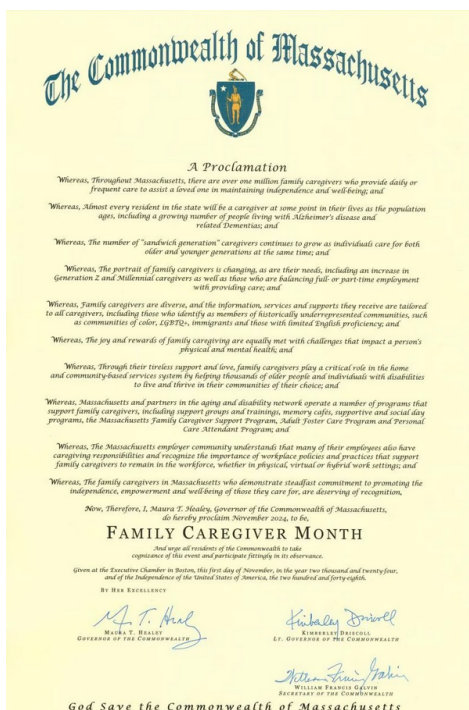


Massachusetts Family Caregiver Support Program Newsletter

Fall 2024



Happy National Family Caregiver Month!



November is National Family Caregiver Month. Family caregivers help thousands of older people and individuals with disabilities and special needs to live and thrive in the communities of their choice.

To honor the immense contributions family caregivers make to our communities, Governor Healey signed a proclamation declaring November as Family Caregiver Month. Click the button below to read the full proclamation.

Explore new and existing resources for family caregivers in the "Caregiver Resources Spotlight" section below!

[Read Proclamation](#)

Caregiver Resources Spotlight

NEW Family Caregiver Support Groups

Through the Family Caregiver Support Program, partners in the aging services network offer a variety of support groups for family caregivers. These welcoming, supportive, and confidential groups are led by trained professionals and provide opportunities for caregivers to learn new skills, connect with other caregivers, and get information about community resources. Recently, the number of support groups has expanded! Check out the extended resource list by clicking the button below.

[Explore Support Groups](#)

Paid Leave for Family Caregivers in Massachusetts

Many individuals find themselves in the crucial role of family caregiver, in situations such as caring for an ailing parent. In Massachusetts, the Paid Family and Medical Leave (PFML) program offers partial income replacement and job protection for eligible workers, allowing them to care for their family members when needed.

Learn more about [PFML to care for a family member](#), including [program eligibility requirements](#) and [the kinds of leave schedules that PFML can accommodate](#).

Questions? Get answers in English, Español, and Português. Translation services for up to 240+ languages are also available. Call the Department of Family and Medical Leave at (833) 344-7365.

Next Caregiver Webinar

We invite you to join us for the next webinar in our *Caring for the Caregiver* Webinar Series on **Thursday, November 21 at 12:00 PM!**

Co-hosted by the Massachusetts Executive Office of Elder Affairs and the MassTech Collaborative's Mass Caregiving Initiative, this webinar will equip family caregivers with the tools and knowledge needed to protect their loved ones from Medicare fraud, errors, and misleading marketing practices.



Presentations will be given by team members from the Serving the Health Insurance Needs of Everyone (SHINE) Program and Massachusetts Senior Medicare Patrol (SMP). There will also be a live Q&A to give attendees the opportunity to ask specific questions about Medicare Fraud and receive expert guidance.

[Register for Webinar](#)

Quick Links

[How To Do the 4-7-8 Breathing Exercise](#)

[Nutrition for Caregivers](#)

[Caregiver Relaxation Exercises Series](#)

[Self-Care for Young Adult Caregivers](#)

[Mindfulness Meditation](#)

[Hilarity for Charity \(HFC\) Musical Moment](#)

Caregiving in Research, Policy, and the News

[Caregiving in America: Balancing Family and Career](#) [see quote on right]

[Changes in Health Indicators Among Caregivers — United States, 2015–2016 to 2021–2022](#)

[Why the "Sandwich Generation" Struggles to Save for Retirement](#)

[The Crushing Financial Burden of Aging at Home](#)

[RAISE Advisory Council Meeting](#)

The next meeting of the RAISE Family Caregiving Advisory Council is November 13. The full council meets at least three

“The emotional, psychological weight and responsibility of this never ends. You never really take that [caregiving] hat off”

-- Sarah Iselin
President and CEO
Blue Cross Blue Shield
of Massachusetts

Care Badge

Are you the one taking care of everyone else?

It can be intense - and it's a role that has earned all the recognition and respect.

The Care Badge is a way for you to be seen, celebrated, and supported for all you do to care for others, then translate those skills into new opportunities.



“People who are caregivers are better employees: They are multitasking, they are driven, they are efficient, they work hard.”


- Lisa Murray, Massachusetts president of Citizens Bank

“You don't need to hide this — be loud and proud... It reframes the act of caregiving.”

