



## Newsletter #14 – October 2022

### CAREGIVING

#### Introduction

As a caregiver I am constantly on the lookout for articles that can help me to be more effective. I recently came across an article by Tara Parker Pope in the NY Times that I found both interesting and helpful. That article follows along with links to a number of additional articles and resources.

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How to be a Caregiver

*Tara Parker Pope, New York Times*

“Even if you're not a caregiver now, odds are that you will find yourself in the role someday. In the United State, [about one in five adults](#) is providing unpaid health or supportive care to someone they love — an aging parent, a family member or child with a disability or a spouse, partner or friend with an illness. We asked experts on caregiving and aging, as well as dozens of people who have been caregivers themselves, for their best advice to help the next generation of caregivers.”

Read the full [NY Times Article](#).

## Articles

AARP: Dementia Care: [Helping Your Loved One Stay Connected and Safe](#)

Alzheimer's and dementia caregiving takes patience and flexibility. To reduce frustration, consider these tips for daily tasks — from limiting choices to creating a safe environment.

Mayo Clinic: [Alzheimer's and dementia care: Tips for daily tasks](#)

The challenges of caring for persons with Alzheimer's and other dementias can become difficult and overwhelming, especially when intensive care is needed for long periods of time. For many, however, caregiving is also a rewarding experience, bringing family members closer together in time of need.

CDC: [Supporting Caregivers to Make Alzheimer's Our Next Public Health Success Story](#)

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. It is the most common cause of dementia in older adults. While dementia is more common as people grow older, it is not a normal part of aging.

NIH: [Basics of Alzheimer's Disease and Dementia](#)

You are a caregiver if you care for someone who needs help. Caregiving can be hard on you despite the great sense of reward you may feel. To continue being a good caregiver, you need to take care of yourself. One way you can do that is to make sure you have consistent breaks from your caregiving responsibilities. This is called respite. Short breaks can be a key part of maintaining your own health.

CDC: [Caring for Yourself When Caring for Another: Self Care Isn't Selfish](#)

## Related Articles

There are many factors one should consider before deciding to enroll in a clinical trial. Though every clinical trial is designed to help researchers advance their knowledge about a specific condition, the details regarding a study's duration, risks, benefits, and required time commitment can vary. When determining how to participate in clinical trials, these elements are all good things to discuss with the research team to determine if a study is a good fit.

Antidote: [Volunteering for Research Studies: 15 Questions to Ask](#)

Could an immersive VR experience help improve memory and other symptoms for people living with dementia? This researcher in Warsaw thinks so.

Pakistani-born, Poland-based neurology physician-scientist Dr. Ali Jawaid is taking dementia research to new places — by taking his patients around the world with VR therapy.

Being Patient: [Dr. Ali Jawaid: Helping People with Dementia See the World, Through VR](#)

## Caregiver Resources

US Dept. of Health & Human Services (HHS): [Tips for Caregivers](#)

Alzheimer's Association: [Caregiving](#)

Centers for Disease Control and Prevention (CDC): [For Caregivers](#)

NYC Dept. for the Aging: [Caregiving](#)

Veteran's Association: [Caregiver support program](#)

New York State Office for the Aging: [National Family Caregiver Support Program](#)

## Special Note:

[ADORE: Alzheimer's & Dementia Outreach, Recruitment & Engagement Resources](#) is the NIA repository of resources to support the recruitment and

retention of participants into clinical trials and studies on Alzheimer's disease and related dementias. Browse by category, search by keyword, or explore by tags.

## News from Our Community

- Congratulations to our friends at the Dementia Action Alliance for winning this year's Maude award. Also check the Alliance's new Discovery Center. It is filled with resources.  
<https://daanow.org/discovery-center/arts/books/>.
- The Unforgettables Chorus has begun its new season. In person rehearsals will be held at St. Michaels church at 255 West 99<sup>th</sup> street. Call Tania at 347.351.1237 for additional information. It is a great experience. See the following video:  
<https://www.youtube.com/watch?v=TKoRWQyC3a4>.
- Lincoln Center Moments has announced its new series of fall programs. Programs will be both in person and virtual. For additional information, call 212.875.5375 or [access@lincolncenter.org](mailto:access@lincolncenter.org). See the following video:  
<https://www.youtube.com/watch?v=Txf3Qp6lO8>.

Both the 92NY and the JCC are beginning a new series of programs for folks living with Dementia. For additional information about the 92NY program contact Arielle Silverman at 212.412.8812. For the JCC contact Judith Margolis at 917.968.9701.

- The Alzheimer's Foundation is beginning a new monthly program that they are calling- Memory Café Mondays. Call Linda at 866.232.8484
- Not to be outdone, Sandy and I at the ADRC are establishing a photo gallery. Our goal is to show that Alzheimer's does not define us. We can still be out there having a good time. Send us your pictures, any amount up to six. Check us out at  
<https://www.adrcnyc.org/gallerypers-si.htm> and  
<https://www.adrcnyc.org/gallery-pers-jp.htm>.

## **Don't Forget:**

Check the [event calendar](#) on our [website](#) on a regular basis. We are constantly adding new events.

Get your name on our mailing list. Email your request to:  
[contact@adrcnyc.org](mailto:contact@adrcnyc.org)