



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

April 2019

CAREGIVING IN THE NEWS

[As Parents and Grandparents Age, More and More Millennials Are Becoming Family Caregivers](#)

This *NPR* story highlights the caregiving experiences of Nitzia Chama, a **30-year old aspiring actress living in Los Angeles who is also the primary caregiver for her grandparents**. The story emphasizes that 1 in 4 caregivers are millennials and more than half identify as African American, Asian American or Hispanic.

[My Friend's Cancer Taught Me About a Hole in Our Health System](#)

In this *New York Times* op-ed, Aaron Carroll, a professor of pediatrics at Indiana University School of Medicine, describes his friend's journey with cancer and the challenges his family faced. **Caregiving, he argues, is just as important to health as the drugs and procedures** the medical system prescribes.

[To Save Time and Money, Companies Roll Out Caregiving Benefits](#)

This article by *Reuters* describes how companies, such as Best Buy and News Corp, are **supporting their employees with caregiving tools and benefits**. Supports range from online care assessment and planning to back-up care.

RESEARCH AND POLICY UPDATES

[Survey for Grandparents Raising Grandchildren](#)

This 15-minute survey, from the Commission on the Status of Grandparents Raising Grandchildren, will help the Commission **understand the needs of grandparents raising grandchildren, improve services, and promote more resources** for grandparents, relative caregivers, and the children in their care.

[Research Opportunity at MIT AgeLab: Caregiver Panel](#)

The MIT AgeLab is creating a caregiver panel to **learn about caregivers' experiences, attitudes, and beliefs** related to their caregiving role and responsibilities. Research participants will receive a brief 10-minute survey every other month and a chance to earn rewards.

[The CARE Act Implementation: Progress and Promise](#)

Over the last four years, the Caregiver Advise, Record, Enable (CARE) Act has become law in 40 states and territories. The CARE Act helps inform and prepare caregivers before their care recipient is discharged from the hospital. AARP's latest report, "Learning from the CARE Act", examines the **trends and promising best practices related to implementation**.

[States Seek Financial Relief for Family Caregivers](#)

Lawmakers in California and at least seven other states are exploring tax credits for family caregivers. **California is at the forefront of this policy** as it debates a bill that would give caregivers a tax credit up to \$5,000 annually. In Massachusetts, H2608/[S702](#) *An Act to Establish the Family Caregiver Tax Credit* is currently in review by the Joint Committee on Health Care Financing (S702) and Joint Committee on Revenue (H2608) within the state legislature.



IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

Throughout the next few months, the Executive Office of Elder Affairs will be reaching out to each program to gather input on a statewide **Operations Manual** and **Caregiver Guide**. Both of these initiatives were mentioned during the September 2018 MFCSP call.

The **Operations Manual** is intended to serve as a program-wide training resource to help with new staff on-boarding. The **Caregiver Guide** is intended to be an introductory resource for family caregivers.

We recognize that many programs have either developed similar resources or have ideas on what should be included. EOEA looks forward to hearing your input!

THIS MONTH'S CAREGIVING MANTRA



"Kindness is just love with its work boots on."

Author Unknown

MONTHLY SPOTLIGHT

The Center for Memory Health at Hebrew SeniorLife Offers Services for Individuals Living with Alzheimer's or a Dementia-Related Disorder and Their Caregivers



The [Center for Memory Health at Hebrew SeniorLife](#) helps individuals living with cognitive impairments and their family caregivers receive information and care. The Center for Memory Health serves individuals with a range of cognitive symptoms, including those with no memory symptoms to those with advanced symptoms.

The Center for Memory Health offers four outpatient programs, which are covered by most health insurance providers:

- **Consultation:** A one-hour conversation for anyone who has a memory or caregiving concern. The consultation can occur with the care recipient and/ or caregiver.
- **Assessment:** Advanced diagnostic testing to determine clinical diagnosis.
- **Care Management:** A nurse practitioner dementia specialist works with the primary care provider and family caregiver to provide coordinated and personalized care.
- **Family Care:** Eligible to all family caregivers regardless of participation in the above services. Family Care sessions include several counseling options, including individual and family sessions.

If you are interested in learning more about the Center for Memory Health, please email CMH@hsl.harvard.edu or call 617-363-8600.

HELPFUL RESOURCES

[April 16 is National Healthcare Decisions Day!](#)

National Healthcare Decisions Day (NHDD) exists to inspire, educate, and empower the public and providers about the **importance of advance care planning**. In addition to the NHDD resources, visit the [Massachusetts Medical Society](#) website for information specific to Massachusetts.

[The Forgetting: Inside the Mind of Alzheimer's Podcast](#)

This twice-monthly podcast from WCAI is co-hosted by two Alzheimer's experts and friends, David Shenk and Greg O'Brien. **O'Brien was diagnosed with early-onset Alzheimer's disease in 2009, at age 59.** The podcast highlights the co-hosts' friendship, while documenting O'Brien's experience living with Alzheimer's disease.

[Nine Steps to Respite: Fact Sheets for Family Caregivers](#)

The ARCH National Respite Network and Resource Center publishes fact sheets to help family caregivers understand the **importance of respite and how to access it**. Fact sheets are **tailored to different caregiving situations**, such as caring for a person living with Alzheimer's or dementia and grandparents raising grandchildren.

[If Depression Could Talk, What Would It Say?](#)

Caregiving MetroWest's three-part blog series aims to **bring awareness to the needs of individuals living with depression and to reduce the stigma associated with the disease**. The series covers three questions: What does depression look like? What are the key signs and symptoms? How can you support someone with depression?

EVENTS AND WEBINARS

AARP Webinar: Technology for Family Caregivers

(April 24, 3PM ET, online)

This webinar will feature a panel discussion on **"How can technology help family caregivers?"** Please email Leslie Siphers at lsiphers@aarp.org to be added to the webinar registration list.

[Grandparents Raising Grandchildren: Statewide Community Workshops](#)

(Various dates and locations in April and May, including Framingham, Gloucester, Harwich, and New Bedford)

The Commission on the Status of Grandparents Raising Grandchildren is convening workshops this spring to benefit family caregivers. **Each workshop is three hours long and includes a guest speaker and panel of representatives from agencies** who work with grandparents raising grandchildren. Registration is required.

[National Alliance for Caregiving: The Power of Touch](#)

(May 7, 1PM ET, online)

This webinar will give participants a **set of tools that apply the power of touch to caregiving**. The webinar will feature the world premiere of the new "Power of Touch" video and conclude with a live Q & A with C. Grace Whiting, President and CEO of the National Alliance for Caregiving, and Dr. Warren J. Winkelman, Senior Medical Director and Head of Medical Innovation for SHIELD.