological disorder, including Parkinson's disease and Huntington's disease
- Current or history of immune disorder, including multiple sclerosis

- Current or history of drug dependence
- Treatment within the last six months with antidepressants, neuroleptics, sedative hypnotics, or glucocorticoids
- History of stroke, seizure, or head injury with loss of consciousness for more than half an hour
- Surgery within the last three months
- Major, untreated vision or hearing problem

For more information call Cynthia Munro at (410)550-6271 or email her by clicking on the red button below.

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Family/Friend Caregivers for the Elders

Researchers from Washington University in St. Louis invite you to participate in a study that seeks to learn more about people who are working while taking care of their elderly family and friends.

If you agree to participate, we would like you to respond to this survey. 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. However, we hope that others may benefit in the future from what we will learn in this study. You will not have any costs for participating in this research study.

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

LEARN MORE



IN CASE YOU MISSED IT...

Make Your Voice Heard: Tips for Effective Caregiver Communication

Today's Discussion

- ▶ Why does advocacy and communication of needs often feel like a fight?
- ▶ Strategies for improving advocacy and communication

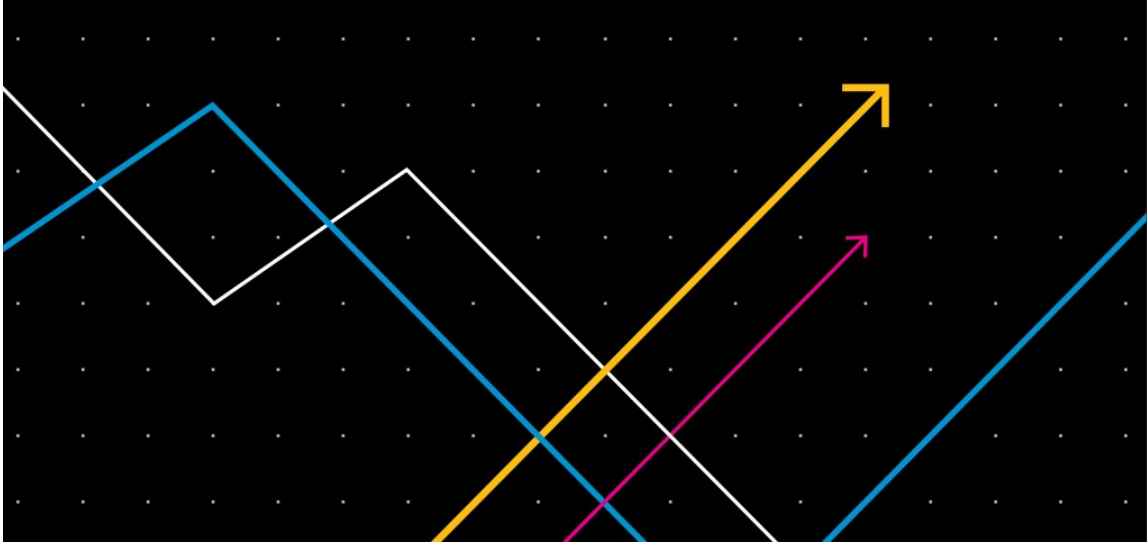
Dr. Natalie Gryfe Sapp

caregiver

Caregivers navigate many relationships between the care recipient, healthcare professionals, family members, and others. When communicating in these environments, caregivers can often feel frustrated. Effective communication in relationships is essential for caregivers to best support their care recipients and alleviate stress and anxiety. Watch Dr. Naomi Gryfe Saperia in this video to learn practical communication skills to help advocate for those you care for – and yourself.



RESEARCH & RESOURCES



Lifetime Employment-Related Costs to Women of Providing Family Care

The U.S. Department of Labor's Women's Bureau has released a new report on how caring for family has long-term impacts on a mother's lifetime earnings. It finds the amount of time women spend providing essential care to children and adults has a substantial personal economic cost that continues long after the caregiving ends.

The estimated employment-related costs for mothers providing unpaid care averages \$295,000 over a lifetime, based on the 2021 U.S. dollar value, adjusted for inflation. Unpaid family caregiving reduces a mother's lifetime earnings by 15 percent, which also creates a reduction in retirement income.

To view the report, click the red button below.

VIEW THE REPORT





How is Alzheimer's Disease Treated?

Alzheimer's disease is complex, and it is unlikely that any one drug or other intervention will ever successfully treat it in all people living with the disease. Still, in recent years, scientists have made tremendous progress in better understanding Alzheimer's and in developing and testing new treatments.

To view the report, click the red button below.

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Social Engagement Innovations and Best Practices

What Works: Social Engagement Innovations and Best Practices, a new publication from engAGED: The National Resource Center for Engaging Older Adults, highlights a range of successful social engagement programs featured on the [engAGED Innovations Hub](#). The programs highlighted in this publication are meant to inspire organization's efforts to combat social isolation.

This publication features a range of successful social engagement programs currently included in the Innovations Hub. The examples presented employ a variety of social engagement interventions and tap into an array of partners to reach older adults, people with disabilities and caregivers in rural, suburban and urban areas.

To view the report, click the red button below.

VIEW THE REPORT





MIND and Mediterranean Diets Linked to Fewer Signs of Alzheimer's Brain Pathology

The MIND and Mediterranean diets — both of which are rich in vegetables, fruits, whole grains, olive oil, beans, and fish — are associated with fewer signs of Alzheimer's disease in the brains of older adults. Green leafy vegetables in particular were associated with less Alzheimer's brain pathology. This NIA-funded study, published in *Neurology*, suggests these diets may help protect the brain from damage caused by Alzheimer's.

To learn more, click the red button below.

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New Clinical Handbook for Treating Family Caregivers

Do you have questions about who “caregivers” are, what they experience, and how caregiving impacts mental health? A new book by Dolores Gallagher Thompson of Stanford University, *Family Caregiver Distress*, takes a “deep dive” to answer the

questions that mental health providers encounter when working with family caregivers. It provides a comprehensive overview and includes current information about evidence-based practices that reduce caregivers' distress. Health care providers working with family caregivers will find it an invaluable resource.

To view the handbook, click the red button below.

