



Vol. 8, No. 1
January 18, 2017

Dear Friends:

Readers of *Connections* are the first to hear the exciting news! Those of you who are engaged in providing care, or are considering doing so, now have a valuable new resource at your fingertips: [FCA CareJourney](#). A secure, online application, FCA CareJourney is designed to respond to complex caregiver needs, *your* needs. From learning about health conditions, making decisions about in-home assistance or out-of-home care, dealing with family dynamics, and handling a myriad of daily tasks, CareJourney will provide you with information and resources to help you manage the care you give, and help you to make the best decisions.

Backed by 40 years of conversations with caregivers about what you need and want, FCA CareJourney delivers quality information, trusted support, and reliable resource information more quickly, and at your convenience, using your computer or mobile device.

How does it work? To become an FCA CareJourney member, simply answer a short series of questions about your caregiving situation. This will take approximately 10 minutes. You will then gain access to your personalized dashboard with information tailored to you. CareJourney will also connect you with federal and state resources for referrals and information about programs as well as services in your area. CareJourney works with your schedule, offering around-the-clock access when you need it, on demand and at no charge. Visit [CareJourney](#) at caregiver.org and to try it today.

Sincerely,

Calvin Hu
Education Coordinator
edprograms@caregiver.org

QUOTE OF THE MONTH

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

— Nelson Mandela

WHAT'S NEW AT FCA

FCA Launches CareJourney, Secure, Online Service

FCA is excited to announce the official launch of [FCA CareJourney](#). For the first time, caregivers have 24/7 access to customized information and support that is unique to their specific caregiving needs. After joining and completing a short list of questions, CareJourney members will have access to a personalized dashboard loaded with fact and tip sheets, articles, videos, and webinars. CareJourney is provided at no charge to caregivers, and draws on FCA's decades of experience supporting caregivers locally and nationally.

Please visit the FCA [website](#) to become a CareJourney member today.



The Recipients of the 2016 Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Awards

The [Rosalinde and Arthur Gilbert Foundation](#) and FCA are pleased to announce the winners of the 2016 Gilbert Caregiving Legacy Awards. The awards honor outstanding nonprofit programs that address the needs of Alzheimer's disease caregivers. Winners each receive \$20,000 in support for their programs.

The winning programs include the Scripps Gerontology Center's program [Opening Minds through Art \(OMA\)](#); [Pueblo of Zuni's](#) program Zuni Adult Day Care; and [Alzheimer's Greater Los Angeles](#) for the Dementia Cal MediConnect Program.

Awards will be presented at a reception held at Aging in America, the annual conference of American Society on Aging, in Chicago on Wednesday, March 22, 6 p.m. — the public is invited to attend! Visit the [press release](#) for more information.



Putting Your Family Caregiving on a Map With Atlas of Caregiving

Join [Atlas of Caregiving](#) and FCA for a San Francisco workshop, [Putting Your Family Caregiving on a Map](#). The workshops are designed for family caregivers, care managers, social workers, and other caregiving and healthcare professionals. In these two-hour workshops participants will discover how Atlas CareMaps™ can lead to a better understanding of each individual caregiving experience.

Atlas of Caregiving is a San Francisco nonprofit, working to make caregiving easier and more effective.

When: Wednesday, January 25, 10 a.m. to 12 noon (for family caregivers) and 2 p.m. to 4 p.m. (for professional providers and family caregivers)

Where: [The Women's Building](#) — Room A
3543 18th Street, #8, San Francisco 94110

Cost: No charge

Registration: [Click here](#)



San Francisco LGBT Dementia Care Project Trainings Starting This Month

This special program is a collaboration in San Francisco between FCA, the [Alzheimer's Association](#), and [Openhouse](#). Free trainings for health and social service providers are being offered on the dementia care needs of LGBT seniors. Training topics include understanding dementia, LGBT caregiver concerns, compassionate communications, and best and better practices. Free CEUs are available for RN, LVN, CNA, HHA, LMFT, LCSW, NHAP, and RCFEs.

For more information and to schedule a training, please contact [Pauline Martinez](#) or call (408) 372-9951.

