

**Massachusetts Family
Caregiver Support
Program Quarterly
Newsletter - Summer 2023**



Caring for the Caregiver: A Webinar Series

Co-hosted by the Massachusetts Executive Office of Elder Affairs and the Office of Economic Empowerment, the two-part series in August and September 2023 focuses on **Estate Planning Basics for Family Caregivers**

Register for the second webinar in this two-part series:

**Probate Basics for Family Caregivers
Wednesday, September 27th, 12:00 - 12:30 PM**

CARING FOR THE CAREGIVER WEBINARS

Brought to you by the Massachusetts Executive Office of Elder Affairs



UPCOMING WEBINARS

Co-hosted by the Massachusetts Executive Office of Elder Affairs and the Office of Economic Empowerment, the two-part series in August and September 2023 will focus on Estate Planning Basics for Family Caregivers. Abigail Poole of the Massachusetts Chapter of the National Academy of Elder Law Attorneys (MassNAELA) will share information that may be of use to family caregivers involving estate planning and probate.



WEDNESDAY, AUGUST 23

12:00 PM

TOPIC: Estate Planning Documents

Register by scanning the QR code to the right:



WEDNESDAY, SEPTEMBER 27

12:00 PM

TOPIC: Probate Basics

Register by scanning the QR code to the right:



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.

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

If you have questions or comments about the webinar series, or would like to request a topic or speaker for an upcoming webinar, please contact masscaregiver@mass.gov

National Immunization Month



August is National Immunization Awareness Month, which focuses on highlighting the importance of routine vaccination for people of all ages. Vaccines are the best way to protect yourself and your loved ones from preventable disease. Here are tips from the CDC on keeping your vaccine records up to date and a list of important reasons for adults to get vaccinated.

Add “Self-Care” to Your ‘To-Do List’

As caregivers, it can be easy to overlook the **importance of caring for yourself**. Caregivers often prioritize the needs of others over their own, but caring for yourself is one of the most important—and often the easiest to forget—things you can do as a caregiver. Caring for yourself will benefit you and the person for whom you are caring. Here are checklists with self-care reminders to help you prioritize yourself in your day-to-day life:

Helpful Resources:

- [Self-Care for Caregivers](#)
- [Caring for Ourselves as We Care for Others](#) (see excerpt of list on right)

Checklist:

- Listen to guided relaxation recordings or relaxing music
- Set limits for what you can do
- Make it a priority to get a good night's sleep
- **Give yourself credit.** The care you give does make a difference. Always remember, as Dr. Seuss said, **“To the world you may only be one person, but to one person, you may be the world!”**

Information and Resources for Caregivers

Caregiver Stress Chart

Jayda Vallejo presented the Caregiver Stress Chart (see chart on right) during the “Mindfulness in Caregiving” workshop at the Commission on the Status of Grandparents Raising Grandchildren June 2023 Conference.

6 Time-Saving Tips for Caregivers

This list of 6 time-management tips aims to help family caregivers save time and reduce daily stress.

How Can Men Prepare for the Role of Caregiver?

Tips for men on how to prepare for the new role of caregiver.

Activities To Do with a Family Member or Friend Who Has Alzheimer’s Disease

Participating together in activities a loved one enjoys can help improve their quality of life and manage behavior changes that may come with the disease. This list includes activities to do around the house, activities to keep moving, and activities to engage the mind, among others.

'There Are So Many Caregivers and a Lot of Fragmented Resources.' These Videos May Help

Free training videos available in English and Spanish that help new caregivers get started caring for their loved ones. Remember to contact [MassOptions](#) to get connected to your local Family Caregiver Support Program and enrolled in this free resource.

Are You Your Mother’s Keeper?

