



## Supporting Caregivers in the Community and Healthcare Setting



Check out our recent article written by AC Care Alliance Director of Program Development, Val Steinmetz. In it, Val pulls from years of experience working with ACCA and reflections from her current doctoral work on family caregiving at the UC Davis Betty Irene Moore School of Nursing (BIMSON) to highlight the need for caregiver education and support, recent successes in addressing caregiver needs through the ACCA Advanced Illness Care Program and BIMSON Family Caregiving Institute, as well as future plans to continue reaching caregivers.

*"Providing training of this nature to the healthcare team and nursing science researchers allows for continued support of the patient in the home setting and ensures caregivers feel prepared, have the education needed, and know who to contact and when, if additional needs arise."*

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# National Health Care Decisions Day

April 16 was National Health Care Decisions Day (NHDD) when there is a special, National, emphasis on Advance Care Planning. ACCA has partnered with several organizations over the years including Kaiser Permanente, ReImagine, and Humangood to name a few. This year, we collaborated with the San Francisco Palliative Care Workgroup on April 16 festivities and additional partnership opportunities will also happen in May and June. Workshops are held to help attendees better understand the importance of selecting a health agent, or spokesperson, to speak for you if you cannot speak for yourself and beginning those conversations.



AC CARE ALLIANCE  
Advanced Illness Care Program™

In response to the need for more culturally appropriate Advance Care Planning content, ACCA partnered with the Stupski Foundation and UC Davis School of Nursing to research and develop a workbook that has now been used by hundreds of enrolled participants. The workbook walks participants through three steps: thinking about their wishes, planning their choices, and doing the steps to document their decisions.

[Download A Copy Today](#)

**Free Caregiver Trainings**



*Photo Credit: Kampus Production*

In December 2023, ACCA was awarded the CalGrows grant through the California Department of Aging. This program seeks to provide free training for the millions of paid and unpaid caregivers providing care across California. ACCA has long recognized the important role that caregivers play in the lives of individuals with chronic, advanced, and serious illnesses and has offered the the Advanced Illness Care Program (AICP) to not only persons needing care, but their caregivers as well.

Now, in partnership with CalGrows, ACCA will expand training to any caregivers across California through a free online training on the ACCA Workbook for Caregivers, which helps caregivers organize their care recipient's needs, ask for support and help, and support their mental health on hard days. The training is scheduled to take place this summer. ACCA has also partnered with Cypress Resilience Project to offer five virtual courses this June and July that will specifically address the mental health needs of caregivers.

**[Learn More and Register for Free Trainings](#)**



# American Society of Aging Conference 2024



The AC Care Alliance had the distinct pleasure and privilege to present at the National American Society of Aging (ASA) Conference held in San Francisco, CA from March 24-28, 2024. ACCA Executive Director, Rev. Cynthia Carter-Perrilliat, MPA, and Regional Director for LA County, Trevino Cochran, led a session entitled "Bridging the Gap between Health, Faith, and Community Settings to Advance Health Equity for Black Patients with Serious Illness." The session was moderated by Jasmine Lacsamana, Program Officer for the Archstone Foundation, a major funder of ACCA work in Los Angeles (pictured above on left).

The ASA is the largest multidisciplinary association in aging, with a diverse membership of more than 5,000 across the United States ([www.asaging.org](http://www.asaging.org)). The society celebrated its 70th year during the "On Aging 2024" conference which sold out this year. Experts, gerontologists, and thought leaders from diverse fields convened during the multi-day event to learn from one another and drive innovative solutions in aging.

**Your Voice Matters Trainings at Glide Memorial Church in San Francisco**



The ACCA team in the Bay Area recently partnered with Glide Memorial Church in San Francisco to provide Your Voice Matters training. These three valuable workshops help community members who need care or provide care for friends or relatives think about the tough decisions that people encounter while dealing with advanced and serious illnesses, what palliative care includes, and the empowerment to make their wishes known through Advance Care Planning. Miguel Palmer, ACCA Trainer, (pictured right) and Dr. Clyde Oden, ACCA Regional Director for the Bay Area (pictured left) trained more than 25 individuals at Glide Memorial Church and the certificate ceremony was recently featured on the Glide Blog.

*Photo Credit: [Glide Memorial Blog Post](#)*

Read the Entire Glide Post





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