VIEW THE HANDBOOK
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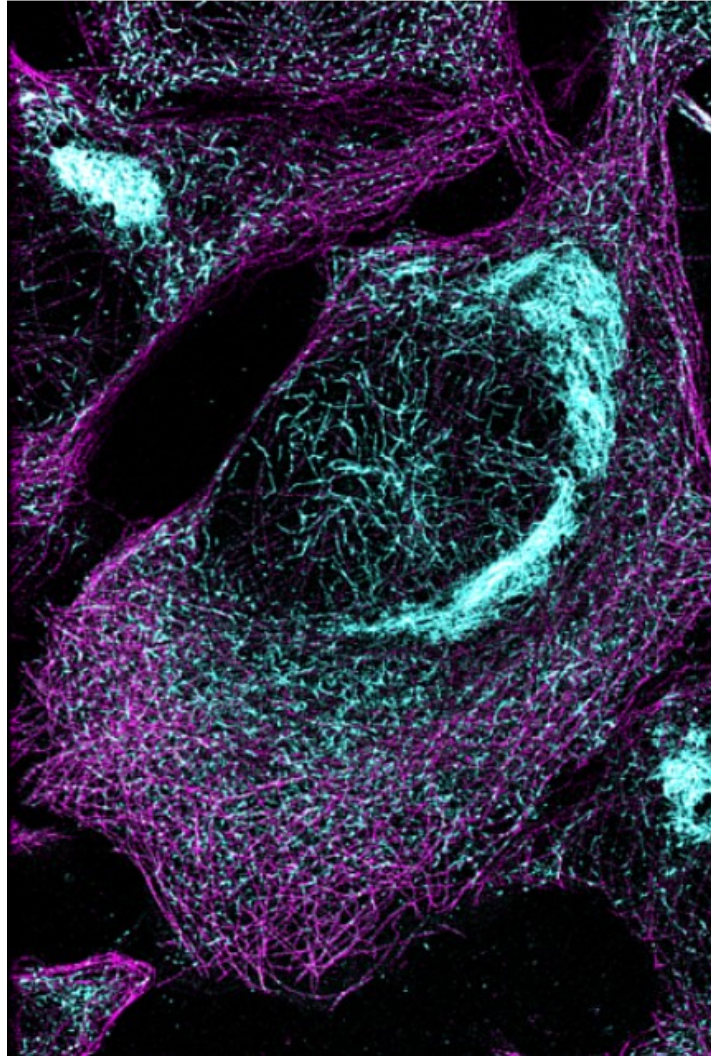


Hospitalization for Infection Linked to Higher Dementia Risk

Hospitalization due to infection may increase a person's likelihood of developing dementia, according to a large NIA-funded observational study. The researchers found people hospitalized with an infection were more likely to be diagnosed with dementia years later than those who were not hospitalized with infections. The results, published in JAMA Network Open, suggest measures taken to prevent infection may also contribute to dementia prevention.

To learn more, click the red button below.

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Insomnia Drug May Lower Levels of Alzheimer's Proteins

Researchers have been experimenting with drugs approved for other uses to see if any have effects in Alzheimer's disease. Testing previously-approved drugs has the potential to speed clinical trials for dementia prevention and treatment.

Recently, a class of drugs called dual orexin receptor antagonists (DORAs) have been developed to help treat insomnia. Orexin is a chemical in the brain that promotes wakefulness. By blocking orexin, these drugs can help people fall asleep.

To learn more, click the red button below.

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Stroke Caregiver GPS: When Your Loved One Has Had a Stroke

Suddenly becoming a caregiver for someone who has had a stroke will change your life. From the ER to recovery to PT, here is a roadmap to help you find your way.

To learn more, click the red button below.

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What a Cancer Caregiver Does

We think of caregivers as unpaid loved ones who give the person with cancer physical and emotional care. They may be spouses, partners, family members, or close friends. Most often, they are not trained for the caregiver job. Many times, they may be the lifeline of the person with cancer.

To learn more, click the red button below.

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PREVIOUSLY APPEARED

Global Council on Brain HealthSM

A COLLABORATIVE FROM **AARP**[®]

