



MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

NEWSLETTER | JANUARY 2021



"How often are caregivers thought of? **Not nearly enough.** We don't engage in caregiver conversations at many boardrooms and companies across this country, nor in the hallways of governments... **And that's the change that we're calling for.**

Across this country, there have been caregivers who have immune compromised loved ones that they have **figured out innovative solutions** for, whether that's drive-through services or drop-offs.

So, wouldn't it be amazing if we started to look to caregivers as the problem-solvers that they are and to learn from them?"

- Jennifer Olsen
CEO, Rosalynn Carter Institute for Caregivers

MFCSP JANUARY 2021
NEWSLETTER

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UPCOMING WEBINARS

Journey of Caregiving
January 14, 1:00 PM

RAISE Family Caregiving Advisory Council (FCAC)
Council Meeting
January 19, 12:30 PM

Using Innovative and Alternative Approaches for
De-Escalating Individuals in Crisis Situations
January 19, 2:00 PM

Tales From The Field: An Art Therapist's Perspective
On Dementia - Dementia Care Collaborative
Conversations with Caregivers Series
January 19, 5:30 PM

AT for Connectivity - MassMatch Webinar Series
January 21, 1:00 PM

Expect the Best: How to Get the Most Out of Your
Hospice Care
January 27, 2:00 PM

Caring for Those Who Care: Meeting the Needs
of Southeast Asian American Caregivers
January 28, 2:00 PM

Reaching Socially Isolated People Living with
Dementia
January 31, 3:00 PM

Effective Solutions for Medication Management
in the Aging Population
February 3, 1:00 PM

Exploring Male Caregiving for People Living
with Dementia
February 9, 2:00 PM

Computer Literacy 101 - MassMatch Webinar
Series
February 18, 1:00 PM

COVID-19 and its Mental Health Impact on
Older People
February 18, 2:00 PM

Stronger Together: The Benefits of
Intergenerational Programs for Everyone
February 24, 1:00 PM

CALL FOR STORIES ABOUT AGING

Generations Today Seeking First-Person Accounts

Alison Biggar, Editorial Director for the American Society on Aging, is looking for first-person stories. Each Generations Today issue has a column called First Person Singular, personal stories by people who have gone through something with either parents or a close friend who's older, or perhaps they are older themselves and have a story to tell. It might be a story about growing up with older adults and how it impacted their decision to work with elders or about their work with older adults.

Check out two recent examples [HERE](#) and [HERE](#).

Alison says that "sometimes the reality of aging and how we care for others can be best portrayed by personal pieces."

Do you have a story to tell that you might be willing to tell? If so, please reach out to Alison at abiggar@asaging.org.

RECOMMENDED READING

CAREGIVERS' STORIES

- [Now That I Care For Her, I Feel For Her](#)
- [Dear Dementia: A Heartfelt Reflection On How The Devastating Disease Is Affecting The Writer's Mother And Family](#)
- [A Caregiver's Journey: Roland's Story](#)
- [My Henry Was a Happy Camper](#)
- [How Two Caregivers Are Coping With Losing a Loved One During the COVID-19 Pandemic](#)

UNDERSTANDING CHALLENGES

- [When Family Caregivers Seek Help But Then Reject It](#)
- [The People Who Care For COVID-19 Long-Haulers: How Relationships Are Tested And Strengthened Over The Course Of The Pandemic](#)
- [The Emotional Challenges Of End-Of-Life Family Caregivers](#)
- [OPINION: Unpaid Caregivers Need Care, Too](#)
- [ESMV's "Ask Joan" Weekly Q&A: Helping A Parent Through The Grieving Process](#)

MEETING NEEDS

- [How Journaling And Gratitude Can Help You Thrive As A Caregiver](#)
- [The Unexpected 'Gift' Of Being A Family Caregiver During Coronavirus](#)
- [Why Now Is The Time To Start The Talk About Aging With Older Loved Ones](#)
- [The Benefits Of Caregiving Can Be Emotional, Physical And Cognitive](#)
- [Self-Care While Staying At Home - Class For Caregivers](#)

