

THIS WEEK IN CAREGIVING



May 24, 2023



CAREGIVING IN THE NEWS

Remote Work: An Underestimated Benefit for Family Caregivers

In theory, the national debate about remote or hybrid work is one great big teachable moment about the demands on the 53 million Americans taking care of an elderly or disabled relative.

But the "return to office" debate has centered on commuting, convenience and child care. That fourth C, caregiving, is seldom mentioned.

That's a missed opportunity, caregivers and their advocates say.

From: USA Today | Published: May 17, 2023

[READ MORE](#)



Caring for Loved Ones Should Be a Fundamental Right. Why Isn't It?

Until six years ago, I had never imagined I would become a caregiver. I was living the independent life of many 30-somethings, focused on work and love. Then, my mom got cancer — and I was ushered into the hidden world of struggling family caregivers.

When friends or colleagues heard what I was doing at home, they often responded with the same phrase: I couldn't do that." I'd wonder what they meant. *Couldn't* they? If their mom were too sick to make meals or wash or do anything at all, would they really just leave her there?

From: Washington Post | Published: May 22, 2023

Atlanta Comedian Uses Humor in Caring for Mom with Alzheimer's

Janay Smith has had careers in law and the corporate world, but nothing prepared her to be a caregiver for her mother.

Smith, 52, lost her father, Jock M. Smith, to a heart attack in 2012. He was a law partner of Johnnie Cochran's, a professor and judge and a noted collector of sports memorabilia.

Soon after his death, Smith, an only child, started noticing changes in her mother's memory and behavior.

Perhaps it's just grief, friends and family said.

Smith, though, suspected it was more.

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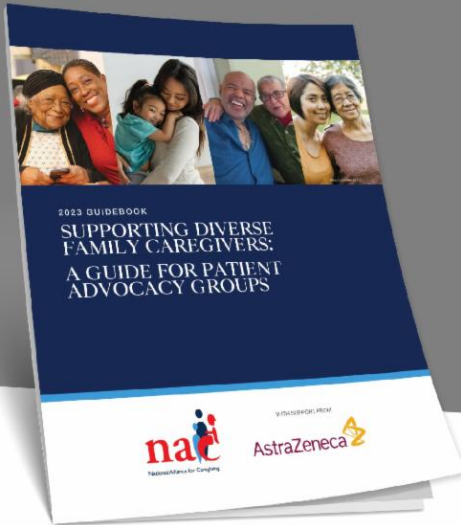


From: Atlanta Journal-Constitution | Published:
May 16, 2023

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NAC NEWS AND UPDATES



Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups

DOWNLOAD NOW

Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups

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

To learn more, click the red button below.

LEARN MORE

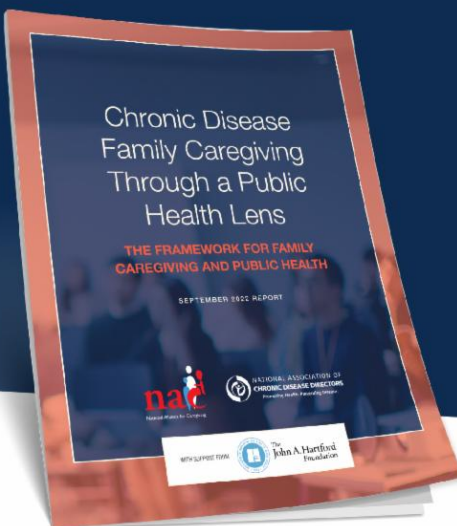




It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores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

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

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

JUST RELEASED!

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

DOWNLOAD NOW

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

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

Included in this report:

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

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

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

VIEW THE REPORT



EVENTS & OPPORTUNITIES

MAY



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



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



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.

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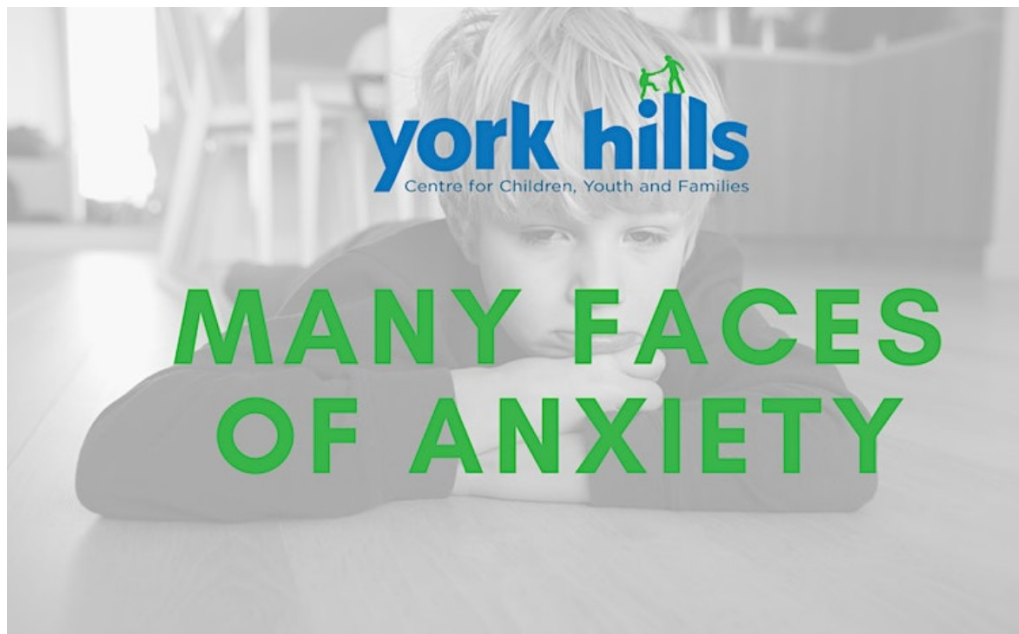
Sleep & Dementia

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
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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



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 that will identify characteristics of each stage of dementia, discuss common challenges in providing care and identify communication and care tips to improve our daily interactions with patients living with dementia.