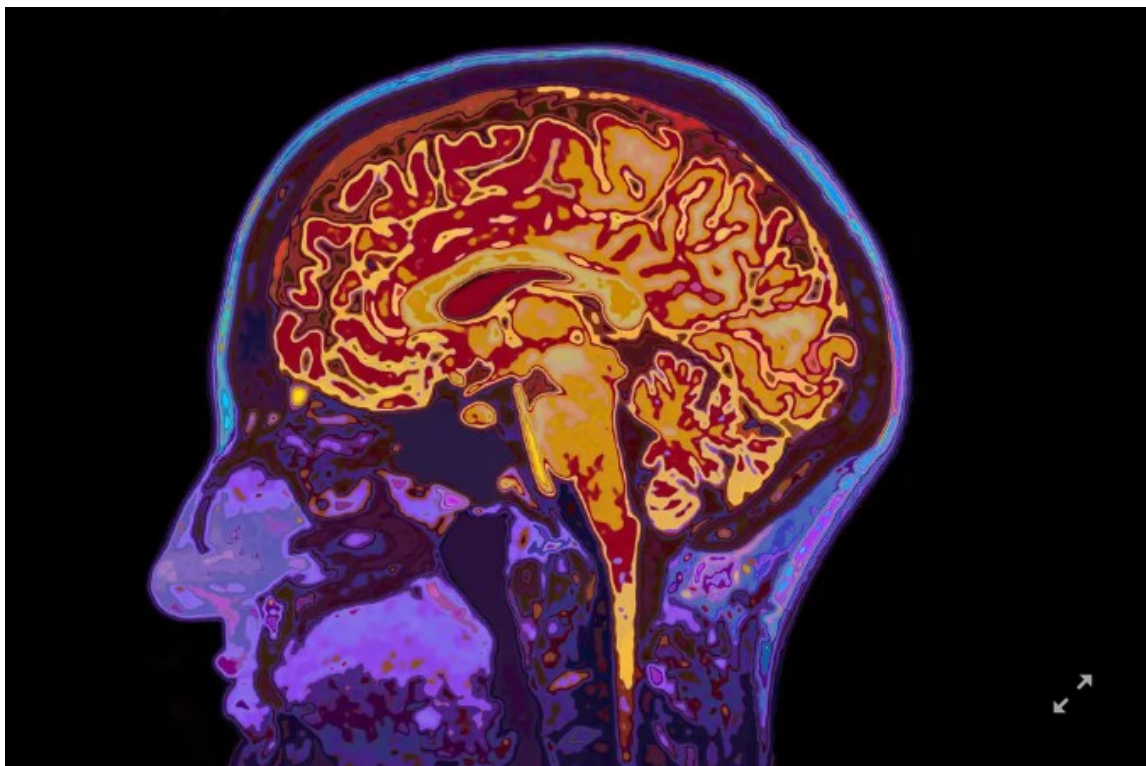
How to Sustain Brain Healthy Behaviors

The Global Council on Brain Health (GCBH) is an independent collaborative of scientists, health professionals, scholars, and policy experts from around the world who are working in areas of brain health related to human cognition. The GCBH focuses on brain health underlying people's ability to think and reason as they age, including aspects of memory, perception, and judgment. AARP convened the GCBH to offer the best possible advice about what adults age 50 and older can do to maintain and improve their brain health.

In this report, the GCBH shares what it has learned about how to persuade and motivate people to maintain brain-healthy lifestyles, and how community policies can be shaped to promote this vital goal. It concluded that an effective strategy to enhance brain health should focus not only on individuals but on the social and environmental factors that influence their behavior.

To view the report, click the red button below.

**VIEW THE
REPORT >**



Bilingualism May Stave Off Dementia, Study Suggests

Speaking two languages provides the enviable ability to make friends in unusual places. A new study suggests that bilingualism may also come with another benefit: improved memory in later life.

Studying hundreds of older patients, researchers in Germany found that those who reported using two languages daily from a young age scored higher on tests of learning, memory, language and self-control than patients who spoke only one language.

To learn more, click the red button below.

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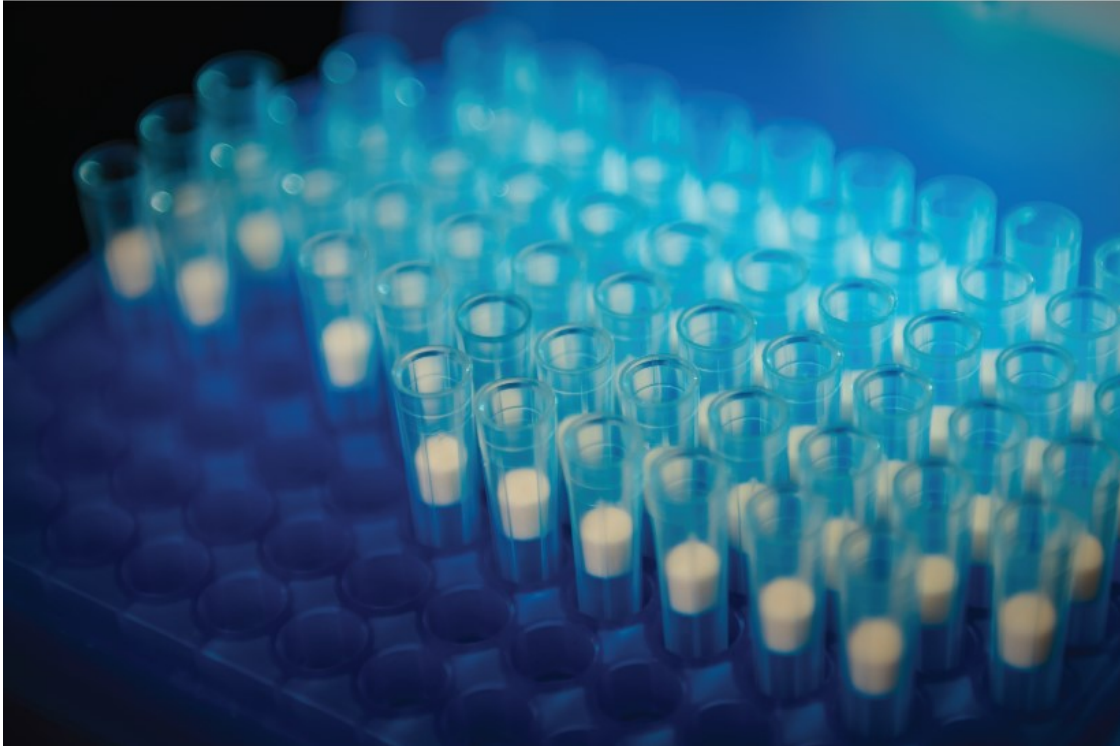
11 Myths about Alzheimer's Disease

Alzheimer's disease is a leading cause of death in the United States, and millions of Americans are affected by the disease. It's important to distinguish the facts from the myths about Alzheimer's, especially when it comes to finding information online.

To learn more, click the red button below.

LEARN MORE





Parkinson's Disease Biomarker Found

In an enormous leap forward in the understanding of Parkinson's disease (PD), researchers have discovered a new tool that can reveal a key pathology of the disease: abnormal alpha-synuclein — known as the “Parkinson's protein” — in brain and body cells. The breakthrough, announced last night as it was published in the scientific journal [The Lancet Neurology](#), opens a new chapter for research, with the promise of a future where every person living with Parkinson's can expect improved care and treatments — and newly diagnosed individuals may never advance to full-blown symptoms.

To learn more, click the red button below.

