

UAMS News Bureau

Office of Communications & Marketing
4301 West Markham # 890
Little Rock, AR 72205-7199

uamshealth.com/news



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Media Contacts:

Leslie W. Taylor, 501-686-8998
Wireless phone: 501-951-7260
leslie@uams.edu

Yavonda Chase, 501-686-8994
Wireless phone: 501-416-0354
Yavonda@uams.edu

**AGEC Recognizing National Family Caregivers Month
by Providing Education and Resources**

LITTLE ROCK — This November, the UAMS Arkansas Geriatric Educational Collaborative (AGEC) will recognize National Family Caregivers Month by hosting educational events for those persons caring for a loved one.

The AGEC is partnering with community organizations to host online and in-person programs to help provide information and training, which can be used to ease the burden for family caregivers. The COVID-19 pandemic presents challenges of increased social isolation and loneliness for caregivers. These unpaid guardians play an important role in both caring for older adults and ensuring they stay healthy in uncertain times.

Programs include “Creating a Dementia Friendly Home,” “Caregiver Resources,” “Creating a Caregiver Binder” and an online Memory Café. You can find information about all the upcoming events at <https://agec.uams.edu/community-events/>. Can’t make the scheduled program date and time? Replays of the Facebook programs can be found at <https://www.facebook.com/uamsagec>.

In Arkansas, one in four adults are caregivers and more than a third provide care for at least 20 hours per week. Most of the care that older adults receive comes from unpaid family members, friends or other caregivers.

If you would like to receive a monthly newsletter about upcoming programs, please email agec@uams.edu and ask to be added to the email list for the AGECaring Friends Newsletter.

The UAMS AGEC is funded by the Health Resources and Services Administration’s Geriatric Workforce Enhancement Program grant.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute,

Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise including its hospital, regional clinics and clinics it operates or staffs in cooperation with other providers. UAMS is the only adult Level 1 trauma center in the state. *U.S. News & World Report* recognized UAMS Medical Center as a Best Hospital for 2021-22; ranked its ear, nose and throat program among the top 50 nationwide for the third year; and named five areas as high performing — colon cancer surgery, diabetes, hip replacement, knee replacement and stroke. *Forbes* magazine ranked UAMS as seventh in the nation on its Best Employers for Diversity list. UAMS also ranked in the top 30% nationwide on *Forbes*' Best Employers for Women list and was the only Arkansas employer included. UAMS has 2,876 students, 898 medical residents and six dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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