



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP)

January 2020

CAREGIVING IN THE NEWS

[Millennial Focus On Family Caregiving](#)

This *Vox* article focuses on honoring caregivers of all generations, particularly younger adults who have unique needs and experiences. It also highlights how millennial caregivers can be recognized, get informed, and feel supported.

[Employers Offer More Flexibility to Those Serving As Family Caregivers](#)

This *Boston Globe* article shares stories of employees who are serving as family caregivers and describes the impact on their jobs and personal lives. The article highlights how many employers seeking ways to support working caregivers through family-friendly policies and increased flexibility.

[As His Wife's Caregiver, a Doctor Discovers What's Missing](#)

This *Chicago Tribune* article features Dr. Arthur Kleinman, Professor of Psychiatry and Anthropology at Harvard University, and his caregiving experience when his wife was diagnosed with a rare form of early Alzheimer's disease. The article summarizes opportunities for the health care system to better support caregivers.

[The Healthcare Promises We Cannot Keep](#)

This article by *Vox* highlights the challenges faced by many family caregivers. In particular, it focuses on the conflict between medical issues and advance care wishes and the ability to live a full and independent life.

RESEARCH AND POLICY UPDATES

[Administration for Community Living \(ACL\) RFIs](#)

ACL has released two RFIs requesting information from individuals and organizations to assist both the [RAISE Family Caregiver Advisory Council](#) and [Advisory Council to Support Grandparents Raising Grandchildren](#) in developing goals and recommendations. RFI responses are due February 7th, 2020.

[The New Paid Family Leave](#)

This *Washington Post* article describes different employer approaches to family caregiving benefits and policies. Many employers are beginning to offer more weeks of paid leave to employees trying to meet family obligations, such as caring for an older parent or sick adult child or coping with the death of a family member.

[Caregivers' Culture of Care](#)

This study, published in the *Journal of the American Geriatrics Society*, examines the influence of having a strong sense of filial obligation on Chinese-Americans' caregiving experiences and how adapting to Western culture affects their caregiving. Based on survey data from 393 Chinese adult immigrants in Chicago who were primary caregivers of parents aged 60 years or older, the study found that adhering to the traditional family norm of filial obligation had a protective effect on Chinese immigrants' developmental, emotional, social, and physical caregiving burdens.

IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS



I hope everyone had a wonderful holiday and happy new year!

The first programmatic item to be aware of is the new **Caregiver Assessment Tool**, currently being updated with a planned release of February or March 2020. Please be on the lookout for more information from Kathryn Downes regarding the new assessment.

EOEA is also in the process of updating **800AgeInfo's MFCSP Professional Page** to include program information, documents and resources in a secure fashion for program directors and staff. The page is now password protected. Please refer to an email from Kathryn Downes on December 11th, 2019 for access information.

MONTHLY SPOTLIGHT

Executive Office of Elder Affairs Participates in Start-Up Accelerator to Support Family Caregivers



Since 2018, the Executive Office of Elder Affairs has participated in the **MassChallenge HealthTech (MCHT) program**, a start-up accelerator for digital health companies. EOEA seeks to work with start-ups that are mission-driven and focus on supporting older adults and family caregivers.

This year, EOEA is once again participating as a “champion” to a start-up in the 2020 MCHT cohort. The start-up, [ianacare](#), is based in Massachusetts and **aims to provide family caregivers with personalized resources and support** – whether that be a mechanism to mobilize their own family and friends or curated public and private resources. EOEA looks forward to working with ianacare for the next 6-months!

Please [click here](#) to read more about the 2020 MCHT cohort, including ianacare.

HELPFUL RESOURCES

[‘The Shape of Care’ Podcast: The Challenges of Caregiving](#)

This new podcast explores the world of caregiving and the challenges caregivers face. Mindy Fried, the creator and host of Shape of Care, and Laurie Sheridan, a family caregiver, are featured on the podcast. The hosts describe their experience as family caregivers and provide recommendations for finding support.

[Palliative Care Caregiver Resources](#)

The *Get Palliative Care Caregiver Corner* offers real life stories from caregivers on how palliative care helped them and their loved ones. It also offers helpful resources including handouts for patients and families, a provider directory, podcasts, and tips from fellow caregivers.

[Mental Health America’s \(MHA\) 2019 Family Caregivers Toolkit](#)

Mental Health America, a community-based nonprofit dedicated to addressing the needs of those living with mental illness, created a caregiver toolkit for National Family Caregivers Month. The toolkit contains fact sheets, a crisis plan worksheet, and additional resources.

[Older Driver Safety Resources](#)

For those with questions about driving abilities and changing driver needs, the American Geriatrics Society (AGS) offers tools and tips on how to discuss driving ability with a health professional. AGS aims to help family caregivers who see warning signs and want to help their loved one transition as smoothly as possible.

[Five Tips for Better Long-Distance Caregiving](#)

Caregiving presents different challenges when the caregiver is not able to be there in person and is in a long-distance caregiving situation. Michelle Malkoski RN presents her tips on how to make long-distance caregiving a little easier and help ensure that the care recipient gets the right support.

EVENTS AND WEBINARS

[Conversations with Caregivers: Looking to the Future](#)

(January 21, 5:30-7:00 PM, O’Keefe Auditorium, MGH Campus)

Massachusetts General Hospital’s (MGH) Dementia Care Collaborative is hosting a lecture titled “Creating Supporting Communities for People with Dementia and their Caregivers,” delivered by Alice Bonner, PhD, NP, the Director of Strategic Partnerships for CAPABLE, John Hopkins University School of Nursing. Please RSVP by calling 617-724-0406 or emailing dementiacaregiversupport@mgh.harvard.edu.

[Advanced Alzheimer’s Disease & Related Disorders \(ADRD\) Training](#)

The Executive Office of Elder Affairs is offering a new Advanced Alzheimer’s Disease & Related Disorders (ADRD) training opportunity for ASAP staff. Elder Affairs is offering two training sessions facilitated by Dr. Paul Raia, PhD and Betsy Ross, MA, LICSW, NHA, CDP.

Session 1: Tuesday, January 14, 2020 – 12:30pm to 3:30pm – Mystic Valley Elder Services, Malden, MA (snow date: Friday, January 17, 2020 – 12:30pm to 3:30pm)

Session 2: Tuesday, February 4, 2020 – 12:30pm to 3:30pm – Tri-Valley, Inc. Dudley, MA (snow date: Thursday, February 6, 2020 – 12:30pm to 3:30pm)

[Register Here](#) and please contact [Desiree Kelley](#) or [Shannon Philbrick](#) with any questions.