

ADEAR Update

October 2012

Jennifer Watson, MA

Project Officer, ADEAR Center
NIA Office of Communications & Public Liaison



Have you seen NIA's new websites?

The screenshot shows the NIA homepage with a blue header and navigation menu. The main content area features a large image of an elderly man using a laptop, with the text "Welcome to NIA's Website" and "A new design to better meet your needs." Below this is a "What's New" section with three news items: "NIH study finds calorie restriction does not affect survival" (8/26/12), "CDC recommends that all baby boomers get hepatitis C test" (8/28/12), and "Information for older drivers is newest topic on NIA SeniorHealth site" (8/21/12). A search bar for health topics is also present. The footer includes contact information and social media links.

www.nia.nih.gov

The screenshot shows the ADEAR website, a sub-site of NIA. It features a blue header and navigation menu. The main content area has a large image of an elderly couple, with the text "Coping with caring for a person with Alzheimer's?" and "Find tips and information here". Below this is a search bar for Alzheimer's topics. The footer includes contact information and social media links.

www.nia.nih.gov/alzheimers



New Caregiver Resources

Home Health and Aging Research and Funding Newsroom About NIA Contact Us

Home

ALZHEIMER'S DISEASE EDUCATION AND REFERRAL CENTER

Home About Alzheimer's Find Help Research Federal Initiatives About ADEAR

Select another Alzheimer's Topic

About Alzheimer's Disease: Caregiving

On this page:

- Caregiving Tip Sheets and Resources
- NIA Information on Caregiving
- Caregiving News



Caring for a person with Alzheimer's disease is physically, emotionally, and financially challenging. The demands of day-to-day care, changing family roles, and difficult decisions about placement in a care facility can be hard to handle. Researchers have learned much about Alzheimer's caregiving, and studies are testing new ways to support caregivers.

Becoming well-informed about the disease is one important long-term strategy. Programs that teach families about the various stages of Alzheimer's and about flexible and practical strategies for dealing with difficult caregiving situations provide vital help to those who care for people with Alzheimer's.

Good coping skills and a strong support network of family and friends also help caregivers handle the stresses of caring for a loved one with Alzheimer's disease. For example, staying physically active has physical and emotional benefits.

Some Alzheimer's caregivers have found that participating in a support group is a critical lifeline. Support groups allow caregivers to take a break, express concerns, share experiences, get tips, and receive emotional comfort. Many organizations sponsor in-person and online support groups, including groups for people with early-stage Alzheimer's and their families. Support networks can be especially valuable when caregivers face the difficult decision of whether and when to place a loved one in a nursing home or assisted living facility.

For more information about at-home caregiving, see *Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging*.


Caregiving Tip Sheets and Resource Lists

Behaviors

- Coping with Agitation and Aggression (PDF, 707K)
- ~~Summaging and Hiding Things~~ (PDF, 484K)
- Hallucinations, Delusions, and Paranoia (PDF, 494K)
- Managing Personality and Behavior Changes (PDF, 748K)



Featured Research



The Resources for Enhancing Alzheimer's Caregiver Health (REACH) trials, funded by NIA and the National Institute for Nursing Research tested strategies for helping dementia caregivers manage their stress and emotional burden. The interventions included education on dementia, training in specific caregiving skills, and encouragement and techniques for physical and emotional self-care. The REACH findings are now being put into practice through two Federal agencies, the U.S. Department of Veterans Affairs (VA) and the Administration on Aging (AoA). [Learn more about REACH >](#)

- ### Links to Other Resources
- NIH MedlinePlus - Caregivers
 - NIH SeniorHealth - Caring for Someone with Alzheimer's
 - Eldercare Locator
 - Health & Aging Organizations - Caregiving
 - Medicare - Caregiving Information and Resources
 - alzheimers.gov

Alzheimer's Caregiving Tips


Daily Activities

People with Alzheimer's disease need to be active and do things they enjoy. However, it's not easy for them to plan their days and do different tasks. They may have trouble deciding what to do each day or getting started with a task or activity. Caregivers can help.

