



Wednesday, 10 November 2021
12:00-1:00 p.m. (EST)

A Zoom Webinar: <https://us02web.zoom.us/j/82231534062>

The Koppaka Family Foundation Lecture in Health Humanities

ALREADY TOAST: CAREGIVING AND BURNOUT IN AMERICA

Kate Washington, PhD

Author of *Already Toast: Caregiving and Burnout In America* (Beacon Press, 2021), a longtime freelance writer, and a frequent speaker on the challenges of caregiving

Mary Taylor RN and Dominique McLaughlin LPC, panelists

Justin Mutter MD, moderator

More than 50 million Americans currently care for an ill or elderly family member or friend—and that number is set to skyrocket in the coming years, as our aging population surpasses the number of available caregivers. The COVID-19 pandemic has highlighted the importance of family caregivers as advocates and critical members of care teams—and yet unpaid family caregivers often experience severe economic and emotional strain, as well as difficulty finding respite care, benefits, and broader support. Moreover, the demands of providing care at home have grown, as the health-care system increasingly relies on family caregivers to provide round-the-clock care and perform complex medical tasks, often with little minimal training. In this panel, Kate Washington—author of *Already Toast: Caregiving and Burnout in America*—and Mary Taylor RN and Dominique McLaughlin LPC will share their personal stories of caregiving and discuss both the challenges facing family caregivers and the systemic changes needed to better support their critical role in patient care.

Resources:

1. Washington, Kate. *Already Toast: Caregiving and Burnout in America* (Beacon Press, 2021)
[Washington, Kate / Already Toast : Caregiving And Burnout In America | The UVA Bookstores](#)
2. Glenn, Evelyn Nakano. *Forced to Care: Coercion and Caregiving in America* (Harvard University Press, 2010)
3. Poo, Ai-jen, with Ariane Conrad. *The Age of Dignity: Preparing for the Elder Boom in a Changing America* (New Press, 2015)
4. Applebaum, Allison, ed. *Cancer Caregivers* (Oxford University Press, 2019)
5. Family Caregiving: AARP Resource Page, <https://www.aarp.org/caregiving/>
6. Caregiving in the U.S.: 2020 Report, AARP
<https://www.aarp.org/content/dam/aarp/ppi/2020/05/full-report-caregiving-in-the-united-states.doi.10.26419-2Fppi.00103.001.pdf>
7. Caregiver Action Network (including a caregiver help desk line: 855-227-3640)
<https://www.caregiveraction.org/>

Kate Washington, Ph.D., is the author of *Already Toast: Caregiving and Burnout In America* (Beacon Press, 2021), a longtime freelance writer, and a frequent speaker on the challenges of caregiving. *Already Toast*, a reported memoir, places Washington's journey of caring for her husband through two rare types of cancer and a harrowing stem cell transplant in the wider social and cultural context of American health care's reliance on more than 50 million unpaid family caregivers. *Booklist*, in a starred review, called *Already Toast* "an eye-opening account from a full-time caregiver...a timely and crucial appeal." Washington's writing has appeared in *The New York Times*, *TIME*, *Eater*, *Avidly*, *Southwest*, *The Washington Post*, *Catapult*, and many other publications, and she was formerly dining critic for *The Sacramento Bee*, associate food editor at *Sunset* and a contributing writer for *Sactown Magazine*. She holds a Ph.D. in Victorian literature from Stanford University and lives in Sacramento with her husband and two daughters.

Dominique McLaughlin is a Licensed Professional Counselor (LPC) who works at the Faculty and Employee Assistance Program (FEAP) at the University of Virginia. She provides emotional support, consultative services, debriefing, and critical incident response services to faculty and staff at UVA, the UVAHS, and several local external agencies and organizations. Dominique attended Christopher Newport University and Gallaudet Universities where she was a student athlete and obtained her BS in Psychology and her MA in Mental Health Counseling with a specialty in deafness. Prior to her start at UVA, Dominique had primarily worked in community mental health settings, providing services to those with serious mental illness and substance use disorders. She has also worked in Alaska's rural villages, providing mental health services to Deaf Eskimo and Native Alaskans, as well as for several Community Services Boards in Virginia. Her maternal grandmother, Geraldine, raised Dominique in Louisa County. She has been providing care for her 91-year-old grandmother in her home while working full time for the past 1.5 years. Dominique enjoys adventurous outdoor activities, traveling, and volunteerism, especially animal welfare and performing in community theatre projects. Dominique is very passionate about supporting and empowering others.


Mary Taylor is a married and from Albemarle County, Virginia. She is a retired registered nurse with 38 years of experience, the last of which she spent as the nursing supervisor at UVA Imaging. From 2009 until her death in 2021, Mary and her husband, Harry, were the primary caretakers for her mother in their home. During her mother's final year, the UVA Palliative Care Clinic was in charge of her care. They also managed the in-home care for Mary's father during 2006-2008. They are still involved in a Charlottesville Alzheimer's Association support group.

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Watch Medical Center Hour recordings at <https://www.youtube.com/user/UVAMCH>

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