LEARN MORE





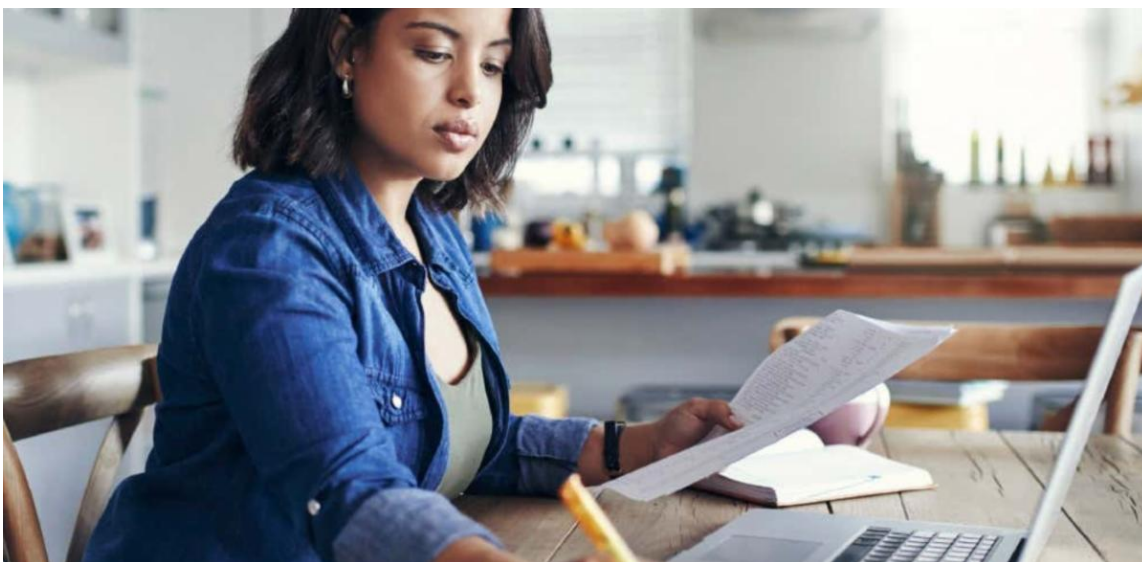
Advances in ALS: Unraveling Its Causes and Finding Treatments

People with ALS usually die from respiratory failure. The muscles that control their breathing eventually shut down. The average lifespan of a person after they're diagnosed is three to five years.

Over the past decade, researchers have uncovered more molecular clues about how ALS develops. They're hoping this will eventually help identify people with ALS sooner. Scientists are also looking for ways to better track and treat the disease.

To learn more, click the red button below.

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How to Manage Finances as an Unpaid Adult Caregiver

Caregiving can be a very demanding role. It not only impacts your physical, mental, and emotional health, but it also takes a toll on your finances.

Your finances are likely to be affected if you're paying for the household expenses, medical bills, and other fees for the relative out of your pocket. Another way being an unpaid adult caregiver hurts your finances is by making it next to impossible to get a paid job.

Thus, it gets tricky for family caregivers to make ends meet as caregiving can be incredibly expensive.

To learn more, click the red button below.

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How to Be a Caregiver for Someone with Diabetes

Whether you're a family member to someone with diabetes or are a direct care worker, being a caregiver can get overwhelming fast. You may be juggling multiple visits to specialists, constantly taking inventory and restocking a long list of diabetes care supplies, checking lab work results online, or trying to follow their doctor's insulin therapy protocol.

You may have many questions. Can they eat that piece of pie? What do you do when they feel dizzy?

The National Council on Aging provides information to help answer these and other questions about caregiving for someone with diabetes.

To learn more, click the red button below.

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Schizoaffective Disorder Information Resource Sheet

Schizoaffective disorder is like an intersection between schizophrenia and bipolar disorder. It is a genetic disorder which has aspects of psychosis, mood swings, communication challenges, and cognitive disruptions. Your loved one is likely going through a lot.

Courage to Caregivers has compiled a list of resources available for caregivers supporting a loved one with schizoaffective disorder.

To learn more, click the red button below.

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Advances in the Diagnosis and Evaluation of Disabling Physical Health Conditions

Consensus Study Report

Report: Advances in the Diagnosis and Evaluation of Disabling Physical Health Conditions

The U.S. Social Security Administration (SSA) provides benefits to adults and children who meet the eligibility requirements for a disability as described in Title II and Title XVI of the Social Security Act. To determine whether more accurate or precise techniques exist for determining if a previously evaluated physical impairment is either more or less severe, SSA requested the National Academies assemble a committee to review new or improved diagnostic or evaluative techniques that have become generally available within the past 30 years for cardiovascular, neurological, respiratory, hematological, and digestive conditions. The resulting report presents a summary of the evidence and information around a selected subset of diagnostic and evaluative techniques.

To learn more, click the red button below.

VIEW THE REPORT





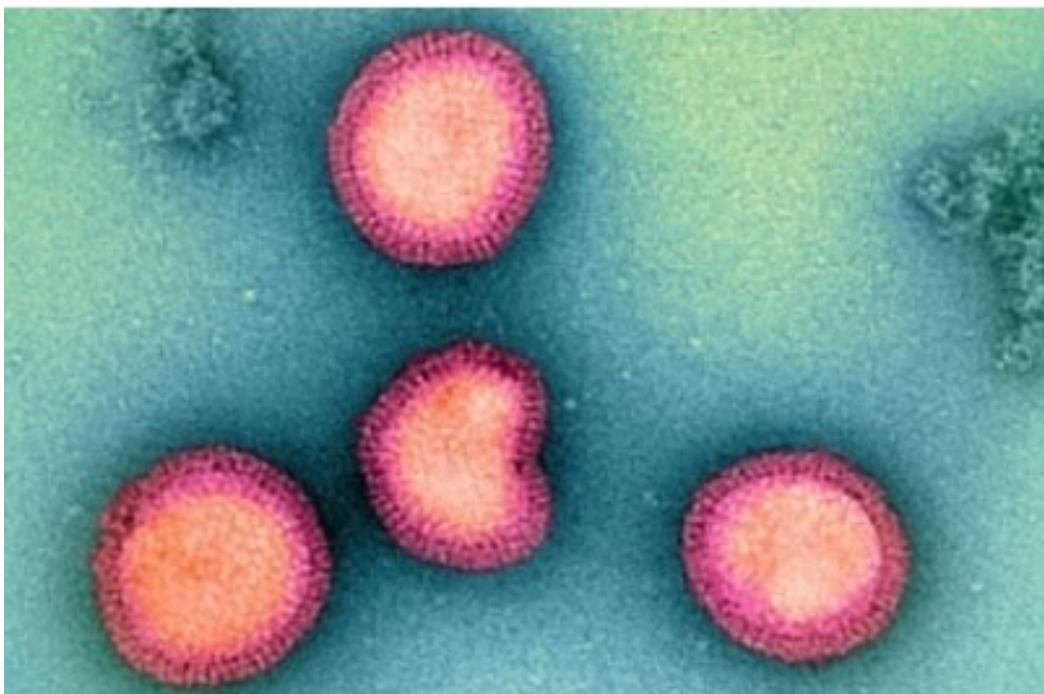
Guide for Caregivers of a Child with Serious Illness

Talking about the kind of health care we want through the end of life can be hard. It can be even harder when a child we care for is living with a serious illness.* But it's very important to talk with your child to learn about what matters most to them. If you talk about it, and understand what their wishes are, you will be better able to make health care decisions for them.

