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](#)

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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.

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**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

**Registration:** Calvin Hu, (415) 434-3388 x 313

**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

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**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!**

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Follow FCA on Social Media!

[Facebook](#) [Twitter](#) [LinkedIn](#) [YouTube](#) [Google+](#)
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

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.