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# Social Media

## Respite Care Grants

Are you caring for an American Indian or Alaska Native loved one living with memory loss, other cognitive issues, or a diagnosis of dementia and/or Alzheimer's disease?

Click the link below to learn more about and apply for an opportunity to receive 50 hours of in-home care to support you and your loved one. Best of all, it is free! Eligibility requirements apply, first come, first served, deadline November 30, 2021.

Caregiving is hard, you don’t have to do it alone

[**https://bit.ly/ia2respitecare**](https://bit.ly/ia2respitecare)

## Virtual Support Groups

Are you caring for an American Indian or Alaska Native loved one living with memory loss, other cognitive issues, and/or a diagnosis of dementia and/or Alzheimer's disease?

Click the link below to learn more about virtual support groups aimed at helping you, the caregiver. The small support groups will be led by trained group facilitators who have experience supporting Alzheimer’s caregivers and who have specific knowledge of and/or experience in supporting Tribal communities, Alaska Native Villages, and urban Indians.

*Caregiving is hard, you don’t have to do it alone*

[**https://bit.ly/IA2supportgroup**](https://bit.ly/IA2supportgroup)

## Formal Caregiver Training

Are you caring for an American Indian or Alaska Native loved one living with memory loss, other cognitive issues, and/or a diagnosis of dementia and/or Alzheimer's disease?

Click the link below to learn more about free virtual trainings focused on normal age-related changes, health disparities, living with chronic conditions, and health promotion and healthy habits.

[**https://iasquared.org/caregiving/caregiver-training/**](https://iasquared.org/caregiving/caregiver-training/)

# Newsletters

## Respite Care Grants

In partnership with HFC, the International Association for Indigenous Aging (IA2) is providing up to 25 respite care grants for family caregivers of American Indian and Alaska Natives living with memory loss, other cognitive issues, and/or a diagnosis of dementia and/or Alzheimer's disease. These special grants do not require a formal diagnosis of dementia or Alzheimer’s as we recognize the challenge of seeking care and formal diagnosis for this disease in many tribal and Native communities. However, **applicants must identify specific issues related to memory loss, trouble thinking, or other dementia-like symptoms for the person living with these issues. For more information about signs and symptoms of memory loss and cognitive decline,** click [here](https://iasquared.org/wp-content/uploads/2021/08/10-warning-signs-Respite-Grants.pdf).

**Caregivers can complete the brief application** [**here**](https://bit.ly/ia2respitecare)**. Deadline November 30th, 2021**

\*Care recipients must be currently living at home with the caregiver with no immediate plan to place the care recipient in a care facility. Care recipients must live in a Home Instead service area.

**Please help spread the word! Access the social media toolkit** [**here**](https://iasquared.org/caregiving-support-opportunities-toolkit/)**!**

* Read the press release [here](https://iasquared.org/funding-respite-care-grants-for-american-indian-and-alaska-native-people-living-with-memory-issues-or-dementia/).
* Learn more about IA2 [here](https://iasquared.org/).
* Learn more about HFC [here](https://wearehfc.org/).
* Learn more about Home Instead [here](https://www.homeinstead.com/).

Funding for this project is provided by the CDC Foundation.

## Virtual Support Groups

In partnership with the International Association for Indigenous Aging (IA2), HFC is providing free virtual support groups for caregivers of American Indians and Alaska Natives living with memory loss, other cognitive issues, and/or a diagnosis of dementia and/or Alzheimer's disease. The small support groups are aimed at helping the caregiver and will be led by trained group facilitators who have experience supporting Alzheimer’s caregivers and who have specific knowledge of and/or experience in supporting Tribal communities, Alaska Native Villages, and urban Indians.

**Complete the support group interest form** [**here**](https://docs.google.com/forms/d/e/1FAIpQLSdgw4a7r2ePtcYKgmH_VVlPLJdmSdvjSO60CHBtLCrXBj3Dgg/viewform)**!**

**Please help spread the word! Access the social media toolkit** [**here**](https://iasquared.org/caregiving-support-opportunities-toolkit/)**!**

* Learn more about IA2 [here](https://iasquared.org/).
* Learn more about HFC [here](https://wearehfc.org/).

Funding for this project is provided by the CDC Foundation.

## Formal Caregiver Training

In partnership with the National Resource Center on Native American Aging, IA2 is hosting four virtual trainings from the Native Elder Caregiver Curriculum (NECC). Each 4-hour training will be offered twice in the month of October.

**Normal Age-Related Changes & Health Disparities**

* Option 1: October 13th 12:00 pm – 4:00 pm eastern
* Option 2: October 14th 3:00 pm – 7:00 pm eastern

**OBJECTIVES**  
*1. Identify common changes that can occur during the aging process  
2. Identify reasons for biologic changes during aging  
3. Obtain basic knowledge of disease associated with system changes during the aging process  
4. Better understand health disparities  
5. Identify common diseases that elderly American Indian people experience more often than the general population  
6. Identify community strategies that can help to reduce rates of chronic disease in American Indian populations*

**Living with Chronic Conditions & Health Promotion & Healthy Habits**

* Option 1: October 20th 12:00 pm – 4:00 pm eastern
* Option 2: October 21st 3:00 pm – 7:00 pm eastern

**OBJECTIVES**  
*1.  Identify the most common chronic diseases experienced by American Indian Elders*  
*2. Learn about common chronic health conditions that many elderly live with on a day-to-day basis*  
*3. Learn to focus on the “care” of the person with the chronic health condition, when a “cure” is not possible*  
*4. Discuss treatment and interventions available for chronic health conditions*  
*5. Know the meaning of health promotion*  
*6. Recognize healthy habits*  
*7. Identify simple ways to incorporate health promotion and healthy habits into everyday living for elderly and caregivers*

**Learn more and register** [**here**](https://iasquared.org/caregiving/caregiver-training/)**.**

**Please help spread the word! Access the social media toolkit** [**here**](https://iasquared.org/caregiving-support-opportunities-toolkit/)**!**

* Learn more about IA2 [here](https://iasquared.org/).
* Learn more about NRCNAA [here](https://www.nrcnaa.org/).

Funding for this project is provided by the CDC Foundation.

# Email to the Community

## Respite Grants, Support Groups, and Caregiver Training

I’m writing to share a few new services available to caregivers of American Indians and Alaska Natives living with memory loss, other cognitive issues, or a diagnosis of dementia or Alzheimer's disease.

These services are being offered by the International Association for Indigenous Aging and HFC. They are free; paid for by support from the CDC Foundation.

* **FREE in-home support from a trained care provider. These grants are limited so if you are interested you should apply quickly. You have up to three months to use the 50 hours of respite care.** 
  + **Apply at** [**https://bit.ly/ia2respitecare**](https://bit.ly/ia2respitecare)
* **FREE virtual support groups with other caregivers and family members. These groups are for American Indian or Alaska Native caregivers or family members of elders living with memory issues. They will start in September and be managed by a counselor with experience working with Native people.** 
  + **Find out more at** [**https://bit.ly/IA2supportgroup**](https://bit.ly/IA2supportgroup)
* **FREE trainings for caregivers. Trainings focused on normal age-related changes, health disparities, living with chronic conditions, and health promotion and healthy habits taking place October 13th, 14th, 20th, and 21st.** 
  + **Find out more at** [**https://iasquared.org/caregiving/caregiver-training/**](https://iasquared.org/caregiving/caregiver-training/)

If I can be of help helping to complete the application or submit your interest for the support groups let me know. I can also put you in touch with staff from the organizations above who can help.

I recognize that caregiving is hard. We hope you realize you don’t have to do it alone.