The Conversation Project has created a guide to help you talk with your child, understand what matters to them, and feel some comfort knowing that you can help guide their care and honor their wishes. Keep in mind that a conversation can vary depending on the age of the child, the type of illness, and their current treatment options.

To view the guide, click the red button below.

[VIEW THE GUIDE](#)



Could a Viral Illness Increase Chances of Developing Alzheimer's Disease?

Some viral illnesses may increase a person's chances of later developing Alzheimer's disease or another neurodegenerative disorder. Though a causal link cannot be confirmed, an NIH study in which researchers mined the medical records of hundreds of thousands of people in Finland and the United Kingdom found significant associations.

To learn more, click the red button below.

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Shared Decision-Making Resources and Treatment Cost Information

As we get older, knowing how to navigate the healthcare system and choosing the best care for ourselves is crucial. With funding from The John A. Hartford Foundation, FAIR Health created this section for older adults. It includes tools you can use to plan for the costs of your care and make better healthcare decisions—whether you make them alone or with a caregiver who helps you.

To learn more, click the red button below.

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Holding a Family Meeting

When taking care of an elderly parent or another relative, family members need to work cooperatively. The more people participating in care, the less alone a caregiver feels in his/her role. Books and articles about caregiving often mention the family meeting as a way to facilitate this process. But how does one go about having such a meeting?

To learn more, click the red button below.

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Conversation Starter Guide for Caregivers of People with Alzheimer's or Other Forms of Dementia

It can be hard to start conversations about health care through the end of life with someone you care for. It can be even harder when the person has Alzheimer's disease or another form of dementia. Over time, they begin to lose their memory, capability to independently perform daily routines and tasks, or reasoning ability.

As dementia progresses, it will become harder for the person you care for to express their wishes for care. Having conversations early and often can help you know their values and wishes. Then, you will be better informed to make health care decisions on their behalf.

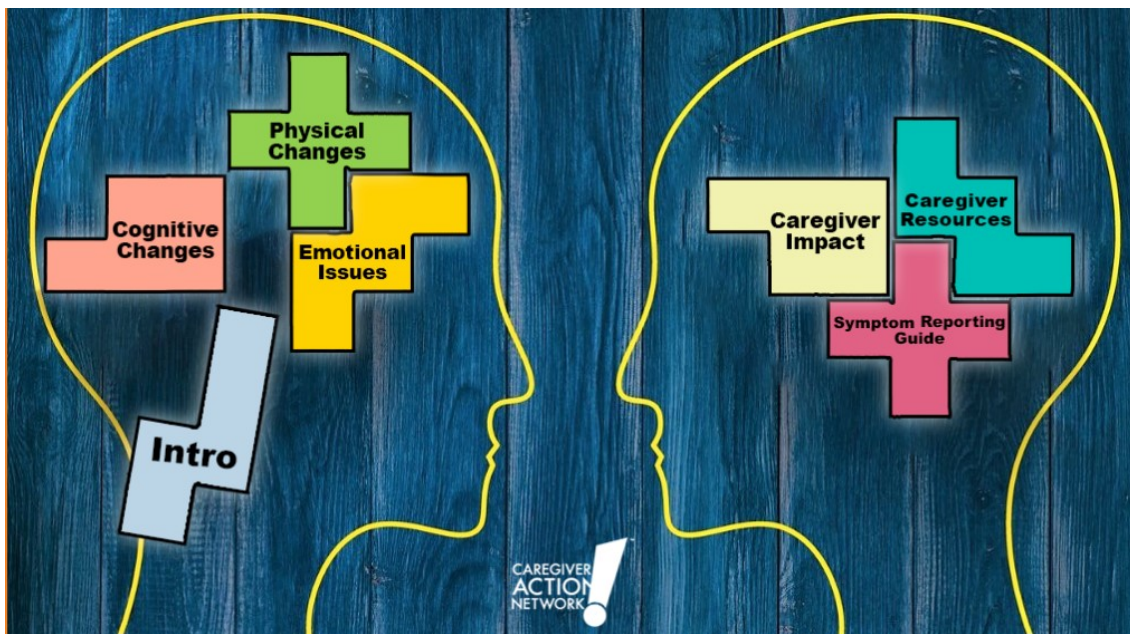
That's why it's best to start a conversation before any treatment decisions need to be made. Sometimes, we might avoid the conversation by telling ourselves, "it's too soon." But it always seems too soon, until it's too late.

The Conversation Project has produced a guide intended to help caregivers prepare for making care decisions for those they care for as the need arises. The goal of this guide is to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected.

To view the guide, click the red button below.

VIEW THE GUIDE





Traumatic Brain Injury Caregiving Puzzle

As a caregiver for a loved one who has suffered a traumatic brain injury (TBI), there are many decisions to make. What is the best treatment plan to unlock your loved one's path to recovery? You want to meet the expectations your loved one has for recovery, but the decisions you make also need to factor in the feasibility of execution by both the patient and their support team.

If your loved one has a TBI, there is no single clear path to deal with the changes they'll go through. The time it takes to heal varies from person to person and depends on many factors, including how long it takes to receive the most appropriate medical treatment.

To learn more, click the red button below.

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There's No Place Like Home: Creating Safe Environments

for People with Late Stage Dementia

As any poll on the living preferences of older adults will tell you, the majority want to age in place in their current home—and that includes people with dementia and/or intellectual and developmental disabilities (IDD). This preference remains strong whether or not the person will be living alone; in fact, around one third of people with dementia live on their own. Though there are challenges posed by not living in a specialized setting, it's also true that change can be very stressful for those with dementia and IDD, and that familiar environments provide a great amount of comfort and stability. The famous The Wizard of Oz quote says it best: "There's no place like home."