To register for this 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.

REGISTER



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



Military Spouses & Caregivers Share: Who I Am Becoming

Thursdays, June 1 - June 22, 2023 | 6:00 PM - 7:30 PM ET | Online

Blue Star Families and [CBAW](#) (Community Building Art Works) are pleased to invite Military Spouses & Caregivers living in the National Capital Region (DC/MD/Northern Virginia) to participate in "Military Spouses & Caregivers Share: Who I Am Becoming, A photovoice/writing project of self-discovery," a project to document your experience as a Military Spouse & Caregiver through writing and photographs.

What story would you like to share with the world about your journey as a military spouse or caregiver? We want to hear from you! You can share your thoughts on what you wish people knew about your experience, things you have gained or lost along the way, and how this experience has shaped the person you are today and who you will be in the future.

In June, a small group of military spouses & military caregivers will virtually connect to share their photos and write about their experience. Each of the 4 sessions will be led by program staff, author Laura Van Prooyen, and artist Annie Levy.

In June, a small group of military spouses & military caregivers will virtually connect to share their photos and write about their experience. There will be four weekly sessions beginning on June 1st (6:00 PM ET). Each will be led by program staff, author Laura Van Prooyen, and artist Annie Levy.

To register, 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





Advance Care Planning Education, Empowerment and Advocacy

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

This interactive program will discuss how to engage patients and families to start a conversation about advance care planning. It will review communication barriers and discuss tools to support the patients and families.

Participants in this webinar will be able to:

- Identify end-of-life issues that need to be addressed.
- Discuss ways to start a conversation and when to start a conversation about advance care directives.
- Review tools and apps available to support patients and families.

Presenter: Ottamissiah (Missy) Moore, RN, has a wealth of experience and knowledge in nursing that spans more than 37 years, including extensive experience in hospice, long-term care, nursing regulation, wound care, and networking. Moore plans to share her nursing experience with healthcare providers and mentor many nurses before she retires.

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

REGISTER





How is Caregiving Different for LGBTQ+ Caregivers?

June 7, 2023 | 11:00 AM - 12:00 PM ET | Online

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

This webinar will be hosted by the WellMed Charitable Foundation.

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.

REGISTER



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.

REGISTER





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





The Value of State Dementia Registries for Public Health Action in Dementia Caregiving

June 12, 2023 | 11:00 AM - 12:30 PM ET | Online

State disease registries are an invaluable tool for public health agencies for purposes of policy development, service planning and resource allocation. Today, only West Virginia, Georgia and South Carolina have a population-based state dementia registry in the U.S. What can other states learn from their experience and successes? How can public health leverage data from dementia registries to drive action, programs and policies to support dementia caregivers?

Join the BOLD Public Health Center on Excellence on June 12th for a conversation about how state dementia registry data can be utilized to drive action, programs, and policies to support dementia caregivers. Attendees will hear from individuals who oversee and manage current state dementia registries and public health agency representatives, and have the chance to participate in the Q&A session.

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 persons 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:

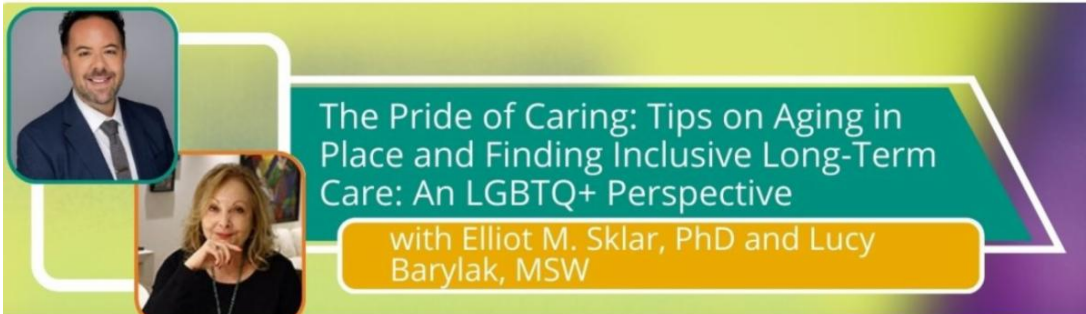
- Take our **one-minute pre-event survey**;
- Download our **Respite In Place Plan** to use during our 50-minute session.

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.

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Tips on Aging in Place and Finding Inclusive Long-Term Care: An LGBTQ+ Perspective

June 14, 2023 | 11:00 AM - 12:00 PM ET | Online

Most seniors want to avoid long term care if possible, yet LGBTQ+ seniors are more likely to require long term care. Tune in on June 14th for a one-hour exploration of ways to age in place safely, and how to find inclusive long-term care when needed.

This webinar will be hosted by the WellMed Charitable Foundation.

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

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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 cross 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.

REGISTER





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.

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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.