Activity Planning

Plan activities that the person with Alzheimer's enjoys in your daily routine, and try to do them at a similar time each day. He or she can be a part of the activity or just watch. Here are things you can do to help the person enjoy the activity.

- Match the activity with what the person with Alzheimer's can do.
- Choose activities that can be fun for everyone.
- Help the person get started.
- Decide if he or she can do the activity alone or needs help.
- Watch to see if the person gets frustrated.
- Make sure he or she feels successful and has fun.
- Let him or her watch if that is more enjoy.



Try These Activities

The person with Alzheimer's disease can do day interesting and fun. Here are some daily

- **Household chores:** Wash dishes, set the table and do errands, sort socks and things.
- **Cooking and baking:** Decide what is in your; let someone else how to prepare a

National Institute on Aging

Alzheimer's Caregiving Tips


Managing Personality and Behavior Changes

Alzheimer's disease causes brain cells to die, so the brain works less well over time. This changes how a person acts. This tip sheet has suggestions that may help you understand and cope with changes in personality and behavior in a person with Alzheimer's disease.

Common Changes in Personality and Behavior

Common personality and behavior changes you may see include:

- Getting upset, worried, and angry more easily
- Acting depressed or not interested in things
- Hiding things or believing other people are hiding things
- Imagining things that aren't there
- Wandering away from home
- Pacing a lot
- Showing unusual sexual behavior
- Hitting you or other people



she sees or hears

person stops caring about how he or she looks, stops same clothes every day.

ain, other things may affect how people with

bar, stress, confusion, or anxiety

uding illness, pain, new medications, or lack of sleep

actions, constipation, hunger or thirst, or problems

gs, like too much noise or being in an unfamiliar plac

ing the problem, call the doctor. It could be caused by a

National Institutes of Health
NIH - Turning Discovery into Health

Alzheimer's Caregiving Tips

Healthy Eating

Eating healthy foods helps everyone stay well. It's even more important for people with Alzheimer's disease. Here are some tips for healthy eating.

Buying and Preparing Food

When the person with Alzheimer's disease lives with you:

- Buy healthy foods such as vegetables, fruits, and whole-grain products. Be sure to buy foods that the person likes and can eat.
- Give the person choices about what to eat—for example, "Would you like green beans or salad?"
- Buy food that is easy to prepare, such as premade salads and single food portions.

It may be helpful to have someone else make meals or use a service such as Meals on Wheels, which brings meals right to your home. For more information, check your local phone book or contact the Meals on Wheels organization: call 1-703-548-5558 or visit www.mowas.org.



When a person with early-stage Alzheimer's disease lives alone, you can buy foods that the person doesn't need to cook. Call to remind him or her to eat.

Maintain Familiar Routines

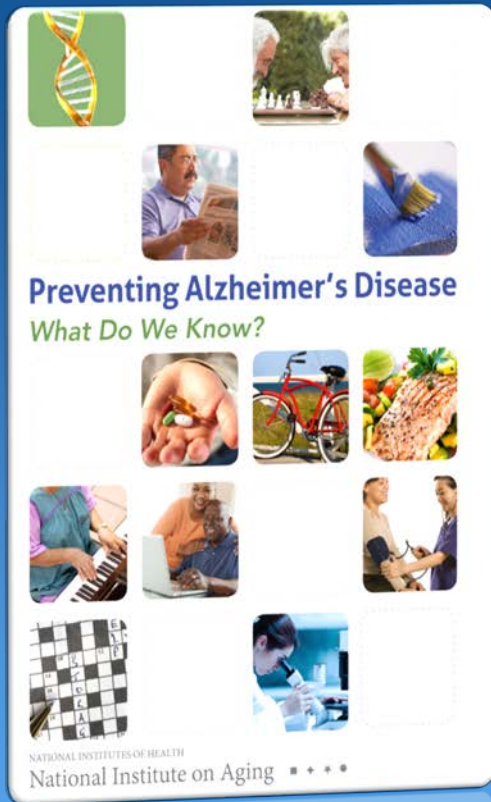
Change can be difficult for a person with Alzheimer's disease. Maintaining familiar routines and serving favorite foods can make mealtimes easier. They can help the person know what to expect and feel more relaxed. If a home health aide or other professional provides care, family members should tell this caregiver about the person's preferences.