That said, the home may not always be the safest or most convenient place for people with dementia and IDD to live. Effective and sustainable aging in place requires more than just wanting to do it: it involves planning, anticipating problems, devising solutions and modifying the home to a loved one's needs. As a caregiver, you can play a part in helping your loved one continue to live safely in familiar surroundings by assessing their home.

To learn more, click the red button below.

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A Beginner's Guide to Medicaid

Medicaid is a federally controlled, state-administered health insurance program that covers vulnerable Americans at all stages of life. As of November 2022, it insures more than 88 million Americans from birth through age 65 and beyond. Given the scope of its coverage base, it's not surprising that the system is incredibly complex, and the rules may seem even more confusing if you're thinking about nursing home placement and trying to navigate important long-term care decisions at the same time.

Although Medicaid has been insuring low-income families since 1965, the program is more important than ever due to the high cost of care. The continual increase in cost of medical care services takes the biggest toll on people who often need it the most like children, pregnant mothers, disabled adults, and seniors. These communities depend on programs such as Medicaid to be able to afford the services and support that they need to thrive.

Medicaid is an excellent resource for seniors as it provides comprehensive coverage and works hand-in-hand with Medicare. But, it can be a challenge to understand how the program works, what it covers and who qualifies, especially since requirements vary by state and differ based on an applicant's medical needs and financial situation.

To view the guide, click the red button below.

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Financing the Future

People with intellectual and developmental disabilities (IDD) must plan for how they will pay for the things they want and need in their life.

You don't need a lot of money to plan — but you do need to make a plan!

A financial plan lays out the money and financial resources a person has, ways a person will save money over time, and items a person may want to pay for over their life.

To learn more, click the red button below.

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THE DEMENTIAS

Hope Through Research

The Dementias: Hope Through Research

This guide from the National Institute of Health is an overview of research on Alzheimer's, vascular dementia, mixed dementia, CTE, frontotemporal disorders, Lewy body dementia, and more.

To view the guide, click the red button below.

VIEW THE GUIDE



Managing Older Adults' Chronic Pain: Higher-Risk Interventions

The American Journal of Nursing (AJN), in conjunction with the AARP Public Policy Institute, has published a paper, "Managing Older Adults' Chronic Pain: Higher-Risk Interventions." For health care providers, family caregivers, and care recipients, treating chronic pain while balancing concerns about adequate pain relief, functional improvement, and harm avoidance can be challenging. When lower-risk treatment approaches (such as acetaminophen, topical medications, heat or cold, and massage) don't sufficiently alleviate older adults' pain, riskier treatments (such as nonsteroidal anti-inflammatory drugs [NSAIDs], adjuvant analgesics, opioids, and interventional procedures) may be needed.

This article discusses evidence-based, higher-risk strategies to control chronic pain and considerations for caregiver involvement in treatment planning and monitoring.

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

VIEW THE PAPER





The Saving Power of a Caregiving Journal

Throughout my tenure as a family caregiver, I used my journal as a historical record and place to vent without troubling anyone else. Other caregivers' journals are filled with worry lists or angry diatribes at a loved one's doctors, or used as a means of monitoring their own thoughts and moods. Still others keep gratitude journals in which they write down three moments of joy or humor they experienced during that day for which they felt grateful, as proof that caregiving isn't always gloom, doom and drudgery.

Regardless of the journaling format, research suggests that writing down our experiences decreases the likelihood we'll become depressed. As the website for the branch of popular psychology known as positive psychology notes, journaling "helps [people] build a buffer between their negative thoughts and their sense of well-being."

To learn more, click the red button below.

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Let's Talk about Being a Stroke Family Caregiver

Caregivers for stroke victims can be spouses, family members or friends. Often one person—spouse, adult child or parent—will provide most of the care.

It's important that caregivers and stroke survivors be "care partners." The challenges to adjust to your new role may be easier if both share in decision-making. It's also important to share how you're feeling.

There is no "job description" for caregivers. Each caregiver's responsibilities vary with the unique needs of the stroke survivor. Role changes and new skills may need to be learned.

To learn more about caring for a stroke victim, click the red button below.

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Support for Caregivers of Cancer Patients

If you're helping your family member or friend through cancer treatment, you are a caregiver. There are different types of caregivers. Some are family members, while others are friends. People of different races and cultures give care to others in their own way. Every situation is different and there isn't one way that works best.

Caregiving may be:

- helping with day-to-day activities such as doctor visits or preparing food
- giving medicines or helping with physical therapy or other clinical tasks
- helping with tasks of daily living such as using the bathroom or bathing
- coordinating care and services from a distance by phone or email
- giving emotional and spiritual support

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Interest in stopping prescription medication

AMONG ADULTS AGE 50–80

82%
take prescription
medication



**Among those who take
prescription medication:**

80% are willing to stop taking one or more
medications if their health care
provider said it was possible

26% had stopped taking at least one
prescription medication taken for
more than a year

Views on Medication Deprescribing

Among Adults Age 50-60

Many older adults take multiple prescription medications, over-the-counter medications, and dietary supplements. Medications are important for preventing and managing a wide range of health conditions, but not all medications provide benefit for the person taking them, and some may become unnecessary or even unsafe over time.

In January 2023, the University of Michigan National Poll on Healthy Aging asked a national sample of adults age 50–80 about their medication use and experiences with stopping prescription medications. A full 80% of adults aged 50 to 80 would be open to stopping one or more of the prescription medicines they've been taking for more than a year, if a health care provider said it was possible. Already, 26% said they have done so in the past two years.

To learn more, click the red button below.

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Caring for Someone Who is Vocally Ungrateful

If you're caring for someone who doesn't appreciate your effort, who verbally abuses you, or who generally harms your emotional health, the ideal choice is to leave. At least, from the outsider's perspective, it seems like that's the case. However, it's not always that easy.

So, if you can't leave, aren't ready to, or don't want to, what can you do when someone's vocally ungrateful for you and your care?

To learn more, click the red button below.