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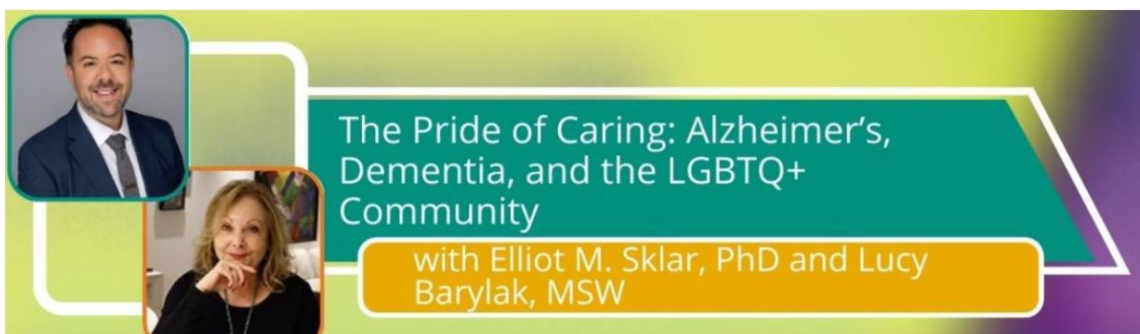
Defining Dementia: Progression, Treatment & Strategies

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



Alzheimer's, Dementia, and the LGBTQ+ Community

June 21, 2023 | 11:00 AM - 12:00 PM ET | Online

Did you know that LGBTQ+ older adults exhibit several health disparities which increase the risk of developing Alzheimer's and other dementias? Join Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW on June 21st for a discussion on this important topic.

This webinar will be hosted by the WellMed Charitable Foundation.

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

REGISTER





Diabetes and Dementia

June 21, 2023 | 1:00 PM - 2:00 PM ET | Online

Diabetes is a chronic metabolic disease characterized by elevated levels of blood sugar, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys, nerves and brain. It is among the top risk factors for dementia. This course hosted by the American Society on Aging will provide strategies to address diabetes and build cognitive resilience.

Participants in this webinar will be able to:

- List 6 or more modifiable risk factors for dementia.
- Summarize the link between diabetes and dementia.
- Identify effective interventions and strategies to address diabetes.
- Identify special considerations for high-risk populations.

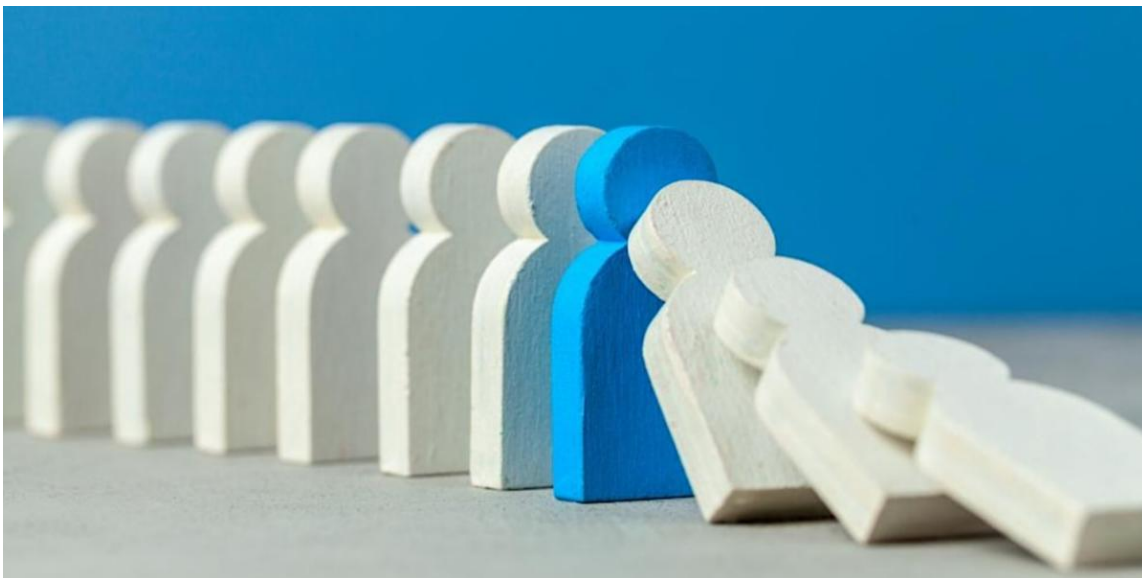
Presenter:

Constance Brown-Riggs is an award-winning registered dietitian and nutritionist, certified diabetes care and education specialist, and the author of several diabetes books, two of which received Hermès Gold Creative Awards: “Living Well with Diabetes 14 Day Devotional” and “The Diabetes Guide to Enjoying Foods of the World.” Brown-Riggs is an expert in nutrition, diabetes and the cultural issues that impact the health and healthcare of people of color. She is a former member of the board of directors for the Association of Diabetes Care and Education Specialist and a past chair of the Diabetes Dietetic Practice Group of the Academy of Nutrition and Dietetics. Learn more about her at www.eatingsoulfully.com.

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



Mental Health Among LGBTQ+ Caregivers

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

LGBTQ+ adults more commonly experience mental health concerns than their non-LGBTQ peers. The stress of caregiving, and isolation that caregivers experience can further these concerns. Join Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW on June 28th for an interactive session on this important health issue.

This webinar will be hosted by the WellMed Charitable Foundation.

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

REGISTER



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



JUN



Hearing Loss and Dementia

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

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

Participants in this webinar will be able to:

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

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

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

REGISTER



Peer Support System for Dementia Caregivers

Start: Feb. 22, 2023
End: December 2024
Enrollment: 355

Who is sponsoring this study? Mayo Clinic

Where is this study located? Online

What is this study about?