INFORMATION YOU CAN USE

Home Away From Home: Relocating Your Parents

Cognitive or physical decline in parents is often first noticed during holiday visits from adult children. An adult child may feel their parents are no longer able to live at home safely, but are unsure how to broach the subject. This FCA Fact Sheet provides an [overview and steps](#) for adult children who think the time has come to move their

parents out of their home to a more secure environment.

Free Advance Health Care Directive for California Residents

[California Advocates for Nursing Home Reform \(CANHR\)](#) has created a free Advance Health Care Directive and detailed instructions for California residents. The form and instructions can be downloaded at the CANHR [website](#). CANHR recommends that all adults complete an Advance Health Care Directive. To learn more about Advanced Health Care Directives, please read FCA's [Legal Planning for Incapacity](#) Fact Sheet.

ARTICLES FOR CAREGIVERS

10 Achievable Goals for Family Caregivers in 2017

As part of the annual tradition of New Year's resolutions, Care2 has published a helpful article on some [goals](#) for caregivers to consider for this year. These include being patient with yourself, becoming comfortable with not being perfect, and reaching out for help.

Tax Preparation Help for Caregiver of Elderly Parents

Jim Miller, creator and columnist of the syndicated *The Savvy Senior*, writes in the *West Plains Daily Quill* a helpful summary of some [tax credits and deductions](#) for adult children caring for parents. The article explains each credit or deduction with additional information on eligibility requirements.

CAREGIVERS CONNECT: SF BAY AREA EVENTS

It Takes Two! A Refreshing Approach to Understanding and Coping With Dementia Behavior

This FREE four week class offers new skills and tools for family caregivers who care for a loved one with Alzheimer's disease or related dementias.

It Takes Two! offers the opportunity to learn more about your relative or friend's ability to understand and communicate, new skills to handle troubling behavior, and how to feel more confident and positive about your caregiving role

Pre-registration is required. This class is for family caregivers specifically, not providers.

Oakland

When: Thursdays, March 2, 9, 16, and 23, from 1 p.m. to 3 p.m.

Where: [West Oakland Senior Center](#)

1724 Adeline Street, Oakland 94607

Instructor: Jo McCord, MA, Family Consultant, Family Caregiver Alliance
434-3388 x 313

Registration: [Calvin Hu](#), (415)

Additional Information: Click [here](#) to learn more

Daly City

When: Thursdays, March 9, 16, 23, and 30, from 10 a.m. to 12 noon.

Where: [Doelger Senior Center](#)

101 Lake Merced Boulevard, Daly City 94015

Instructor: Christina Irving, LCSW, Family Consultant, Family Caregiver Alliance

Registration: [Christina Irving](#), (415) 434-3388 x 303

Additional Information: Click [here](#) to learn more



CAREGIVERS CONNECT: SF BAY AREA PARTNER EVENTS

1st Annual Forum for Caregivers in the Bayview District

[Care Ecosystem](#), [UCSF](#), and [Wise Health](#) are hosting this forum for caregivers in the Bayview. Presentations will include Dementia 101, a talk explaining the science behind dementia, and Caregiver Wellbeing — a presentation on caregiver self-care.

Breakfast and snacks will be served.

When: Saturday, January 21, 9:30 a.m. to 12:30 p.m.

Where: [Armstrong Place](#)

5600 3rd Street, San Francisco 94124

Cost: No Charge

Contact: Brittney Doyle, (832) 452-6507

Family Caregiver Education Series

The [City of Fremont Family Caregiver Support Program](#) is offering a series of eight educational workshops designed to provide training, education, support, and resources for family caregivers of the Tri-City area.

Schedule of Workshops:

January 23: Caregiving 101

January 30: Normal Aging and Ways of Improving Memory

February 6: Caring for Loved Ones with Alzheimer's and Memory Problems

February 13: Caring for Loved ones with Parkinson's Disease

February 27: Stress Management for Caregivers

March 6: Communication Strategies

March 13: Taking Care of Yourself

March 20: Caregiving and Forgiveness

Pre-registration is required. This program is available at no cost to all family caregivers of Tri-city area. Donations to City of Fremont are greatly appreciated. Unfortunately, this series is closed to professional caregivers.

When: Mondays, January 23 to March 20, 10 a.m. to 12 noon (refreshments starting at 9:30 a.m.)