Try these tips:

- View mealtimes as opportunities for social interaction. A warm and happy tone of voice can set the mood.

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New!

Preventing Alzheimer's Disease: What Do We Know?

In the works:

- LBD Booklet
- Provider materials – tip sheets, checklists, flow charts
- More online content



Improved ADEAR Tool for Finding Clinical Trials

U.S. Department of Health & Human Services | Alzheimer's | Go4Life | Español | NIHSeniorHealth | Text Resize

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Find Alzheimer's Disease and Related Clinical Trials

To find clinical trials near you:

- Click on a state in the map to see all the trials in that state.
- Use the search box below to search by a drug term or other name, age, or location.
- Browse the featured trials below.

For help finding trials, call 1-800-438-4380.

See all clinical trials currently recruiting

Featured Alzheimer's Disease Clinical Trials

Alzheimer's Disease Neuroimaging Initiative 2 (ADNI2)
Purpose: To examine how brain imaging technology and other tests can be used to measure the progression of mild cognitive impairment (MCI) and early Alzheimer's disease (AD) in order to aid in the early detection of AD and in measuring the effectiveness of treatments in future clinical trials.

Dominantly Inherited Alzheimer Network (DIAN)
Purpose: To identify potential biomarkers that may predict the development of Alzheimer's disease in people who carry an Alzheimer's mutation.

Exendin-4 for the Treatment of Alzheimer's Disease
Purpose: To determine the safety and effectiveness of twice daily administration of Exendin-4 as a treatment for early-stage Alzheimer's disease or mild cognitive impairment.

Search for Trials

Enter search terms
Type in a word or phrase such as drug name, disease stage, or trial name

Filter by treatment/intervention
Enter a drug name or other type of intervention

Enter location
Input a city and state or zip code

Enter the distance willing to travel (in miles)
Enter the distance in number of miles from the location (default is 50)

- * Improved geographic and keyword searching
- * More comprehensive, current

www.nia.nih.gov/alzheimers/clinical-trials



Other NIH Recruitment Resources

NIH CLINICAL RESEARCH TRIALS AND YOU

Home

[The Basics](#)

[Personal Stories](#)

[Finding a Clinical Trial](#)

[For Health Care Providers](#)

[Educational Resources](#)

[Glossary of Common Terms](#)

[If You Have a Question](#)

“Why should I participate in a clinical trial?”

It's your involvement that helps researchers to ultimately uncover better ways to treat, prevent, diagnose and understand human disease.

[Learn More](#)



Highlights



Helping Kids with Severe Eczema
NIH researchers combine wet wraps and education to treat this chronic skin disorder.



Guiding Principles for Ethical Research
Research precautions for participatory studies

[View All Highlights](#)

Help Get the Word Out

You can help raise public awareness about clinical trials with the materials.



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www.nih.gov/health/clinicaltrials

www.researchmatch.org



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Please enter your state:

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Research helps us all.

have you seen this?
27921 volunteers
1330 researchers
313 active studies
73 institutions
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NAPA Activities

- * Collaboration with other agencies, organizations
e.g., AoA
- * Increase enrollment in clinical trials and studies
 - * Request for information
 - * Strategy meeting – early 2013
- * Materials to support health care providers in diagnosis and assessment




NAPA – Awareness Campaign

The screenshot shows the homepage of alzheimers.gov. At the top, the logo and tagline "For the people helping people with Alzheimer's" are visible, along with a language selector for "En Español". A navigation bar includes links for "Alzheimer's is...", "Treatment Options", "How to Pay & Plan", "Caring for Someone", "Help with Alzheimer's", and "Fighting Alzheimer's". The main content area features a video player titled "The Answers Start Here" with a play button and a transcript link. To the right, a section titled "Answers Start Here" includes a welcome message and a photo of a man kissing a woman on the cheek. Below this are six topic cards, each with a question, a brief description, and a "Find out more" button. The footer contains a navigation menu with links like "Home", "Contact Us", "Accessibility", "Privacy Policy", "FOIA", "Disclaimers", "Plain Writing", "Inspector General", "No FEAR Act", "Viewers & Players", "The White House", and "USA.gov". A disclaimer states: "This is an official U.S. government website managed by the U.S. Department of Health & Human Services."

