

# THIS WEEK IN CAREGIVING



May 31, 2023



## CAREGIVING IN THE NEWS

### National Alliance for Caregiving Response to Carter Family Statem

We are grateful to former First Lady Rosalynn Carter for sharing her dementia diagnosis with the nation. By sharing her diagnosis, Mrs. Carter and the Carter Family have taken a bold stand against the stigma often associated with dementia. We stand with Mrs. Carter in calling for greater attention to America's 53 million caregivers and we urge continued action to make caregiving more sustainable, dignified, and equitable.

*From: Twitter | Published: May 30, 2023*

READ MORE



### Do Your Caregiving Benefits Support Parents of Neurodiverse Children?

Any working parent knows how tough it is to raise a child and grow a career. For parents of neurodivergent children, those challenges can be more nuanced, more time-consuming, and more isolating.

According to the CDC, around 17% of kids ages 3-17 have a developmental difference, as reported by their parents, including autism spectrum disorder and learning or intellectual disorders. Multiple studies show that parents of these children often report higher levels of stress, and broadly report struggling to access the support they need.

*From: Employee Benefit News | Published: May 25, 2023*

### How Entrepreneurs Can Create Workplace Flexibility to Accommodate Caregiving Responsibilities

Part of the allure of entrepreneurship is being able to spend your time as you see fit, but this goal is often more fantasy than reality. Long hours, hard work and sacrifices are the norm for entrepreneurs across industries, even as personal commitments mount.

Increasingly, middle-aged adults are simultaneously caring for their children and aging parents, both financially and emotionally. Entrepreneurs in the “sandwich generation” can find themselves especially strained when taking on the responsibility of their elderly loved ones’ care while shouldering the weight of a business. Fortunately, shifts

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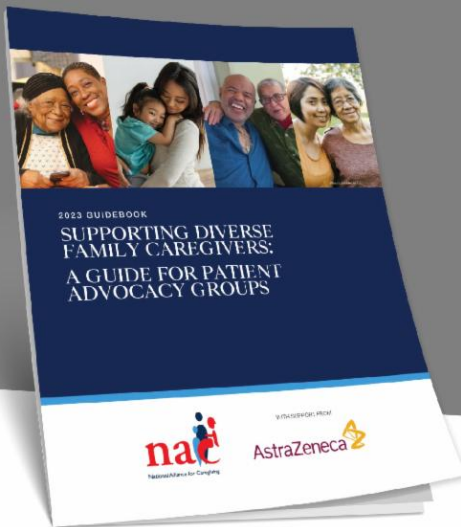
in work practices supported by technology can give entrepreneurs the opportunity to create flexible workplaces that accommodate life's demands.

*From: Forbes | Published: May 28, 2023*

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## NAC NEWS AND UPDATES



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

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

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

To learn more, click the red button below.

[LEARN MORE](#)

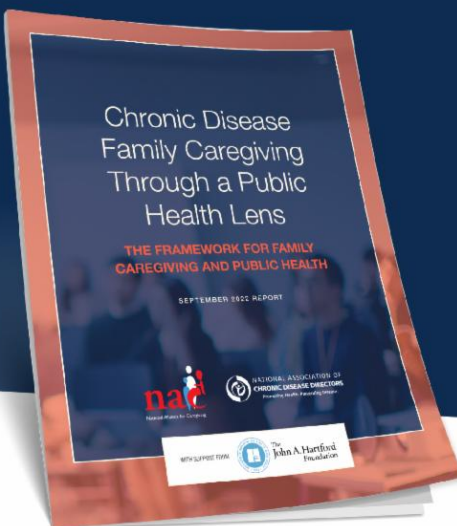




It's important to recognize those with chronic pain and the family caregivers that help care for them. This second installment in the Social Innovations Spotlight Series is written by Dr. Fawn Cothran, PhD, RN, GCNS-BC, FGSA, Hunt Research Director at the National Alliance for Caregiving, and explores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

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

**VIEW THE REPORT**  
>



The image shows the cover of a report. The title 'Chronic Disease Family Caregiving Through a Public Health Lens' is in white font. Below it, the subtitle 'THE FRAMEWORK FOR FAMILY CAREGIVING AND PUBLIC HEALTH' is in red and white. The date 'SEPTEMBER 2022 REPORT' is at the bottom. The NAC logo and 'National Alliance for Caregiving' text are in the bottom left. The John A. Hartford Foundation logo is in the bottom right. The background is dark blue with a faint image of people.

**JUST RELEASED!**

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

**DOWNLOAD NOW**

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



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

Included in this report:

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

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

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

**VIEW THE REPORT**



## EVENTS & OPPORTUNITIES

**MAY**



### 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.

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## **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.

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## **Sleep Hygiene**

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

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

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

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**JUNE**



## Family Reactions to Mental Illness

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

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

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

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## 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.

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## 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.

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## 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.

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## 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.

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## A Plan for You After Your Family Member's Diagnosis

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

It's not a holiday, Diagnosis Day, but it's a day that's so momentous for all the wrong reasons that it becomes etched in our memories. The world looks the same but a diagnosis changes how the world feels. It all feels so strange.

How do you manage after a family member's diagnosis?

Join us to talk it out, figure it out and plan it out.

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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**The Pride of Caring: How is Caregiving Different for LGBTQ+ Caregivers?**

with Elliot M. Sklar, PhD and Lucy Barylak, MSW

## 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.



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## **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.

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## **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.

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## Caring for Your Caregiver

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

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

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

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

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## Understanding Dementia for Family and Friends

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

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

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## Planning for Getting Paid for Caring for a Family Member

**June 9, 2023 | 2:00 PM - 3:00 PM ET | Online**

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

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

Before joining us:

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

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

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

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## Attn: Women Caregivers: How to Rise Above Guilt, Resentment and Uncertainty

**June 9, 2023 | 2:00 PM - 3:00 PM ET | Online**

Tune in on June 9th (2:00 PM ET) for an event designed specifically for women caregivers who are looking to ease their stress and become more resilient.

During this event, we'll share four key strategies that have been proven to help women caregivers manage their stress and build resilience. You'll learn practical tips and techniques that you can start using right away to improve your own well-being.

If you're feeling overwhelmed, stressed, or burnt out from caregiving, this event is for you.

You'll have the opportunity to connect with other women caregivers and receive support and encouragement from our facilitator Connie Lape.