This study will help determine the effectiveness of a technology-based program that matches dementia caregivers to improve social support and quality of life. All participants will complete questionnaires about their match preferences, resilience, and quality of life. Participants will be randomly assigned to one of two groups. One group will be matched based on their questionnaire responses, and the other group will be randomly matched. All participants can choose whether they make and maintain a connection with their match for the duration of the one-year study. Participants will also meet with a study coordinator one month after the match, and at six, nine, and 12 months. At the end of the study, participants will complete questionnaires about their satisfaction with the match, perceived social support, resilience, quality of life, and problem-solving skills.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years
Maximum Age: N/A

Must have:

- Current or former caregiver of a person diagnosed with Parkinson's disease/Lewy body dementia, frontotemporal dementia, or Alzheimer's disease
- Regular contact with the loved one with dementia, in person or by phone
- Provides emotional support and full or partial assistance with daily activities at least three days per week
- Has provided care for their loved one with dementia for at least three months
- Access to a computer
- Able to use the internet
- Able to speak English
- Able to attend brief, virtual interactions quarterly with the study coordinator and actively interact with potential matches

Must NOT have:

- None

To learn more or to participate in this study, call Shayna Amos at (507)284-1324 or email her by clicking on the red button below.

LEARN MORE



SoCal Savvy: Dementia Caregiver Education Program

Start: Aug. 25, 2020
End: June 30, 2024
Enrollment: 250

Who is sponsoring this study? University of Southern California

Where is this study located? Online

What is this study about?

This study will evaluate the effectiveness of two versions of the SoCal Savvy dementia caregiver education program to improve caregiver skills, confidence, and quality of life. Participants will be randomly assigned to attend weekly online group classes for either three week (express program) or six weeks (original program). At the start of the study and three more times over seven months, all participants will complete questionnaires about their caregiving confidence, mental health, and behaviors of the person living with dementia. Researchers will measure changes in caregiver skills, anxiety, depression, social engagement, and the daily functioning of the person with dementia.

Do I Qualify To Participate in This Study?

Minimum Age: 18 Years

Maximum Age: N/A

Must have:

- Able to speak and read English
- Care for or provide assistance to an adult living with memory loss, dementia, or Alzheimer's disease
- Able to participate in online in classes using a tablet or computer

Must NOT have:

- Sensory (e.g., vision, hearing) or other physical conditions that would interfere with participation in an in-person, group activity

To learn more or to participate in this study, call Maria Aranda at (213)740-1887 or email her by clicking on the red button below.

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In-Home Brain Stimulation for People at Risk of Alzheimer's Disease

Start: May 2023

End: May 2026

Enrollment: 200

Who is sponsoring this study? Massachusetts General Hospital

Where is this study located? Massachusetts

What is this study about?

This study will test whether an at-home device that provides gamma wave brain stimulation, using 40 Hz light and sound, can prevent dementia in people who are at risk of developing Alzheimer's disease. For one year, all participants will use the GENUS light and sound stimulation device at home, for one hour each day, and wear a smart watch to track their sleep patterns. Participants will be randomly assigned to receive one of two devices that use different light and sound settings. At the start and end of the one-year study, participants will complete memory tests, provide blood and spinal fluid (optional) samples, undergo electroencephalogram (EEG) tests, and MRI and PET brain scans.

Researchers will measure changes in brain wave patterns, cognition, sleep patterns, and blood markers associated with Alzheimer's. All participants will be monitored for any side effects throughout the trial.

Do I qualify to participate in this study?

Minimum Age: 55 Years

Maximum Age: 90 Years

Must have:

- History of Alzheimer's in immediate family, such as a grandparent, parent, or sibling
- Normal cognition, with the following cognitive scores, adjusted for education, at study screening:
 - Mini-Mental State Exam score > 27
 - Clinical Dementia Rating Global Score of 0
 - Delayed Recall score on the Logical Memory IIa subtest of 8 to 15
- Low levels of amyloid in the blood at study screening
- Elevated amyloid fibers in the brain, based on PET brain scan at study screening
- Adequate vision and hearing to complete study procedures

Must NOT have:

All participants:

- Any serious or unstable medical condition that could interfere with the study, including:
 - History of seizure or diagnosis of epilepsy
 - History of severe allergic or anaphylactic reactions
 - History of continuous alcohol or substance abuse for longer than a decade
 - Diagnosis of a neurodegenerative disorder associated with cognitive impairment
 - Kidney disease
- Any condition that may make having an MRI or PET brain scan unsafe (e.g., metal shrapnel, heart pacemaker, severe claustrophobia, epilepsy)
- Extreme nearsightedness or untreated cataracts that affect vision
- Currently taking NMDA antagonists, a medication used to help treat Alzheimer's
- Laboratory test results at study screening that suggest systemic illness
- MRI brain scan results that show stroke, tumor, or other type of brain lesion that could interfere with the study
- Female subjects must not be pregnant or breastfeeding

Participants who choose to provide spinal fluid samples:

- History of bleeding disorders or laboratory test results that show low platelet levels
- Currently taking warfarin or similar anticoagulant medication

To learn more or to participate in this study, call Megan Colburn at (617)258-7723 or email her by clicking on the red button below.

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Gut and Blood Biomarkers in People with Alzheimer's and Their Spousal Caregivers

Start: Dec. 15, 2022

End: Nov. 30, 2024

Enrollment: 104

Who is sponsoring this study? University of Virginia

Where is this study located? Virginia

What is this study about?

People with Alzheimer's disease have different gut microorganisms and blood markers of inflammation than people without Alzheimer's. Research also suggests that spousal caregivers of patients with Alzheimer's have a higher risk of developing dementia later in life than those whose spouses do not have dementia. To determine if a person with Alzheimer's and their spousal caregivers have similar changes in their gut and inflammation levels, this study will compare the gut microorganisms and blood biomarkers for inflammation in people with Alzheimer's, their spousal caregivers, and others with normal cognition. All participants will visit the study clinic once to provide blood and stool samples and complete cognitive tests.

