

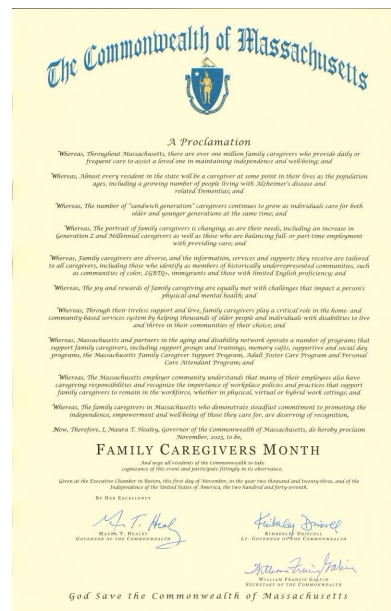
Massachusetts Family Caregiver Support Program Newsletter - Fall 2023



Happy National Family Caregiver Month!

November is National Family Caregiver Month, and this year's theme is **#CaregiversConnect**, which highlights the importance of connection in the lives of family caregivers. Family caregivers connect to get information, share experiences, get support, or form a closer bond with a loved one. When **#CaregiversConnect**, they are reminded they are not alone. **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 Healey-Driscoll Administration has proclaimed November 2023 as Family Caregivers Month in the Commonwealth.** The Administration is grateful for the dedication and devotion of these one million heroes who provide care and support for their family, friends and neighbors. Click the button below to read the proclamation in full:



Family Caregiver Proclamation

In celebration of National Family Caregiver Month, the Executive Office of Elder Affairs now offers new resources for family caregivers:

- [Family Caregiver Support Groups Listing](#) – Searching for a caregiver support group? Explore this new webpage to find a virtual or in-person support group near you that's run by Family Caregiver Support Program staff.
- [Caring for the Caregiver Webinar Series Webpage](#) – Looking for information about caregiving? The Executive Office of Elder Affairs hosts a webinar series for family caregivers. Visit this new landing page to learn about the series, find past recordings, and upcoming webinars. Details on the next *Caring for the Caregiver* webinar are below:

Register for the upcoming webinar in the *Caring for the Caregiver* series hosted by the Massachusetts Executive Office of Elder Affairs and the Office of Economic Empowerment.

The November webinar will include a presentation from the ARIES Foundation focused on financial wellness for family caregivers.

REGISTER FOR THE UPCOMING CARING FOR THE CAREGIVER WEBINAR

Brought to you by the Massachusetts Executive Office of Elder Affairs



WEDNESDAY, NOVEMBER 15

12:00 - 12:45 PM

TOPIC: Financial Wellness for Family Caregivers

Join us for the next webinar in the Caring for the Caregiver webinar series. Co-hosted by the Massachusetts Executive Office of Elder Affairs and Office of Economic Empowerment, this webinar during National Family Caregiver Month will include a presentation from the ARIES Foundation with financial wellness tips for family caregivers. Register by scanning the QR code to the right or [clicking here](#).



ABOUT:

The *Caring for the Caregiver* webinar series aims to provide family caregivers in Massachusetts with simple tips, practical solutions, and information on community resources to support loved ones and care for themselves.

Wednesday, November 15, 12:00 PM
Theme: *Financial Wellness for Family Caregivers*

Register for November 15

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

Caregiving Thought Pieces

[How Hybrid Work Has Given Family Caregivers a Lifeline](#)

[What America's Aging Population Means for Family Caregivers Like Me](#)

[The High-Wire Act of Caregiving and Saving for Retirement](#)

[Are You Your Mother's Keeper? More Parents in Need of Long-Term Care are Turning to Their Children For Help](#)

[Aging Population Needs Culturally Competent Care](#)

"It would be too simple to say it's been hard — it has — but more than hard, it's been quiet. Alzheimer's is a scary and awkward topic for many and as a result, I've seen our world shrink. It's been a challenging and quiet time filled with lots and lots of love. Adapting is the only way I have come to cope with my husband's battle with Alzheimer's."

- Alzheimer's Sucks — A Caregiver's Thoughts, Lena McDonagh

Caregiver Resources

[New to Family Caregiving? 10 Tips on How to Get Started](#)

[Spousal Caregiving \(podcast\)](#)

[How AI Could Help Home Caregivers: Smart Homes and Wearables Provide Data for Independent Living](#)

[Building Bridges: Compassionate Communication in Dementia Care \(webinar\)](#)

[Caregiving with Your Siblings During the Holidays](#)

[7 Ways to Prevent Someone with Dementia from Getting Lost or Hurt](#)

[Getting Started: Guide for New Mental Health Caregivers](#)

[How Family Members Can Cope with Sudden Caregiving](#)

[How Caregivers Deal with Anticipatory Grief](#)

[Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness \(excerpt below\)](#)

Important information for developing an Escape Plan:

