

# Caregiving Around the Clock

Caregiver Appreciation Series | January 2021 – March 2021

Across Massachusetts, more than 20,000 families are caring for a family member with an intellectual or developmental disability in the home. More than 9,000 of these family members are adults.

The Department of Developmental services has joined with The Arc of Massachusetts to provide information, resources, support and strategies to help caregivers stay strong and resilient. This year's theme, **Caregiving Around the Clock**, certainly brings light to how caregivers have worked tirelessly in providing for loved ones during the pandemic.

This series began in November and will extend through March 2021. Below is a list of special programs to support caregivers January – March 2021. We hope you join us! Be sure to also look on social media for tips, resources and strategies. Some of these sessions are webinars and some are interactive meetings depending on the content.

**Click on the title of each session to register.**

**FRIDAY, JANUARY 8, 2021 2PM**

**[Ring in the New Year: Yoga and Meditation.](#)** The Arc's Maura Sullivan, a certified Yogi, will demonstrate basic positions, stretches, and meditation techniques to incorporate into your daily routine.

**THURSDAY, JANUARY 21, 2021 2PM**

**[Getting through the Day.](#)** Caregivers Dianne Huggon, Jorge Pagen, Ingrid Flory, and Sue Crosby will share their tips and tricks on how they get through the day.





**THURSDAY, JANUARY 28, 2021 2PM**

**Caregiver Power Hour.** Strategies and group discussion facilitated by Michael Bloom, Chief Strategy & Innovation Officer with Incompass Human Services and author of a book on caregiving.

**THURSDAY, FEBRUARY 4, 2021 2:30PM**

**A Little Negativity Goes a Long Way (And Other Unusual Beliefs for Keeping It Together).** Join Dr. Melissa Winchell, a professor of education and caregiver to a child with ID and ASD, for an interactive workshop with unusual, research-based strategies for staying resilient during the pandemic.



**TUESDAY, MARCH 9, 2021 5PM**

**Getting Through The Day.** A panel of caregivers will share their tips and tricks on how they get through the day.



**THURSDAY, MARCH 25, 2021 2PM**

**Caregiver Power Hour.** Strategies and group discussion facilitated by Michael Bloom, Chief Strategy & Innovation Officer with Incompass Human Services and author of a book on caregiving.