

# Massachusetts Family Caregiver Support Program Newsletter - Fall 2022



## Happy National Family Caregiver Month!

During Family Caregiver Month, we acknowledge the dedication of family caregivers and the vital role they play to ensure older adults and individuals with disabilities have opportunities to live and thrive in the communities of their choice.

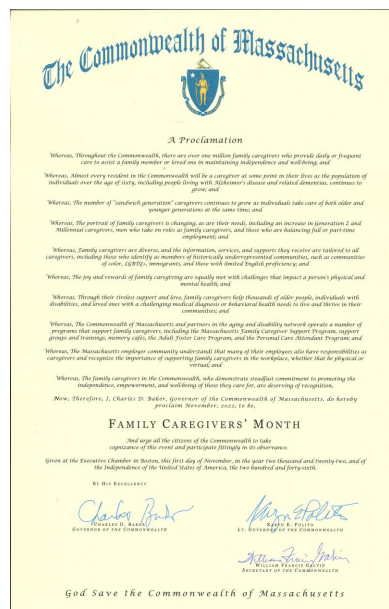
To the family caregivers of the Commonwealth, please know that you are not alone and you are making a difference. We hope you take a moment to thank yourself, to take pride in your role as a family caregiver, and to take a look at the supports available to you.

Thank you to all family caregivers for all you do every day.

In support of the more than one million Massachusetts residents who provide frequent or daily care to their family members, the Baker-Polito Administration proclaims November 2022 as Family Caregivers Month in the Commonwealth. The Administration is grateful for the dedication and devotion of the heroes who provide care and support to their family, friends and neighbors.

View the proclamation using the button below.

[Family Caregiver Proclamation](#)



## Caregiver Webinar Series

Register for the upcoming webinars in the *Caring for the Caregiver* series hosted by the Massachusetts Executive Office of Elder Affairs and the MassTech Collaborative.

The November and December webinars will be a two-part series focused on communication in families:

**Friday, November 18th at 12 PM**

## CARING FOR THE CAREGIVER WEBINAR SERIES

Learn from Caregiver Specialists of Family Caregiver Support Programs Across the Commonwealth



**FRIDAY, NOVEMBER 18**  
12:00 PM

Webinar topic: Family dynamics & communication with family members

Register: [bit.ly/3TXsdXv](https://bit.ly/3TXsdXv)



**THURSDAY, DECEMBER 15**  
12:00 PM

Webinar topic: Communication with loved ones

Register: [bit.ly/3N8zRw2](https://bit.ly/3N8zRw2)



### ABOUT:

The Caring for the Caregiver webinar series helps family caregivers in Massachusetts find information and resources to support loved ones and care for themselves.

Theme: Family Dynamics & Communication with Other Family Members

[Register for November 18](#)

**Thursday, December 15th at 12 PM**  
Theme: Communication with Loved One

[Register for December 15](#)

Check out [past webinars](#) from the Caregiving Webinar Series on the EOEa YouTube channel

## Resources for Caregivers

[Holding a Family Meeting Fact Sheet](#)

[“You’re Not Alone” Videos Shine a Light on Family Caregiving for ALS, MS, Parkinson’s, and Huntington’s Diseases](#)

[How to Be a Caregiver](#)

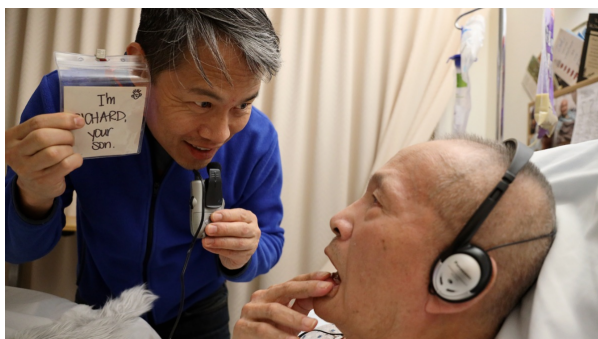
[COVID-19's Negative Impact on Caregivers and 4 Ways to Help](#)

[Dance With Me? Study Uses Music to Soothe Dementia Patients and Caregivers](#)  
(see quote on right)

“That was when I first witnessed the true power of music. I watched a quiet woman go from sitting in a chair passively interacting with her world to a lively lady dancing around the room. I also saw her husband enjoy every step of that transformation as well.”