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**Tools to
Help Families
Make Medical
Planning Easier**



PREPARE for THEIR Care

PREPARE, a leading provider of evidence-based advance care planning tools, has launched a new, easy to use program to support people as they help family and friends with their medical planning and decision-making. The new program, PREPARE for THEIR Care, provides videos and step-by-step guides to learn how to help other people with their

medical planning and how make medical decisions on someone else's behalf.

After over ten years of empowering people to have a voice in their medical care through PREPARE for YOUR Care, PREPARE is using their platform to now help caregivers and surrogate decision makers with communication and decision-making skills so they feel more comfortable initiating advance care planning conversations with their family and friends.

PREPARE for THEIR Care shares valuable information about how to bring up the topic of medical planning, how to talk with family members and friends about their medical wishes, and how to help them write those wishes down. It also provides guidance on how to make medical decisions for those who can no longer speak for themselves, including understanding patients' quality of life priorities, how to talk with medical providers about treatment benefits, risks, and options, and how to deal with potential family conflict.

To learn more, click the red button below.

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Sense of Smell Linked to Speed of Brain Loss and Cognitive Decline

Having a good sense of smell is associated with slower loss of brain volume and cognitive decline in older adults, and the link between sense of smell and brain and cognitive changes may be especially pronounced among those who develop cognitive impairment or dementia. These are the key findings from NIA-led research published recently in *Neurology*.

To learn more, click the red button below.

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Alzheimer's May Increase DNA Variants in Brain Neurons

Neurons in the brains of people with Alzheimer's disease accumulate more DNA changes, called somatic variants, and these changes differ from those found in individuals without the disease. The findings from this NIA-funded study, published in *Nature*, suggest a link between genomic damage to neurons and the development of pathological hallmarks of Alzheimer's.

To learn more, click the red button below.

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Falls and Fractures in Older Adults: Causes and Prevention

A simple accident like tripping on a rug or slipping on a wet floor can change your life. If

you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age. However, many falls can be prevented.

To learn more, click the red button below.

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Relieving Treatment-Resistant Depression in Older Adults

Depression is common among older adults, and treatment with standard antidepressants doesn't always work. When a person's depression persists after trying at least two different antidepressant drugs, it is called treatment-resistant depression. In these cases, physicians may add a second medication. Alternatively, they might suggest switching to a different class of antidepressant. But there's only limited evidence from clinical trials about which approaches might be best.

To learn more, click the red button below.

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Be Good to Yourself by Practicing Self-Care

Dealing with depression or bipolar disorder also takes a toll on you, the caregiver, and your relationships with other family members and friends. It can be a balancing act between helping the person living with a mood disorder while still supporting yourself and others in your life. Taking time for self-care and setting and enforcing boundaries can help you maintain this balance.

To learn more, click the red button below.

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Getting Started with Long-Distance Caregiving

Anyone, anywhere, can be a long-distance caregiver, no matter your gender, income, age, social status, or employment. If you are living an hour or more away from a person who needs your help, you're probably a long-distance caregiver. Anyone who is caring for an aging friend, relative, or parent from afar can be considered a long-distance caregiver.

Long-distance caregivers take on different roles. Over time, as your family member's needs change, so will your role as long-distance caregiver.

To learn more, click the red button below.

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Eight Tips for Long-Distance Caregiving

Long-distance caregiving presents unique challenges. If you find yourself in the long-distance caregiving role, here is a summary of things to keep in mind.

Experienced caregivers recommend that you learn as much as you can about your family member or friend's illness, medicines, and resources that might be available. Information can help you understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management. It can also make talking with the doctor easier. Make sure at least one family member has written permission to receive medical and financial information. To the extent possible, one family member should handle conversations with all health care providers.

To learn more, click the red button below.

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Brain Donation: A Gift for Future Generations

Brain Donation FAQs: A Gift for Future Generations

Brain donation helps researchers study brain disorders, such as Alzheimer's disease and related dementias. One donated brain can make a huge impact, potentially providing information for hundreds of research studies. This helps researchers learn how the brain is affected by diseases and how we might better treat and prevent them.

The National Institute on Aging has provided an infographic to help spread the word about brain donation.

To view the infographic, click the red button below.

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Alzheimer's Disease Facts and Figures

The 2023 edition of *Alzheimer's Disease Facts and Figures*, an annual report released by the Alzheimer's Association, reveals the burden of Alzheimer's and dementia on individuals, caregivers, government and the nation's health care system.

The accompanying special report, *The Patient Journey in an Era of New Treatments*, examines the importance of conversations about memory at the earliest point of concern, as well as a knowledgeable, accessible care team to diagnose, monitor disease progression and treat when appropriate. This is especially true now, in an era when treatments that change the underlying biology of Alzheimer's are available.

To view the report, click the red button below.

VIEW THE REPORT



What Causes Alzheimer's Disease?

Scientists don't yet fully understand what causes Alzheimer's disease in most people. The causes probably include a combination of age-related changes in the brain, along with

genetic, environmental, and lifestyle factors. The importance of any one of these factors in increasing or decreasing the risk of Alzheimer's disease may differ from person to person.

Alzheimer's disease is a progressive brain disease. It is characterized by changes in the brain—including amyloid plaques and neurofibrillary, or tau, tangles—that result in loss of neurons and their connections. These and other changes affect a person's ability to remember and think and, eventually, to live independently.

To learn more, click the red button below.

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Aging & Disabilities Issues 2023: A Guide for Hawai'i's Legislators, Organizations and Citizens

This 2023 issue of the Aging & Disabilities Issues report is the 18th annual publication that offers an overview of legislative issues dealing with aging, disability, caregiving, and long-term care services and supports in Hawai'i. This report calls attention to the priority issues that deserve the serious attention of our lawmakers, advocates, and the public. It is a joint project of the Hawai'i Family Caregiver Coalition (HFCC), the Policy Advisory Board for Elder Affairs (PABEA), the Executive Office on Aging (EOA), the Hawai'i Pacific Gerontological Society (HPGS), and the Maui County Office on Aging (MCOA).

