

**2022 Age Boom Academy**

**Caregiving and Our Longer Lives: The $500 Billion Question**

**Digital library indexed by author/speaker name**

*These readings are intended to enhance your experience of the live sessions and to serve as*

*future reference materials as you source articles. Note that many readings will be germane to multiple sessions.*

*An alphabetical-by-author list of background readings is below, followed by a session-by-session listing of recommended readings on the last page.*

*All publications may be downloaded at:* [*https://www.dropbox.com/sh/61j0pq09v52vcdk/AACSsxghlFjKF-5JalKMgRbWa?dl=0*](https://www.dropbox.com/sh/61j0pq09v52vcdk/AACSsxghlFjKF-5JalKMgRbWa?dl=0)

**BASTING, ANNE & TIMESLIPS**

* Fristsch T, Kwak J, Grant S, Lang J, Montgomery RR, Basting AD. Impact of TimeSlips, a creative expression intervention program on nursing home residents with dementia and their caregivers. The Gerontologist, Volume 49, Issue 1, February 2009, Pages 117–127. doi.org/10.1093/geront/gnp008
* Basting A. Creative care: A revolutionary approach to dementia and elder care. HarperCollins, 2020. ([Book](https://www.amazon.com/Creative-Care-Anne-Basting/dp/0062906178))
* See “[Big But Brief](http://ageboom.columbia.edu/bbbvideo-184577.html)” on-demand videos on the Age Boom portal.

**BEARD, JOHN**

* Thiyagarajan JA, Araujo de Carvalho I, Peña-Rosas JP, Chadha S, Mariotti SP, et al. (2019) Redesigning care for older people to preserve physical and mental capacity: WHO guidelines on community-level interventions in integrated care. PLOS Medicine 16(10): e1002948. doi.org/10.1371/journal.pmed.1002948
* See also “National Academy of Medicine” below.

**CENTER FOR MEDICARE ADVOCACY**

* Stein, JA and Lipschutz DA. Medicare and family caregivers. Center for Medicare Advocacy. June 2020.

**COTTLE, MICHELLE**

* Will Congress abandon America’s seniors? New York Times opinion piece. June 4, 2021
* Nobody wants to live in a nursing home. Something’s got to give. New York Times opinion piece. August 1, 2021
* Getting old is a crisis more and more Americans can’t afford. New York Times opinion piece. August 9, 2021
* Who will take care of America’s caregivers? New York Times opinion piece. August 12, 2021

**ESPINOZA, ROBERT & PHI**

* Campbell S, Del Rio Drake A, Espinoza R, Scales K. Caring for the future: The power and potential of America’s direct care workforce. PHI. January 21, 2021.
* Direct care workers in the United States: Key facts. PHI. 2022
* Essential support: State hazard pay and sick leave policies for direct care workers during Covid-19.

**FINE, CLAUDIA & eFAMILYCARE**

* Presentation of eFamilyCare, 2022.
* Brochure, 2021.

**FRIED, LINDA P.**

* See “National Academy of Medicine” below.
* Fried, L. Investing in health to create a third demographic dividend. The Gerontologist, 2016.
* Fried L. A social model for health promotion for an aging population: Initial evidence on the Experience Corps model. Journal of Urban Health, March 2004.

**FULLER, JOSEPH**

* Fuller J and Raman M. The caring company: How employers can help employees manage their caregiving responsibilities — while reducing costs and increasing productivity, AEI: American Enterprise Institute for Public Policy Research. 2019.

**GRABOWSKI, DAVID**

* Grabowski DC. The future of long-term care requires investment in both facility and home-based services. Nature Aging 1, 10–11 (2021). doi.org/10.1038/s43587-020-00018-y.

