



# With Your Brain in Mind

Monthly news and updates from the Stanford Alzheimer's Disease Research Center

## Caregiver Research at Stanford

### Upcoming Events

More information on all events can be found on the Stanford ADRC website [here](#).

**SAVE THE DATE!**  
**October 14**

**2017 Walk to End Alzheimer's - Silicon Valley, CA**

Arena Green  
N Autumn St.  
San Jose, CA 95113



8a: Registration  
9a: Ceremony  
10a: Walk begins  
[Link](#) for more information

To find other walks in the Bay Area, click [here](#).

**June 20  
10a**

**Healthy Aging and Your Brain presentation. Fair Oaks Community Center, 2600 Middlefield Rd., Redwood City, CA 94063**

## Saturday, October 14, 2017

### Walk to End Alzheimer's



Arena Green, N Autumn St., San Jose, CA 95113

Route length: 3 miles or 1 mile shortcut

This event brings together families, friends, and professionals whose lives have been touched by Alzheimer's. Each year, the walk brings a special feeling of togetherness and hope in fighting this disease. We hope to see you there! Click [here](#) for more information.

### Of Sound Mind

Of Sound Mind is a series of videos on dementia and healthy cognitive aging sponsored by the Stanford Alzheimer's Disease Research Center. This series brings experts in the field of cognitive aging to explore current research on dementia and discuss ways to keep your brain healthy. This series is hosted by Dr. Dolores Gallagher Thompson. See page 2 for her bio and information on caregiver research.

Watch the series on YouTube [here](#), and visit the Of Sound Mind page on the Stanford ADRC website [here](#).



Photo: the new Stanford Neuroscience Health Center, opened in January 2016. Read more about it [here](#).

### Links

[Stanford ADRC's website](#)

[Stanford ADRC's Facebook page \(English\)](#)

[Stanford ADRC's Facebook page \(Español\)](#)

# In the News

## Building Resilience Helps Caregivers Cope

New research from our lab at Stanford and from others around the world (e.g., Hong Kong, Australia) finds that if we provide structure to guide caregivers to **mentally create positive ways to cope with challenging everyday situations**, they are better able to deal with those situations when they actually occur. For example, creating a mental image of how you will respond (calmly) when your loved one repeats the same questions over and over reduces self-reported stress and increases feelings of mastery or self-efficacy. These outcomes in turn foster more adaptive coping in the future.

Other ways to promote resilience (the ability to “roll with the punches” without too much distress) include keeping a **gratitude journal**. Here you record past experiences with the care recipient for which you are grateful – perhaps your marriage, the birth of your children, or other important milestones. Doing this helps to bring back positive memories that can be shared with your loved one – remember, he/she is also trying to cope with this disease. Once started, the gratitude journal can be expanded to include small acts of kindness and other everyday occurrences for which the caregiver is grateful. Over time, this habit is associated with greater flexibility.

Finally, a recent publication by Waelde and associates (2017) found that caregivers who developed (and sustained) a **daily yoga and meditation practice** were less distressed and more able to cope with caregiving challenges. This may be due to increased ability to control negative thoughts and feelings – another hallmark characteristic of resilient people!

## Other Resources for Caregivers

- [Alzheimer's Association](#) (Northern California and Northern Nevada)
- [DailyCaring: Practical Tips for Family Caregivers](#)
  - Sign up to receive free helpful tips for caregivers in your email
- [The Alzheimer's Disease Education and Referral Center \(ADEAR\)](#)
  - Health information provided by the National Institutes of Health

## Meet the ADRC Team – a monthly feature



### Dolores Gallagher-Thompson, PhD, ABPP

**Professor (Research) of Psychiatry and Behavioral Sciences and Director of Outreach, Recruitment and Education, Stanford ADRC**

Dr. Gallagher-Thompson specializes in research and treatment of late-life depression and ways to reduce distress in family caregivers of persons with dementia. With depressed older adults, she uses the evidence-based cognitive/behavioral (CBT) approach and provides both individual and group therapy. For persons with dementia and their families, she has several small group programs offered at community locations, as well as a web-based self-paced skill training program. Currently she is working with colleagues to develop appropriate mobile-phone and tablet-based programs that caregivers will have accessible 24/7. She is a board-certified specialist in Geropsychology (psychology of older adults) as well as a licensed clinical psychologist in practice for 25 years. She currently serves on the Diversity and Inclusion Committee of the Northern CA / Northern NV chapter of the Alzheimer's Association.

**What drew you to dementia research?** My mother developed vascular dementia after multiple small strokes and needed a great deal of care. This was 30 years ago when few services were available to support family caregivers – particularly programs to help them deal with the emotional distress and wide range of positive and negative feelings that occur over the course of caregiving. I decided to devote a good deal of my professional career to developing and researching effective psychologically-based intervention programs. I learned that about 50% of caregivers experience significant levels of depression; this tied together my CBT research with my interest in reducing distress in caregivers of persons with dementia and other neurocognitive disorders. I have also worked extensively with caregivers of diverse backgrounds and developed and researched programs in other languages, including Spanish and Mandarin. Currently my work is very community-based and focuses on fostering collaborations with leaders of many of the diverse communities here in northern California.