Where: [Fremont Senior Center](#)

40086 Paseo Padre Parkway, Fremont 94538

Cost: No Charge

Registration: Fremont Senior Center (510) 790-6610, or [Frishta Sharifi](#) (510) 574-2035

Living With Alzheimer's: Middle Stages

This three-part class by the [Alzheimer's Association](#) is intended for caregivers of loved ones in the middle stages of Alzheimer's or a related dementia. Topics include communicating and connecting, coping with behavior changes, personal care, home safety, preparing for hospitalization, and respite options.

Pre-registration is required.

When: Thursdays, February 16, 23, and March 2, 5:30 p.m. to 7:30 p.m.

Where: [Creekside Community Church](#)

951 MacArthur Boulevard, San Leandro 94577

Cost: No charge

Registration: [Dori Sproul](#), (408) 372-9954

Dialing Down the Pressure: Strategies for Caregiver Survival

[Mills-Peninsula Senior Focus](#) will be presenting a two-part class on caregiver self-care. This class will feature tips for improving mental and physical well being, and cover topics like caregiver burnout, managing frustration, relaxation, nutrition, and caregiver resources.

This class is only open to non professional family caregivers. Registration is required by February 15. This class is partially sponsored by San Mateo County Aging and Adult Services.

When: Saturdays, February 18, and 25, 10 a.m. to 1 p.m.

Where: [Mills-Peninsula Medical Center](#)

Conference Room H, First Floor Conference Center

1501 Trousdale Drive, Burlingame 94010

Cost: No charge

Registration: (650) 696-3660

RESEARCH REGISTRY

Professional Research

[Caregiving Across the Lifespan](#)

[HEADWAY-DLB](#)

[CHAMPIONS Study: Caregivers Sharing Meaningful Priorities for Patients](#)

Graduate Student Research

[Spouses, Adult Children, and Adult Grandchildren Caregivers of Older Adults with Neurocognitive Impairment](#)

[Self-Compassion in Caregivers](#)

[Caregiver Strengths Project](#)

OUR SUPPORTERS: THANK YOU!

We would like to take a moment to extend a warm thank you to the many generous supporters who make the work we do possible through thoughtful donations to Family Caregiver Alliance.

[View a list of our current donors here.](#)

FCA has led the way in supporting family caregivers for over 35 years.

Your [donation](#) makes all the difference!



Follow FCA on Social Media!





235 Montgomery Street | Suite 950 | San Francisco, CA 94104

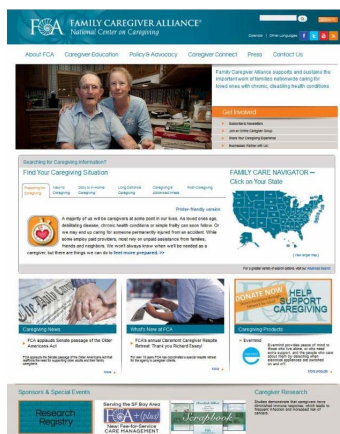
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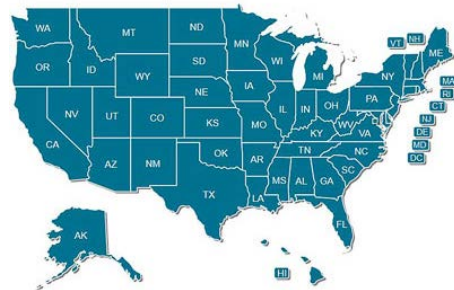


Visit Family Caregiver Alliance's **NEW** online solution for secure information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions. **FCA CareJourney** provides a personalized dashboard loaded with information that matches your unique caregiving needs.

Visit caregiver.org today and **JOIN!**



Visit FCA's website
caregiver.org



Family Care Navigator
Caregiver tool for
state-by-state resources



Family Caregiver Alliance's fee-for-service care management currently serving the San Francisco Bay Area. [Click here](#) for further information.

Quick Links

- www.caregiver.org
- [Subscribe to e-newsletter](#)
- [FCA Staff](#)
- [FCA Fact and Tip Sheet](#)
- [California's Caregiver Resource Centers \(CRCs\)](#)

Help support Family Caregiver Alliance by choosing FCA as your [Amazon Smile](#) charity.



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