Do I qualify to participate in this study?

Minimum Age: 65 Years
Maximum Age: 90 Years

Must have:

Participants must be one of the following:

- Person diagnosed with Alzheimer's with a Clinical Dementia Rating > 1
- Spouse of a study participant with Alzheimer's
- Healthy adult with no history of dementia and unrelated to other study participants

Must NOT have:

- History of familial Alzheimer's
- Severe disease, including cardiovascular, respiratory, liver, kidney, or central nervous system disease
- Life expectancy less than three months
- History of psychiatric illness
- Any major neurological disease other than Alzheimer's
- Current use of corticosteroids, antibiotics, or bowel movement medication
- Any history of alcoholism or illicit drug dependence
- Severe vision or hearing problem
- Previous participation in this study

To learn more or to participate in this study, call Keita Ikeda at (919)593-1174 or email him by clicking on the red button below.

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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.

LEARN MORE



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 AT ALBANY

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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 CASE YOU MISSED IT...

**Caregiver Mental Health: How to
Reduce Anxiety for Better Living**



The caregiving role can bring forth many different feelings and emotions, and anxiety is one which can be problematic for those managing care. In observance of Mental Health Week this May, we welcome back Dr. Patrick McGrath to talk about:

- Anxiety in caregivers
- How to notice and address it
- Practical and unique tips to support your mental health

Dr. Patrick McGrath is a clinical psychologist and Emeritus Professor of Psychiatry at Dalhousie University and a scientist at the IWK Health Centre where his research is based. He is an Adjunct Professor of Psychiatry at the University of Ottawa and founder and president of 90Second Health Letters. He frequently treats caregivers with anxiety in his private practice.



RESEARCH & RESOURCES



Helping Family and Friends Understand Alzheimer's Disease

When you learn that someone has Alzheimer's disease, you may wonder when and how to tell your family and friends. You may be worried about how others will react to or treat

the person. Realize that people often sense when something has changed. By sharing what is happening, family and friends can help support you and the person with Alzheimer's disease.

To learn more, click the red button below.

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

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

To learn more, click the red button below.

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

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

To learn more, click the red button below.

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Less Myelin Content in the Brain Linked to Faster Cognitive Decline

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

To learn more, click the red button below.

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Caregivers Feeling the Squeeze of "Sandwich Caregiving"

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

To learn more, click the red button below.

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Caregiver Stress

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

To learn more, click the red button below.

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CANCER*care*

Advice for Caregivers: Handling Burnout

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

To learn more, click the red button below.

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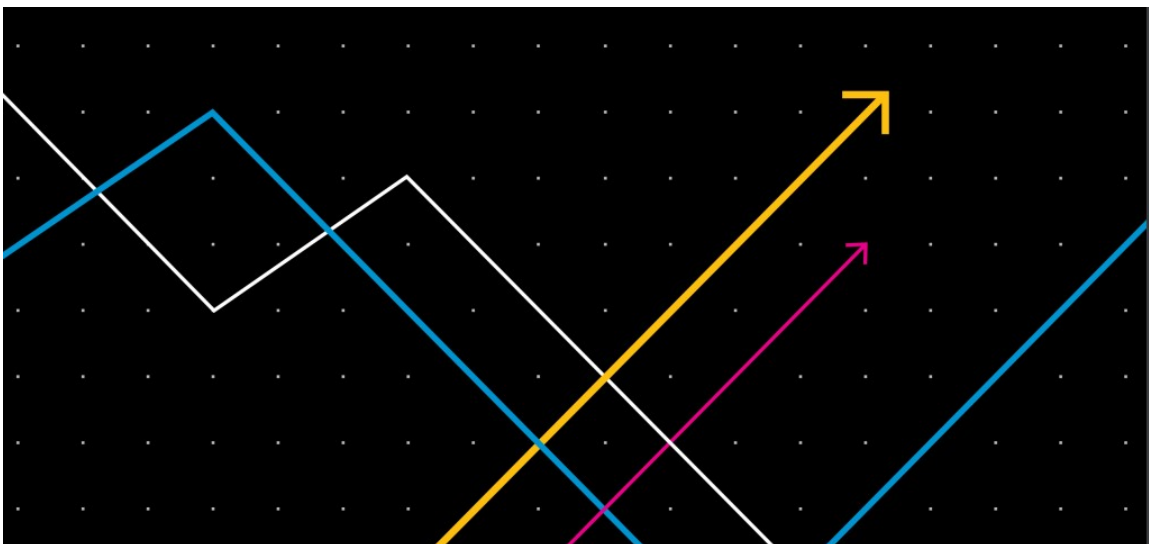
The Link Between Highly Processed Foods and Brain Health

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

To learn more, click the red button below.

