

Caregiver Connection

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Welcome to the Caregiver Connection Ezine, your source for the most current information about caregiving events, conferences, and issues that are important to you.



There are many events going on this summer, so please keep reading and make sure to check online for even more activities around New Jersey.

Please consult our website for more information: www.njcaregivers.org.

Quick Links

- Caregivers of New Jersey
- [The Family Support Center of New Jersey](#)
- [The Family Resource Network](#)

Obama Signs Bill Expanding Health Services For Veterans And Caregivers

The Washington Post
Written By: Scott Wilson

President Obama signed legislation Wednesday that significantly expands health services available to veterans, saying "there's always more we can do and more that we must do" for those fighting America's wars and those who help them when they return.

Obama said the legislation, called the Caregivers and Veterans Omnibus Health Services Act, expands mental health and counseling services to veterans of the wars in Iraq and Afghanistan, including National Guardsmen and reservists.

It also allows the Veterans Administration to use hospitals outside the VA network to treat more returning soldiers suffering from brain injuries, eliminates co-payments for "catastrophically disabled" veterans, increases housing and transportation assistance for veterans living far from hospitals in rural areas, and expands health care services for women veterans, including maternity care for newborns.

The bill will begin a pilot child-care program for veterans receiving intensive medical care and expand

support for homeless veterans -- "because," Obama said in a White House signing ceremony, "no one who has served this nation in uniform should ever be living on the streets." Obama said the legislation also marks a "major step forward in America's commitment to families and caregivers who tend to our wounded warriors every day."

He said those caring for veterans of the Iraq and Afghanistan wars will "receive a stipend and other assistance, including lodging when you travel for your loved one's treatment."

"If you need training to provide specialized services, you'll get it. If you need counseling, you'll receive it. If you don't have health insurance, it will be provided," Obama said. "And if you need a break, it will be arranged -- up to 30 days of respite care each year."

To continue reading this article, [click here](#).

Framing The Public Health Of Caregiving

Written By: Ronda C. Talley, PhD, MPH, and John E. Crews, DPA

Caregiving has only recently been acknowledged by the nation as an important topic for millions of Americans. A psychological or sociological approach to caregiving services has been most often applied, with little attention to the population based public health outcomes of caregivers. We conceptualize caregiving as an emerging public health issue involving complex and fluctuating roles. We contend that caregiving must be considered in the context of life span needs that vary according to the ages, developmental levels, mental health needs, and physical health demands of both caregivers and care recipients.

THE GOAL OF PUBLIC HEALTH in the United States is to promote healthy individuals living in healthy communities, pursuing quality of life rather than simply absence of disease. The Institute of Medicine designates the general functions of public health as assessment, policy, and assurance. Quality research is an integral part of each of these endeavors. Typically, whereas the funding and authority for public health initiatives come from the federal government or state governments, communities deal with most of the burdens and practicalities of public health issues.

Caregiving has become an issue that affects the quality of life for millions of individuals and demands attention from every community. Historically, scientists and practitioners alike rarely thought of caregiving as a public health matter. Studies on caregiving often focused on social and psychological dimensions, primarily on the stress associated with caregiving. However, over the past 25 years, considerable scholarship has addressed multiple dimensions of caregiving. Pioneering work by Shanas, 3, 4 Sussman, 5 and Brody 6-8 helped map an understanding of those who provide care and the richness and paucity of caregiving relationships. More recent investigations have addressed coping strategies and the demands of caring for people with dementia, and a growing body of literature has focused on health concerns associated with caregiving such as illness and caregiver burden.

However, even with this abundance of relatively new research, surprisingly little attention has been focused on framing caregiving from a public health standpoint. Therefore, we sought to conceptualize caregiving as an emerging public health issue, with the contention that there is considerable overlap in the individual needs of caregivers-the foundation of an enormous system of care in the United States and around the world-and the public health needs of many communities and their members.

To continue reading this article, [click here](#).

A Family Caregivers Guide To Hospice And Palliative Care

United Hospital Fund's Next Step in Care has published a *Family Caregiver's Guide to Hospice and Palliative Care*. This guide answers the many questions and concerns caregivers may have during the transition period from health care services to palliative/hospice care. We all want the best for our family members, but how do we know what's the best course of action? This guide is written as a way to help you through this transition.

To view the guide in english, [click here](#).

To view the guide in all other languages, [click here](#).

Encouraging Comfort Care: A Guide For Families Of People With Dementia

The Alzheimer's Association-Greater Illinois Chapter is pleased to offer a free online resource, *Encouraging Comfort Care: A Guide for Families of People with Dementia Living in Care Facilities*. This 21-page booklet provides useful information to families and staff of long-term care facilities about Alzheimer's disease and other dementias, particularly care issues related to the late and final stages.

For families, this guide will enable them to make informed choices about a variety of medical decisions they may face on behalf of loved ones with dementia living in nursing homes, assisted living facilities, and other types of care facilities. It will also equip families to ask good questions aimed at obtaining the best care for their loved ones, including a handy checklist of comfort care measures to be discussed with staff members of care facilities.

For staff members of long-term care facilities, the guide will serve as an important tool for those who wish to educate families and assist them in care planning. Individuals and organizations are encouraged to disseminate this booklet in electronic and print formats.

To view and download the free guide, [click here](#).

The Relationship Between Diabetes and Alzheimer's Disease

Research Establishes Link Between Two Complex Diseases

From Carrie Hill, PhD, former About.com Guide

Diabetes, a disease in which the body fails to produce or properly use insulin, and Alzheimer's disease, a neurodegenerative disease of the brain, are two of our most complex and widespread health problems. Interestingly, research is showing how diabetes and Alzheimer's disease may be related.