SPOTLIGHT ON DEMENTIA CAREGIVERS

- [IKEA-Style Book Helping Create Dementia-Friendly Homes With Simple Hacks](#)
- [New Book: Innovations in Alzheimer's Care](#)
- [Why "Fidget" Objects Are All Over Dementia-Friendly Gift Lists This Year](#)
- [A Leading Dementia Researcher on the Power of Reminiscing About the Past](#)
- [How The Pandemic Has Changed The Lives Of People With Dementia And Their Family Caregivers](#)
- [Dementia Behaviors: Expert Tips for Understanding and Coping](#)
- [Products to Help People Living With Dementia Stay Organized](#)

Managing a Paid Job and Family Caregiving Is a Growing Reality:

Nearly 30 Million Family Caregivers of Adults Are in the Labor Force

The AARP Public Policy Institute's updated 2020 Caregiving in the U.S. report revealed an increase of more than 5 million employed family caregivers since 2015. This report takes a deeper look into the Caregiving in the US data at the nearly 30 million Americans who are caring for an ill friend or family member while also working at a paying job. It highlights the impacts and challenges of managing both responsibilities, and it identifies what's changed since 2015.

Figure 2. Hours Worked among Employed Caregivers

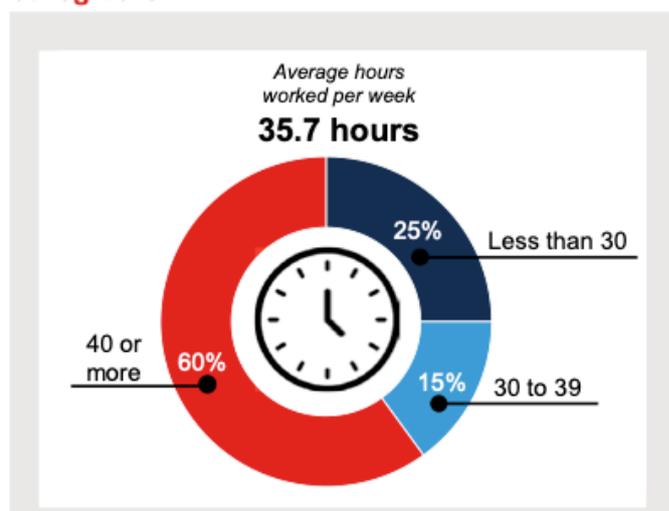
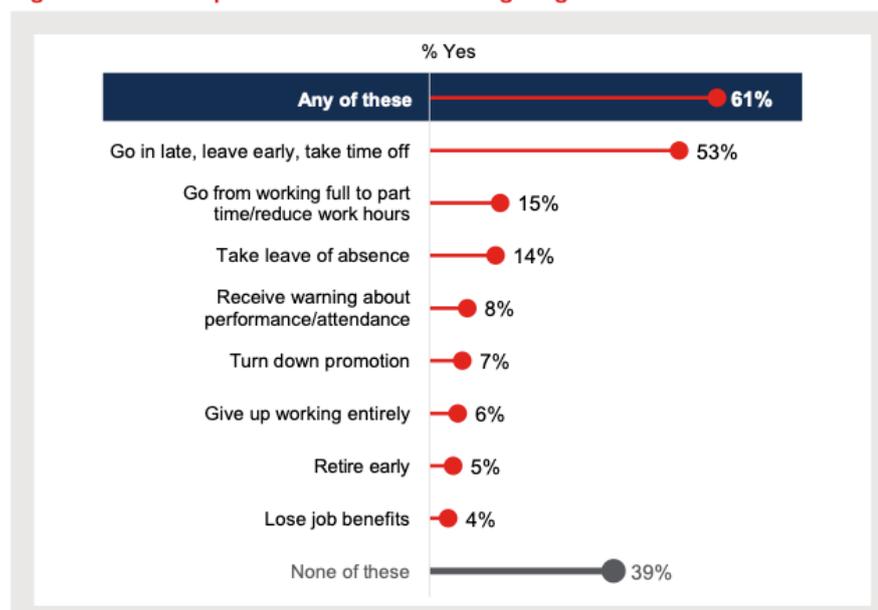


Figure 4. Work Impacts as a Result of Caregiving



Family Caregiving Advisory Council

Final Recommendations

On November 18, 2020, the Family Caregiving Advisory Council adopted twenty-six recommendations aimed at establishing a national approach to addressing the needs of family caregivers of all ages and circumstance. The recommendations are structured around the council's five goals for the National Strategy:

