



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP)

March 2020

CAREGIVING IN THE NEWS

[Caring for Two Generations Almost Cost Me My Career](#)

NYTimes' Laura Zigman talks about how she become a "sandwich generation" caregiver to her son, mother, and eventually father, and how that role impacted various aspects of her life for years to come.

[Levi's Introduces Paid Family Leave for Workers](#)

Levi Strauss Company is helping lead the way in the business community by implementing an inclusive paid family leave policy for new parents and employees caring for a family member with a serious health condition or disability.

[The Reality of Family Caregiving in Diverse Communities-Findings from a National Study](#)

This blog, published by the Diverse Elders Coalition (DEC), discusses the findings of a nationwide comprehensive caregiving survey that garnered 940 responses, of which 789 respondents self-identified as one of the five racial/ethnic groups or being LGBT. The blog states, "This is noteworthy because it is one of the first examples of caregiving research where multiple diverse groups were compared at the same time. Survey analysis has begun to reveal the magnitude of different issues affecting diverse family caregivers."

RESEARCH AND POLICY UPDATES

[Characteristics and Health Status of Informal Unpaid Caregivers — 44 States, District of Columbia, and Puerto Rico, 2015–2017](#)

The CDC examined demographic characteristics and health status of informal caregivers from 44 states, the District of Columbia, and Puerto Rico, based on data from the Behavioral Risk Factor Surveillance System of 441,456 U.S. noninstitutionalized adults collected during 2015–2017. Approximately one in five adults reported that they had provided care for a relative or friend in the last month, suggesting that informal, unpaid caregiving is a widely occurring part of family life in the United States, and that these caregivers play an important role as an adjunct to the formal health care system.

[Legislative Proposals for Updating the Family and Medical Leave Act](#)

National Partnership for Women and Families released a fact sheet last month that outlines the positive impact the Family and Medical Leave Act (FMLA) has had since its implementation in 1993, and what aspects of the policy may need to be addressed to reflect the need of workers today. The fact sheet outlines various options policymakers may consider to modernize the FMLA, including expanding the number of employees covered; updating the definition of "family" to include more family caregiving relationships; and providing unpaid time off to attend school events or medical meetings.

[2020 Election: Are Caregivers a Voting Bloc?](#)

Two of the most influential advocates for caregivers, Maria Shriver and Ai-jen Poo, recently partnered on a poll that examines the state of caregiving in our country. Next Avenue's Holly Lawrence describes the study's key findings and interviews Shriver and Poo about what these findings mean about caregiver-voters in the upcoming election.

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!

Please be on the lookout for an email from Kathryn soon!

#NationalCaregiversDay

National Caregivers Day was February 21. Today and every day, we celebrate the strength and compassion of the caregivers in our community.

#ThankACaregiver



THIS MONTH'S CAREGIVING MANTRA

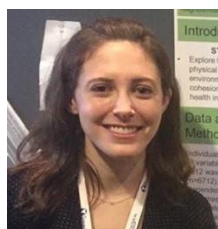
“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT IS THE ONLY THING THAT EVER HAS.”

MONTHLY SPOTLIGHTS

DPH Webinar for employers titled:
“Family Caregivers and the Workplace”
March 12, 2020



In this webinar, participants will learn more about the needs of working caregivers, the impact and importance to employers, as well as innovative partnerships, strategies, programs, and tools to better support them. Along with representatives from the MA eHealth Institute (MeHI) and AARP MA, EOEA will provide tangible examples, information, and resources to help attendees think about this important workforce opportunity and the impact to their organization as employers.



Meet Molly Evans!

Molly joins the Executive Office of Elder Affairs (EOEA) policy team this month as the new Senior Policy Manager, where she will help support the Massachusetts Family Caregiver Support Program and various policy areas such as age-friendly, transportation, and technology and innovation. She looks forward to working with and supporting the community of caregivers and Caregiver Specialists in the Commonwealth.

Prior to joining EOEA, Molly managed the MassHealth Personal Care Attendant Program. During this time, she worked closely with the Elder Services and Independent Living Community network of Personal Care Management Agencies in the Commonwealth. She has also worked on the Livable Communities and Long-term Services and Supports teams at AARP Public Policy Institute and the LeadingAge Center for Long-term Services and Supports. Molly has her master's degree in Gerontology from UMass Boston and is writing her dissertation on the impact of state caregiver policies on employed family caregivers.

HELPFUL RESOURCES

[Best Practice Caregiving](#)

Best Practice Caregiving is a web-based database that provides organizations with a tool to easily compare and select from more than 40 evidence-based programs for dementia caregiving across the U.S.

[Community Care Corps Request for Proposals:](#)

Innovative Local Models to Provide Volunteer Non-Medical Assistance to Older Americans, Persons with Disabilities, and Family Caregivers

The Community Care Corps is a new grant program that will fund and evaluate local innovation models designed to place volunteers in communities to assist caregivers, older adults, and persons with disabilities with non-medical care in their own homes in order to maintain independence. The Community Care Corps application portal will be open for applications through April 3, 2020.

[Timeslips Creative Storytelling Project](#)

A wonderful 'tool' to support individuals with dementia and their caregivers through creative engagement is the Timeslips Creative Storytelling Project. It was developed to stimulate the imagination of people with memory problems, inspire loved ones to see beyond loss to recognize their strengths, and improve caregivers' quality of life.

EVENTS AND WEBINARS

[What you REALLY Need to Know About Caregiving for a Person with Dementia: How Habilitation Therapy Can Help](#)

(March 17, 2020, 5:30 PM – 7 PM, MGH Campus)

Paul Raia, a Principal at Ross/Raia Design, will speak to her experience in Dementia Care and Environmental Design. The Conversations with Caregivers series is sponsored by the MGH Dementia Care Collaborative Caregiver Education & Support Program and features an event each month for caregivers, family, patients and staff.

[Technology and Caregiving](#)

(April 1, 2020, 10 – 11 AM, Web Seminar)

Register for this web seminar to learn about technology tools and ways caregivers can use them. Family caregivers may use technology to simplify caregiving tasks and to solve caregiving challenges, such as medication management or monitoring their loved one. Whether the caregiver is using the technology or helping their loved ones use it, there are important issues to consider such as barriers to technology adoption and the importance of safe technology use.

[Road Map To Caregiving](#)

(April 3, 2020, 12 – 1 PM, Brigham & Women's, Bornstein Family Amphitheater)

This presentation will provide information, guidance and resources for caregivers of those living with Alzheimer's disease and related dementias. Presenters will include Jeff Robins, Clinical Social Worker with BWH Center for Alzheimer Research and Training, and Judy Johanson, Alzheimer's Caregiver and Clinical Research Ambassador with MADRC MGH. Memory testing will be available following the presentation.

[Lesbian, Gay, Bisexual, Transgender \(LGBT\) Dementia Care: What We Can Do to Support LGBT Adults Living with Dementia](#)

(Monday, April 13, 2020, 12– 1 PM, Web Seminar)

This webinar is part of the National Alzheimer's and Dementia Resource Center web seminar series, and will highlight the importance and challenges of reaching a vital but invisible population. Learn how you and your organization can be more attuned to the needs of LGBT constituents with dementia by adapting policy and programmatic changes.

We want to hear from you!

Each month, we will highlight a best practice, team member or story within the program. Please send any ideas or comments to Molly at Molly.Evans@state.ma.us.