-- Dr. John Bufalini, *internal medicine resident Penn State Health Milton S. Hershey Medical Center*

## Opinion and Thought Pieces on Caregiving



[How Long Will the U.S. Continue to Disrespect Its Caregivers?](#)

[The Quiet Cost of Family Caregiving](#)

[Documentary Holds a Mirror up to Caregiving in America – “Hidden Wounds” by Richard Lui](#)  
(see photo on left)

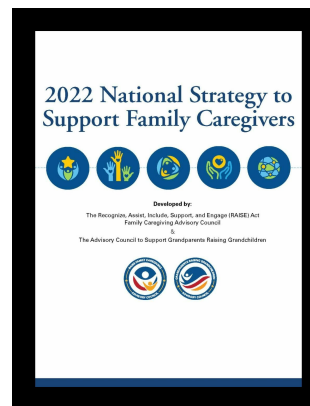
[Caregiving Can Turn Your Retirement Plans Upside Down](#)

[Planning for Your Retirement, and for a Child’s Special Needs, All at Once](#)

[Alzheimer's: Who Is Caring for the Caregivers?](#)

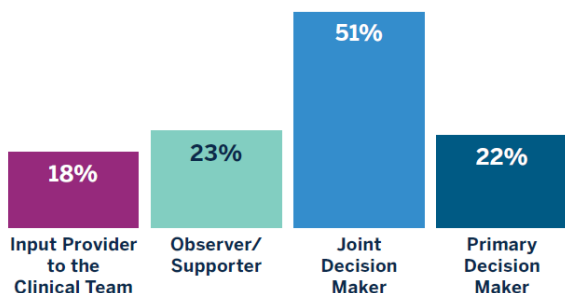
# Policy & Research

The [2022 National Strategy to Support Family Caregivers](#) was created to support family caregivers of all ages, from youth to grandparents, regardless of where they live or what caregiving looks like for them and their loved ones. The National Strategy offers approximately 350 actions the federal government will take to support family caregivers in the coming years and 150 practical steps states, communities, and the private sector can take to build a system that ensures family caregivers have what they need to maintain their health, well-being, & financial security.



## Caregiver roles in decision-making

n=2703



Results total more than 100%; some respondents selected more than one role

## [Chronic Disease Family Caregiving Through a Public Health Lens: The Framework for Family Caregiving and Public Health](#)

September 2022 Report by the National Alliance for Caregiving and the National Association of Chronic Disease Directors

## [The Economic Effects of Family Caregiving on Women](#)

July 2022 TIAA Institute Journal Article

## [Cancer Caregivers: National Research Report on Shared Treatment Decision-Making](#)

July 2022 CancerCare report (see graph on left)

## Get Involved!

### [Mentor Recruitment](#)

Texas Christian University is seeking people living with dementia who are interested in creating their life story with a nursing student via Zoom.

### [Support Groups Survey](#)

Survey from the Massachusetts Commission on the Status of Grandparents Raising Grandchildren for grandparents raising grandchildren or relative caregivers about interest in support groups.



## Upcoming Webinars and Virtual Events

### [Understanding Alzheimer's & Dementia](#)

November 15, 10:00 AM

### [Managing Money: A Caregiver's Guide to Finances](#)

November 16, 12:00 PM

### [Healthy Living for Your Brain & Body](#)

November 16, 1:30 PM

### [Dental Care Matters](#)

November 17, 11:00 AM

### [Caring for the Caregiver: Strategies for Well-Being](#)

November 29, 12:00 PM

### [Understanding and Responding to Dementia Related](#)

### [The Ins and Outs of Paid Family Leave and Related Rights](#)

### [Caregiving 101](#)

### [Museum of Fine Arts Virtual Tour\\*\\* \(see details below\)](#)

### [The Longest Night Virtual Gathering & Luminary Lighting](#)

[Behaviors](#)  
November 29,  
1:00 PM

[for Caregivers](#)  
November 30,  
8:00 AM

December 14, 10:00  
AM

December 14,  
2:00 PM

December 21,  
7:00 PM

\*\*Museum of Fine Arts Virtual Tour – For People with Memory Loss and their Care Partners: Festive Netherlandish Art; To register, contact [access@mfa.org](mailto:access@mfa.org) or 617-369-3189.

Massachusetts Family Caregiver Support Program | [Mass.gov](https://www.mass.gov)

To submit content for this e-communication, please email Molly Evans at [Molly.R.Evans@mass.gov](mailto:Molly.R.Evans@mass.gov).