**LINK, GREG & HHS ADMINISTRATION FOR COMMUNITY LIVING (RAISE ACT)**

* Recognize, Assist, Include, Support & Engage Family Caregivers Act of 2017. Public Law 115-119, 115th Congress. HR 3759.
* Recognize, Assist, Include, Support, & Engage (RAISE) Family Caregivers Act Initial Report to Congress. RAISE Family Caregiving Advisory Council with assistance from Administration for Community Living, HHS. September 2021
* 2022 National Strategy to Support Family Caregivers developed by the RAISE Act Family Caregiving Advisory Council & The Advisory Council to Support Grandparents Raising Grandchildren with technical assistance from Administration for Community Living, HHS. September 21, 2022
  + First Principles: Cross-Cutting Considerations for Family Caregiver Support
  + 2022 National Strategy to Support Family Caregivers: Federal Actions
  + 2022 National Strategy to Support Family Caregivers: Actions for States, Communities, and Others

**LONG-TERM CARE POLL**

* Long-term care in America: Americans want to age at home. The AP-NORC Center for Public Affairs Research. May 2021.

**NATIONAL ACADEMY OF MEDICINE**

* National Academy of Medicine. 2022. Global roadmap for healthy longevity. Washington, DC: The National Academies Press. doi.org/10.17226/26144.
  + NB: WE have excerpted the Long Term Care/Caregiving section of the report as a separate document in addition to the full report in our library.

**OLSEN, JENNIFER & ROSALYNN CARTER INSTITUTE FOR CAREGIVERS**

* Recalibrating for caregivers: Recognizing the public health challenge. 2020.
* Working while caring: A national survey of caregiver stress in the U.S. workforce. September 28, 2021.
* Invisible overtime: What employers need to know about caregivers. January 2022.
* Shepherd-Banigan M, Jones KA, Sullivan C, Wang K, Clark AG, Van Houtven C, Olsen JM. Individual and program characteristics may drive variability in outcomes after caregivers participate in a tailored support intervention. Journal of Applied Gerontology. 2022 Aug;41(8):1960-1970. doi: 10.1177/07334648221091564.

**PICARD, MARTIN**

* Picard M. Energy transduction and the mind–mitochondria connection. Biochemist (London) August 30, 2022; 44 (4): 14–18. doi: doi.org/10.1042/bio\_2022\_118
* Picard, M. Why do we care more about disease than health?. Phenomics 2, 145–155. 2022. doi.org/10.1007/s43657-021-00037-8.
* Picard M, Prather AA, Puterman E, Cuillerier A, Coccia M, Aschbacher K, Burelle Y, Epel ES. A mitochondrial health index sensitive to mood and caregiving stress. Biological Psychiatry. 2018 Jul 1;84(1):9-17. doi: 10.1016/j.biopsych.2018.01.012. Epub 2018 Feb 3.
* Picard M, McEwen BS. Psychological stress and mitochondria: A systematic review. Psychosomatic Medicine. 2018 Feb/Mar;80(2):141-153. doi: 10.1097/PSY.0000000000000545.

**POO, AI-JEN**

* How long will the U.S. continue to disrespect its caregivers? New York Times guest essay. August 17, 2022

**PRUDENTIAL**

* Prudential’s Pulse of the American Worker Survey series explores perceptions on topics, trends and issues impacting Americans' finances, work lives and benefits.
  + May 2021: Post-Pandemic Work & Life
  + November 2020: The Road to Resiliency-The Role of the Workplace
  + March 2019: Addressing Financial Insecurity
  + April 2018: Financial Wellness – A Driver of Prosperity

