

Massachusetts Family Caregiver Support Program Newsletter

Powered by:



There's Still Time to Register - *Caring for the Caregiver* Webinar

The Massachusetts Executive Office of Aging & Independence is teaming up with the Massachusetts Technology Collaborative and the Alzheimer's Association to bring you another installment of the *Caring for the Caregiver* Webinar Series. This virtual series connects family caregivers in Massachusetts with information and resources regarding their caregiver responsibilities, as well as tips to care for themselves.



When: Thursday, March 20 @ 12:00 PM

Topic: This webinar will review the new [*Dementia Care Planning Toolkit*](#). This toolkit was developed by the Care Planning Team of the Massachusetts Advisory Council on Alzheimer's Disease and All other Dementias. Its goal is to facilitate the development of person-centered dementia care plans that support living well with dementia. Its target audience is the wide range of individuals involved in effective dementia care planning. These individuals include people living with dementia, dementia care partners, families, community-based service providers, and health care providers.

This webinar is designed for those who care for someone living with dementia or those who live with dementia themselves.

[Register for Webinar](#)

Elevate Voices of Caregivers

Every caregiver — and every caregiving journey — is unique. America's 53+ million caregivers identify with an incredibly wide range of ages, ethnicities, cultural backgrounds, professions and family structures.

The Family Caregiver Alliance (FCA) recently shared the voices and stories of just a few of those caregivers. For fellow caregivers, it can be comforting hearing from others who share similar struggles; for those who are not yet caregivers:



Resource Corner

Get Your Own Personalized Caregiving Resource Dashboard

Complete a brief questionnaire and get a personal dashboard loaded with information that matches your unique caregiving needs. CareNav offers quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.

[Learn More](#)

Find Your Local Family Caregiver Support Group

Support groups provide family caregivers with knowledge, self-care strategies, and support from their peers. 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.

[Learn More](#)

Family Caregiver Support Program

The Family Caregiver Support Program connects you with a Caregiver Specialist who provides free information, useful tips and resources, and other means of support to family caregivers. The Caregiver Specialist will help you create a customized care plan.

[Learn More](#)

A Coach for Your Financial Future

Meet CarePay, a free, self-guided resource created by Elder Care Solutions to provide dementia caregivers with personalized financial resources. Discover support tailored to your caregiving needs.

[Learn More](#)

The Welcoming Table by The Family Dinner Project

The Welcoming Table is a special series of resources for families with unique mealtime needs and challenges. Family members who are on the autism spectrum, or who have ADHD, learning disabilities, feeding disorders, or sensory processing issues need family dinner to be a safe and welcoming space. The Family Dinner Project worked with a team of experts to help gather tips, advice, and support to help make family meals fun and nurturing for everyone.

[Learn More](#)

Advance Directives and Living Wills: Bringing Up Sensitive Topics

Planning for the end of life can lead to peace of mind for both caregivers and those receiving care as wishes and values will be known beforehand, and do not have to be guessed at during an emergency. For those who are uncomfortable talking about this subject with the person they are caring for, click the below button to help you get started.

[Learn More](#)

Caregiving in Research, Policy, and the News

- [NAC Report Highlights Critical Need to Support Transplant Caregivers](#)
- [CMS Continues Progress Towards the Recognition & Inclusion of Family Caregivers](#)
- [New Medicare Drug Savings: What Family Caregivers Need to Know](#)

"Sometimes things have to start falling apart and lead to a crisis situation before people realize"

- [When You See Changes and Worry About Dementia](#) *[see quote on right]*
- [Column: The Need for Grandfamily Housing](#)

changes are needed"

-- CaregiverConnection

Quick Links

[Cultivating Gratitude in Caregiving](#)

[Do's and Don'ts of the MIND Diet](#)

[Conversations with Caregivers](#)

["Roadside Assistance" for Caregivers](#)

Massachusetts Family Caregiver Support Program | [Mass.gov](#)

To submit content for this e-communication, please email Molly Evans at Molly.R.Evans@mass.gov.



Executive Office of Aging & Independence | 1 Ashburton Pl | Boston, MA 02108 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)