- Alexandra Drane, cofounder and CEO of Archangels

Caregiver Participation

ORA: 21041503-IRB01 Date IRB Approved: 5/26/2023 Amendment Date: 6/26/2024





Education and Support for Family Caregivers of their loved ones with Lewy Body Dementia

What	National NIH-funded study testing an educational program for family caregivers of people with Parkinson's Disease Dementia or Lewy Body Dementia. Family caregivers will gain weekly educational guidance through a 12-week curriculum with short readings, resources, and activities. All participation is virtual; there are NO in-person visits. Caregivers fill out surveys and assessments at baseline, and every two weeks for nine months.
Who	Family caregivers of a loved one with Parkinson's Disease Dementia, Parkinson's Disease with visual hallucinations, or Lewy Body Dementia with experience as a caregiver. <u>Mentor group</u> : 3 years or more of caregiving experience, or whose loved one has passed. <u>Caregiver group</u> : 2 years or less of caregiving experience.
Length	<u>All groups</u> : Once a week for 12 weeks: one-hour period to engage in educational activities. For 12 weeks: Assessments and surveys every two weeks. <u>Caregiver group</u> : Completing Biweekly surveys for 12 weeks + 6 month follow up. <u>Mentor group</u> : Participate in mentor training and guide your mentee through 12 weeks of curated education and support materials with biweekly surveys. Optional support meetings with the study team and social worker to further support you.
Criteria	<ul style="list-style-type: none">• Your loved one with Parkinson's Disease or Lewy Body Dementia must have cognitive symptoms or hallucinations.• You must be living with or spending at least 10 hours/week caregiving now.• You must live in the US, have a phone and internet, and be comfortable speaking and reading English.
Gratitude	If you qualify for the Caregiver group, you may receive up to \$275 for completing assessments throughout the study. If you qualify for the Mentor group, you may receive up to \$400 for completing mentor training, up to 3 mentoring relationships, and related surveys.

Email us with questions or interest at persevere@rush.edu

To see if you are eligible, scan the QR code now or visit this link: <https://redcap.link/PERSEVERE1>



Click the image above to explore trails and parks.

[Navigating the Dementia Care Journey](#)

November 13, 6:00 PM

[The Empowered Caregiver Series – Supporting Independence & Communicating Effectively](#)

November 13, 8:30 PM

[VHA Caregiver Support Benefits](#)

November 13, 10:00 AM

[Risk Reduction and Dementia](#)

November 14, 1:00 PM

[Elimine el exceso de sodio](#)

November 14, 12:30 PM

[Breaking Free From the ‘Yes Syndrome’](#)

November 14, 5:00 PM

[SHINE Health Benefits University Webinar](#)

November 19, 2:00 PM

[Support Amidst the Uncertainty: How Palliative Care and Hospice Can Help Across the Trajectory of Dementia](#)

November 19, 5:30 PM

[Balancing the "Biz": Checkbooks, Checklists and More](#)

November 19, 7:00 PM

[Caregiver Conversations: Journey of Hope](#)

November 20, 12:00 PM

[Digital Toolbox: Supporting Family Caregivers with Online Resources](#)

November 20, 2:00 PM

[The Lived Experience Panel: Navigating Parental Substance Use While Raising Grandchildren](#)

November 21, 9:30 AM

[LifePath In-Service Training – Caregiver Panel](#)

November 21, 10:00 AM

[Ten Things You Need to Know About Hospice](#)

November 21, 2:00 PM

[Saying Goodbye: Balancing Transitions](#)

November 21, 8:00 PM

[Nourishment Through Nutrition](#)

December 3, 5:30 PM

[Nurturing Dignity: Understanding Hospice and End-of-Life Support](#)

December 4, 1:00 PM

[Beating the Holiday Blues: Self-Care for Caregivers](#)

December 5, 3:00 PM

[There Must Be A Better Way Than This!](#)

December 5, 4:00 PM

[Vencer la tristeza navideña: autocuidado para cuidadores](#)

December 5, 5:00 PM

[John Levin Memorial Conference on Alzheimer’s: Best Practices in Dementia Care with Teepa Snow](#)

December 6, 10:00 AM

[Planning for the Future: What are your options when helping a loved one take care of their finances?](#)

December 17, 2:30 PM

[Conversations with Caregivers: MGH Caregiver Panel](#)

December 17, 5:30 PM

Caregiver Month Celebrations

Below are examples of caregiver month celebrations happening across the Commonwealth:



Mystic Valley Elder Services Caregiver Red Carpet

Thursday, November 14 | 12:00 - 4:00 PM
Anthony's of Malden, 105 Canal Street

Direct any questions to Jennifer
Shacklewood at Mystic Valley Elder
Services, 781-388-4882 or
jshacklewood@mves.org.

[Learn More](#)



Tri-Valley Elder Services Caregiver Celebration Event

Wednesday, November 13 | 3:00 - 5:30 PM
Joshua Hyde Library, Sturbridge MA

[Learn More](#)



CONNECT TV Series

Host: Sandra Harris, Coalition Co-Leader and AARP
Massachusetts State President

Featured Guest: Crystal Polizzotti, Director Family
Caregiver Support Program at AgeSpan

About: Sandra welcomes Crystal Polizzotti, the Director of
the Family Caregiving Support Program at AgeSpan to
talk about the issues facing and the resources available to
family caregivers.

Community Resources for Caregivers: Caring for Loved Ones Living with Dementia

*Presented by the Liberty Alzheimer's
Partnership*

Thursday, November 14
12:15 - 2:15 PM

Location:
Concord Council on Aging
1276 Main Street
Concord, MA 01742

Featuring:
Resource tables, Lunch, Panel

Community Engagement Center Caregiver Appreciation Open House

Presented by LifePath

Wednesday, November 13
11:00 AM – 3:00 PM

Location:
101 Munson St., Suite 201 Map
Greenfield, MA 01301

Featuring:
11:00 AM - 2:00 PM | Chair Massages [\(sign
up here\)](#)

Contact:
Concord Council on Aging
Call to register: (978) 318-3020

Learn More


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!

 [Mass.gov](https://www.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 →	EDEA 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.

