



# Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP)

December 2019

## CAREGIVING IN THE NEWS

### [For Millennials Making Their Way, a Detour: To Caregiving](#)

This *New York Times* article follows a millennial caregiver, revealing some unique challenges this generation of caregivers encounters. In particular, many face a "life interrupted"; a difficult choice between caring for loved ones and fulfilling life dreams such as career advancement, marriage, and childrearing.

### [In Helping Elderly Parents, Caregivers Get a Peek at Their Futures](#)

This *Washington Post* article describes the ways caregiving inspires caregivers to prepare for older age. This can be both practical—grab bars, cataract surgery, local home visits, and philosophical—newfound clarity and foresight.

### [Caring For a Loved One Can Cause Stress and Isolation](#)

This *Chicago Tribune* article highlights the many emotions felt by caregivers, including nervousness, intimidation, and ongoing heartbreak. Denise Brown, caregiver and [CareGiving.com](#) founder, encourages taking time for respite care.

### [The Caregiver Action Network \(CAN\) Honors MSNBC's Richard Lui](#)

The reporter was honored with the "Hands-on-Help Award" for being a powerful voice for caregiving. Watch his TEDx talk, "Hard Work, Long Hours, No Pay" [here](#).

## RESEARCH AND POLICY UPDATES

### [Burning the Candle at Both Ends: Sandwich Caregiving in the U.S.](#)

This report by the National Alliance for Caregiving and Caregiving Across Generations shines light on the 11 million Americans caught between demands of both childcare and caring for an aging or disabled adult family member. In this diverse group, 67% are employed, 49% are Gen X, and the average age is 41.

### [Valuing the Invaluable 2019 Update: Charting a Path Forward](#)

On November 14, AARP released an update to its comprehensive report on family caregiving. It estimates that 34 billion hours of care are provided annually at a national cost of \$470 billion, and an average out-of-pocket cost of \$7,000.

### [RAISE Act Family Caregiver Resource and Dissemination Center Established](#)

The National Academy of State Health Policy (NASHP) has created a center to support the Family Caregiving Advisory Council's efforts. The center will develop resources for policymakers and council members, convene thought leaders to provide expertise, and support state policy efforts.

### [It's Time for Presidential Candidates to Address the Needs of Caregivers](#)

This opinion piece in *The Hill* emphasizes caregiving's public nature, its growing burden on society, and three questions all candidates should be asked: How can we creatively address the physical and financial burdens of caregiving? Will you support a new program Americans can proactively pay into and access as needed? What do you see as the greatest challenge facing caregivers and how would you address it?

## IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

Thank you to all the programs who attended the MFCSP statewide meeting on November 12<sup>th</sup>. Despite the threatening weather, there was fantastic turnout and many important resources discussed!

EOEA provided an update on the revised Caregiver Assessment Tool before attendees participated in breakout groups focused on several different topics: Grandparents Raising Grandchildren, Alzheimer's and Dementia, Technology and Innovation, SIMS/SAMS, and Program Operations.

Kathryn sent notes and more information about using 800AgeInfo's professional page for FCSP on Wednesday, December 11<sup>th</sup>. Please email [Kathryn Downes](#) if you did not receive the follow-up.

## THIS MONTH'S CAREGIVING MANTRA



From caring comes courage.  
Lao Tzu

## MONTHLY SPOTLIGHT

### **Massachusetts Caregiver Coalition Launched with Local Employers**



On **November 20<sup>th</sup>**, leaders from business, healthcare, education, and state government **launched a new collaboration- the Massachusetts Caregiver Coalition**. The coalition brings diverse sectors together to assess and address the needs of family caregivers.

The launch was marked by the release of a **[new State of Care Report](#)** and **[Employer Toolkit](#)**.

The survey queried 420 caregivers, and identified the unmet self-care, healthcare, career, and support needs. The toolkit is comprised of resources and best practices for employers to help support their employees, including questionnaires, state resource guides, and case studies.

The Coalition **invites all employers in Massachusetts** to join and help support fellow employees with their caregiving responsibilities. Visit **[www.maroundtable.com/caregiving.html](http://www.maroundtable.com/caregiving.html)** to learn more.

**Help create a supportive culture by saying thank you to the caregivers in your workplace!**

## HELPFUL RESOURCES

### **[American Cancer Society \(ACS\) Caregiver Support Video Series](#)**

ACS has created a series of brief videos to provide educational support to caregivers, including some targeted specifically at those caring for cancer patients. Topics include physical care training, self-care, and advocacy.

### **[National Institute on Aging's Holiday Hints for Alzheimer's Care](#)**

The holidays, and associated family traditions, present exciting opportunities and significant challenges for people with dementia and their caregivers. These tips on finding the right balance, preparing guests, and preparing the person living with Alzheimer's or dementia may make these days easier and more meaningful.

### **[Cigna Foundation Grant Program to Support Caregivers in Massachusetts](#)**

Cigna is offering a total of \$50,000 in grants to Massachusetts non-profits working to support family caregivers' health and wellbeing. Proposals are due April 15, 2020. To learn more, email **[CignaNewEnglandCares@cigna.com](mailto:CignaNewEnglandCares@cigna.com)**.

### **['Good Talk Toolkit' to Aid Advanced Care Planning](#)**

The Massachusetts Coalition on Serious Illness Care developed this messaging toolkit to help organizations shift the frame of advanced care planning away from "end of life" and "life-sustaining treatment" to goals of care, quality of life, and shared decision making.

### **[Five New Health and Caregiving Technologies in November 2019](#)**

This post highlights innovative technology solutions to support care provision for older adults. Two facilitate medication management, two monitor older adults in the home, and one is an artificial intelligence (AI)-driven alternative to traditional nurse call systems.

### **[TEDx Talk: "Memory Cafés: Making Space for Dementia and Joy"](#)**

Beth Soltzberg, Director of the Alzheimer's/ Related Disorders Family Support Program at Jewish Family and Children's Service in Waltham delivered a TEDx-Waltham talk about **[Alzheimer's, dementia, and the Memory Café](#)** model.

## EVENTS AND WEBINARS

### **[Conversations with Caregivers: Harmonizing Together](#)**

(December 17, 5:30-7:00 PM, O'Keefe Auditorium, MGH Campus)  
Massachusetts General Hospital's (MGH) Dementia Care Collaborative is hosting a lecture about "The Power of Movement and Music-Based Activities in Dementia," delivered by Bonnie Wong, PhD/ABPP-CH, the director of the MGH Neuropsychology Program's Frontotemporal Disorders Unit. Please RSVP by calling 617-724-0406 or emailing **[dementiacaregiversupport@mgh.harvard.edu](mailto:dementiacaregiversupport@mgh.harvard.edu)**.

### **[Pets and Seniors Webinar](#)**

(January 15, 2020, 1:00-2:00 PM EST, online)

The American Society on Aging presents this free



*Happy holidays from  
EOEA!*

webinar as part of the Home Instead Family Caregiver Support Series. This webinar will cover pets' positive health impacts, and considerations for pet ownership and selection.