



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

September 2018

CAREGIVING IN THE NEWS

[6 Factors to Consider Before Using Your Retirement Savings for Caregiving](#)

Among those who care for a family member or friend, 44 percent spend \$5,000 or more per year on caregiving costs. This *US News* article provides guidance to family caregivers on **strategies that do not involve dipping into their own savings**.

[When Your Parent Refuses Caregiving Help](#)

In this *Forbes* article, author Jody Gastfriend describes common challenges and offers **advice for children of aging parents who do not want assistance**. She encourages children and parents to work together to find common ground and collaboratively come up with solutions.

[Young Adults Step Up to Care for Older Loved Ones](#)

One in four family caregivers is a millennial. This *NextAvenue* article explores the **triumphs and challenges of millennial caregivers**, including saving for retirement, maintaining work/life balance, and strengthening family relationships.

[Health of Caregivers Sometimes Forgotten](#)

The *Baltimore Sun's* interview with Reba Cornman, Director of the Geriatrics and Gerontology Education and Research Program at the University of Maryland, **offers caregivers tips on how to stay healthy**.

RESEARCH AND POLICY UPDATES

[Governor Baker Signs Law Strengthening Alzheimer's and Dementia Treatment in Massachusetts](#)

In August 2018, Governor Baker signed Chapter 220 of the Acts of 2018, **An Act Relative to Alzheimer's and Related Dementias in the Commonwealth**. The law strengthens the Commonwealth's age and dementia friendly initiatives through multiple requirements, including **medical training for the diagnosis, treatment and care of individuals living with Alzheimer's and other dementia-related disorders**. The law requires physicians, physician assistants and registered and practical nurses who treat adults to undergo one-time training before they can obtain or renew their licenses.

[Rural Residents Lack Workplace Supports to Juggle Work and Caregiving](#)

A new **University of Minnesota School of Public Health study** shows that caregiving could be particularly difficult for family caregivers in rural areas. Assistant Professor Carrie Henning-Smith analyzed survey responses from 635 people living in rural and urban communities across the country who both work and care for a loved one. The study highlighted the **disparities between rural and urban working caregivers, especially as it relates to supportive programming, telecommuting, and access to paid leave**.



IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

The **MFCSP call** is scheduled for **September 26th from 2:00 to 3:15 PM**. Topics for discussion include the operations manual, caregiver assessment, and regional meetings. We look forward to talking again as a group!

Please be on the lookout for information regarding the first round of **Regional Caregiver Meetings**, planned for this fall. Boston Metro's meeting will take place on October 10th at Springwell.

MONTHLY CAREGIVING MANTRA



"Life isn't about waiting for the storm to pass... it's about learning to dance in the rain."

-Vivian Greene



MONTHLY SPOTLIGHT

The Alzheimer's Family Support Center's Dinner (Plate) Party Uses Art to Support Alzheimer's on the Cape

Research has shown that **colorful dinnerware can help increase food uptake by 30-60%** for individuals living with Alzheimer's or dementia.

On September 2nd, the [Alzheimer's Family Support Center of Cape Cod](#) hosted an Alzheimer's Dinner (Plate) Party at the Fine Arts Work Center in Provincetown. **51 local artists, writers, and community members – some of them living with the disease and some of them caregivers – designed over 70 colorful plates** for the show.



Artist: Kim Victoria Kettler



Artist: JJ Sunderland

Proceeds from plate sales fund free services for Cape Cod's community of individuals living with Alzheimer's disease or a related dementia disorder, as well as their caregivers.

Similar to all Alzheimer's Family Support Center events, the Dinner (Plate) Party was **dementia-friendly** with plenty of music, food, and trained staff available to provide respite for caregivers. The AFSC's next dementia-friendly event in Provincetown will be [Cape Cod Walks for Alzheimer's on Sunday, October 14 at 12 PM](#).

For more information on these or other Alzheimer's Family Support Center events, please reach out to **Co-Founder and Executive Director Dr. Molly Perdue, MS, PhD** at (508) 896-5170, or email support@capecodalz.org.

HELPFUL RESOURCES

[15 Questions to Ask During a Caregiver Interview](#)

This article, from Care.com, provides guidance for family members looking to hire a professional caregiver. In addition to the 15 questions, it is encouraged to **create scenarios** to help assess the caregiver's experience level and competency.

[New Technology Offerings for Caregivers and Families](#)

Read about some of the newest technology offerings from Laurie Orlov's *Aging in Place Technology Watch*. **Four technologies** – representing personal emergency response systems (PERS), biomonitoring, and medication management – are summarized in her latest blog post.

[BenefitsCheckUp: A Free Online Benefits Tool from NCOA](#)

BenefitsCheckUp is a comprehensive, free online tool from the National Council on Aging (NCOA) that **connects older adults with benefits that they may qualify for** in categories such as healthcare, food & nutrition, housing & utilities, transportation, and tax relief.

[Self-Care: 5 Mindfulness Tools for Caregivers](#)

Scheduling a few moments of mindfulness practice every day is a quick and easy way to help individuals manage the challenges of caregiving. This article from thecaregiverspace.org – originally written for direct care workers – provides tips and tools that can also benefit family caregivers.

[Samada: End of Life Planning, Resources and Support](#)

Samada is an online platform that includes **resources, tips, and guides on many topics related to end of life planning**. Topics range from money management to funeral planning to potential legal issues that may arise.

EVENTS AND WEBINARS

[How to Create and Sustain a Successful Support Group for Grandparents Raising Grandchildren](#)

(October 2, 9:00 AM – 12:30 PM, Worcester)

This half-day workshop, hosted by the Commission on the Status of Grandparents Raising Grandchildren, is for anyone interested in **starting a support group for grandparents and relative caregivers** or for anyone looking for new and creative ideas to **sustain an existing group**.

[ACCEPTING APPLICATIONS: Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Awards](#)

(Deadline: October 12, Online)

The Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Awards for 2018 are **now open and accepting applications**. There are three \$20,000 awards in the categories of **Creative Expression, Diverse/Multicultural Communities, and Public Policy**.

[Third Annual National Caregiving Conference](#)

(November 8-11, Chicago, Illinois and [online](#))

Caregiving.com's annual conference brings together family caregivers from across the country. This year's conference theme, "**Our Best Selves**", **encourages us to look at how we do our best during an experience that feels like the worst**. The conference features presentations and panel discussions, some of which are available virtually for free.