Don't miss out on this valuable opportunity to improve your own well-being and become a more resilient caregiver.

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

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## **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.

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## **Why Dementia is Different for Everybody**

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

Dementia affects each person in a different way, depending on multiple factors. These

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

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

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

The course is for you if you would like to:

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

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

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## **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.

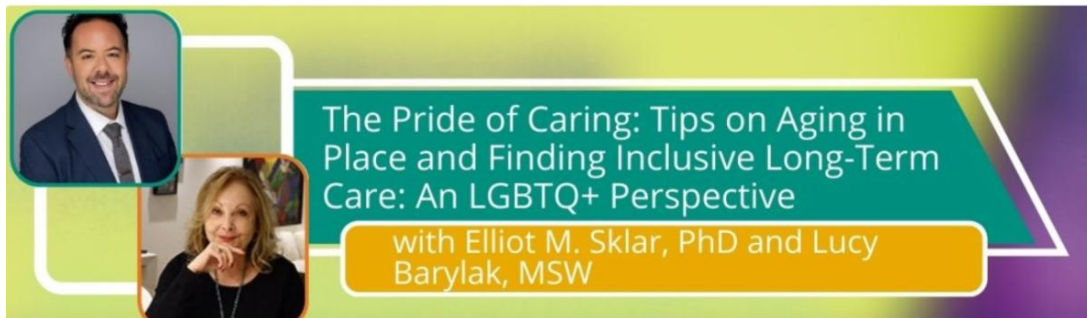
Before joining us:

- 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 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 across Australia will come together to share their research on ways to better support people diagnosed with brain cancer, their caregivers, and the health professionals who work with them.

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



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

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## **Caregiving Coffee: Managing Restlessness and Sleep Issues**

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

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

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

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## **Caring for and Supporting LGBTQ 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.

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## **It's a Journey: Age Friendly and Dementia Capable Health Systems**

**June 20, 2023 | 3:00 PM - 4:00 PM ET | Online**

Aging is a dynamic process that leads to new abilities and knowledge as well as risks for complex health conditions including dementia. The age-friendly and the dementia-friendly

movements can work together to improve the health and well-being of older adults living with dementia and their families. These two national movements are key components of an age-friendly / dementia-friendly ecosystem and together they build better dementia-capable health services and supportive communities to support healthy aging for all older adults. The John A. Hartford Foundation has led the development of the Age-Friendly Health Systems movement with the Institute for Healthcare Improvement and other partners to spread evidence-based care based on the 4Ms Framework – what Matters to the older adult, Medication, Mentation (including dementia), and Mobility. MaineHealth's work to become a Dementia Capable health system occurred in the context of the Age Friendly Health Systems spread. By aligning these initiatives with other system programming, and working with many community partners, there are sustainable and ongoing mechanisms to assess and support individuals in the community with dementia, as well as their caregivers.

Direct questions to [NADRC-Webinars@rti.org](mailto:NADRC-Webinars@rti.org)

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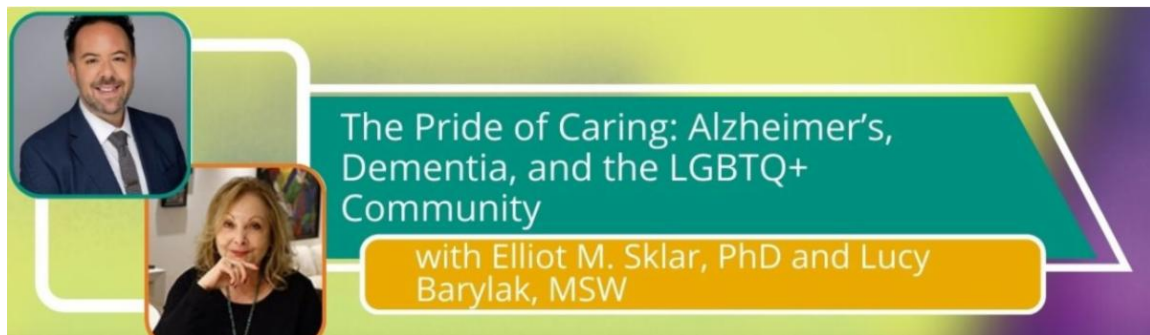
NADRC webinars are free and open to the public.

NADRC webinars are recorded and will be posted at <https://nadrc.acl.gov/>.

Closed captioning is available during the webinar and included in all recordings.

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

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## **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.

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## 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:**

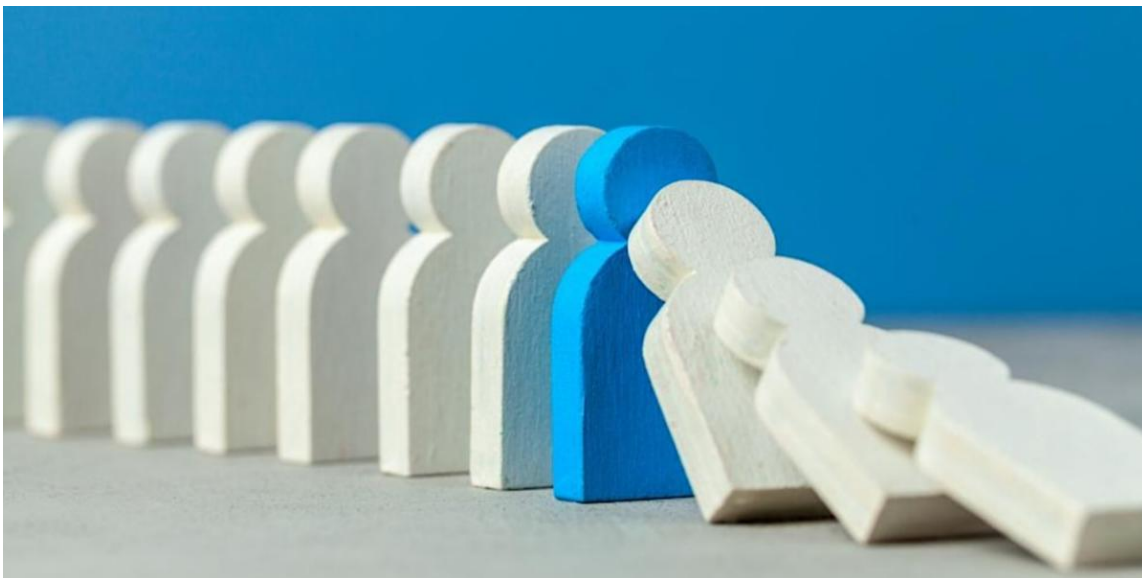
Constance Brown-Riggs is an award-winning registered dietitian and nutritionist, certified diabetes care and education specialist, and the author of several diabetes books, two of which received Hermès Gold Creative Awards: “Living Well with Diabetes 14 Day Devotional” and “The Diabetes Guide to Enjoying 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](http://www.eatingsoulfully.com).