When someone in your life has Alzheimer's, the questions just keep coming.

Each stage of the disease brings new symptoms and new questions. Now you can find reliable information about finances, home nursing care, medical treatments and so much more. Alzheimers.gov. The answers start here.

alzheimers.gov  The answers start here.

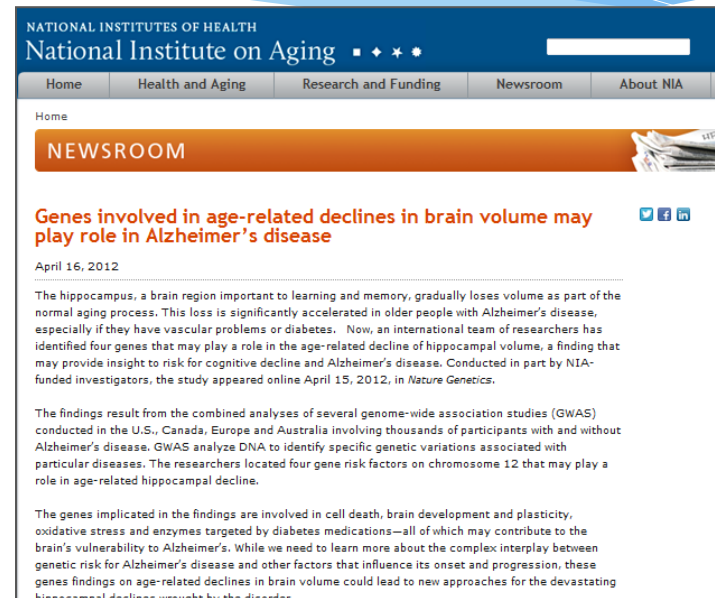
www.alzheimers.gov



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NEWSROOM

Genes involved in age-related declines in brain volume may play role in Alzheimer's disease

April 16, 2012

The hippocampus, a brain region important to learning and memory, gradually loses volume as part of the normal aging process. This loss is significantly accelerated in older people with Alzheimer's disease, especially if they have vascular problems or diabetes. Now, an international team of researchers has identified four genes that may play a role in the age-related decline of hippocampal volume, a finding that may provide insight to risk for cognitive decline and Alzheimer's disease. Conducted in part by NIA-funded investigators, the study appeared online April 15, 2012, in *Nature Genetics*.

The findings result from the combined analyses of several genome-wide association studies (GWAS) conducted in the U.S., Canada, Europe and Australia involving thousands of participants with and without Alzheimer's disease. GWAS analyze DNA to identify specific genetic variations associated with particular diseases. The researchers located four gene risk factors on chromosome 12 that may play a role in age-related hippocampal decline.

The genes implicated in the findings are involved in cell death, brain development and plasticity, oxidative stress and enzymes targeted by diabetes medications—all of which may contribute to the brain's vulnerability to Alzheimer's. While we need to learn more about the complex interplay between genetic risk for Alzheimer's disease and other factors that influence its onset and progression, these gene findings on age-related declines in brain volume could lead to new approaches for the devastating hippocampal declines wrought by the disorder.

More research highlights!



Contact Us!

Jennifer Watson, NIA ADEAR Project Officer

301/496-1752

watsonjl@nia.nih.gov

Peggy Vaughn, NIA Press/Communications Contact

301/496-1752

Peggy.Vaughn@nih.gov

David Burton, ADEAR Project Director

240/645-4155

David.Burton@nih.gov

ADEAR Center: 1-800-438-4380

