



# Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP)

November 2019

## HAPPY NATIONAL FAMILY CAREGIVERS MONTH!

In support of the more than 844,000 Massachusetts residents who provide frequent or daily care to their family members, the Baker-Polito Administration has proclaimed November 2019 as [Family Caregivers Month in the Commonwealth](#). Thank you for all that you do to support family caregivers!

### CAREGIVING IN THE NEWS

#### [Caregiving for a Sick Loved One Can Be Stressful, Harrowing, Depressing – and Rewarding](#)

This *Washington Post* article describes the challenges and rewards of caring for a loved one and **emphasizes actions the health care system** can take to support family caregivers to ease the difficult tasks of caregiving.

#### [The SCAN Foundation Celebrates Aging and Caregiving in the 2020 Rose Parade](#)

For millions of people around the world, the Rose Bowl and accompanying Rose Parade are iconic New Year's Day traditions. This year, the SCAN Foundation will have a **float in the parade supported by eight family caregivers** to increase awareness about family caregiving.

#### [Katie Couric on What Every Cancer Caregiver Needs to Know](#)

Since losing her husband to colorectal cancer in 1998, broadcast news journalist Katie Couric has used her platform to **increase awareness about cancer, screening, and family caregiving**, including an emphasis on self-care.

### RESEARCH AND POLICY UPDATES

#### **November is National Family Caregivers Month!**

President Trump [proclaimed](#) November 2019 as National Family Caregivers Month. The theme for this year's National Family Caregivers Month is [#BeCareCurious](#) in which family caregivers are encouraged to ask questions, explore options, and share in their loved one's care decisions.

#### [One Idea for an Aging America: A Volunteer Corps of Caregivers](#)

This article written by Kaiser Health News and published in the Tampa Bay times describes the Administration for Community Living (ACL) initiative to establish a **National Volunteer Care Corps**. Four organizations were chosen to spearhead the initiative and grant funding for community-based organizations will be available this fall.

#### **Senate HELP Committee Approves Lifespan Respite Care Reauthorization Act**

On October 31<sup>st</sup> the U.S. Senate Committee on Health, Education, Labor & Pensions (HELP) unanimously approved [S. 995](#), the Lifespan Respite Care Program Reauthorization Act. The bill reauthorizes the program for another five years for \$50 million (\$10 million annually through FY 2024). The next step is for the Senate to vote on the bill.

### IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS



On Tuesday, November 12<sup>th</sup> the Massachusetts Family Caregiver Support Programs from across the state will convene for an **in-person meeting** in Worcester. The meeting will cover program and other state updates as well as spotlights and breakout sessions focused on five different topics.

#### **Topics include:**

- Grandparents Raising Grandchildren
- Alzheimer's and Dementia Technology and Innovation
- SIMS/SAMS Support Program Operations

This will be a wonderful opportunity for the MFCSP programs (and EOE) to meet face-to-face! Please [Kathryn Downes](#) with any questions or concerns.

## MONTHLY SPOTLIGHT

### *Fallon Health's Caregiving Symposium Highlights the Challenges and Rewards of Family Caregiving*



On November 7<sup>th</sup>, Fallon Health hosted its third annual Caregiving Symposium. The theme for this year's symposium was the **costs of caregiving**, including the physical, emotional, and financial costs impacting individual caregivers as well as their employers.

The event included a keynote from Lisa Winstel, Chief Operating Officer of Caregiver Action Network followed by a **robust panel discussion** with five panelists including Amanda Bernardo from EOEI and Laura Black Silver from Tri-Valley, Inc. The panel shared a variety of perspectives on caregiving, including issues **around self-identification** and **self-care** as well as **what employers are doing to support family caregivers**.

The day ended with a note of hope and laughter with a talk by Janet Sweeney, Assistant Dean of Nursing Graduate Programs at Northeastern University and caregiver for her adult daughter.

#### ***Resource Alert!***

***Fallon Health regularly publishes a [Caregiving Blog](#) and has recently updated their [caregiver toolkit](#) now available online.***

## HELPFUL RESOURCES

### [New Transportation and Mobility Webinars Available from MassMobility](#)

MassMobility published two new training videos to help aging services staff **better understand transportation and mobility options** and ways to innovate to expand service offerings. The videos are 10-15 minutes each and include links to additional resources on each training webpage.

### [Connecting with Caregivers: New Resource from the APA](#)

The American Psychological Association recently published a webpage filled with resources and information for family caregivers. The webpage includes tips for **self-care** and **discusses common challenges** for caregivers.

### [Road Scholar Caregiver Grants](#)

Road Scholar provides **respite grants for primary caregivers** providing daily care for a family member who is ill or has a disability (spouse, parent, adult child, partner or sibling). Grants are \$1,500.

### [Caregiving Metrowest Guide to Long-Distance Caregiving](#)

Many family members are caring long-distance. This resource from Caregiving Metrowest provides a plethora of tips on **how to make caregiving from afar easier and more manageable**.

### [HelpGuide for Caregivers](#)

HelpGuide, a non-profit mental health and wellness website has many resources around **aging, caregiving and advance care planning**. Caregiving topics include Alzheimer's and dementia behavior management, information about respite and adult day services, and how to manage caregiver stress.

## EVENTS AND WEBINARS

### [NADRC Webinar: The Power of Social Connection](#)

(November 20, 2:00-3:00 PM, online)

This webinar from the National Alzheimer's and Dementia Resource Center (NADRC) will showcase the **Memory Café model** as well as the **Tete-a-Tete** model adopted by faith organizations that represents a culturally responsive Memory Café.

### [Training to Understand Opioid Use Disorders in Older Adults](#)

(Two in-person sessions available)

Hosted by EOEI in partnership with the Institute for Health Recovery, this training is available for ASAP directors and staff to improve their understanding of opioid use and misuse as well as potential intervention techniques. Trainings are available on **December 5<sup>th</sup>** at Bristol Elder Services (10 AM – 1 PM) or **December 11<sup>th</sup>** at Tri-Valley (10 AM – 1 PM). Please click [here](#) to register and email [Desiree Kelley](#) if you have any questions.

### [SNAP Trainings for the Aging Services Network](#)

(In-person available through November 15 at various ASAPs)

The Department of Transitional Assistance (DTA) is providing six trainings at different ASAPs to present an overview of the **Supplemental Nutrition Assistance Program (SNAP)**, including new initiatives related to older adults. Contact [Mary Loughlin](#) if you are interested in learning more.