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

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## 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.

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## Reaching Someone with Dementia

**June 22, 2023 | 12:00 PM - 1:00 PM ET | Online**

Join AARP Vermont and the Vermont chapter of the Alzheimer's Association to learn about the ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages of the disease. We'll also share strategies that will help you better reach and connect with a loved one coping with dementia.

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

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## 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.

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## 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.

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## 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.

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## **2023 Health Equity Accelerator Awards: Application Guidelines**

**Deadline: June 30, 2023**

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

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

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

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

**APPLY**



**JULY**

**Keeping the Communication Going**

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



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

This session is for you if:

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

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

**REGISTER**



## Memory Changes

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

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

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

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

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

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

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

**REGISTER**





## How to Know When Home Care Is No Longer Enough

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

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

### **Participants in this webinar will be able to:**

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

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

**REGISTER**  
>



## 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**



**Sundowning**

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

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

Join the UK's Dementia Carers Count on July 19th for a presentation and exploration of sundowning. This session is for you if you ...

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

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

REGISTER  
>

## PATIENT AND CAREGIVER STUDIES

### BMS-984923 for Early-Stage Alzheimer's Disease

Start: March 28, 2023

End: July 15, 2024

Enrollment: 50

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

**Where is this study located?** Connecticut and Wisconsin

#### What Is this study about?

This Phase 1B clinical trial will test the safety and effects of different dosage levels of the experimental drug BMS-984923 in older adults with early Alzheimer's disease or normal cognition. This trial has two stages. The first stage looks at the safety and effects of the study drug in older adults with normal cognition. In this stage, healthy participants will be randomly assigned to receive one of four different dosage levels of BMS-984923, or a placebo, taken as a pill, twice daily, for 10 days. In the second stage, participants with early Alzheimer's will be randomly assigned to take either one of two different dosage levels of BMS-984923 pills, or a placebo, twice daily for one month. Participants in both stages of the study will undergo a physical exam, provide blood samples, and complete cognitive tests. Stage 2 participants will also undergo PET brain scans. Throughout the study and up to 10 days after the last dose of the study drug, researchers will monitor all participants for side effects.

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



Minimum Age: 50 Years  
Maximum Age: 80 Years

**Must have:**

Participants with normal cognition:

- Normal cognition, with Montreal Cognitive Assessment score > 25
- No history of cognitive impairment

Participants with early-stage Alzheimer's:

- Diagnosis of either one of the following conditions:
  - Mild dementia due to Alzheimer's, with:
    - Mini Mental Status Exam score of 18 to 26
    - Clinical Dementia Rating score of 0.5 or 1
  - Mild cognitive impairment due to Alzheimer's, with:
    - Self-reported memory problems
    - Ability to complete activities of daily living
    - Clinical Dementia Rating score of 0.5
  - Abnormal memory function, based on memory test results at study screening
- If taking any medication for a chronic condition, dosage must be stable for at least one month before starting study
- Evidence of mild cognitive impairment or early Alzheimer's, based on MRI brain scan results, at screening, with modified Hachinski score < 4
- Availability of a study partner who has frequent contact with the participant (e.g., average of 10 hours per week or more) and can attend all study visits
- General good health and able to move around easily, with or without an assistive device, such as a walker or cane
- Adequate vision and hearing to complete study tests, hearing aid is allowed
- Living at home or in an assisted living community
- Able to swallow pills

**Must NOT have:**

All participants:

- Body mass index > 38 or body weight < 110 pounds
- Current major depression (Geriatric Depression Scale score > 5), schizophrenia or bipolar disorder; participants whose depression symptoms are successfully managed by a stable dose of an antidepressant are accepted for the study
- History of alcohol or substance abuse or dependence within the past two years
- Any clinically significant or unstable medical condition, including uncontrolled high blood pressure, uncontrolled diabetes, or significant heart, lung, kidney, liver, hormonal, or other systemic disease
- Any disorder that could interfere with the absorption, distribution, metabolism, or excretion of drugs (e.g., small bowel disease, Crohn's disease, celiac disease, or liver disease)
- Use of any medication that could interfere with the study within two weeks, or within a timeframe where the medication is still in the body, before the first dose of the study drug, including:
  - Psychoactive medications (e.g., typical neuroleptics, narcotic analgesics, anti-parkinsonian medications, systemic corticosteroids, or medications with significant central anti-cholinergic activity), prior to taking the first dose of the study drug and for the duration of the trial
  - Medications with potential drug-drug interactions (determined at study screening)
- Use of another research drug or blood thinner within 30 days, or within a timeframe where the medication is still in the body, before the first dose of the study drug
- Clinically significant abnormal laboratory test results
- Suspected or known allergy to any components of the study treatments

Participants with normal cognition:

- Any significant neurologic disease, such as Alzheimer's, Parkinson's disease, vascular dementia, Huntington's disease, normal pressure hydrocephalus, brain tumor, progressive supranuclear palsy, seizure disorder, subdural hematoma, multiple sclerosis, or history of significant head trauma, or known structural brain abnormalities

- Positive alcohol breathalyzer test
- Positive urine drug screen for amphetamines, barbiturates, benzodiazepines, cocaine, opiates, tetrahydrocannabinol, ethanol or cotinine; stable prescribed amphetamines or benzodiazepines for an acceptable medical condition are permitted
- Current nicotine use or positive urine cotinine test
- Positive for HIV
- History of hepatitis B or C and/or a carrier of hepatitis B

Participants with early-stage Alzheimer's:

- Hospitalization or medication change within four weeks prior to starting study
- Living in a continuous care nursing facility
- Diagnosis of any of the following conditions, at study screening:
  - Neurodegenerative disease or cognitive disorder other than Alzheimer's, including Lewy body dementia, frontotemporal dementia, Huntington's disease, Creutzfeldt-Jakob disease, Down syndrome, Parkinson's, amyotrophic lateral sclerosis
- Infectious, metabolic, or systemic diseases that affect the central nervous system, including syphilis, thyroid disease, vitamin B12 deficiency
- Evidence of stroke, bleeding in the brain, aneurysm, brain tumor, or other brain lesions, based on an MRI brain scan
- Any condition that may make having an MRI brain scan unsafe (e.g., metal shrapnel, heart pacemaker, severe claustrophobia, epilepsy or other seizure disorder)
- Disability that may prevent the participant from completing all study requirements (e.g., blindness, deafness, severe language difficulty)
- Nootropic drugs except stable Alzheimer's medications (e.g., acetylcholinesterase inhibitors, memantine) for three months prior to starting the study
- Use of any amyloid lowering therapies within two months prior to the first dose of the study drug and for the duration of the trial

To learn more or to participate in this study, call Timothy Siegert at (203)691-6543 or email him by clicking on the red button below.