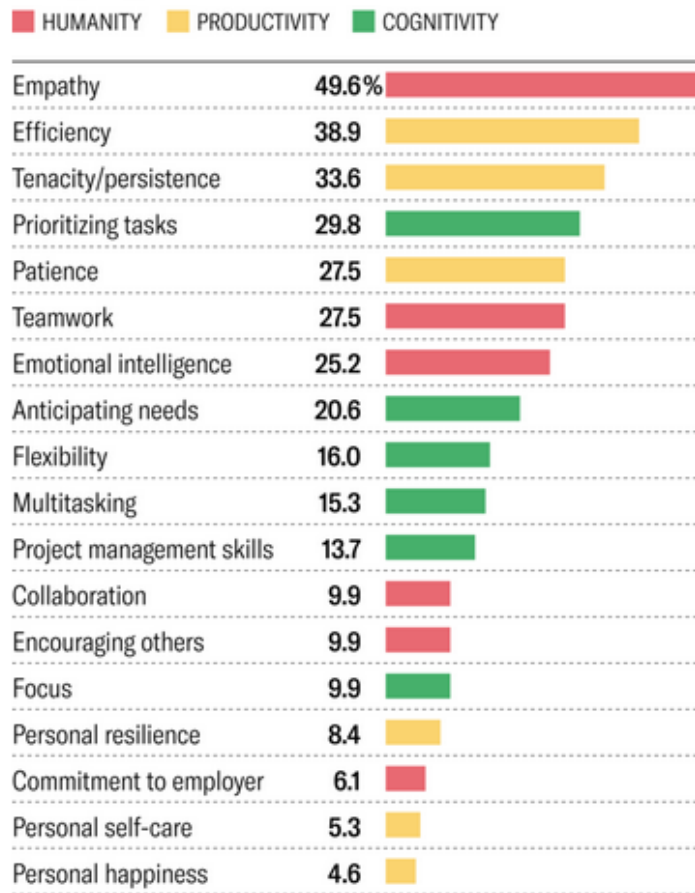
- ✓ Getting you and your family members safely **outside** is the most important action in a fire emergency. Develop an escape plan and have someone assigned to help your Veteran.
- ✓ If they are in a wheelchair or have **mobility** issues, decide in advance the best procedure/route for getting out of the house.
- ✓ Include **two ways out** of every room. Even if available, the escape plan should not include elevators. Use stairs.
- ✓ Select a **meeting place** where everyone can gather far away from danger and outside of the home.
- ✓ Know your children's **school** or family member's **facility** (place of employment, day centers) emergency plan.
- ✓ **Practice** the escape plan with all family members at least once a year.

Research Spotlight

Workplace Skills Developed Through Unpaid Caregiving

Percentage of respondents reporting improvement in workplace skills gained through unpaid caregiving experiences, by category.

Caregiving skills



Source: Rutgers Center for Women in Business, Rutgers Business School survey of 131 caregivers between April and May 2023



[Caregiver Employees Bring Unique Value to Companies](#)

The Rutgers Center for Women in Business designed a survey to collect stories from working family caregivers (see above graph of survey results)

Support Group Spotlight: JF&CS

Wednesday, 5:00 – 6:30 PM
To register, email msokoll@jfcsboston.org or
call 781-693-5619

[Parkinson's Adult Child Support Group](#)
3rd Tuesday of the Month, 7:00 – 8:15 PM
To register, email amuskopf@jfcsboston.org
or call 781-693-5069

1st & 3rd Tuesday of the Month, 6:30 – 8:00
PM
To register, email msokoll@jfcsboston.org or
call 781-693-5619

[Balancing Act: Alzheimer's or Other
Dementia Adult Child Group](#)
Mondays & Thursdays, 7:00 – 8:30 PM
To register, email:
bsoltzberg@jfcsboston.org

Upcoming Webinars and Free Virtual Events

[Keeping Connected through the Holidays:
Tips for Caregivers](#)
November 9, 12:00 PM

[Caregiver Survival: Recognizing Burnout](#)
November 9, 1:00 PM

[National Family Caregiver Summit](#)
November 10, 1:00 PM; November 11,
10:00 AM

[Holidays & Caregiving: Adding Dementia to
the Guest List](#)
November 14, 1:30 PM

[Stress Reduction and Activities for
Caregivers](#)
November 14, 5:30 PM

[“When Caregiving Calls” with MVES and
Dr. Aaron Blight](#)
November 15, 10:00 AM

[Caregiving Chronicles: Lived Experiences
and Life Edits](#)
November 15, 1:00 PM

[Safety and Memory Challenges](#)
November 15, 6:00 PM

[Long Distance Caregiving](#)
November 16, 12:00 PM

[Managing Money: A Caregiver's Guide to
Finances](#)
November 16, 12:00 PM

[Sandwiched and Stressed?](#)
November 16, 3:00 PM

[The Holiday Blues](#)
November 22, 5:00 PM

[Dementia Behaviors and Dynamic
Solutions](#)
November 28, 5:00 PM

[A Person-Centered Approach to
Transitions in Caregiving with Teepa Snow](#)
December 8, 10:00 AM

**The Family Caregiver Support Program Fact Sheet is available on [Mass.gov](https://www.mass.gov) in the
following languages:**

[Arabic](#)
[Chinese](#)
[English](#)
[Haitian Creole](#)
[Khmer](#)
[Portuguese](#)
[Russian](#)
[Spanish](#)
[Ukrainian](#)

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

MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

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!



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 →

EODEA newsletter for caregiver specialists →

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.

