



MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

NEWSLETTER | MAY 2021



“ I can say that when my caregiving experience ended, I felt confident that Mom had always known someone was there for her and loved her. And she was never alone during her gradual, ten-year decline. To have achieved that for Mom, I am very **grateful for my own strength and stamina** as well as for the emotional and psychological help from my brother and sister.

**How can anyone go it alone?
My heart goes out to those who
try, but they shouldn't have to.
That has to change.**”

MFCSP MAY 2021
NEWSLETTER

TABLE OF CONTENTS

Caregiver Webinar Series • P.2

Recommended Reading • P.3

Upcoming Webinars • P. 4

Caregiving Calculator • P. 4

Research/Policy • P. 5

Resiliency Workshops-English • P. 6

Resiliency Workshops-Spanish • P. 7

Resiliency Workshops-Portuguese • P.8

Resiliency Workshops-Haitian Creole • P.9



Caring for the Caregiver: A Monthly Webinar Series

Are you a family caregiver living in Massachusetts?

- Your **support and care** may include managing medications, getting to a doctor's appointment, helping with groceries, or organizing finances.
- If you care for a loved one who is **older** and/or living with a **disability or illness**, you are a family caregiver.

No matter where you are in your journey - from just starting to plan to providing full-time care - caregiving may cause emotional, physical, and financial stress.



This monthly webinar series will bring simple tips, practical solutions, and awareness of community resources to family caregivers throughout Massachusetts.

JOIN US FOR THE SERIES LAUNCH

Wednesday, May 5 | 12 - 1 PM

REGISTRATION: bit.ly/3tJbNpa

Free of Charge

Open to ALL Family Caregivers

Future Webinar Topics:

- Stress & Self-Care
- Grief and Loss
- Complex Family Dynamics
- Avoiding Fraud
- Balancing Responsibilities
- Financial Planning



Executive Office of Elder Affairs



MASSACHUSETTS
TECHNOLOGY
COLLABORATIVE



Mass Home Care

The Executive Office of Elder Affairs, Mass Home Care, and Massachusetts Tech Collaborative are pleased to announce the launch of the **Caring for the Caregiver Monthly Webinar Series!**

While family caregivers can join the live webinar each month, recordings, transcripts, and other resources will also be made available on the [Mass Home Care website](https://www.masshomecare.org).

The webinar series is free and open to all family caregivers.

**Join us for the Series Launch
Wednesday, May 5th | 12 - 1 PM**

Click here to register: bit.ly/3tJbNpa

RECOMMENDED READING

IN THEIR OWN WORDS

- [What I Wish I'd Known](#)
- [I Know Other People Have It Worse](#)
- [I Am a Full-Time, Sandwich-Generation Dementia Caregiver. I Am Exhausted](#)
- [50 Million Americans Are Unpaid Caregivers. We Need Help](#)

GRIEF & LOSS

- [How to Start Healing During a Season of Grief](#)
- [It's OK to Grieve for the Small Losses of a Lost Year](#)
- [Remembering Grandma as She Really Was: Some Guidelines for Memorializing Someone at the End of a Long and Debilitating Illness](#)

RESILIENCE

- [The Best Mindset for Helping an Aging Parent](#)
- [Japan's Tsunami Survivors Call Lost Loves on the Phone of the Wind](#)
- [An Old Phone Placed in an Olympia Park is a Tool for Grieving, Hope](#)
- [Can Technology Reduce the Stress Of Caregivers?](#)
- [The Importance of Friendship for Alzheimer's Patients](#)
- [A Love Letter to Male Caregivers: Justin Baldoni Discusses the Caregiving Crisis with Nathan Kress, Devon Still and Others In New Series](#)

CAREGIVING DURING COVID-19

- [16 Ideas for Recharging Your Caregiving Energy in 15 Minutes](#)
- [Beyond Burnout: The Exhausting Reality of Unpaid Family Caregivers](#)
- [The Year Grandparents Lost: The Enforced Separations of the Pandemic Have Brought a Particular Kind of Mourning to Many Grandparents](#)
- [While You're Waiting for Post-Pandemic Life to Resume, Try Growing Something](#)