**LEARN MORE**  
>

## Home Exercise Program To Improve Cognitive Impairment

Start: March 21, 2023

End: Nov. 30, 2023

Enrollment: 44

**Who is sponsoring this study?** University of Illinois at Chicago

**Where is this study located?** Illinois

### What Is this study about?

This study will test the feasibility and effects of an in-home exercise program to improve cognition for older adults with mild cognitive impairment or mild dementia. Participants will be randomly assigned to complete the Gentle Moves exercise program or receive usual care by a neuropsychologist for three months. Participants in the Gentle Moves group will receive instructions from a coach to perform three movements in a seated position and two movements in a standing position every day. All participants will visit the research clinic at the start and end of the study to complete memory tests. Participants in the exercise group will also answer questions about the perceived difficulty of the program.

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

Minimum Age: 50 Years  
Maximum Age: N/A

**Must have:**

- Diagnosis of mild cognitive impairment or mild dementia
- Physically inactive (< 150 minutes per week of planned physical activity)
- Able to sit in a chair independently for 15+ minutes
- Fluent in English

**Must NOT have:**

- Significant mental or physical disabilities that interfere with the ability to safely complete physical activity (e.g., major stroke)
- Severe untreated hearing or vision impairment
- Lack of safety awareness
- Currently participating in another physical activity study

To learn more or to participate in this study, call Lijuan Yin at (312)413-1119 or email her by clicking on the red button below.

**LEARN MORE**  
>

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

Start: March 1, 2023  
End: March 1, 2029  
Enrollment: 240

**Who is sponsoring this study?** Johns Hopkins University

**Where is this study located?** Maryland

**What Is this study about?**

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

**Do I Qualify To Participate in This Study?**

Minimum Age: 60 Years  
Maximum Age: N/A

**Must have:**

- Mild cognitive impairment (MCI), based on tests at study screening
- If MCI is due to early Alzheimer's, participant must be functionally independent at the start of the study
- Body Mass Index > 17 and < 30

- Native English speaker
- Availability of a study partner to:
  - Attend the first and third study visits
  - Answer questions about the person with MCI

**Must NOT have:**

- Dementia
- Current smoker
- Current or history of major psychiatric illness, including schizophrenia, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder
- Diagnosis of a neurological disorder, including Parkinson's disease and Huntington's disease
- Current or history of immune disorder, including multiple sclerosis
- Current or history of drug dependence
- Treatment within the last six months with antidepressants, neuroleptics, sedative hypnotics, or glucocorticoids
- History of stroke, seizure, or head injury with loss of consciousness for more than half an hour
- Surgery within the last three months
- Major, untreated vision or hearing problem

To learn more or to participate in this study, call Cynthia Munro at (410)550-6271 or email her by clicking on the red button below.

**LEARN MORE**  
>

## **Safety of a Beta-Amyloid Vaccine in People with Mild Cognitive Impairment**

Start: Feb. 27, 2023  
End: Nov. 7, 2026  
Enrollment: 48

**Who is sponsoring this study?** Institute for Molecular Medicine

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

**What Is this study about?**

This Phase 1 study will examine the safety of the experimental beta-amyloid vaccine, AV-1959, in older adults with mild cognitive impairment due to Alzheimer's disease. Participants will be randomly assigned to receive one of three dosage levels of AV-1959. Each participant will receive the vaccine in a series of three injections. Researchers will monitor participants for any side effects, including any abnormal laboratory test results or abnormal heart activity as measured using an electrocardiogram. Blood samples will also be collected to evaluate the body's immune response to the vaccine over time.

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

Minimum Age: 60 Years  
Maximum Age: 85 Years

**Must have:**

- Mild cognitive impairment due to Alzheimer's, with:
  - Mini-Mental State Examination score from 22 to 30
  - Clinical Dementia Rating of 0.5 or 1
  - Evidence of amyloid protein in the brain, based on PET scan at study



**Must NOT have:**

- Any medical condition, other than mild cognitive impairment, that could contribute to cognitive impairment
- Participation in another experimental drug or device study within 30 days of getting this study's first vaccine or before the other experimental drug has cleared the body
- Prior treatment with any beta-amyloid or tau immunotherapy (e.g., vaccine, antibody-based drug)
- Use of immunomodulatory or growth-stimulating factors within one month of study
- Brain changes that would make participation in this study unsafe, based on MRI brain scan
- Any serious illness requiring systemic treatment and/or hospitalization within one month of study
- History or evidence of severe reactions to vaccination or significant allergic reactions
- History of seizure disorder
- Any major or unstable illness, including:
  - Unstable heart disease
  - Insulin-dependent diabetes
  - Autoimmune disease

To learn more or to participate in this study, call Roman Kniazev at (714)596-3981 or email him by clicking on the red button below.

**LEARN MORE**



## 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.

## 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.

**LEARN MORE**  
>

## 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.

**LEARN MORE**  
>

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

**Alzheimer's Association: A Caregiver's Guide to Finances**



MANAGING MONEY:  
A CAREGIVER'S GUIDE TO FINANCES

Wednesday, April 19 2:00 - 3:30 pm



alzheimer's  
association®

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If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Watch this video to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

Brought to you by the Alzheimer's Association.



