

Adult Day Self-Care Newsletter

November 2023

If it's November, it must be National Family Caregivers Month!

Each year, the [Caregiver Action Network](#) (CAN) identifies a theme for the National Family Caregivers Month, celebrated in November. For 2023, the theme is *Caregivers Connect*, including connecting with other people to reduce isolation and also connections to information, resources, and expertise. At COPSA, we find that connections through our Care2Caregivers support groups and helpline are meaningful and beneficial to caregivers. Please remember to share our website and contact info as part of your National Family Caregivers Month communications!

The federal [Administration for Community Living](#) partners with CAN to develop a social media kit, as well as fact sheets and infographics to share. The 2023 campaign will include videos and photos of family caregivers from different walks of life and different identities, connecting around shared caregiving experiences. Caregivers also will be able to share their own stories about connecting on the CAN website.

2023 National Dementia Research Summit

One remarkable aspect of this summit was the inclusion of a panel of people with dementia, who mentioned what matters to them, such as being able “to communicate; feeling safe and secure at home; feeling valued and respected by others; being able to have a laugh with other people; being able to engage in activities you enjoy” and others things that make life worth living.

The report notes that “one-third to one-half of people enrolled in adult day care services are living with dementia,” and goes on to say that Adult Day Centers are valuable yet often are “under resourced and lack technology to facilitate collaborative care.” Summit participants called for more research on Adult Day Centers.

Another important theme was studying and addressing disparities in care experienced by vulnerable and underrepresented populations.

National Research Summit on Care, Services, and Supports for Persons Living with Dementia and their Care Partners/ Caregivers (report issued June 30, 2023). National Institute on Aging/NIH. Report and session videos available on the [Summit website](#).



COPSA Adult Day Conference

Social Work in Adult Day Care: Practical Strategies, Resources, and Information for Success on the Job

December 8, 2023

9:30 to 3:30

Conference Center at RWJ Hamilton in the RWJ Fitness & Wellness Center

Registration and lunch are complimentary.

Click [HERE](#) to register.

Supporting Caregivers: ADS Plus

Researchers at Drexel University and Johns Hopkins University have published a new research study on *ADS Plus*, a program offered to caregivers supporting someone with dementia who is enrolled in Adult Day Services (ADS). The program is designed to help meet unmet needs and reduce caregiver stress.

In the study of 34 sites across the use, *ADS Plus* provided “dementia education, strategies to address complex dementia-related symptoms, emotional support and validation, strategies to reduce situational distress, and local referrals/resources. Each component was personalized by staff to caregiver-identified needs and challenges, dementia knowledge, and readiness to try new care techniques.” The study sites provided support for up to a year.

Caregivers who received the *ADS Plus* support had a greater reduction in depression symptoms than caregivers who did not.

Unfortunately, the study was complicated by its timing: All but one study site had COVID-related closures during the study, although some caregivers continued to receive support by phone when the sites were closed. Some ADS sites closed permanently during the pandemic. The researchers noted that the use of electronic records is limited for ADS, which limits data collection and reporting.

The researchers concluded, based on their own work and on other research studies, that health providers should consider making referrals to ADS and that advocacy efforts need to focus on stabilizing funding and staffing for ADS, as it is a critical community-based option to enable individuals to remain at home.

Gitlin, L. N. et al. (2023, August 7). Embedding caregiver support within adult day services: Outcomes of a multi-site trial. *The Gerontologist*. Online publication ahead of print.



visit our website www.care2caregivers.com for information on caregiver support groups

For More Information

Because we recognize the challenges faced when training Adult Day staff, COPSA is invested in providing and promoting training opportunities. In addition to our upcoming conference (page 1), you may be interested in these free programs offered online. For more info and to register:

For the [2023 John Levin Memorial Educational Conference](#), Teepa Snow, OTR/L, will present strategies on managing the care of persons living with dementia. Open to professionals and families. Friday, December 8, 2023, 10:00-3:00 Eastern

[Taking Care of the Person with Advanced Parkinson's Disease](#)® a specialized APDA training for nurses, aides, and other providers.

Care2Caregivers Website

You can find the [Adult Day Resources pages](#) on through the drop-down menu in the Professional Resources section. As always, you can access the [Self-Care resources](#) for free at any time.

Upcoming Caregiver Education

Celebrating National Family
Caregivers Month:

Joy Spotting for Caregivers

November 16, 2023 1:00pm

Click [HERE](#) to register

Winter Wellness for Caregivers

December 13, 2023, 1:00pm

Click [HERE](#) to register

Letting Go for Caregivers

January 17, 2024, 1:00pm

Click [HERE](#) to register

For more info email Mary Catherine:

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or call Care2Caregivers at 890-424-2494

1-800-424-2494