



FOR IMMEDIATE RELEASE

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Innovative Resource To Improve Health and Wellness of Family Caregivers

VIRGINIA: SeniorNavigator is pleased to announce receipt of a grant that will enable the organization to lead the development of a new *Institute for Innovations in Caregiving*. The Institute will develop innovations – leveraging best practices and technology to improve the physical and emotional health of family caregivers – while strengthening their caregiving capacity and well-being.

SeniorNavigator, a statewide non-profit, provides free health and community support information and guidance to older adults, family caregivers, and health care professionals, supporting independence, dignity, and quality of life. Designed as an award-winning service model combining information technology with community-building, SeniorNavigator offers a ‘high-tech’ and ‘high-touch’ approach to healthy lifestyle and long term care support. Seniors, caregivers, and adults with disabilities can find vital services and information through its websites at SeniorNavigator.org and disAbilityNavigator.org.

Funded by a private foundation that wishes to remain anonymous, the objective of *The Institute for Innovations in Caregiving* is to preserve and improve the wellness of family caregivers, with a special focus on the Alzheimer’s caregiver. The Institute’s ultimate goal is to improve caregivers’ self-care and their ability to manage emotional stressors and tough decisions while bolstering their access to the latest technologies and community resources.

“It is our goal to provide tools and a sense of hope to family caregivers who face many difficult challenges—not only in caring for their loved ones, but in caring for themselves,” said The Honorable John H. Hager, chairman of the board of directors, SeniorNavigator. “This Institute will play a crucial role

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in pulling together the most passionate and knowledgeable advocates and service providers in the areas of caregiving and Alzheimer's to implement state-of-the art initiatives and, ultimately, lighten the load for caregivers.”

The Institute for Innovations in Caregiving will bring together partners – forming an Advisory Council* to facilitate out-of-the-box collaboration among Virginia's academic programs in aging as well as key statewide service providers. This Council will serve as the backbone of the Institute and its activities offering unique peer-to-peer connections – fostering new thinking and practices that might not otherwise be created.

This Virginia-based Institute will be an arm of SeniorNavigator with project management by its staff under the leadership of Adrienne Johnson, executive director. Two national experts in the aging field, Dr. Richard W. Lindsay, Professor Emeritus of Internal Medicine and Family Medicine at the University of Virginia Health Sciences Center and founder and former Head of the Division of Geriatric Medicine at the University of Virginia and Gordon Walker, retired CEO of the Jefferson Area Board for Aging (JABA), will serve as Institute consultants.

The Institute for Innovations in Caregiving website recently launched (www.CaregivingInnovations.org) with ongoing work and activities and a planned App contest in partnership with Virginia's colleges and universities.

For more information about *The Institute for Innovations in Caregiving* contact SeniorNavigator at (804) 525-7728; toll-free 866-393-0957 or via email info@SeniorNavigator.org

*The Institute for Innovations in Caregiving Advisory Council is comprised of an elite group of professionals from the following Virginia-based organizations and institutions:

- Alzheimer's Association of Central and Western Virginia
- Beard Center on Aging, Lynchburg College
- Carilion Center for Healthy Aging
- George Mason University (GMU), College of Health and Human Services
- James Madison University (JMU), College of Health and Behavioral Studies
- Leaders Engaged on Alzheimer's Disease (LEAD) Coalition
- The LeadingAge Center for Aging Services Technologies (CAST)
- Riverside Center for Excellence in Aging and Lifelong Health (CEALH)
- Riverside Health System
- University of Virginia (UVA)

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- University of Virginia Health System
- Virginia Assistive Technology System (VATS)
- Virginia Caregiver Coalition (VCC)
- Virginia Center on Aging (VCoA)
- Virginia Commonwealth University (VCU), Department of Gerontology
- Virginia Community College System
- Virginia Department for Aging and Rehabilitative Services (DARS)
- Virginia Tech Center for Gerontology

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