



# Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP)

February 2020

## CAREGIVING IN THE NEWS

### [Who Will Care for Aging Americans?](#)

Dr. Ifedayo Olufemi Kuye wrote a piece for WBUR’s Cognoscenti about the nationally increasing burden of caregiving. He shares a patient’s story, and prescribes a three-pronged solution to fix our long-term care system.

### [Caregivers Give Short Shrift to Their Own Health](#)

In U.S. News & World Report, Kayla Mckiski reports on a survey that found caregivers are less likely to access needed health services due to cost or lack of health insurance. The rates of depressive disorders and activity limitation are higher as well, supporting calls for improved and targeted caregiver resources.

### [The Sandwich Generation Feels the Caregiving Crunch](#)

AARP’s Barry Jacobs writes about the struggles of caring for parents and children at the same time. Some recommendations mentioned in his article include providing care by need and learning to delegate responsibilities.

## RESEARCH AND POLICY UPDATES

### [Report Highlights Importance of Addressing Diverse Caregivers’ Needs](#)

The John A. Hartford Foundation funded an AARP study focusing on caregivers’ diversity by race, ethnicity, sexual orientation, and more. Black caregivers reported performing higher levels of both medical and nursing-related tasks compared to their white counterparts; Chinese American caregivers were found to have far higher rates of extreme caregiving stress.

### [How a ‘Care Ecosystem’ Supports Dementia Patients and Caregivers](#)

University of California San Francisco (UCSF) is pioneering a team-based model, “the Care Ecosystem,” to improve quality of life for patients living with Alzheimer’s and their caregivers. Navigators collaborate closely with nurses, pharmacists, social workers, and caregivers by phone. Results and funding have been promising, and UCSF hopes to spread the model across the US.

### [New Study on Family Caregivers’ Experience with Health Care Workers](#)

Dr. Jennifer Wolff and others published a study in JAMA Network Open that analyzed interactions between caregivers and the healthcare workers serving their care recipients. Although most reported “always” or “usually” being listened to and asked about their care recipients’ treatment, few reported being asked about needing help or support.

### [We Are In the Middle of a Caregiving Crisis, Joan Lunden Tells Congress](#)

This January, former Good Morning America host, Joan Lunden, spoke to the House Ways and Means Committee about the impending caregiver shortage as well as the impact to “sandwich generation” caregivers like herself.

## IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

EOEA will be hosting a focus group with interested MFCSP Supervisors and Caregiver Specialists and **ianacare** (a technology start-up focused on family caregiving) sometime in April. Ianacare is excited to engage with you and learn more about the amazing work of MFCSP!

Second, final updates are being made to the **Caregiver Assessment Tool** in SAMS. Please be on the lookout for updates from Kathryn.

**Fun Fact: At 131, Punxsutawney Phil is America’s oldest care recipient!**



Pictured: Phil and his caregiver

## THIS MONTH’S CAREGIVING MANTRA



## MONTHLY SPOTLIGHT

### *The Shape of Care Podcast, Started by Massachusetts Resident Mindy Fried, Offers Stories and Advice for Family Caregivers*



The Shape of Care: A Podcast About Caregiving is a dynamic new podcast that **explores the world of caregiving through storytelling and information sharing**. The first season – full of 7 episodes each approximately 15-minutes in length – introduces us to family caregivers, direct care professionals, activists, and innovators.

EOEA had the pleasure of meeting Mindy to talk more about what inspired her to create this podcast and to discuss **the role that the Massachusetts Family Caregiver Support Program plays in the landscape of community resources** and the aging services network. Mindy is hard at work planning the second season. You can follow her journey and podcast updates by subscribing to her newsletter by visiting [The Shape of Care website!](#)

The Shape of Care podcast is available through many forums, including **Apple Podcasts, Overcast, Stitcher, Radio-Public, and Spotify**. You can also listen directly on the website.

## HELPFUL RESOURCES

### [GuideWell Selects Finalists in Caring for Caregivers Innovation Challenge](#)

A national panel of experts picked four products from 100 applications, including a digital platform that helps caregivers manage their responsibilities, a VR training platform for caregivers, a proactive voice caregiving service that supports older adults in their homes, and software designed to support caregivers and delay nursing home placement.

### [CES 2020: Ten Intriguing New Technologies for Older Adults](#)

During this year's Consumer Electronics Show, solutions for older adults took center stage, many geared toward advanced safety and wellness monitoring with built-in caregiver support. AI, robotic, multi-sensor, and smartphone-based solutions were showcased.

### [Apply for Dementia Home Care Grant](#)

Hilarity for Charity and the Home Instead Senior Care network are awarding home care grants for caregivers caring for individuals with dementia in the US and Canada in the home. [Apply here.](#)

### [Daughterhood, The Podcast Delves into Caregiving](#)

Rosanne Corcoran, a caregiver and caregiving researcher, started a podcast to share her learnings with the community. In the five released episodes, she's spoken with experts on elder law, hospice, emergencies, and more.

## EVENTS AND WEBINARS

### [Integrating Age and Dementia Friendly Activities Webinar](#)

(February 18, 2020, 2:00-3:00 PM EST, online)

Dementia Friendly America is hosting a webinar that will offer a behind-the-scenes look at the age and dementia friendly movements, highlight the rationale for integrating them, and provide examples of current work in Massachusetts. EOEA's Pam McLeod and MCOA's Patty Sullivan will be speaking.

### [Webinar: Family Caregiving Policies and Innovations](#)

(February 20, 2:00 PM EST, online)

The National Association for State Health Policy's RAISE Family Caregiver Resource and Dissemination center is hosting a webinar to discuss state and federal policies and initiatives to support family caregivers. The webinar will feature an overview of the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act, and presentations from Tennessee and Washington state leaders on the innovative policies they've been working on to support caregivers.

### [Empowering the Dementia Caregiver: Knowledge, Self-Care and Support](#)

(April 16, 10:00 AM, Springfield)

Caregiver Homes and Springfield Dementia Friendly Coalition are hosting an event for service providers focused on empowering family caregivers who are caring for someone living with Alzheimer's or dementia. The presenter, Saran Craig, is a Dementia Care Specialist and Coach for Seniorlink. At a young age, she learned the joys and challenges of caring for her grandparents who both lived with Alzheimer's or a dementia-related disorder.