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PREVIOUSLY APPEARED



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



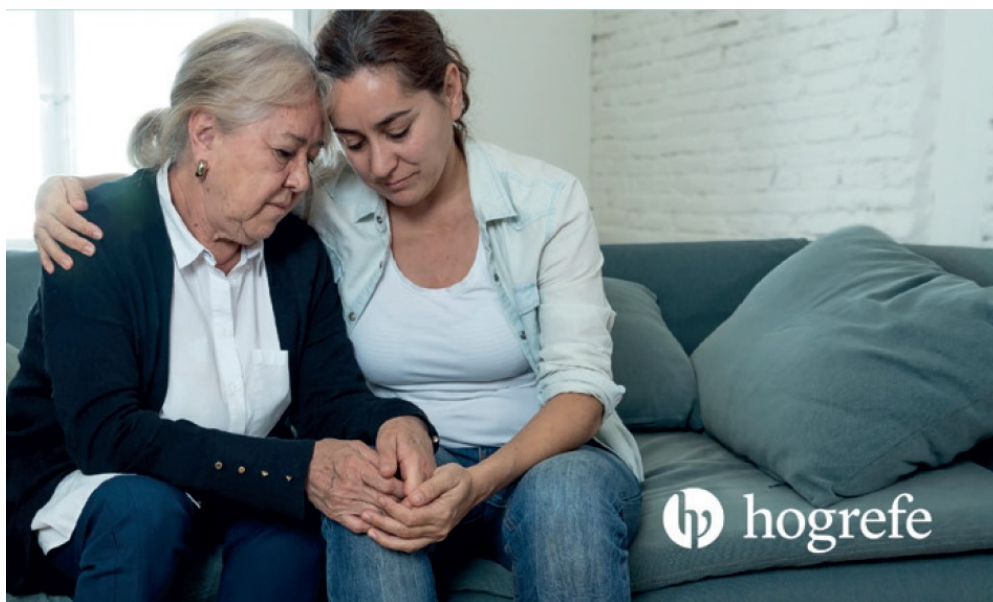


MIND and Mediterranean Diets Linked to Fewer Signs of Alzheimer's Brain Pathology

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.

[LEARN MORE](#)



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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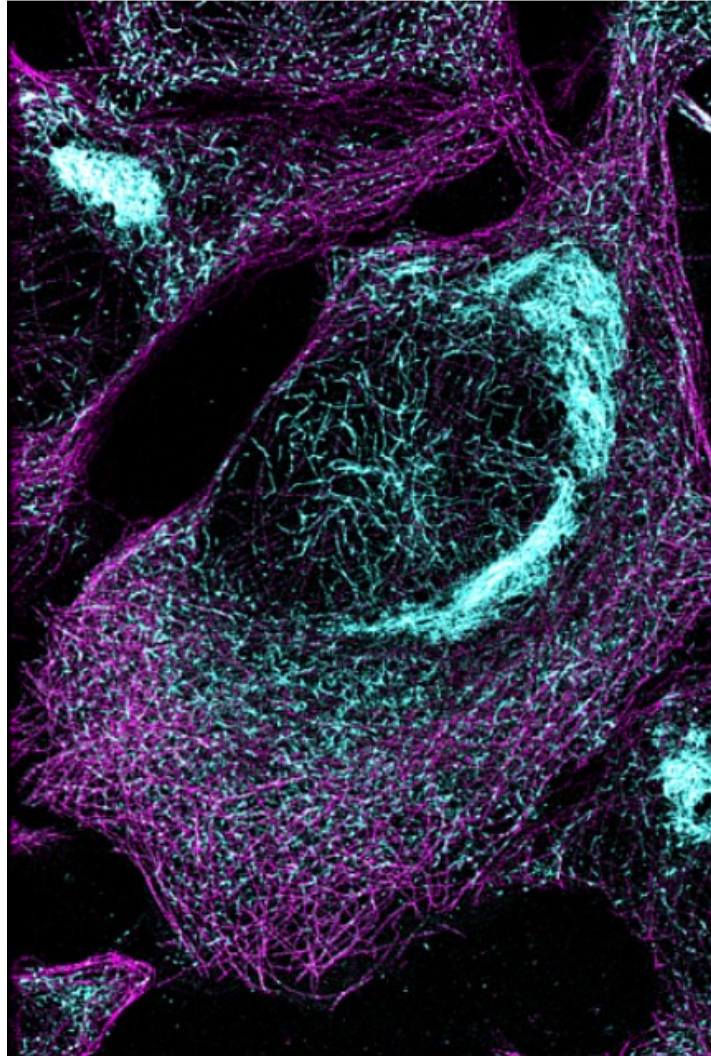


Hospitalization for Infection Linked to Higher Dementia Risk

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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Global Council on Brain HealthSM

A COLLABORATIVE FROM **AARP**[®]