**REINHARD, SUSAN & AARP, AARP PUBLIC POLICY INSTITUTE**

* Caregiving out-of-pocket costs study. June 2021
* Reinhard S, Caldera S, Burke E and Cromer T. Family caregiver considerations for the future of hospital at home programs. Washington, DC: AARP Public Policy Institute, August 2022. doi.org/10.26419/ppi.00171.001.
* AARP and National Alliance for Caregiving. Caregiving in the United States 2020. Washington, DC: AARP. May 2020. doi.org/10.26419/ppi.00103.001 (Full folder [here](https://www.dropbox.com/sh/t7df7eyjalkauqz/AACuLf-XhugMmEpHhOjW-3I-a?dl=0))
* Reinhard, Susan C. and Edem Hado. *LTSS Choices: Small-House Nursing Homes.* Washington, DC: AARP Public Policy Institute, January 6, 2021. <https://doi.org/10.26419/ppi.00126.001>
* Reinhard, Susan C. *LTSS Choices: A Series on Transforming Long-Term Services & Supports.*Washington, DC: AARP Public Policy Institute, December 4, 2020. <https://doi.org/10.26419/ppi.00124.001>
* Reinhard, Susan C., Ari Houser, Kathleen Ujvari, Claudio Gualtieri, Rodney Harrell, Paul Lingamfelter, and Julia Alexis. *Advancing Action, 2020: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers.* Washington, DC: AARP Public Policy Institute, September 24, 2020. <https://www.longtermscorecard.org/2020-scorecard/>
* Reinhard, Susan C. Lynn Friss Feinberg, Ari Houser, Rita Choula, and Molly Evans. *Valuing the Invaluable: 2019 Update – Charting a Path Forward.* Washington, DC: AARP Public Policy Institute, November 2019. <https://doi.org/10.26419/ppi.00082.001>
* Reinhard, Susan C., Heather M. Young, Carol Levine, Kathleen Kelly, Rita Choula, and Jean Accius. *Home Alone Revisited*. Washington, DC: AARP Public Policy Institute, April 2019. <https://doi.org/10.26419/ppi.00086.001>

**RESENDEZ, JASON & NATIONAL ALLIANCE FOR CAREGIVING**

* November 2021 National Report: Caregiving in a diverse America - Beginning to understand the systemic challenges facing family caregivers.
* AARP and National Alliance for Caregiving. Caregiving in the United States 2020. Washington, DC: AARP. May 2020. doi.org/10.26419/ppi.00103.001 (Full folder [here](https://www.dropbox.com/sh/t7df7eyjalkauqz/AACuLf-XhugMmEpHhOjW-3I-a?dl=0))

**ROBINSON-LANE, SHERIA**

* Robinson-Lane SG, Zhang X, Patel A. Coping and adaptation to dementia family caregiving: A pilot study, Geriatric Nursing, Volume 42, Issue 1, 2021, Pages 256-261, ISSN 0197-4572. doi.org/10.1016/j.gerinurse.2020.08.008.
* See “[Big But Brief](http://ageboom.columbia.edu/bbbvideo-184577.html)” on-demand videos on the Age Boom portal.

**ROWE, JOHN**

* Rowe JW. The US eldercare workforce is falling further behind. Nature Aging 1, 327–329 (2021). doi.org/10.1038/s43587-021-00057-z.
* See also “National Academy of Medicine” above.

.

**RUSH CENTER FOR EXCELLENCE IN AGING**

* Stanley P and Lange-Maia B. A collaborative report on the aging undocumented population of Illinois. Chicago, IL. Rush Center for Excellence in Aging. 2020.

**SCHALL, JOHN & CAREGIVER ACTION NETWORK**

* See “[Big But Brief](http://ageboom.columbia.edu/bbbvideo-184577.html)” on-demand videos on the Age Boom portal.

**SCHUBERT, DERENDA & BRIDGE MEADOWS**

* 2021 Bridge Meadows impact report.
* Feldman, S., Schubert, D., Moseley, R., & Magnuson, L. It takes a multigenerational village to raise foster kids. Stanford Social Innovation Review. 2021. doi.org/10.48558/N7QQ-VJ12
* Schubert, D. Housing policy should stop creating competition between young and old. The Hill, April 14, 2020.
* See “[Big But Brief](http://ageboom.columbia.edu/bbbvideo-184577.html)” on-demand videos on the Age Boom portal.

**SPAN, PAULA**

* The quiet cost of family caregiving. The New Old Age. New York Times, September 4, 2022.

