

MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

Am I a family caregiver?

- If you **care** for a **loved one** who is an older adult, or has a disability or illness, you are a family caregiver.
- The **care** could include helping with finances, grocery shopping, transporting, cleaning, or cooking.
- You could be caring for a spouse, parent, grandparent, adult child, grandchild, friend, or neighbor.

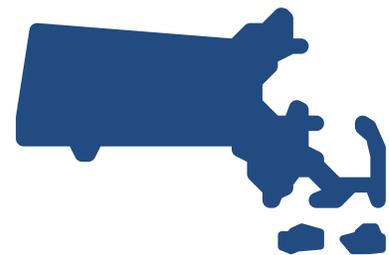


Do I need family caregiver support?

- Caregiving can be rewarding and fulfilling, but can also take an emotional, physical, and financial toll.
- For example, providing care can lead to fatigue, stress, worry, missed work, and time spent away from family, friends, or hobbies.

What is the Massachusetts Family Caregiver Support Program?

- The Family Caregiver Support Program provides **free support services** to **eligible** caregivers.
- The program is administered by the Massachusetts Executive Office of Elder Affairs and provided by your local Aging Services Access Point (ASAP). ASAPs are regional non-profits dedicated to aging services.



Who is eligible for the Family Caregiver Support Program?

- You are **eligible** if you are an adult who is...
 - caring for an older adult (60 years of age or older)
 - caring for an individual living with dementia (e.g. Alzheimer's disease)
 - age 55 or older caring for a child under age 18
 - age 55 or older caring for someone with a disability



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How can the Family Caregiver Support Program help me?

Family Caregiver Specialists can, at no cost to you, facilitate...

Access

Refer you to services and resources in your community

Counseling and training

Advise you one-on-one

Help you plan for care wherever your loved one lives

Organize caregiver support groups

Run workshops and training

Provide educational materials

Respite care

Relieve you temporarily from your caregiving responsibilities so you can get the rest and respite you need

How do I connect with the Family Caregiver Support Program?



Call MassOptions at 844-422-6277 from 9:00 AM - 5:00 PM, Mon - Fri
Someone will connect you with a Family Caregiver Specialist at your local
Aging Services Access Point!



Mass.gov

Visit [Mass.gov/family-caregiver-support-program](https://www.mass.gov/family-caregiver-support-program) for more on:

[Eligibility for Family Caregiver Support Program →](#)

[Caregiver help and information →](#)

[Grandparents Raising Grandchildren →](#)

[Caregiving information for workplaces →](#)

[Training and technology for families caring for individuals living with dementia →](#)

[EOEA newsletter for caregiver specialists →](#)