

# LIFIC



There are only four kinds of people in the world - those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.

Rosalynn Carter Rosalynn Carter Institute for Caregiving

The objective of The Lindsay Institute for Innovations in Caregiving initiative 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.

## **The Institute's Work**

### **Formation of an Advisory Council**

Formation of an [Advisory Council](#) consisting of leaders in Virginia in the service, scientific, educational/academia, and other disciplines involved in Alzheimer's care and caregiving that fosters unique collaboration, partnerships and innovation development.

Check out [our team!](#)

## **Creation of Technologies**

Creation of state-of-the-art technologies to assist caregivers in staying well through a Virginia Technology Design Competition with interdisciplinary student teams from Virginia colleges and universities. The competition raises awareness amongst participating students about the growing number of older adults and caregivers in Virginia and the country and the implications for our future. Learn more about past LIFIC [Caring for the Caregiver Hack Events](#).

## **Leveraging SeniorNavigator**

Leveraging [SeniorNavigator's](#) existing resources to create enhanced tools for Virginia caregivers.

Collaborating with the Daily Progress to develop [Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving 2023](#)

Are you a caregiver needing advice and direction? To find caregiving programs in your area, visit [SeniorNavigator Caregiving](#)

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