

The Corner: Inspire Study Insights

The Rundown

Summer 2024

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Welcome to the Corner

The Corner: Inspire Study Insights is a quarterly newsletter that provides INSPIRE Study updates and behind-the-scenes information, groundbreaking discoveries, and helpful resources for caregivers, dementia and dementia care, and assisted living communities.

INSPIRE Insights & Milestones



The Guide to GUIDE

The Centers for Medicare and Medicaid Services launched a eight-year pilot program called GUIDE, which stands for Guiding an Improved Dementia Experience Model. This initiative is designed to help dementia patients and caregivers better navigate health care and social support systems to improve dementia care.

Beat the Heat

According to FEMA, extreme heat often results in the highest annual number of deaths among all weather-related disasters.



Here are some ways to keep your cool are:

- Stay indoors in a location with working Air Conditioning (A/C) or go to a location with A/C.
- If outdoors, seek shaded areas or wear a wide-brimmed hat to protect your face from the sun.
- Avoid overexertion and strenuous activity, especially during the warmest

Three primary aims of GUIDE are to:

- Improve quality of life for people living with dementia.
- Reduce strain on their unpaid caregivers.
- Enable people living with dementia to remain in their homes and communities.

Beginning in July 2024, health care providers who participate in GUIDE will deliver supportive services to people living with dementia, including comprehensive, person-centered assessments and care plans, care coordination and 24/7 access to a support line. They will also provide access to a care navigator to help patients and caregivers access services and support.

Read
More

- part of the day.
- Know and watch for signs of heat-related illnesses.
- Know expedient treatment and when to seek medical attention.
- Know methods for reducing heat impact (e.g., using shades to block sun, wearing light-colored, loose fitting clothing, and staying hydrated).
- Never leave people or pets in a closed car.



Go Purple to #EndAlz

June was Alzheimer's and Brain Health



Awareness Month. To bring awareness to the 55 million individuals who have Alzheimer's dementia and other forms of dementia, the Alzheimer's Association has suggested five ways to bring attention to this disease in effort to ending it.

- Take charge of your brain health.
- Go purple to raise Alzheimer's awareness.
- Get involved.
- Invest in your future.
- Share your story.

[Read More](#)

Meet Mi-Kyung Song

Inspire Study Role: Senior Investigator

Mi-Kyung Song, PhD, RN, FAAN, is a Professor in the Nell Hodgson Woodruff School of Nursing at Emory University, along with being the Fuld Palliative Care Center Director and Edith Honeycutt Endowed Chair in Nursing. She received her PhD in Nursing (focused area in end-of-life and palliative care) from the University of Wisconsin-Madison, with a minor in Biostatistics. Before joining Emory, she was a faculty member at the University of Pittsburgh and the University of North Carolina at Chapel Hill.



Meet Carolyn Clevenger

Inspire Study Role: Senior Investigator

Carolyn Clevenger, DNP, RN, GNP-BC, AGPCNP-BC, FAANP, FGSA, a gerontological nurse practitioner, is Professor at the Nell Hodgson Woodruff School of Nursing at Emory University. She is a Fellow of the American Association of Nurse Practitioners, and the Gerontological Society of America, and the American Academy of Nursing. Her research focuses the geriatric nurse practitioner workforce, psychoeducation programs for dementia family caregivers, and new models of care. Additionally, she is the Clinical Director and a practicing nurse practitioner at the

Emory Integrated Memory Care Clinic, which is a nurse-led primary care practice for people living with dementia.

Resources Corner

Well Spouse Association
Well Spouse Association is on a

The Shape of Care Podcast
The Shape of Care: A Podcast

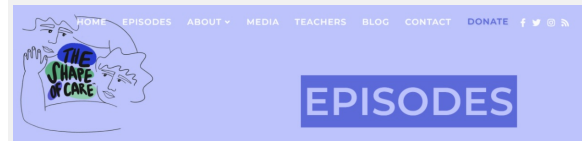
mission to support and advocate for individuals caring for a chronically ill and/or disabled spouse or partner.

Click on the image to below to learn more about the Well Spouse Association.



About Caregiving is a seven-episode series that explores the world of caregiving.

Click on the image below to listen to the podcast.



We are Seeking Participants

We are recruiting family members to participate in our new research program!

We are currently partnering with assisted living communities and caregivers of residents with dementia to learn about their experiences. Caregivers' insights are invaluable for better understand the caregiver experience and this study may contribute to a positive impact on quality of life for assisted living residents.

- Phone or Zoom Interviews
- Flexible times and dates for interviews
- Up to \$250 in compensation
- Eligibility for participation: Caregiving for a resident in assisted living (general assisted living, memory care communities, or personal care homes) in the state of Georgia with moderate to severe dementia

For more information, please contact Louise Savoye, our Research Program Manager, at (478) 493-6896, scan the QR code, or email us at inspire.study@emory.edu.

EMORY UNIVERSITY SCHOOL OF MEDICINE | Division of Geriatrics and Gerontology

Know someone who is a family caregiver of a resident with moderate to advanced dementia who lives in assisted living? We are recruiting these family members into our study. If someone is interested, have them email us at inspire.study@emory.edu.

[Read past issues of The Corner](#)

[Visit the INSPIRE Study Website](#)



The INSPIRE Study is a statewide study designed to learn ways to better support families and others caring for residents in assisted living with advanced dementia. The study is being conducted by a multidisciplinary team of researchers from Emory University and the Gerontology Institute at Georgia State University with extensive expertise in dementia care, and is funded by the National Institute on Aging.



Division of Geriatrics
and Gerontology





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