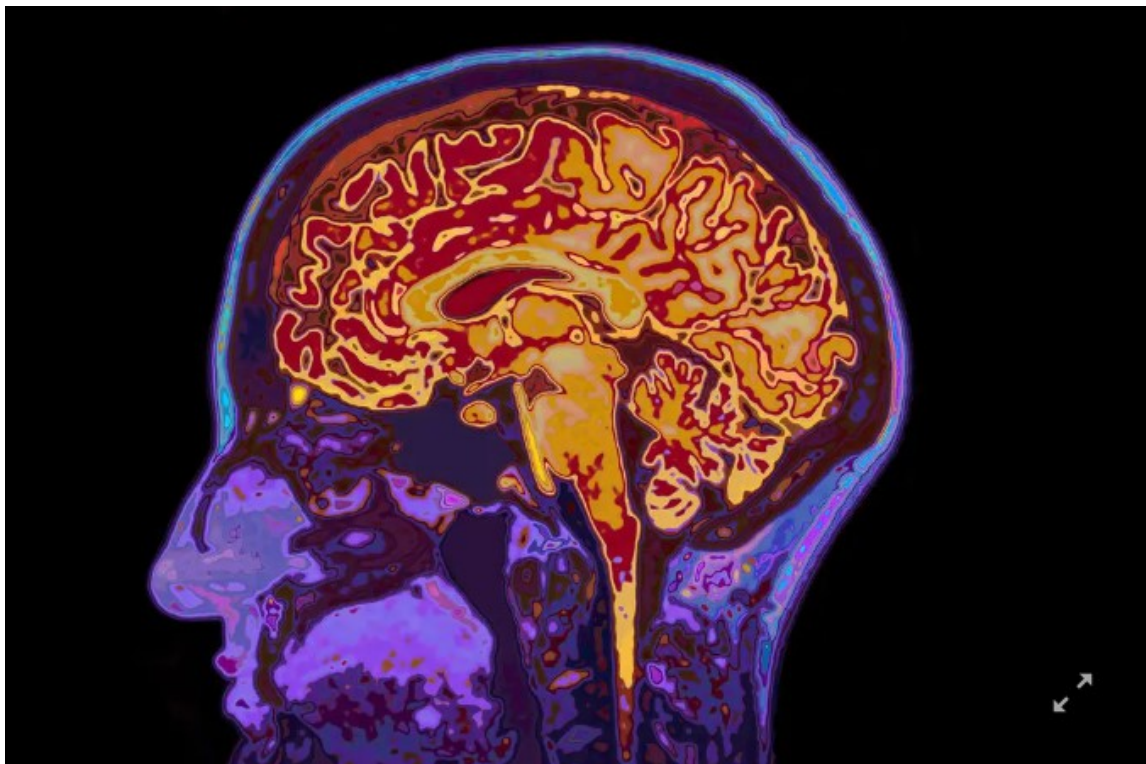
How to Sustain Brain Healthy Behaviors

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.

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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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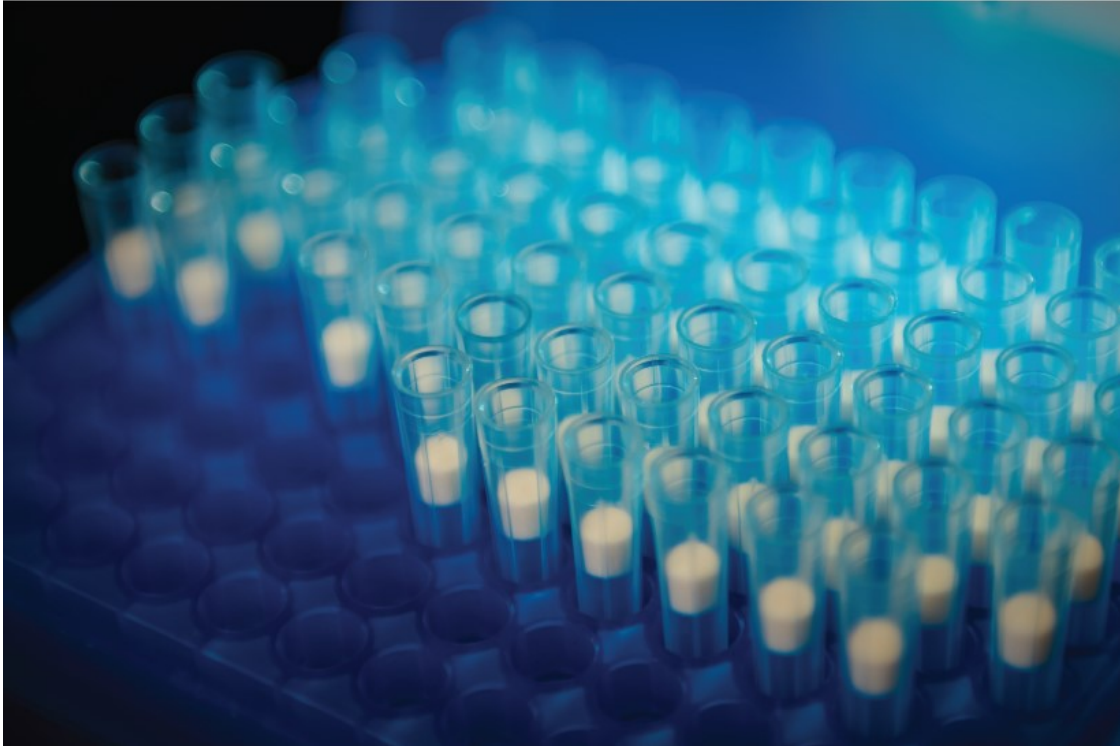
11 Myths about Alzheimer's Disease

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.

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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.

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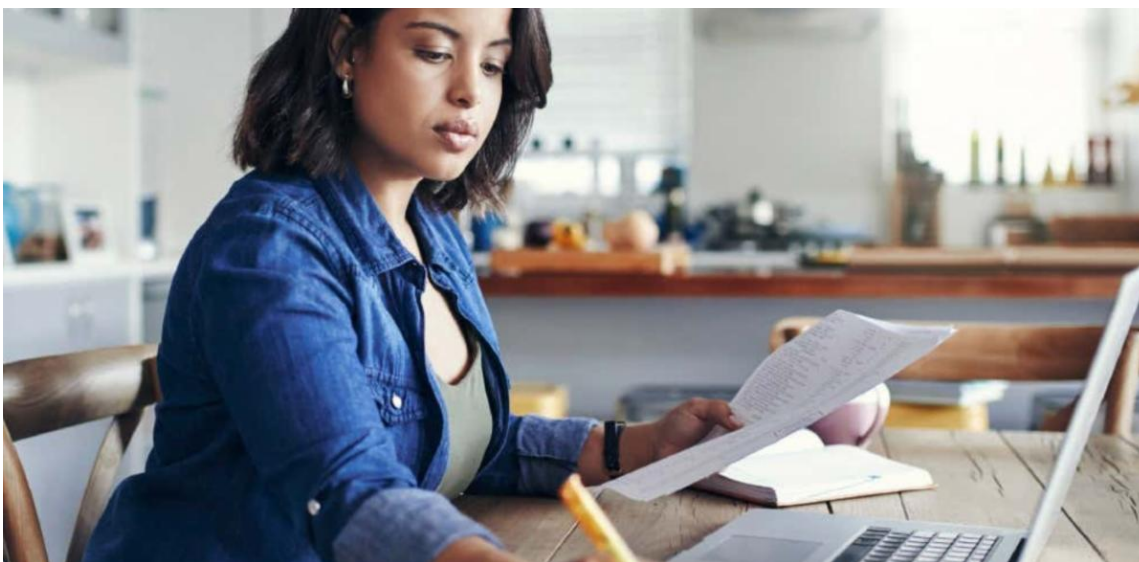
Advances in ALS: Unraveling Its Causes and Finding Treatments

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.

