

The Corner: Inspire Study Insights

The Rundown

Summer 2026

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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

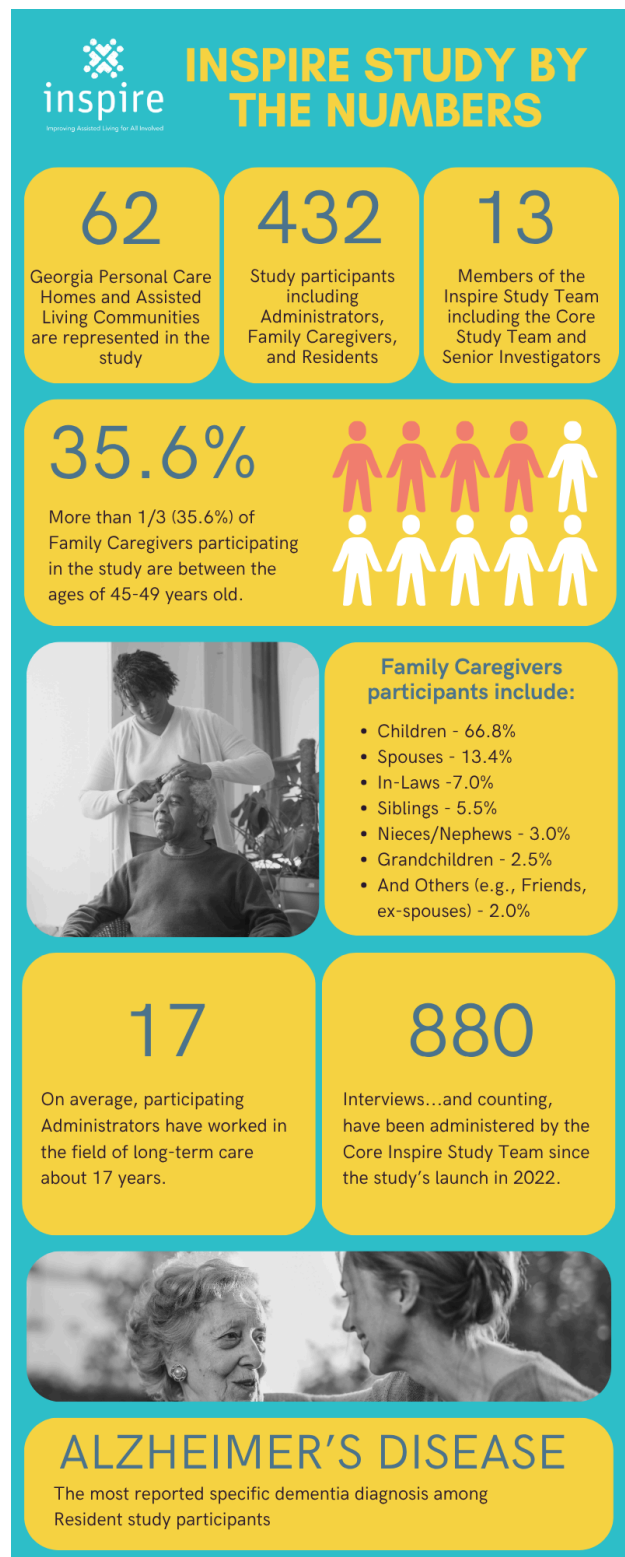


Inspire Study goes International

Inspire Study by the Numbers

This infographic is a high-level overview of the Inspire Study progress and other interesting facts since its launch in 2022.

Dr. Molly Perkins, Inspire Study's Principal Investigator, and Senior Investigators, **Dr. Alexis Bender** and **Dr. Michael Lepore**, represented the Inspire Study at two international scientific conferences in Europe this past July. The 23rd International Association for Geriatrics and Gerontology (IAGG) World Conference took place in RAI Amsterdam, The Netherlands on July 5-8th, and the Alzheimer's Association International Conference (AAIC) 2026 took place on July 12-15, 2026 in London, United Kingdom. Dr. Perkins gave presentations on preliminary study findings at both conferences.





BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



Children

WHO:



Older adults

More males than females are affected



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction work sites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Minor

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of **658** people died each year from heat in the United States.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/disasters/extremeheat>



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

280609-8

Too Hot to Handle: Tips for Staying Safe and Cool this Summer

Most people reserve the saying, "the heat is on" in times of pressure or when faced with an obstacle. However, this phrase applies today as we have faced record high temperatures. It is important to get a handle on the heat for ourselves and those we love and care for as extreme heat often results in the highest annual number of deaths among all weather-related disasters, according to FEMA. Those who are at most risk are older adults; infants and children; people with chronic conditions including asthma and heart disease; people without air conditioning; pregnant individuals; outdoor workers; and athletes.

Use this Heat Action Plan to keep your cool:

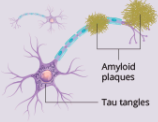
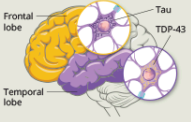
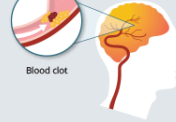
1. Stay Cool
2. Stay Hydrated
3. Know the symptoms of heat-related illness (Sweating a lot; very tired and weak; and dizzy, lightheaded, and nauseated)
4. Check air quality
5. Have a medication plan for hot weather

Understanding Different Types of Dementia

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four different types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What Is Happening in the Brain?*			
Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain. 	Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes. 	Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers. 	Conditions, such as blood clots, disrupt blood flow in the brain. 
*These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.			
Symptoms			
Mild - Wandering and getting lost - Repeating questions Moderate - Problems recognizing friends and family - Impulsive behavior Severe - Cannot communicate	Behavioral and Emotional - Difficulty planning and organizing - Impulsive behaviors - Emotional flatness or excessive emotions Movement Problems - Shaky hands - Problems with balance and walking Language Problems - Difficulty making or understanding speech <i>There are several types of frontotemporal disorders, and symptoms can vary by type.</i>	Cognitive Decline - Inability to concentrate, pay attention, or stay alert - Disorganized or illogical ideas Movement Problems - Muscle rigidity - Loss of coordination - Reduced facial expression Sleep Disorders - Insomnia - Excessive daytime sleepiness Visual Hallucinations	- Forgetting current or past events - Misplacing items - Trouble following instructions or learning new information - Hallucinations or delusions - Poor judgment
Typical Age of Diagnosis			
Mid 60s and above, with some cases in mid-30s to 60s	Between 45 and 64	50 or older	Over 65
Diagnosis			
Symptoms can be similar among different types of dementia, and some people have more than one form of dementia, which can make an accurate diagnosis difficult. Symptoms can also vary from person to person. Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.			
Treatment			
There is currently no cure for these types of dementia, but some treatments are available. Speak with your doctor to find out what might work best for you.			

Living with dementia can be challenging, but there are ways to manage it. To learn more about these types of dementia and other conditions that can cause dementia, visit www.nia.nih.gov/health/what-is-dementia.



Resources Corner

Dementia CareAssist App

The University of Kansas Alzheimer's Disease Research Center (KU ADRC) has created a mobile application, available on Android and iOS devices, to help dementia caregivers manage challenging behaviors.



Raising Your Parents Pod

This podcast focuses on the ebbs and flows of caregiving, particularly when one parent has dementia. Listen to the episodes for free on Amazon, Apple pod, iHeart, and Spotify.



[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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inspire

Improving Assisted Living for All Involved

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