## RESEARCH & RESOURCES



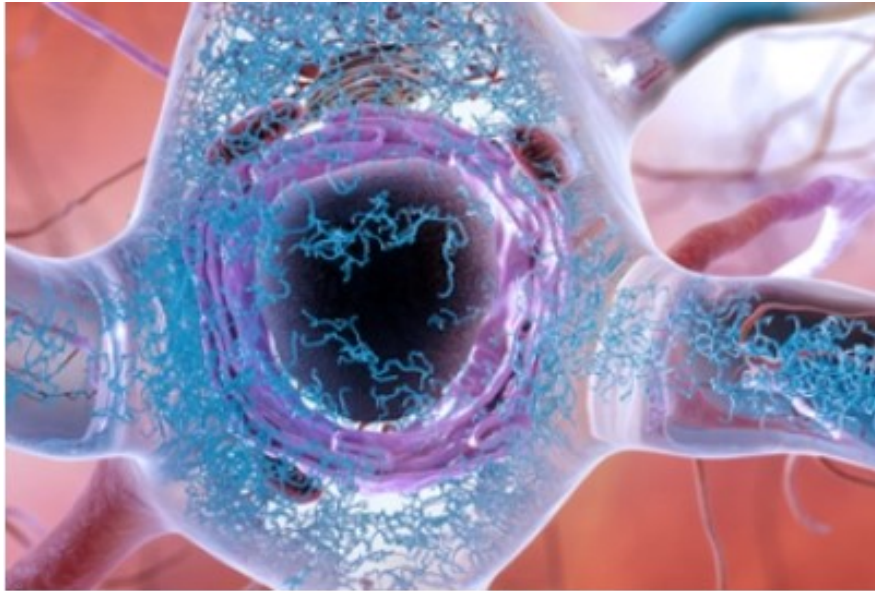
### New Program Developed to Address Mental Health Needs of Military Caregivers

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

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

To learn more, click the red button below.

[LEARN MORE](#)



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

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

To learn more, click the red button below.

[LEARN MORE](#)



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

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

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

To learn more, click the red button below.

**LEARN MORE**



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

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

To learn more, click the red button below.

**LEARN MORE**







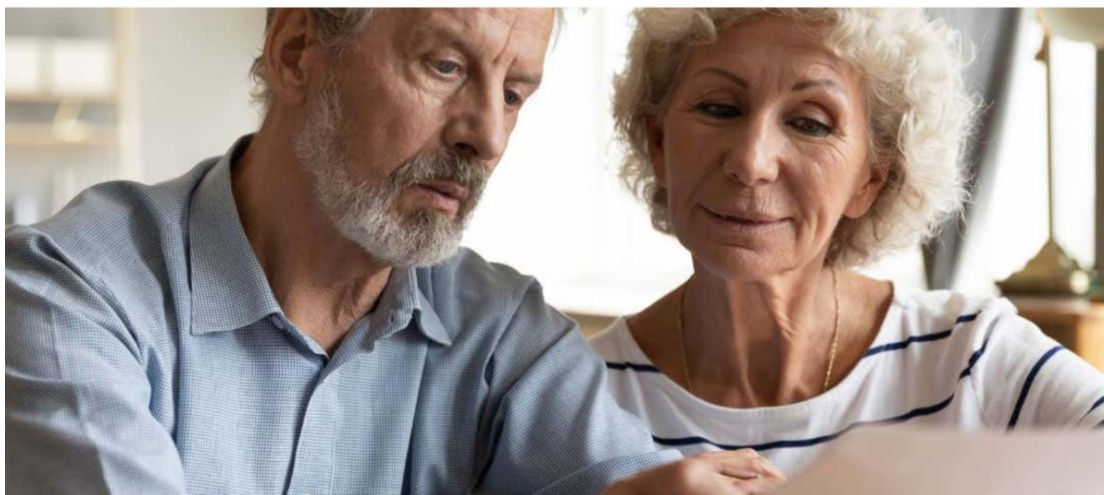
## Staying Physically Active with Alzheimer's

Being active and getting exercise helps people with Alzheimer's disease feel better. Exercise helps keep their muscles, joints, and heart in good shape. It also helps people stay at a healthy weight and have regular toilet and sleep habits. You can exercise together to make it more fun.

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

To learn more, click the red button below.

**LEARN MORE**



## Maintaining Your Medication Record Form

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

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

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

To view the form, click the red button below.



**VIEW THE FORM**



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

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

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

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

To view the form, click the red button below.

**LEARN MORE**





## The ABCs of Respite: A Consumer Guide for Family Caregivers

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

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

- How do I find and pay for Respite?
- How do I choose a respite program or provider?
- How do I choose an Adult Day Services Program?

To view the guide, click the red button below.

**VIEW THE GUIDE**  
>

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**PREVIOUSLY APPEARED**



## 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.

**LEARN MORE**



## 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.

**LEARN MORE**



## **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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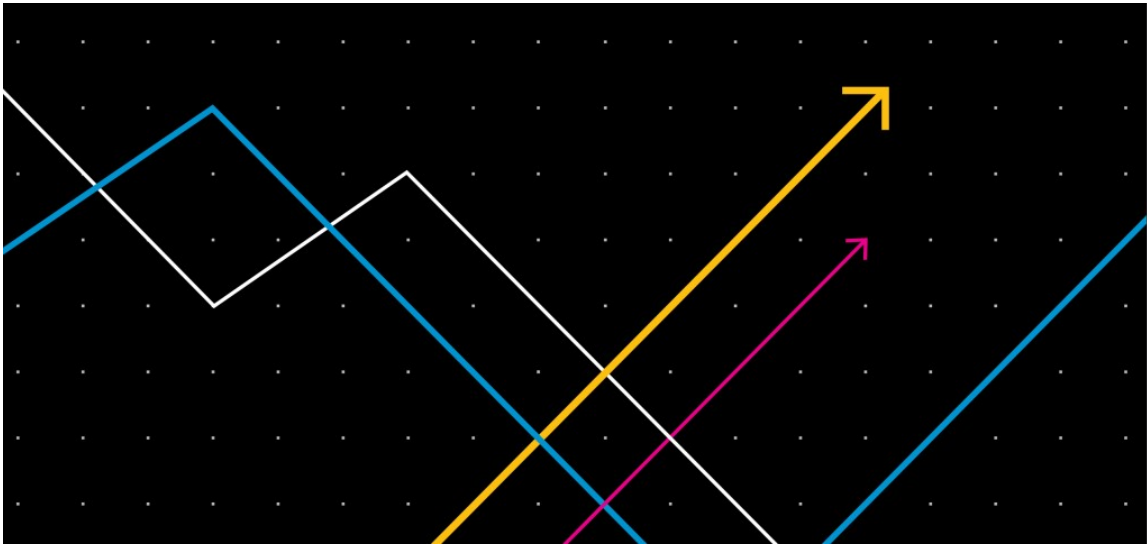


Roughly 60 percent of the calories in the average American diet come from highly processed foods. We've known for decades that eating such packaged products -- like some breakfast cereals, snack bars, frozen meals and virtually all packaged sweets, among many other things -- is linked to unwelcome health 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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## Lifetime Employment-Related Costs to Women of Providing Family Care

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

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

To view the report, click the red button below.

