



# Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSPP) Newsletter

December 2018

## CAREGIVING IN THE NEWS

### [WGBH News: Millennial Caregivers Segment](#)

This segment from WGBH News spotlights the **millennial generation of caregivers** and highlights the challenges and joy that come with caregiving. The segment features local Boston area caregivers and Secretary Bonner.

### [How the Business of Caregiving is Evolving](#)

This *Forbes* article highlights the stories of two working caregivers, the **stigma** associated with caregiving responsibilities in the workplace, and the **evolving role of employers** to support employees who care for family and friends.

### [Largely Unrecognized Role of Youth Caregivers Illuminated in New Study](#)

In order to learn more about the **youngest generation of caregivers**, researchers at the University of Miami Miller School of Medicine interviewed individuals ages 12-19 caring for family members with an illness. This article talks about the needs of younger caregivers and potential supports.

### [The Personal Sacrifices Family Caregivers Make for Their Loved Ones](#)

This article from *Next Avenue* summarizes results from a survey recently administered by the Associated Press-NORC Center for Public Affairs Research. The survey found that family caregivers **want to provide that care, but they often sacrifice their own financial, medical and social wellbeing to do it.**

## RESEARCH AND POLICY UPDATES

### [NAC Fact Sheet: Family Caregivers Need to be Included in the National Conversation on Paid Leave](#)

The National Alliance for Caregiving recently developed a **fact sheet that the caregiving community can use when advocating** for paid family leave. The two-page fact sheet includes important data, including information about California's paid family leave policy and its impact on working caregivers.

### [Report: IACO's Global State of Care](#)

The International Alliance of Carer Organizations (IACO) is pleased to announce the launch of its milestone report. Supported by EMD Serono's Embracing Carers™ Initiative, the report provides an **assessment of unique carer needs and existing programs, practices, and policies for unpaid carers across nine different countries:** Australia, Canada, France, Germany, Italy, India, Spain, United Kingdom, and the United States. [Click here](#) to download the report.

### [Report: Modern Caregiving Challenges Facing U.S. Employees](#)

This report by Torchlight, a caregiver decision-support services provider, analyzes data gathered over three years from a variety of users and describes what it means to be a **modern caregiver**, as well as their **common challenges and concerns.**



### IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

In support of the more than 840,000 Massachusetts residents who provide frequent or daily care to their family members, the **Baker-Polito Administration** proclaimed **November as Family Caregivers Month** in the Commonwealth!

To mark the occasion, the Executive Office of Elder Affairs promoted **new Mass.gov resources**, such as the [topic page on caregiving](#) and the webpage for [caregiver tips and information](#).



### THIS MONTH'S CAREGIVING MANTRA *Choose your own!*

Gretchen Rubin, a happiness guru and self-help author, suggests that setting a **holiday-themed mantra or intention** can help us with the stress of the holiday season.

Pick something that is meaningful to you – **“all is calm, all is bright”, “comfort and joy”** – and keep your mantra in mind during the holidays this year.



## MONTHLY SPOTLIGHT

### **Family Caregiver Support Program Showcased at 2018 GSA Conference**



This November, the Gerontological Society of America (GSA) 2018 Annual Scientific Meeting was held in Boston. Out of hundreds of symposiums, presentations, and events, **family caregiving was at the forefront** of the many issues discussed among policymakers, researchers, community organizers, service providers, and technology innovators.

Secretary Bonner and Amanda Bernardo participated in the symposium titled **National Family Caregiver Support Program: Evaluation Results and Practical Applications**. The symposium previewed the Administration for Community Living's latest review of the program. The final report is available on the [ACL NFCSP website](#) along with various tools and materials collected from State Units on Aging.

Secretary Bonner closed the session with an overview of some of the things that Massachusetts is doing to support caregivers. This **included initiatives that the state is leading** (Governor's Council to Address Aging in Massachusetts, EOHS Caregiver Lunch & Learns) **as well as the amazing community-based work that your programs achieve**.

*Thank you for all you do to support caregivers – it was incredible to share our story with an international audience!*

## HELPFUL RESOURCES

### [Family Caregiver Alliance Fact Sheets: More Languages Added](#)

The Family Caregiver Alliance is constantly adding new fact sheets to their website. Their latest additions include fact sheets in **Spanish, Chinese, Korean, and Vietnamese**. They also have produced stress reduction exercises in [Chinese](#), [Spanish](#), [Vietnamese](#), and [English](#).

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

Road Scholar, a not-for-profit organization that is passionate about lifelong and experiential learning, offers **Caregiver Grants to help offset the cost of arranging respite care** while attending a Road Scholar program. The application is rolling and can be filled out on paper or [online](#).

### [New Blog: MemoryWell](#)

This new blog aims to support both the emotional and physical challenges of caregiving. The MemoryWell Care Blog includes **personal stories** from caregivers, **research updates** on Alzheimer's disease and related dementias, and **policy updates** on issues related to care.

### [Self-Care Tip: Practicing Gratitude](#)

As mentioned in Springwell's November newsletter, practicing gratitude has proven health benefits. **Intentionally noting the positive things in life helps take on a different perspective**. Practicing gratitude is easy – try starting a one sentence journal, creating a gratitude calendar, or setting an alarm on your phone to think about what you are grateful for.

## EVENTS AND WEBINARS

### [Washington Innovation in Longevity Summit](#)

(December 10-11, Washington, D.C.)

The first ever Washington Innovation in Longevity Summit is scheduled for December 10 and 11. The first day is dedicated to **global partnerships in health and aging**, and the second day is focused on the **intersection between entrepreneurship and the regulatory environment**.

### [2019 Global Carework Summit](#)

(June 9-11, Toronto, Ontario)

The **Carework Network, an international organization of scholars and advocates**, is organizing its 2nd three-day conference to bring together researchers from across disciplines and across the globe. Conference topics are broad and include how identities and inequalities influence caregiving, how caregiving is recognized and compensated, and how state policies influence the distribution of care.

### [ASA Webinar Series for Caregivers](#)

Year round, the American Society on Aging and Home Instead Senior Care offer monthly webinars for family caregivers. These webinars are free, and recordings are available for 60 days afterwards. The next webinar on **Navigating Long-Term Care Insurance** is scheduled for **January 9**, with other topics such as **Caregiving Along the Care Continuum** and **Hospital to Home** in the first quarter of 2019.