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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





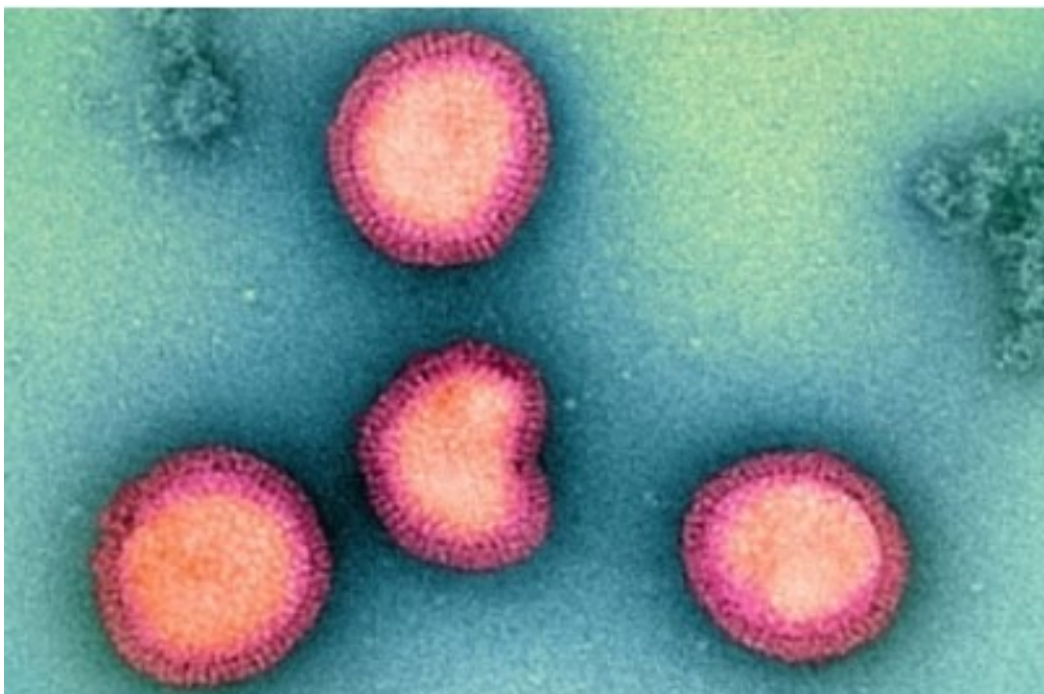
Guide for Caregivers of a Child with Serious Illness

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.

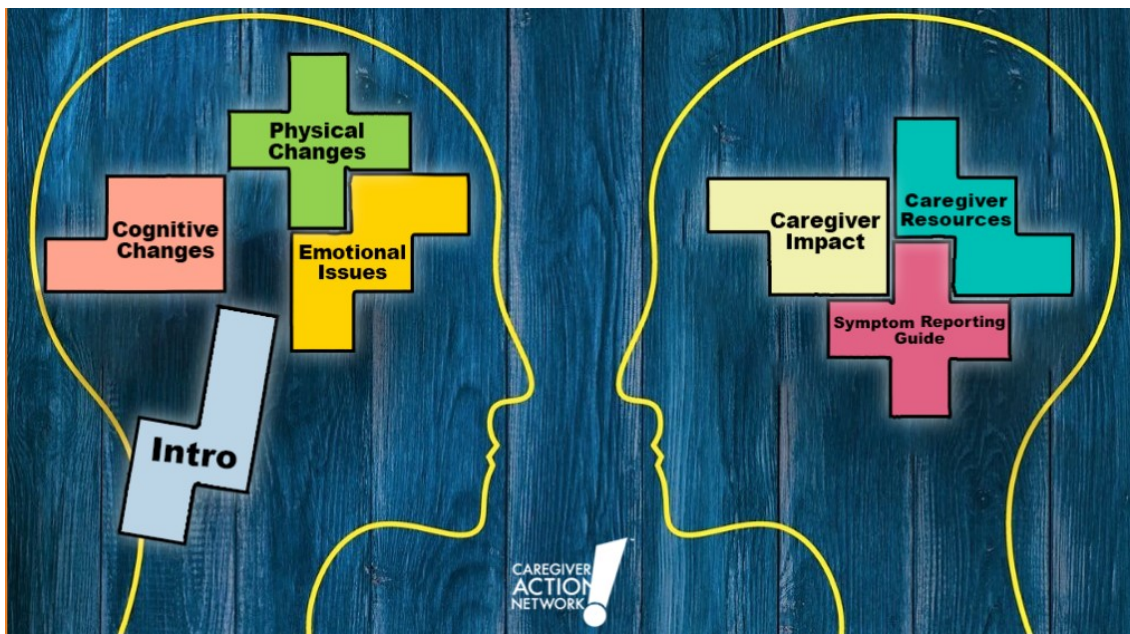
That's why it's best to start a conversation before any treatment decisions need to be made. Sometimes, we might avoid the conversation by telling ourselves, "it's too soon." But it always seems too soon, until it's too late.

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.

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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?

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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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Families for Depression Awareness

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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