VIEW THE REPORT





## How is Alzheimer's Disease Treated?

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

To view the report, click the red button below.

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## Social Engagement Innovations and Best Practices

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

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

To view the report, click the red button below.

**VIEW THE REPORT**







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

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

To learn more, click the red button below.

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## New Clinical Handbook for Treating Family Caregivers

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

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

To view the handbook, click the red button below.

**VIEW THE HANDBOOK**  
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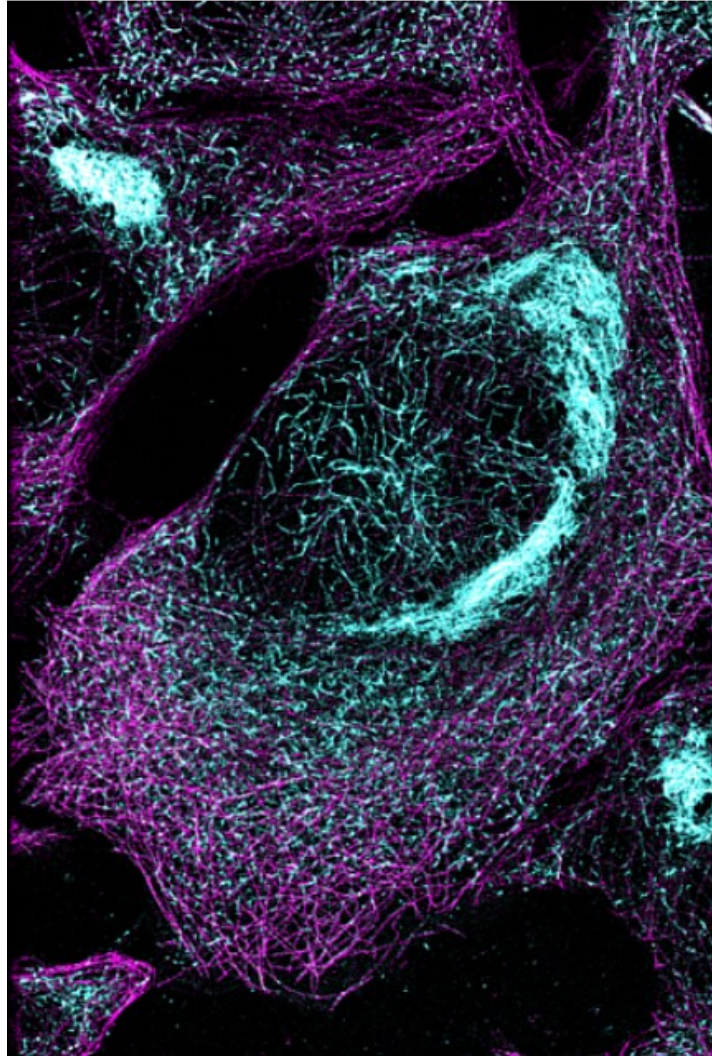


## **Hospitalization for Infection Linked to Higher Dementia Risk**

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

To learn more, click the red button below.

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## Insomnia Drug May Lower Levels of Alzheimer's Proteins

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

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

To learn more, click the red button below.

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

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

To learn more, click the red button below.

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## **What a Cancer Caregiver Does**

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

To learn more, click the red button below.

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# Global Council on Brain Health<sup>SM</sup>

A COLLABORATIVE FROM **AARP**<sup>®</sup>

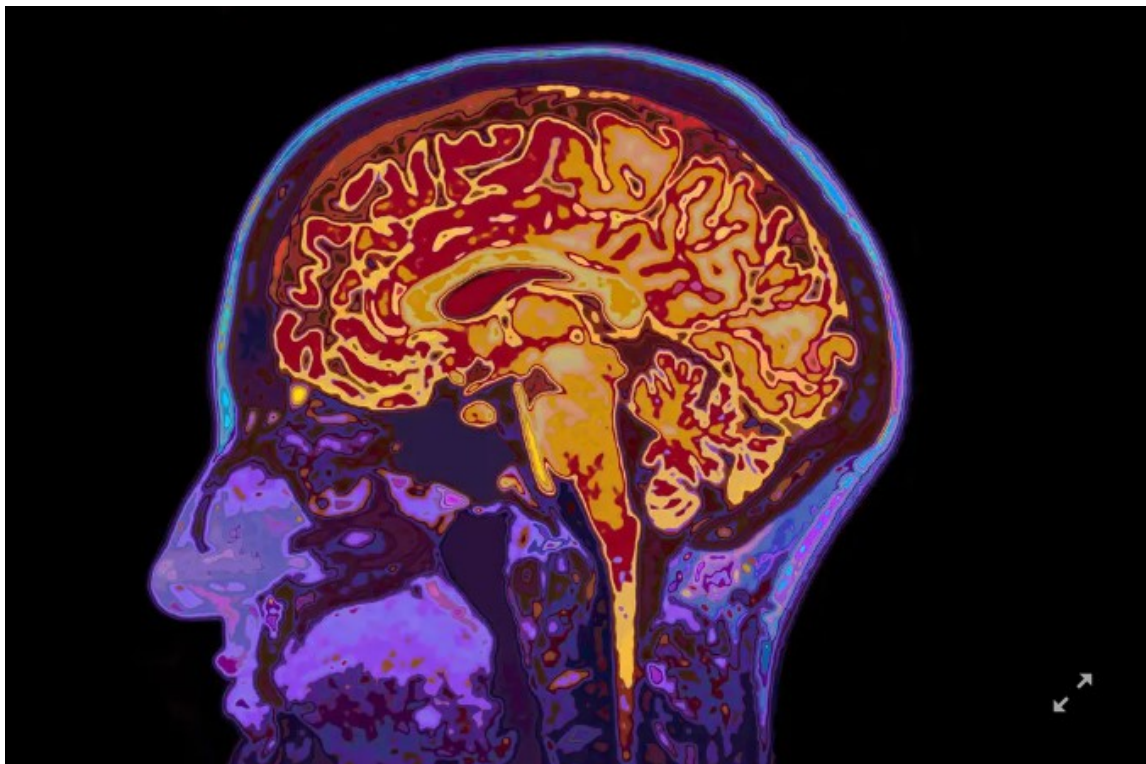
## How to Sustain Brain Healthy Behaviors

