



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP)

September 2019

CAREGIVING IN THE NEWS

Caregiving is Increasingly Falling to Young People, Especially Latinx Millennials

Millennials are increasingly assuming family caregiving responsibilities. **Latinx millennials are more likely to provide care** than millennials of other cultural backgrounds and are also balancing caregiving with their career. This article from *Massive Science* highlights the importance of policies that **improve the quality of life of diverse millennial caregivers**.

Target Offers Family Caregiving Benefits

Target has become the latest Fortune 100 company to **offer family caregiving benefits to employees**. Beginning this fall, all salaried and hourly employees will have access to **back-up care options for both children and older adults**. In addition, a new paid family leave policy will enable employees to take time off for caregiving responsibilities.

The Strange Political Science on Elder Care

This *Washington Monthly* article describes what it means to be a family caregiver. Caregiving is still widely **seen as a personal versus community-wide responsibility**. However, individuals and institutions from different sectors are beginning to recognize that caregiving is a systems issue, not only a personal one.

RESEARCH AND POLICY UPDATES

Report Shows Hawaii Leads Nation in Family Caregiver Support

The John A. Hartford Foundation issued a report stating that **Hawaii is one of the nation's leaders in implementing programs to support family caregivers**. Hawaii's **Kupuna Caregivers program** provides family caregivers who work at least 30 hours/week a daily monetary benefit to pay for necessities for their care recipient such as transportation, adult day and home health care.

Some Parental and Spousal Caregivers Face Financial Risks

According to data from a 2015 U.S. Government Accountability Office report, an estimated **68 percent of working parental and spousal caregivers experienced job impacts**, such as going to work late, leaving early, or taking time off during the day to provide care. Additionally, **spousal caregivers were more likely to experience job impacts than parental caregivers** (81 percent compared to 65 percent, respectively).

Family Caregiver Advisory Council

The **RAISE Family Caregivers Act**, which became law in January 2018, was created to support the development and execution of a **national family caregiving strategy** through the convening of a **Family Caregiving Advisory Council**. The Council, which includes 15 voting members representing the diversity of family caregivers and 14 non-voting federal agency members, met for the first time at the end of August.

IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

Thank you for your feedback!

Thank you to all the programs that provided feedback on the draft **caregiver assessment**. EOEA is continuing to make edits and looks forward to previewing the new tool later this fall.

Speaking of fall, many of you have expressed interest in **hosting an in-person MFCSP meeting**. Given that November is National Family Caregivers Month, EOEA thought it would be ideal to plan an event during that time. Kathryn will be reaching out with more information.

September 23 is National Falls Prevention Day!

Please visit the National Council on Aging falls prevention [website](#) to access resources to share with caregivers in your community!

THIS MONTH'S CAREGIVING MANTRA



The simple act of caring is heroic.

Edward Albert



MONTHLY SPOTLIGHT

2019 National Home and Community Based Services (HCBS) Conference Spotlights Family Caregivers



EOEA attended the [2019 National Home and Community Based Services Conference](#) in Baltimore, Maryland during the week of August 26th. The conference highlighted many issues and best practices related to the field of aging, including **family caregiving**.

- [The Benjamin Rose Institute on Aging](#) and [Family Caregiver Alliance](#) previewed a new database of **42 evidence-based caregiver programs** for individuals caring for someone living with Alzheimer's or a related dementia disorder. The database goes live in October.
- [AARP Public Policy Institute](#) presented their latest whitepaper, [Home Alone Revisited](#), which focuses on caregivers who perform complex medical tasks.
- **New York State** presented a variety of initiatives that they are pursuing to better serve caregivers, including **revamping their No Wrong Door** to include an online directory of caregiver programs and supports.
- **Anthem** presented a draft of their **caregiver starter kit**, which includes a caregiving planner and self-care items, and will be sent to members who identify as caregivers.

Please contact [Kathryn Downes](#) if you have any questions or want to learn more about any of the above!

HELPFUL RESOURCES

[Caring for an Older Adult Living with Depression](#)

This article in the *Caregiving Chronicles* offers resources and advice on how to **help an older adult living with depression**. Tips to prevent isolation include showing your care recipient you love them, reminding them that they are needed and important, and keeping them engaged. In Massachusetts, **31 percent of older adults have received a diagnosis of depression**.

[Employer Toolkit: Supporting Working Caregivers](#)

AARP has partnered with Northeast Business Group to offer a **free toolkit for employers** to better support the caregivers in their workplace. The toolkit includes an overview of the challenges faced by working caregivers, steps on how to create a caregiving-friendly workplace, and resources.

[Online Grandfamilies Certificate Course](#)

The University of Maine Center on Aging is offering an **online certificate program for professionals and volunteers who work with grandfamily caregivers**. The online program provides core education, technical support, and leadership development for professionals delivering grandfamily and kinship programming across the country.

[Veterans Prepare to Care Guide](#)

AARP released a new Prepare to Care guide for **military and veteran caregivers**. The guide was created in partnership with the Elizabeth Dole Foundation and includes military-specific resources and services.

EVENTS AND WEBINARS

[Online Course for Family Caregivers Caring for an Individual Living with Alzheimer's or a Dementia-Related Disorder](#)

Understanding and Communicating with Someone with Dementia is a free online class for caregivers. Participants will learn about causes of dementia, how it affects people, tips for communicating, and how to manage challenging behaviors. To access the class, click on the "Take a Class" icon.

[Webinar: Home Safety for Older Adults](#)

(October 2, online)

ASA and Home Instead Senior Care provide **free monthly webinars** for caregivers and the professionals who support them. October's webinar focuses on **home safety for older adults and includes tips on simple home modifications** that can reduce accidents.

[Dementia Friendly Massachusetts \(DFM\) Idea Exchanges](#)

(September 11-27, various locations)

Idea Exchanges are 2-hour long, quarterly regional meetings held throughout the state. They provide a **networking opportunity and regional sharing of best practices, resources and tips for age- and dementia-friendly communities**. This September, five Idea Exchanges will take place in select Councils on Aging.

[Fourth Annual National Caregiving Conference](#)

(November 7-10, Marriott O'Hare, Chicago, Illinois)

The 2019 National Caregiving Conference theme, "**Our Amazing Difference**", amplifies the stories of family caregivers and their experiences caring for individuals living with a **chronic illness, disease or disability**. The conference includes seven tracks, including advocacy and policy for family caregivers.