FILMS, RECORDINGS, AND PODCASTS

- [Oscar-Nominated Film "The Father" Navigates Dementia Through the Eyes of a Man Living It](#)
- ["Dementia Untangled" Podcast Untangles Complexities of Caring For A Loved One with Alzheimer's Disease or Related Dementias](#)
- [How We Got Here: Jessica Zitter On Her Latest Film, "Caregiver: A Love Story"](#)
- [Dr Chumley - Caregiver's Gumbo - Comfort Food Interview](#)

UPCOMING WEBINARS AND EVENTS

What's Up Doc? Lunch & Learn Workshop on Telehealth and Digital Health Basics
Monday, May 3, 12:00 PM

Show & Tale: Passed & Present – How to Keep the Memory of a Loved One Alive
Thursday, May 6, 8:00 PM

Remembering Our Mothers: A Writing Practice
Friday, May 7, 3:00 PM

Let's Talk About Our Loved One's Driving: Virtual Workshop About Having a Conversation About Your Loved One's Driving
Tuesday, May 11, 7:00 PM

Decluttering & Downsizing: Your Important Documents – Part I
Tuesday, May 11, 7:00 PM

COVID-19 and Caregiving
Thursday, May 13, 6:30 PM

Alzheimer's Association Family Conference on Alzheimer's and Dementia
Friday, May 14, 10:30 AM – Saturday, May 15, 9:45 AM

So Now What? A Webinar for Caregivers of Aging Parents
Friday, May 14, 12:30 PM

Aging and Intimacy: For Older Adults and Family Caregivers
Friday, May 14, 4:30 PM

Virtual Caregiver Workshop: Taking the Mystery Out of Hospice and Palliative Care
Tuesday, May 18, 3:00 PM

Let's Get Away, Together Virtual Travel—Summer Session – *Music Around The World*
Tuesday, May 18, 4:00 PM

"Today Was a Good Day" Screening
Wednesday, May 19, 2:00 PM

Viewing of SPARK: Robin Williams and his battle with Lewy Body Dementia
Friday, May 21, 12:00 PM

Spotlight on New Caregiving Salary Calculator



It's difficult for family and friends to get paid for caregiving. You are essential to your loved one's health and wellbeing, and your care work creates tangible value to our society.

Calculate your caregiver salary and create an invoice that you can use to empower yourself and inform others about the cost of your care work.

Find out the value of your unpaid work by clicking here:
www.caregiving.com/caregiver-salary-calculator

Create my invoice

RESEARCH/POLICY

Unmet Need for Equipment to Help With Bathing and Toileting Among Older U.S. Adults

- **Research Question:** Investigators from the University of California, San Francisco (UCSF) sought to answer the question: *How many older adults who need equipment to help with bathing and toileting do not have it?*
- **Findings:** In this nationally representative cohort study of 2,614 adults 65 years or older, over four out of ten adults lacked grab bars or seats to help them bathe or toilet independently.
- **Why is this important:** This result means that we have a missed opportunity to help 5 million older adults in the U.S. live independently and safely while aging in place. Disparities continue to persist:
 - Younger persons with needs were more likely to lack equipment.
 - Minority ethnic groups were more likely to lack equipment.
 - Provision was piecemeal, with many receiving some equipment rather than the full set of equipment most experts recommend.

Unmet Need for Wireless Broadband Among Older U.S. Adults

- **Research Question:** The Older Adults Technology Services (OATS) in their latest research report sought to characterize the aging connectivity crisis.
- **Findings:** 22 million US seniors do not have wireless broadband access at home, with inequities greatly exacerbated along racial and socioeconomic lines. Four out of ten seniors who died from COVID-19 lacked essential technology for communication, social support, health information, and financial management.
- **Why is this important:** A multi-pronged approach is greatly needed to bridge the digital divide for older adults.

Link to full report [here](#)



PROGRAM FOR FAMILY CAREGIVERS

FAMILY CAREGIVER RESILIENCY WORKSHOPS

A SUPPORTIVE VIRTUAL SPACE TO CONNECT AND SHARE WITH
TRAINED COUNSELORS AND OTHER FAMILY CAREGIVERS

Confidential and free, these one-time workshops leave family caregivers
with concrete coping strategies and tools to manage stress.

