



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

March 2018

CAREGIVING IN THE NEWS

[How Care for Elders, Not Children, Denies Women a Paycheck](#)

The *New York Times*' Eduardo Porter examines the impact of **caring for an older adult while on the workforce**.

[New Studies Find America's Silent Workforce Has A Lot To Say About Their Jobs As Caregivers](#)

A *Forbes* contributor discusses the newly released **Senior Care Action Network (SCAN) survey** on caregivers, including the challenges and benefits to caregiving.

[Caregiving in the United States](#)

Grace Whiting, President and CEO of the National Alliance for Caregiving, talks about **the impact of the RAISE Family Caregivers Act** on the approximately 44 million caregivers in the United States (see page 2 for details on the RAISE Act).

HELPFUL RESOURCES

[Tips for Caregivers: Communicating with your Care Recipient's Doctor](#)

The Center for Disease Control (CDC) has published an infographic advising caregivers on **actions to take before, during and after each visit** with the care recipient and his doctor.

[NADTC: Dementia, Caregiving, and Transportation](#)

The National Aging and Disability Transportation Center (NADTC) has released a guide that provides **transportation tips for caregivers**, information on types of transportation available, dementia-friendly tips for transit drivers, items to include in a travel kit, and a list of resources.

[The Do You Care Challenge: A Spotlight on Millennial Family Caregivers](#)

AARP and United Way Worldwide are encouraging people to experience "**a day in the life**" of a family caregiver. This interactive online tool raises awareness about the surprising number of **millennials ages 18-34 who are family caregivers** and to encourage employers to create more caregiving-friendly workplaces.

[How Animals Help Dementia](#)

When someone is diagnosed with dementia, it is often assumed that keeping their beloved pet is impossible. This article by SuperCarers **helps caregivers understand the health benefits as well as how to determine if a pet can be kept**.

[Tips for Being a Healthy Caregiver](#)

The Alzheimer's Association has provided a brochure regarding **stress relief for caregivers**, knowing that in order to take good care of your family, you must also take care of yourself.



IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

- ✓ According to the updated business rule in June 2017, "**Scholarship for Respite Services MFCSP**" should be categorized in SAMS and on invoices as **self-directed services** with one unit per payment.
- ✓ Thank you to those who have already taken the **MFCSP survey**. We look forward to learning more about your program!



MONTHLY SPOTLIGHT

We want to hear from you!
Each month, we will highlight a best practice, team member or initiative within the program.
Please send any ideas or comments to Amanda at Amanda.E.Bernardo@state.ma.us



Meet Amanda Bernardo!

Amanda joined the Executive Office of Elder Affairs (EOEA) in November 2017, where she manages the Massachusetts Family Caregiver Support Program, including program logistics, review and expansion. She looks forward to working with the individual programs and Caregiver Specialists to support the growing number of caregivers throughout the Commonwealth.

Prior to joining EOEA, Amanda served as Chief of Staff to State Representative and former Chair of the Joint Committee on Elder Affairs, Denise Garlick. During this time, she worked on a variety of topics including services for older adults, programs for individuals with developmental disabilities and overall budget and policy development.

Amanda is a graduate of the London School of Economics (M.Sc.) and Loyola University in Maryland (B.A.).

POLICY UPDATES

[RAISE Family Caregivers Act Signed Into Law](#)

The President has signed the bipartisan Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act into law. The bill directs the Department of Health and Human Services (HHS) to **develop, maintain, and periodically update a National Family Caregiving Strategy**. The bill also calls on HHS to **convene a Family Caregiving Advisory Council** to advise the department on ways to recognize and support family caregivers.

[Easing the Burden on Caregivers](#)

The *New York Times* examines **programs and policies across states** that are targeted to assisting caregivers, including Hawaii, Washington, Maine.

EVENTS AND WEBINARS

[From Insight to Advocacy: Addressing Family Caregiving as a Public Health Issue](#) (Webinar, March 6 at 2:00 pm)

The National Alliance for Caregiving recently released *From Insight to Advocacy: Addressing Family Caregiving as a Public Health Issue*. The authors will host a special webinar to discuss the report. The report **describes family caregiving and the major caregiving issues affecting public health**, including actions that can be taken specifically by state and local coalitions, health systems, and policymakers.

[How to Create and Sustain a Successful Support Group for Grandparents Raising Grandchildren](#) (Worcester, March 16 at 9:00 am)

This workshop is for anyone who is interested in starting a **support group for grandparents** and relative caregivers but is unsure how to get it off the ground. This workshop is also for anyone who has already started a support group and is looking for new and creative ideas to sustain the group.

[Family Caregiver Support Web Seminar Series](#) (multiple dates, beginning March 7 through December 5)

The American Society on Aging has teamed up with Home Instead Senior Care to present a **series of twelve web seminars** that address pertinent caregiving issues. Example topics include “Understanding the Aging Brain”, “Driving Safety for Older Adults”, and “Understanding Symptoms of Alzheimer’s”.

TELL US WHAT YOU THINK!

Please contact Amanda Bernardo (Amanda.E.Bernardo@state.ma.us) with any questions, comments or ideas for next month’s newsletter. We are especially interested in **recommendations for “This Month’s Spotlight”, which will feature best practices and stories from Caregiver Specialists across the state.**