



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

January 2019

CAREGIVING IN THE NEWS

[The Changing Demographics of Family Caregivers](#)

This *Forbes* article describes the changing demographics of family caregivers – **more are men, more are younger, and many are caring for someone who is under the age of 65.** While 8 out of 10 say caregiving affects them positively, more than half cite that it also has a negative consequence on their well-being.

[Who Cares for Volunteer Caregivers When They Get Sick?](#)

This *Washington Post* article highlights the challenges of navigating the healthcare system and performing medical tasks for loved ones. **The article ends with a call to action for hospitals and healthcare providers** to support family caregivers and avoid caregiver burnout.

[Oakland A's Player Awarded for Strength and Resilience Caring for his Mother](#)

The Oakland Athletics right fielder, Stephen Piscotty, was **awarded the Tony Conigliaro Award for the hardships related to caring for his mother** with ALS in May 2018. In 2017, Piscotty was transferred to the Oakland A's in part to help care for his mother. He lived at home with his parents and two younger brothers too assist with his mother's care until her passing.

RESEARCH AND POLICY UPDATES

[Governor's Council to Address Aging in Massachusetts Publishes Updated Blueprint Recommendations](#)

On December 10, the Governor's Council to Address Aging in Massachusetts met to **finalize 28 blueprint recommendations.** Read the spotlight on page two to find out how these recommendations will impact family caregivers.

[AARP Announces 2018 State Capitol Caregivers and Super Savers](#)

AARP recognizes **state legislators, governors, and other elected officials** who have advanced policies that help older Americans remain in their communities, support family caregivers, and assist people to retire with confidence. AARP's fifth annual class of **Capital Caregivers** and fourth annual class of **Super Savers** is now available.

[On US Workers' Wish Lists for 2019: Help with Caregiving, Finances](#)

A series of 2018 polls measured workforce sentiment on finances, caregiving, and employee benefits. **Help with caregiving and finances were the top two issues** on US workers' wish lists for 2019. In general, workers are most interested in **benefits that align with family caregiving needs** and support flexibility.

[Family Caregiver Alliance Research Registry](#)

The Family Caregiver Alliance's research registry includes a **current list of open studies being conducted by professionals and graduate students.** Many of the study investigators are seeking family caregivers to participate through online or telephone input for small increments of time.



IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

For those who participated in the **ADSSP Part B grant extension for technology and respite**, please remember that the grant extension ends on February 28, 2019. Please contact [Amanda Bernardo](#) or [Melissa Enos](#) if you have any questions or concerns.

Wishing everyone a safe and happy new year!



Looking forward to working together in 2019!

THIS MONTH'S CAREGIVING MANTRA



"Be a rainbow in someone else's cloud."

Maya Angelou



MONTHLY SPOTLIGHT

Governor's Council to Address Aging in Massachusetts Publishes Updated Blueprint of Recommendations



This December, the Governor's Council to Address Aging in Massachusetts, co-chaired by Secretary Marylou Sudders and Eileen Connors, submitted [28 recommendations](#) to Governor Baker, including two directly related to caregiving.

The updated blueprint's caregiving recommendations focus on solutions and tools to support caregivers where they are aggregated, with an initial focus on the workplace. **Recommendation 1** includes **partnerships with employers** to strengthen their support of family caregivers. **Recommendation 11** focuses on the **broader population of caregivers** with the goal of improving self-identification and increasing awareness of resources. This includes the updated [Mass.gov content](#) featured in November's newsletter.

In addition to the two specific recommendations, caregiving was included as a part of the [In Good Company Optimal Aging Challenge](#), which focused on **social isolation and loneliness** and launched as part of the Council's work. The Challenge announced [four winners](#) in December – many of these innovations may be useful for family caregivers!

HELPFUL RESOURCES

[Care to Laugh: A Documentary Focused on Millennial Caregiving](#)

Care to Laugh, a documentary from AARP Studios, focuses on Jesus Trejo, a rising star in the comedy world who is pursuing his dream while caring for his aging parents. His story sheds light on the **experience of millennial caregivers**, with challenges, joy, and laughs along the way. Follow the [Facebook page](#) for more information.

[Self Magazine: Six Tips for Self-Care](#)

This article by *Self* magazine describes six **small but important ways to take care of oneself when caring for someone living with Alzheimer's or dementia**. Tips are taken directly from current and former Alzheimer's caregivers about the small self-care methods that they found helpful.

[Dear Carol: Advice Column Provides Tips for Sibling Challenges](#)

This advice column from Carol Bradley Bursack at *Inforum* provides **tips for primary caregivers frustrated by siblings** who are critical of their caregiving. One of her tips is to reach out to a local AAA/ASAP for help and to look into joining a support group.

[Aging in Place Technology Trends of 2018](#)

The latest post from Laurie Orlov's blog, *Aging in Place Technology Watch*, provides a roundup of the **year's most popular technology trends**. Topics include falls prevention, hearing loss, caregiver technology, and the latest tech revealed at popular conferences.

EVENTS AND WEBINARS

[Grandparents Raising Grandchildren: Statewide Resource Network Meeting Dates for 2019](#)

The Commission on the Status of Grandparents Raising Grandchildren's Statewide Resource Network is an opportunity for support group facilitators to participate in trainings, workshops, and more. **It is a "support group for support group facilitators"**. The Commission schedules five meetings a year in different locations throughout the state.

[2019 Global Carework Summit](#)

(June 9-11, Toronto, Ontario)

The **Carework Network, an international organization of scholars and advocates**, is organizing its second three-day conference to bring together researchers from across disciplines and across the globe. Conference topics are broad and include how identities and inequalities influence caregiving, how caregiving is recognized and compensated, and how state policies influence the distribution of care.

[ASA Webinar Series for Caregivers](#)

Year round, the American Society on Aging and Home Instead Senior Care offer monthly webinars for family caregivers. These webinars are free, and recordings are available for 60 days afterwards. The next webinar on **Navigating Long-Term Care Insurance** is scheduled for **January 9**, with other topics such as **Caregiving along the Care Continuum** and **Hospital to Home** in the first quarter of 2019.