April 21 - May 8, 2021

Wednesdays/Saturdays: English

Tuesdays/Thursdays: Spanish, Portuguese, Haitian Creole

REGISTRATION: [BITLY/3SL7KIE](#)

OR CALL MASSSUPPORT 888-215-4920

WHAT TO EXPECT

- One-time virtual group of 10-12 of your fellow caregivers
- Facilitated by Trained Counselors/Clinicians
- Guided discussions of your reaction to the pandemic
- Gain critical coping strategies and enhance your innate skillset
- Groups will be offered in **English** on Wednesdays and Saturdays
- Groups will be offered in **Spanish, Portuguese and Haitian Creole** on Tuesdays and Thursdays



PROGRAMA PARA CUIDADORES DE FAMILIARES

TALLERES DE RESILIENCIA PARA CUIDADORES FAMILIARES

UN ESPACIO VIRTUAL DE APOYO PARA CONECTARSE Y
COMPARTIR CON CONSEJEROS CAPACITADOS Y OTROS
CUIDADORES FAMILIARES

Confidencial y gratuito, estos talleres, que se imparten una sola vez, proporcionan a los cuidadores familiares estrategias y herramientas concretas para gestionar el estrés.

21 de abril - 8 de mayo de 2021

Miércoles/Sábado: Inglés

Martes/Jueves: Español, Portugués, Criollo Haitiano

INSCRIPCIÓN: [BITLY/3E2ZIZY](https://bit.ly/3E2ZIZY)

O LLAME A MASSUPPORT 888-215-4920

QUÉ ESPERAR

- Grupo virtual único de 10-12 de cuidadores
- Facilitado por consejeros/clínicos formados
- Debates guiados sobre su reacción a la pandemia
- Obtenga estrategias de afrontamiento críticas y mejore su conjunto de habilidades innatas
- Los grupos se ofrecerán en Inglés los miércoles y sábados
- Los grupos se ofrecerán en Español, portugués y criollo haitiano los martes y jueves



PROGRAMA PARA CUIDADORES DE FAMILIARES

WORKSHOPS DE RESILIÊNCIA PARA CUIDADORES FAMILIARES

UM ESPAÇO VIRTUAL DE APOIO PARA SE CONECTAR E
COMPARTILHAR COM CONSELHEIROS TREINADOS E OUTROS
CUIDADORES FAMILIARES

Confidencial e gratuito, estes workshops únicos proporcionam aos cuidadores familiares estratégias e ferramentas concretas para lidar com o stress.

21 de abril - 8 de maio de 2021

Quartas-feiras/Sábado: Inglês

Terças/Quintas-feiras: Espanhol, Português, Crioulo Haitiano

INSCRIÇÃO: [BILLY/3DZHKHY](https://www.masssupport.org/registration)

OU LIGUE PARA MASSSUPPORT 888-215-4920

○ QUE ESPERAR

- Grupo virtual único de 10-12 colegas prestadores de cuidados
- Proporcionado por conselheiros/clínicos treinados
- Discussões guiadas sobre a sua reação à pandemia
- Aprenda estratégias críticas e melhore suas habilidades inatas
- Grupos serão oferecidos em inglês às quartas e sábados
- Grupos serão oferecidos em espanhol, português e crioulo haitiano às terças e quintas-feiras



P W O G R A M P O U OKSILYÈ SWEN NAN FANMI

ATELYE REZILYANS POU OKSILYÈ SWEN FANMI

YON ESPAS SIPÒ VITYÈL POU KONEKTE E PATAJE AK KONSEYE
KI ANTRENE AK LÒT OKSILYÈ SWEN POU FANMI

Konfidansyèl e gratis, atelye sa yo ke ou fè yon fwa ap kite oksilyè fanmi
yo ak strateji e zouti sou kijan pou yo jere strès.

21 Avril - 8 Me, 2021

Mèkredi/Samdi: Anglè

Madi/Jedi: Espanyòl, Portigè, Kreyòl Ayisyen

ENSKRIPSYON: [BIT.LY/3MLEVCP](#)

OUBYEN RELE MASSUPPORT 888-215-4920

A KISA OU KAPAB ATANN OU

- Yon Gwoup vityèl ke ou ale yon fwa ki gen 10-12 oksilyè
- Fasilite pa Konseye/Klinisyen ki antrene
- Diskisyon ki gide sou reyaksyon w a pwopo de pandemi a
- Jwenn strateji ki kritik ak jan pou ogmante konpetans ou
- Nou ofri Gwoup yo an Anglè lè Mèkredi ak Samdi
- Nou ofri Group an Groups Espanyòl, Portigè ak Kreyòl Ayisyen lè Madi ak Jedi