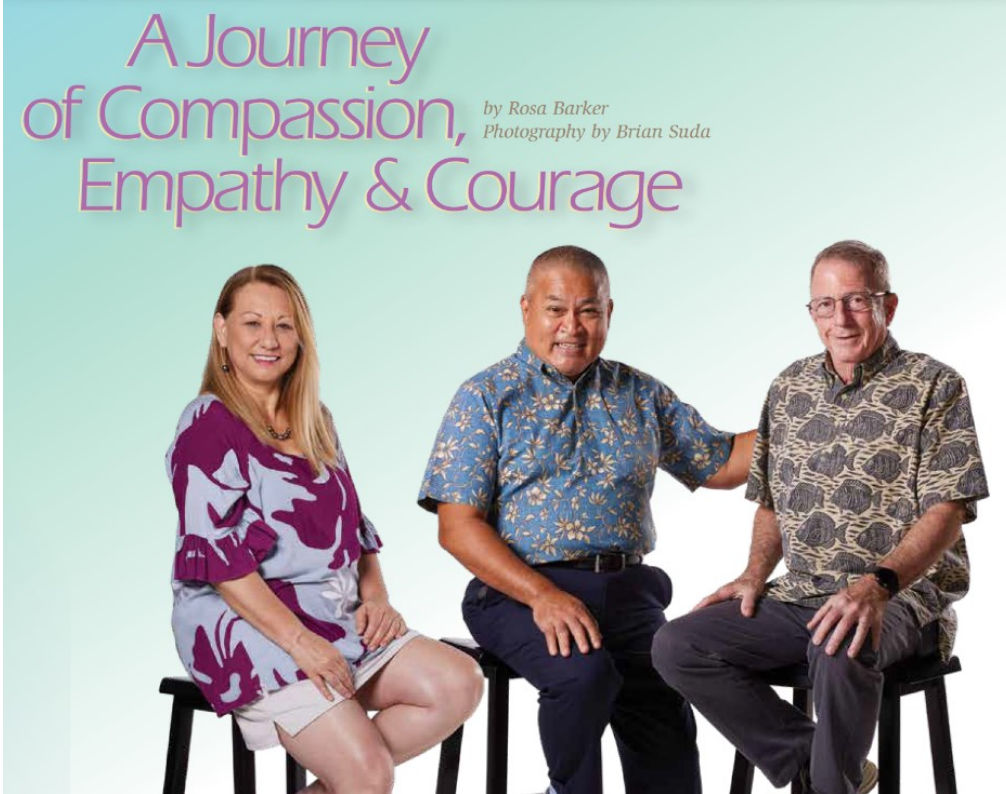
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A Journey of Compassion, Empathy & Courage

by Rosa Barker
Photography by Brian Suda



A Journey of Compassion, Empathy & Courage

A common thread runs through a tapestry of three stories. Having experienced the caregiving role themselves, Savina Makalena, Gary Simon and Gary Powell all saw the need to support individual caregivers and the various entities involved in providing that support. And seeing that need, they all decided to help fulfill it, each in their own way.

To view the guide, click the red button below.

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Racial Disparities in Pulmonary Fibrosis Outcomes

Pulmonary fibrosis (PF) involves progressive scarring of lung tissue. The disease usually occurs in people older than 50. Smoking increases the risk for PF, but in many cases the cause of the disease isn't known. There is no cure, and up to half of patients die within five years of diagnosis. Racial and ethnic minority groups generally face increased risks of illness and death due to health disparities. But in the case of PF, little has been known about whether the disease affects people from different racial and ethnic groups differently.

To learn more, click the red button below.

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How Exercise Leads to Sharper Thinking and a Healthier Brain

To build a better brain, just exercise.

That's the message of two important new studies of how physical activity changes our minds. In one, scientists delved into the lives, DNA and cognition of thousands of people to show that regular exercise leads to much sharper thinking.

Another study helps explain why exercise is good for the brain. Researchers found that just six minutes of strenuous exertion quintupled production of a neurochemical known to be essential for lifelong brain health.

To learn more, click the red button below.

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How to Support Your Loved One with Pulmonary Fibrosis

It is not always clear how you can help someone with pulmonary fibrosis. It is a disease that is very stressful and a diagnosis can be difficult on family, friends and caregivers. Here are some ways you can support a loved one diagnosed with PF.

To learn more, click the red button below.

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Alzheimer's and HRT: Study Suggests Sweet Spot to Avoid Dementia

Alzheimer's disease strikes women harder than men — over two-thirds of those who descend into dementia's devastating twilight are female at birth. That's likely due to biological reasons that remain poorly understood, according to the Alzheimer's Association.

One key piece of the enigma: Women lose sexual hormones such as estrogen when they undergo menopause, either naturally through the body's decreased production or by removal of the ovaries via surgery. However, just how the loss of those hormones and the impact of hormone replacement therapy, or HRT, affects dementia risk is also unclear.

A new study may have uncovered a piece or two of the puzzle. Women who underwent early (age 40 to 45) or premature (before age 40) menopause or women who began hormone replacement therapy more than five years after menopause had higher levels of tau in their brains, according to the study.

To learn more, click the red button below.

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How to Forgive Others after Family Caregiving Ends

During my caregiving years, I had a list of people in my mind with whom I was angry. There was the family member who made weak excuses to avoid caring for my mother with dementia. There was the distant relative who unfairly criticized my caregiving. And there was my mother herself, resentful of my intrusion into her life, who treated me as if I were her enemy. My anger seemed to me like a perfectly justifiable response. I did not need them working against me to make caregiving any harder than it already was.

This month marks six years since my mother died and my job as a caregiver suddenly ended. Nowadays, my better self tells me I should have long ago forgiven the people on my old list. But on too many occasions, I still find myself sourly recalling how others disappointed me and then feeling fresh indignation.

To learn more, click the red button below.

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10 Tips for Splitting Caregiving Costs Among Siblings

Jaclyn Strauss has four words of advice for siblings who want to share the costs of

parental caregiving: play to your strengths.

That's precisely what she and her brother have done in preparation for what they both know will be substantial caregiving costs for their 78-year-old father living in Tampa, Florida. Even though his caregiving needs have started out relatively small — with a paid aide just a couple of hours a day for home care — the siblings have been preparing for this moment for several years, with regular communication and digital transparency of all their parents' important documents and paperwork. Their mom, a 72-year-old retired schoolteacher, has not needed long-term care, but is too physically and financially stretched to care for her husband.

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