

## National RN Case Manager Certificate Program

### Reading Guide: Partnering with Family Caregivers

1. Recalibrating for Caregivers: Recognizing the Public Health Challenge (RCI, 2020)  
**Must Read.** Comprehensive overview of the challenges of caregiving including a discussion of caregiving as a social determinant of health.
2. The 4 Ms of an Age Friendly Healthcare System (AJN, 2021).  
**AARP Supporting Family Caregivers Article #1.** Outlines an evidence-based framework for assessing and acting on critical issues in the care of older adults across settings and transitions of care.
3. Addressing What Matters (AJN, 2022)  
**AARP Supporting Family Caregivers Article #2.** Discusses aligning care with what matters most to patients and family caregivers.
4. Optimizing Older Adult's Medication Use (AJN 2022)  
**AARP Supporting Family Caregivers Article #3.** Describes ways nurses can partner with family caregivers to promote safe medication administration.
5. Recognizing and Acting on Mentation Concerns (AJN 2022)  
**AARP Supporting Family Caregivers Article #4.** Addresses the role of caregivers as key partners in addressing dementia, depression and delirium in older adults.
6. Preventing Falls and Fall-Related Injuries at Home (AJN, 2022)  
**AARP Supporting Family Caregivers Article #5.** Addresses the 4<sup>th</sup> M of mobility and teaching caregivers fall prevention strategies.
7. Try This: Age-Friendly Health Systems: The 4 Ms (Hartford Institute Geriatric Nsg, 2019)  
**Best Practice Guideline:** Addresses gaps in practice between evidence-based models of practice and health system implementation for RNCM practice.
8. A Review of the Complex Role of Family Caregivers as Health Team Members & Second-Order Patients (Healthcare, 2019)  
**Case Study.** Demonstrates the challenges and solutions using a case study approach.

9. National Strategy to Support Family Caregivers (ACL 2022)

**Executive Summary.** Created by a consortium of organizational leaders, this summary outlines the national strategy for supporting caregivers as an urgent public health issue exacerbated by the COVID-19 pandemic.

10. The CARE Act Implementation: Progress and Promise (AARP Public Policy Institute, 2019)

**Overview.** Describes the CARE Act including progress on implementation.

### VA/Veterans

1. VA's Veteran Directed Care Puts the Veteran in Charge (VHA)

Blog Post. Veterans and caregivers share their experiences with the Veteran Directed Care program.

2. Comprehensive Assistance for Family Caregiver Program Expansion (VHA)

Overview. Describes expanded services to assist family caregivers and support veterans.