Does Diabetes Increase Risk for Alzheimer's Disease?

In a study at Uppsala University in Sweden, diabetes in mid-life was found to be associated with an increased risk of developing Alzheimer's in later life. The study tested more than 2,000 men for blood glucose levels at age 50 and then tested them again approximately 32 years later. Those with insulin problems at age 50 were almost 1.5 times more likely to develop Alzheimer's than those who did not have insulin problems, even when factors, such as blood pressure, cholesterol, education level and body mass

index, were controlled. The association was strongest among those who did not carry the ApoE 4 gene variant that has been associated with a higher risk of Alzheimer's.

Links have been found between diabetes and mild cognitive impairment (MCI) as well. In a study by the Mayo Clinic, rates of diabetes were similar among people with MCI and people with no cognitive impairment; however, those with MCI were more likely to have developed diabetes before age 65, had diabetes for 10 years or more and had insulin treatment and/or diabetic complications.

In a study by the Salk Institute for Biological Studies, researchers tried to identify a molecular basis for the interaction between diabetes and Alzheimer's. Their conclusion was that blood glucose levels and levels of beta amyloid in the brain interacted in such a way that damaged the brain's blood vessels.

To continue reading this article, [click here](#).

Register Now for the National Caregivers Conference!



Technology: The Future of Caregiving

Tuesday, October 26, 2010
Renaissance Woodbridge Hotel - New Jersey

Keynote Speaker
John F. Crowley, J.D., M.B.A.
Chairman and CEO of Amicus Therapeutics
Father of the family that inspired the movie, "Extraordinary Measures"

Early registration incentives, respite available, exhibits, workshops, inspirational speakers and more.

To register online or for more information please visit www.nationalcaregiversconference.org
or call (800) 372-6510.

Bergen County Caregiver Conference

Do you provide care for a loved one or neighbor?
Find out about services, supports and other helpful information.

Caregivers Conference

Saturday, October 2, 2010
8:30am

The Renaissance Meadowlands Hotel
801 Rutherford Avenue, Rutherford, NJ

For more information or if you have special needs and require accommodations,
please call Keisha McLean at 201-336-7468.

"Eldercare.. Planning, Not Reacting" Event

Are you Overwhelmed and Under-Informed?

Thursday, October 14th, 2010
6:45pm - 8:30pm
The Chatham Public Library
The Lundt Meeting Room
214 Main Street
Chatham, NJ 07928

This complimentary event will focus on the importance of life-care planning between you and your loved ones. Light refreshments will be provided. For more information, visit www.familycaregivingcoalition.org.

RSVP: By October 8th by calling 1-800-247-9580

Save The Date For Upcoming Conferences!

2010 East Coast Conference on Aging
Philadelphia Corporation for Aging (PCA)
Conference Center, Wallace Bldg.
642 North Broad Street
Philadelphia, PA 19130
September 13-17 2010

For more details and information, [click here](#).

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The Ivy League of Caregivers
22nd Annual National Conference
Well Spouse Association
Nassau Inn, Princeton, New Jersey

October 22-24, 2010

For more details and information, [click here.](#)

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2010 National Lifespan Respite Conference
Sheraton Baltimore City Center Hotel
101 West Lafayette Street, Baltimore, Maryland 21201
October 24-27 2010

For more details and information, [click here.](#)

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The Festival of International Conferences on
Caregiving, Disability, Aging and Technology
Sheraton Centre Toronto Hotel
123 Queen Street
Downtown Toronto, Canada
June 5-8 2011

For more details and information, [click here.](#)

Ocean County Update

Last month, we commented on frustration regarding difficulties setting up a caregiver coalition in Ocean County. We received numerous emails that took issue with our article.

Subsequent conversations with Ocean County officials have allayed many of our concerns.

Let us be clear. Caregivers of New Jersey does not doubt the motives or efforts of any of the parties involved in this matter. We are acutely aware of the fact that every system that includes family caregivers has a different set of priorities, issues, pressure points and resources.

Mahatma Gandhi once said, "Unity, to be real, must stand the severest strain without breaking."

Let us all recommit ourselves to finding common ground on behalf of New Jersey's 1,100,000 caregivers.

Caregiving Events Calendar

In each issue of the Caregiver Connection, Caregivers of New Jersey likes to provide you with a few highlighted special events and workshops that are being held across the state. Since we couldn't possibly write about each and every event, we have created the Caregiving Events Calendar. This is an interactive, online calendar that allows agencies and professionals to post their events while also giving caregivers access to all that is going on around the state on a month-to-month basis.

We invite all groups hosting events to post the details on our public calendar, and we encourage all caregivers to check out the listings to find informative and supportive events in your area.

[Click here to view the Caregiving Events Calendar.](#)

Caregivers of New Jersey is Social Networking, Are You?



[Click here to become a fan of Caregivers of New Jersey on Facebook.](#)
Stay up to date on activities and network with other caregivers and professionals around NJ. And [click here to follow us on Twitter too!](#)



Thank you for reading Caregiver Connection! If you have any information you would like included in our e-zine, or know of anyone that would like to be added to our listserv, please email me at dgoldberg@njcaregivers.org or click the "Join Our Mailing List" button on the top right side of the newsletter.

Additionally, CNJ is dedicated to spreading awareness and knowledge of caregiving, so we invite you to utilize the "Forward Email" button at the bottom of this email.

Sincerely,

Dana Goldberg, Administrator
Caregivers of New Jersey

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