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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)

# 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.

# Email to the Community

## Respite Grants and Support Groups

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)

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.