



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

November 2018

CAREGIVING IN THE NEWS

[No Matter Your Workforce, You Have Caregivers Who Need Help](#)

This *HR Dive* article describes a day in the life of a working caregiver and **offers employers advice on supports**, such as paid leave and flexible scheduling, for a modern workplace.

[AARP-NORC Poll: Many Caregivers Neglecting Their Own Health](#)

This poll demonstrates that **many caregivers, in focusing their energy and time on their care recipients, often neglect their own health**. More than a quarter reported that it is difficult to manage their health along with caregiving duties.

[Talk to Your Parents About Caregiving](#)

This article published by *Kiplinger* **advocates for millennials to approach the subject of long-term care and assistance with parents** earlier and prior to a crisis. The article provides tactical advice for adult children on how to approach the subject and what may be discussed.

RESEARCH AND POLICY UPDATES

[Presidential Proclamation on National Family Caregivers Month 2018](#)

This month, the nation celebrates and honors family caregivers, acknowledging **“the dedication and compassion of all those who work to improve their family members’ lives.”** Recent legislation, including the **RAISE Family Caregivers Act**, the **Supporting Grandparents Raising Grandchildren Act**, and the **VA MISSION Act**, are also mentioned.

[New Academic Study from the Journal of the American Geriatrics Society Evaluates the Costs of Unpaid Care](#)

A new study funded by the NIH and CDC and published in the *Journal of the American Geriatrics Society* evaluated the **cost of unpaid care provided by female caregivers (ages 40-70) to their mothers**. The two year costs were **20% more than estimates** for foregone wages in the same study period.

[NIH Study Launches at the University of Texas Arlington to Reduce Stress of Caregiving for Individuals Living with Dementia in African American Families](#)

This study will evaluate the success of the Senior Companion Plus Program, which is a **month-long culturally tailored training program** that includes nine modules addressing issues such as stigma and mistrust of health professionals.

[Click here to read more about Drs. Fields’ and Xu’s work to date.](#)

[CDC Grand Rounds: Importance of Healthy Aging for Caregivers](#)

A CDC Grand Rounds publication discusses ways to promote well-being and independence in older adults, **recognizing the importance of family caregivers** and discussing **evidence-based interventions** that promote the health and well-being of caregivers.

IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS



Please take a moment to recognize and thank the many caregivers in your personal and professional lives!

National Family Caregivers Month, celebrated annually in November, is intended to:

- Celebrate the efforts of family caregivers
- Raise awareness of issues that impact family caregivers
- Encourage family caregivers self-identify
- Increase support for family caregivers

This year’s theme from the Caregiver Action Network is “Super Charge Your Caregiving”, which recognizes that caregivers are superheroes, but even superheroes need tools to help. [Click here to read more about this year’s theme.](#)



On behalf of the Executive Office of Elder Affairs, we thank you for all that you do to support family caregivers in your communities and in your own lives!



MONTHLY SPOTLIGHT

EOEA Hosts First Regional Caregiver Meeting for Boston Metro Area Organizations

WE ♥ OUR CAREGIVERS



On October 10, the Executive Office of Elder Affairs hosted its first Regional Caregiver Meeting for the Boston metro area at Springwell. The purpose of the meeting was to **bring together Family Caregiver Support Programs and local partners**, including the Alzheimer's Association (MA/NH), nearby COAs and healthcare providers, and the City of Boston, to **share resources and tips, discuss ways to reach caregivers, and highlight "best kept secrets"**.

Some of the resources and tips discussed include:

- [Community Resource Finder](#), by AARP and the Alzheimer's Association
- **Leveraging local media and press** to spotlight resources and stories around caregiving
- Providing caregivers with simple handouts on helpful tools such as a hospital **"go bag"** and **community events** for caregivers/ care recipients
- Alzheimer's Association's **Taking Action**, a free 5-week program that combines education and support for **families impacted by and those living with mild memory loss**

Thank you to all who participated in the first meeting. Future Regional Caregiving Meetings will occur in early 2019!

HELPFUL RESOURCES

[Tune Into the Twitter Chat for National Family Caregivers Month!](#)

The Eldercare Workforce Alliance in partnership with several other organizations, is hosting a **Twitter chat for National Family Caregivers Month on November 5 at 1 PM ET**. Join the conversation, and share your insights and experience by following @EldercareTeam and using the hashtag #TogetherWeCare.

[Supporting Caregivers This Holiday Season](#)

The holidays can be a stressful time for family caregivers. This blog post by *The Caregiver Space* provides helpful tips for caregivers in supporting their care recipient while also taking care of themselves (remember to put on your own oxygen mask first!). The post advises that **the holidays don't have to be perfect to be enjoyable**.

[Technology Recap from LeadingAge Philadelphia 2018](#)

This blog post by Laurie Orlov, founder and author of *Aging in Place Technology Watch*, shares **five innovations showcased at the LeadingAge Philadelphia 2018 conference**. These include health monitoring devices, storytelling platforms, chat tools, and smart home technologies that rely on sensors and voice.

[AARP Publishes a New Monthly Digest for Organizations Supporting Family Caregivers](#)

AARP's new monthly digest designed for policy-makers, practitioners, advocates, leaders of industry, media, and community leaders, **highlights a shortlist of the biggest developments affecting caregivers across the country**. The digest includes news, policy updates, and tools/ resources. To sign up, email caregiving@aarp.com.

EVENTS AND WEBINARS

From the Archives: Technology Webinars from Family Caregiving Alliance
In light of this year's Caregivers Month theme, we thought it was worth sharing these two pre-recorded webinars from the Family Caregiving Alliance. From the *New Ways to Care* series, the first webinar is [how family caregivers can use new technologies at home](#) and the second is [how to pick the best match for their family needs](#).

[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**.

[GSA Annual Scientific Meeting](#)

(November 14-18, Boston)
The Gerontology Society of America (GSA) is **coming to Boston in November**. GSA is an interdisciplinary scientific organization that works to advance research, learning, and practice in gerontology. The theme and focus of this year's conference is **"The Purpose of Longer Lives"**.