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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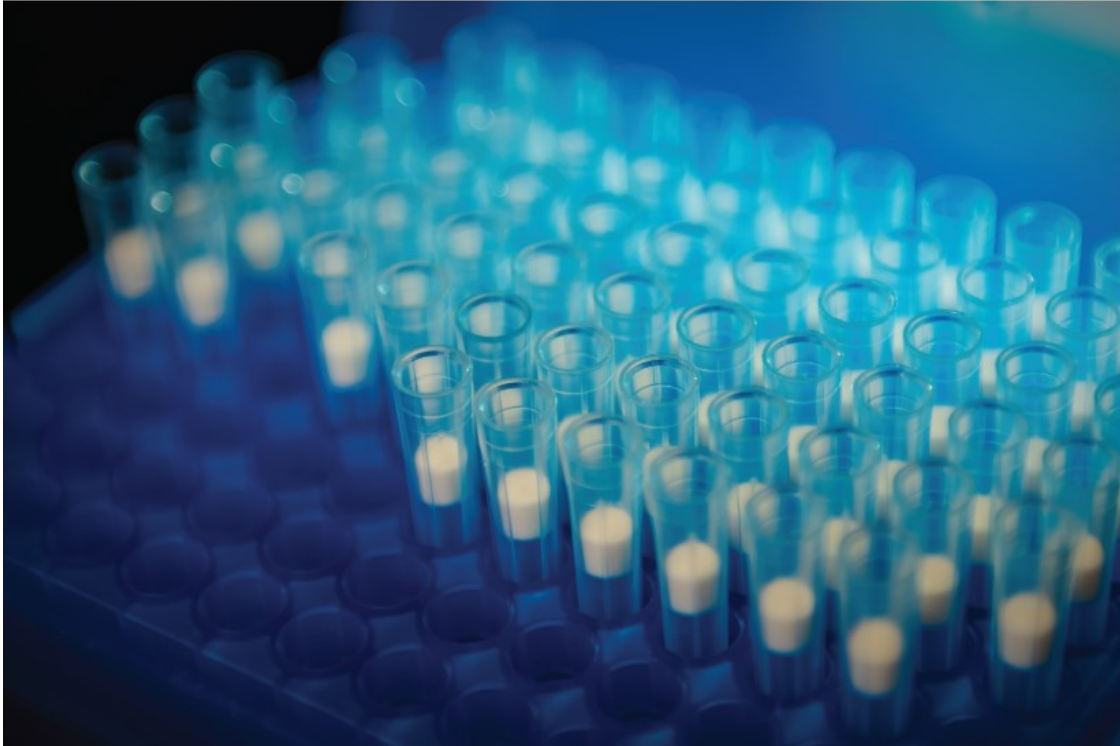
## **11 Myths about Alzheimer's Disease**

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.

To learn more, click the red button below.

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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.

To learn more, click the red button below.

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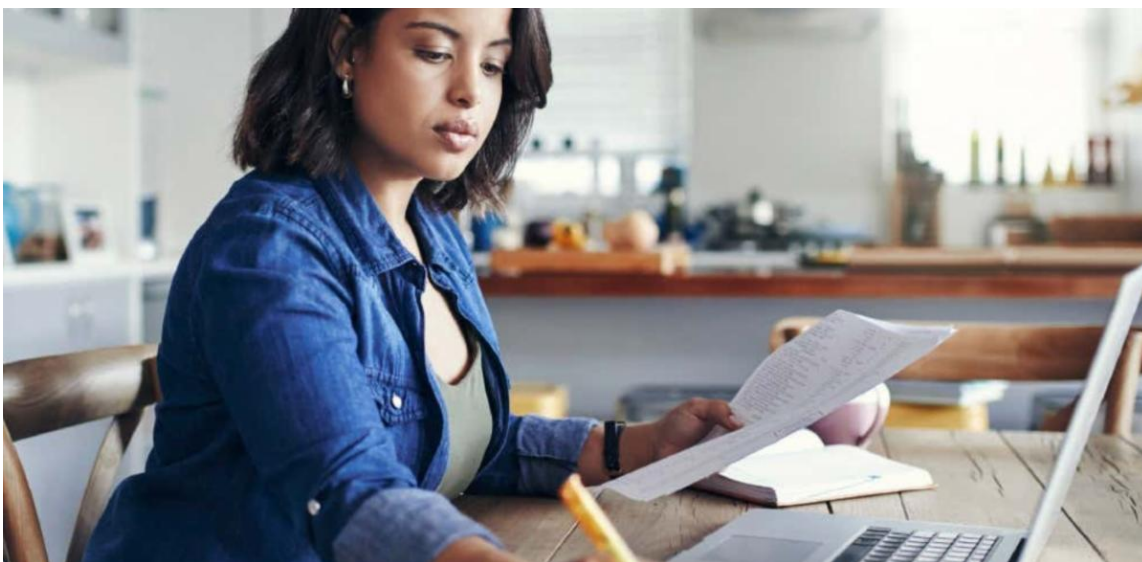
## Advances in ALS: Unraveling Its Causes and Finding Treatments

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.

To learn more, click the red button below.

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## How to Manage Finances as an Unpaid Adult Caregiver

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

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

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

To learn more, click the red button below.

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## How to Be a Caregiver for Someone with Diabetes

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

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

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

To learn more, click the red button below.

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## **Schizoaffective Disorder Information Resource Sheet**

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

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

To learn more, click the red button below.

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## Advances in the Diagnosis and Evaluation of Disabling Physical Health Conditions

Consensus Study Report

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

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

To learn more, click the red button below.