- **Goal 1:** Family caregivers' physical, emotional, and financial well-being will improve as a result of expanded awareness, outreach, and education
- **Goal 2:** Family caregivers are recognized, engaged, and supported as key partners with providers of healthcare and long-term services and supports
- **Goal 3:** Family caregiver have access to an array of flexible person- and family-centered programs, supports, goods and services that meet the diverse and dynamic needs of family caregivers and care recipients
- **Goal 4:** Family caregivers' lifetime financial and employment security is protected and enhanced
- **Goal 5:** Family caregivers are engaged stakeholders in a national research and data gathering infrastructure that documents their experiences, translates evidence into best practices, develops person- and family- centered interventions, and measures progress toward the National Family Caregiver Strategy

Caregiver Coping Groups

Extended through January 2021!



MassSupport is offering a series of coping groups for Caregivers
December 16, 2020 through January 30, 2021

What to Expect

- A virtual group of 10-12 of your fellow caregivers
- Guided discussion of your reactions to the pandemic
- Strategies on coping skills and ways to manage stress
- Participants highly encouraged to stay for the entire time (~90 minutes)

About Us

We provide emotional support, coping strategies, resources, and up-to-date information during the COVID-19 pandemic. Our program is anonymous, confidential, and free.

How to Sign Up

Groups are offered:

Wednesdays at 11 AM (by Zoom)	Wednesdays at 7 PM (by phone)	Saturdays at 10 AM (by Zoom)
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There are two ways to sign up for a Coping Group:

- 1) **Call the MassSupport toll free line at 888-215-4920.** Leave a message with your name, contact information (phone number and email address, if you have one), and the date and time of the group you want to attend; or
- 2) **Click the link on the second page of this flyer** for the group you want to attend. If the group you are trying to register for is full, you can register for another group or add your name to the waitlist at the bottom of the page

Instructions to join the group will be shared at least 24 hour prior to the scheduled group

Caregiver Coping Group Schedule and Sign-Up

Wednesday 12-16-2020 11 am <https://forms.gle/qPRwE9qPwnsEzYj66>

Wednesday 12-16-2020 7 pm <https://forms.gle/Vmv34JBaMpgZbPyZ7>

Saturday 12-19-2020 10 am <https://forms.gle/NZHBJ1HKoQHFzJ5TA>

Wednesday 12-23-2020 11 am <https://forms.gle/MmGqzR6x5Re4e2Gg7>

Wednesday 12-23-2020 7 pm <https://forms.gle/98ebyy5PxtmSNix8>

Saturday 12-26-2020 10 am <https://forms.gle/bmGtF75Ky5esbDPr8>

Wednesday 12-30-2020 11 am <https://forms.gle/PdSeMQs7ndbNVVuS9>

Wednesday 12-30-2020 7 pm <https://forms.gle/Cf1UmnkZwwYGSmZw9>

Saturday 1-2-2021 10 am <https://forms.gle/uiwUQbWxMDuWyRF87>

Wednesday 1-6-2021 11 am <https://forms.gle/8jXXteSzsLH4B9cH9>

Wednesday 1-6-2021 7 pm <https://forms.gle/WQQkaQitfCR6JEEu9>

Saturday 1-9-2021 10 am <https://forms.gle/X4vSHucr69a3Qtcs7>

Wednesday 1-13-2021 11 am <https://forms.gle/5QLqkSnTh6f7zYRq5>

Wednesday 1-13-2021 7 pm <https://forms.gle/kjGpY4rKdfLMrWEE9>

Saturday 1-16-2021 10 am <https://forms.gle/JUWyiHCbXeuKcKas9>

Wednesday 1-20-2021 11 am <https://forms.gle/rAbffHStPxyy6FCd9>

Wednesday 1-20-2021 7 pm <https://forms.gle/uLGcbaxXyhpdp3P6e7>

Saturday 1-23-2021 10 am <https://forms.gle/ce3rg8iPRbJd1uA96>

Wednesday 1-27-2021 11 am <https://forms.gle/Jrnw95hgGV7Aey5CA>

Wednesday 1-27-2021 7 pm <https://forms.gle/xr4jVianqhTpY17k9>

Saturday 1-30-2021 10 am <https://forms.gle/qEA5GSQfqDVP5rAaA>

Coping Group Waiting List <https://forms.gle/sVPvx9Wmi7ZicuT36>