**STONE, ROBYN & LEADINGAGE**

* Weller C, Almeida B, Cohen M, and Stone RI. Opening doors to aging services. Executive Summary. 2021.
* Stone RI and Bryant N. Feeling valued because they are valued: A vision for professionalizing the caregiving workforce in the field of long-term services and supports. LeadingAge LTSS Center @UMass Boston. July 2021.
* Spetz J, Stone RI, Chapman SA, Bryant N. Home and community-based workforce for patients with serious illness requires support to meet growing needs. Health Affairs, 2019 38:6, 902-909. doi.org/10.1377/hlthaff.2019.00021
* Stone RI and Bryant NS. The future of the Home Care Workforce: Training and Supporting Aides as Members of Home-Based Care Teams. Journal of the American Geriatrics Society, 67: S444-S448. 2019. doi.org/10.1111/jgs.15846
* Making care work pay.

**TOM, SARAH**

* See “[Big But Brief](http://ageboom.columbia.edu/bbbvideo-184577.html)” on-demand videos on the Age Boom portal.

**TRUSKINOVSKY, YULYA**

* Mommaert C, Truskinovsky Y. The Cyclicality of Informal Care. Journal of Health Economics, 71, 2020.
* Truskinovsky Y. Employment shocks, unemployment insurance and caregiving.” Research brief. University of Wisconsin Madison, Center for Financial Security, 2021.
* Maestas N, Messel M, and Truskinovsky Y. Caregiving and labor supply: New evidence from administrative data. 2022.
* See “[Big But Brief](http://ageboom.columbia.edu/bbbvideo-184577.html)” on-demand videos on the Age Boom portal.

**WOLFF, JENNIFER**

* Freedman VA and Wolff JL. The AEI-Brookings working group report on paid leave for caregiving: Issues and answers. AEI-Brookings Paid Leave Project. November 2020.
* Wolff JL, Spillman BC, Freedman VA, Kasper JD. A national profile of family and unpaid caregivers who assist older adults with health care activities. JAMA Internal Medicine. 2016 Mar;176(3):372-9. doi: 10.1001/jamainternmed.2015.7664.

* Burgdorf J, Roth DL, Riffin C, Wolff JL. Factors associated with receipt of training among caregivers of older adults. JAMA Internal Medicine. 2019;179(6):833–835. doi:10.1001/jamainternmed.2018.8694
* Wolff JL, Freedman VA, Mulcahy JF, Kasper JD. Family caregivers’ experiences with health care workers in the care of older adults with activity limitations. JAMA Network Open. 2020;3(1):e1919866. doi:10.1001/jamanetworkopen.2019.19866
* Keita Fakeye MB, Samuel LJ, Drabo EF, Bandeen-Roche K, Wolff JL. Caregiving-related work productivity loss among employed family and other unpaid caregivers of older adults. Value Health. 2022 Aug 13:S1098-3015(22)02069-1. doi: 10.1016/j.jval.2022.06.014.

**2022 Age Boom Academy**

**Caregiving and Our Longer Lives: The $500 Billion Question**

**Digital Library**

**Session-by-session highlights**

*Below are recommended readings for each day, culled from the materials listed above.*

**THURSDAY, OCTOBER 13, 11AM-1PM ET**

**Session I: Welcome and Demographic Framing**

* Download readings folder [here](https://www.dropbox.com/sh/6gl99elozgwbavp/AABA8T01lLs65aUESKWc7JNHa?dl=0).

**FRIDAY, OCTOBER 14, 11AM-1PM ET**

**Session II: The Costs**

* Download readings folder [here](https://www.dropbox.com/sh/8c46eiew6jv4gg8/AABJx3KUZ2gw9naeRRH2Wpcza?dl=0).

**THURSDAY, OCTOBER 20, 11AM-1PM ET**

**Session III: Workplace Equity and Health Futures**

* Download readings folder [here](https://www.dropbox.com/sh/d19sdre7aj95fot/AAAZ_yBAvQwnLBvN4jJZ90kqa?dl=0).

**FRIDAY, OCTOBER 21, 11AM-1PM ET**

**Session IV: The Policies**

* Download readings folder [here](https://www.dropbox.com/sh/3c44n8bzwhek4hq/AAAIqbtBJ-Ic-WnToIrcZlwWa?dl=0).