**VIEW THE REPORT**





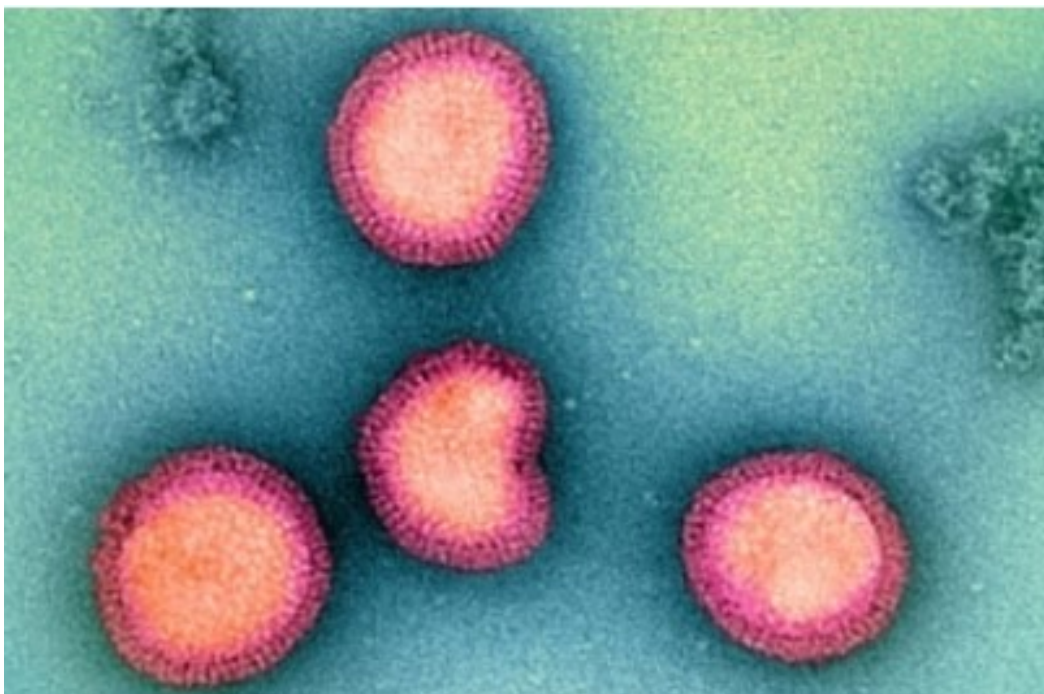
## Guide for Caregivers of a Child with Serious Illness

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

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

To view the guide, click the red button below.

**VIEW THE GUIDE**



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

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

To learn more, click the red button below.

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## Shared Decision-Making Resources and Treatment Cost Information

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

To learn more, click the red button below.

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## Holding a Family Meeting

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

To learn more, click the red button below.

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

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

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

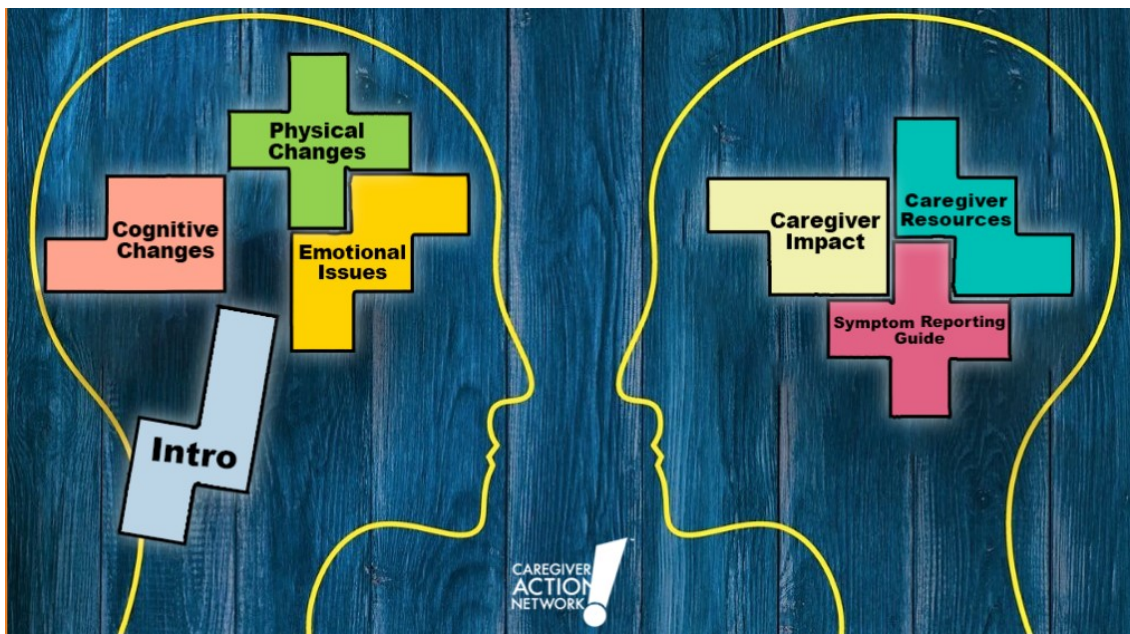
That's why it's best to start a conversation before any treatment decisions need to be made. Sometimes, we might avoid the conversation by telling ourselves, "it's too soon." But it always seems too soon, until it's too late.

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

To view the guide, click the red button below.

**VIEW THE GUIDE**





## Traumatic Brain Injury Caregiving Puzzle

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

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

To learn more, click the red button below.

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**There's No Place Like Home: Creating Safe Environments**

## for People with Late Stage Dementia

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

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

To learn more, click the red button below.

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## A Beginner's Guide to Medicaid

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

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



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

To view the guide, click the red button below.

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## Financing the Future

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

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

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

To learn more, click the red button below.

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# THE DEMENTIAS

Hope Through Research



## The Dementias: Hope Through Research

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

To view the guide, click the red button below.

**VIEW THE GUIDE**



### Managing Older Adults' Chronic Pain: Higher-Risk Interventions

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

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

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

**VIEW THE PAPER**





## The Saving Power of a Caregiving Journal

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

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

To learn more, click the red button below.

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## Let's Talk about Being a Stroke Family Caregiver

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

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

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

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

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## Support for Caregivers of Cancer Patients

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

Caregiving may be:

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

To learn more, click the red button below.

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## Interest in stopping prescription medication

AMONG ADULTS AGE 50–80

**82%**  
take prescription  
medication



**Among those who take  
prescription medication:**

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

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

## Views on Medication Deprescribing



## Among Adults Age 50-60

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

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

To learn more, click the red button below.

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## Caring for Someone Who is Vocally Ungrateful

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

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

To learn more, click the red button below.

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