

The Corner: Inspire Study Insights

The Rundown Winter 2025

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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, ground-breaking discoveries, and helpful resources for caregivers, dementia and dementia care, and assisted living communities.

INSPIRE Insights & Milestones



Hot off the Press



The Principal Investigator, **Dr. Molly Perkins**, and Senior Investigator, **Dr. Ken Hepburn**, of the Inspire Study team **were recently featured in the *Emory***

Warming up through the Winter

Over the past few weeks, people have jokingly stated that Old Man



Winter got lost in the South. As we have face record low temperatures, it is important to be healthy and safe through these wintry days.

If indoors:

- Heat your home safely.
- Light your home safely.
- Use generators and other

The article highlights their recent award of a \$5.8 million grant to continue dementia caregiving research. This five-year, P30 grant is for the Roybal Center for Dementia Caregiving Mastery of the Emory University Nell Hodgson Woodruff School of Nursing, in which they are its Co-Directors. To read the full article, click on the Read More button below.



Read
More

- appliances safely.
- Conserve heat.
- Make sure babies and older adults stay warm.
- Keep a water supply.
- Eat well-balanced meals, and avoid alcoholic and caffeinated beverages.

If outdoors:

- Dress warmly and stay dry.
- Stay off the ice.
- Be safe during outside activities.
- Avoid exerting yourself, and stay safe during cleanup.
- Be careful while traveling.



The Heart of the Matter

February is Heart Health month. The American Heart Association mentions that caregiver burnout being a top cardiovascular condition (condition of the heart) that affects caregivers. To prevent caregiver burnout and to keep the heart healthy:

- Get regular physical activity.
- Maintain a heart-healthy diet.
- Get enough sleep.
- Make time for yourself.
- Keep humor in your life.
- Get out and about.
- Watch out for depression.
- Take care of business.
- Keep medical and dental appointments.
- Think positive.
- Learn to cope with stress.
- Stay connected with the outside world.



Learn more about
Caregiver Burnout



Where Dementia is Primary

Dementia brings unique challenges for the whole family, not just the person who has been diagnosed. That's why IMC is here. This one-of-a-kind care model is available at our new **clinic** and select **senior living communities**.



"When people like me show up, we are likely to be more than a little bit lost, in a very dark place, and feeling quite alone. They turn on the lights, tell us where we are, point us in the right direction, and show us that we are not alone."

— IMC Caregiver

Emory Integrated Memory Care Clinic,
57 Executive Park
South NE, Atlanta,
GA 30329

Part of Emory
Healthcare and
the Nell Hodgson
Woodruff School
of Nursing



LET'S TALK

Call us at 404-712-6929 or use the QR code. Patients must have a dementia diagnosis before establishing care.

[emoryhealthcare.org/imcc](https://www.nursing.emory.edu/imc)

primary care practice in the U.S.

specifically made for people living with dementia and their care partners. Unlike traditional health care models, the practice offers multiple medical, psychological, and social work services in one clinic located at Executive Park.

The IMC recognized that for some patients and their care partners, visiting their clinic location is not always easy. Leaving home or a senior living facility, commuting, parking, and visiting an unfamiliar location is a burden. They wanted to do all they could to be sure that patients and care partners were able to access our services. So, the IMC has developed a program that allows their team to come to you.

The Integrated Memory Care (IMC) in Community program is now active in more than 20 Atlanta-area senior living communities. For a monthly fee, residents

living with dementia are provided primary and dementia care delivered right where they live. Community participants also benefit from time with a Dementia Care Assistant who works with them weekly in one-on-one activities created just for them.

The earliest family caregivers who signed up were asked what they would tell other caregivers who are interested in enrolling their people. Here are some of their comments:

"The IMC team took the pressure off of me to be constantly trying to run interference for my mother"

"I was able to make use of the IMC teams' skills to communicate with the facility staff"

"Working with the Dementia Care Assistant decreased my mother's agitation"

"I feel like I have a team behind me!"

If this sounds like something that might be a fit for your person or someone you know, please visit our website <https://www.nursing.emory.edu/imc> and scroll down to the Community Information tab. If you are interested in more information or to determine eligibility, please click on and complete the "**Interest Form**" and someone from the program will be in touch with you.

Resources Corner

Adapting Activities for People with Alzheimer's Disease
The **National Institute on Aging** provides information on how

UCLA Health Caregiver Education
UCLA Health provides resources for those caring for ones with Alzheimer's and dementia-related

families and others can adapt activities that allows individuals with dementia to participate.

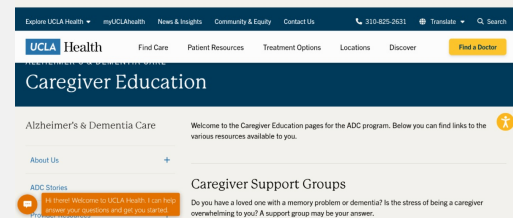
Spiritual activities

Being part of a faith community may help someone with Alzheimer's feel connected to others and remember pleasant times. Here are some ideas to help:

- Involve the person in spiritual activities that they have known well. These might include worship services, religious or other readings, sacred music, prayer, meditation, and holiday rituals.
- Tell people in the preferred faith community about the



conditions.



Are you a family member or friend caring for an assisted living resident with dementia in Georgia and want to share your experiences?



Emory University and the Gerontology Institute at Georgia State University are conducting an important new dementia care study funded by the National Institutes of Health

- To learn ways to *enhance* dementia care experiences for residents, their families, and assisted living communities.
- This study involves *flexible* (times and dates), contact-free (Zoom or phone) interviews.

If interested in learning how to participate, please scan the QR code, call 470-493-0896, or email us at inspire.study@emory.edu. To learn more, visit our website at emoryinspirestudy.org.

We look forward to hearing from you!



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.



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