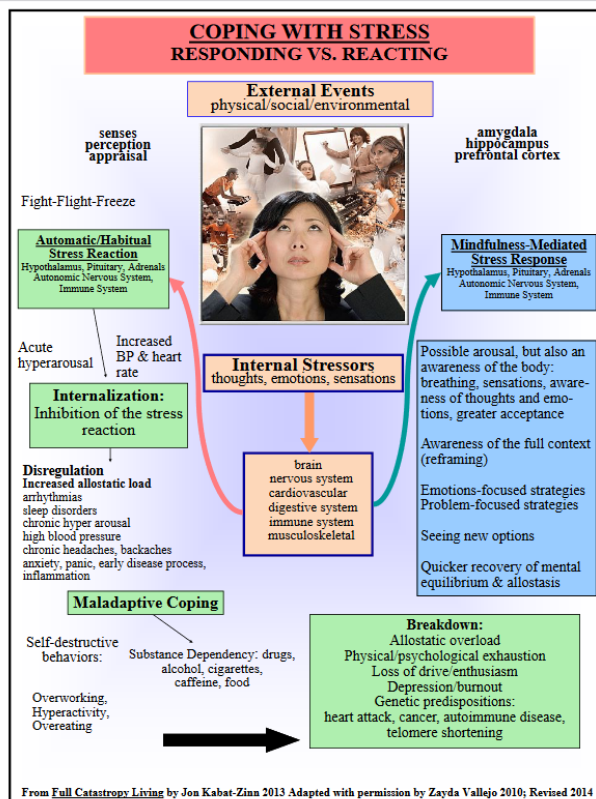
More older parents in need of long-term care are turning to their adult children for help.

The Apartment - A Guide to Creating a Dementia-Friendly Home

Most homes are not designed with the needs of individuals with Alzheimer’s or dementia in mind. The Apartment is a model studio residence built in New York City that showcases ways in which design and technology can increase the quality of life and protect the safety of individuals with Alzheimer’s or dementia.

Staying Cool

Those over the age of 65 are more prone to heat-related health concerns. Caregivers can try to prevent a heat-related emergency by keeping their loved one cool and watching for signs of heat



Caregiver Podcasts

Twenty-Four Seven: A Podcast about Caregiving

NPR journalist and full-time caregiver for her father, Kitty Eisele, talks about navigating the medical, legal, and emotional challenges of caregiving.

Daughterhood the Podcast: For Caregivers

Daughterhood The Podcast is hosted by Rosanne Corcoran, whose journey into caregiving began with a dementia diagnosis of her mother, opening the door to a 12-year journey into sandwich caregiving.

Caregiver Chats Podcast

Gerontologist Dr. Lakelyn Eichenberger invites guests onto this podcast to discuss the five key areas of caregiving that she views as the most challenging: Caregiver Support; Aging in Place; Alzheimer’s and Dementia Caregiving; Care Planning; and Caregiver Self-Care.

How to Make Aging Easier for Everyone

exhaustion or stress. Here are resources and prevention strategies to keep caregivers and those they care for safe during warm summer months:

- [Heat and Older Adults Resource Page from the CDC](#)
- [Hot Weather Tips from the Family Caregiver Alliance](#)

A podcast featuring Amy Goyer from AARP who talks about how to care for others, how to care for oneself, and how to prepare to be cared for in the future.

Memory Cafés

A memory café is a welcoming place for people with memory loss or other cognitive challenges and for their family and friends. Memory cafés meet at a variety of places including coffeehouses, museums, or community organizations. While many memory cafes are in-person, many also offer virtual programs.

Each memory café is different. Some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. But all cafés share one goal: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new. *Note: Description from the JF&CS Webpage.*

Video about Memory Cafés in [English](#), [Spanish](#), and [Portuguese](#).

[Directory of Memory Cafés in Massachusetts](#), developed by Jewish Family & Children's Service (JF&CS).

Policy & Research

The Influence of Different Types of Social Support in Caregivers of People with Dementia

A recent research study published in the International Journal of Psychological Research found that caregivers of individuals with dementia who use formal resources such as day care or residential centers experience less burden and social isolation and have a higher positive coping compared to caregivers who only use informal resources such as social media.

Healthy Brain Initiative Road Map

The Healthy Brain Initiative (HBI) Road Map, updated for 2023-2027, is a framework designed to help public health professionals lead with urgency and act for impact in their communities to improve brain health across the life course and support caregivers.

The framework of the HBI Road Map below consists of four domains built from the Essential Public Health Services: 1) Strengthen partnerships and policies, 2) Measure, evaluate and utilize data, 3) Build a diverse and skilled workforce, and 4) Engage and educate the public. The framework is centered on the principles of health equity and surrounded by the areas of practice across the life course — risk reduction, early detection and diagnosis, caregiving, and community-clinical linkages. The framework depicts the interconnectedness of these elements showing the essential nature of each in a successful strategy to improve brain health.



Get Involved

Grandparents Commission 2023

Workshop Survey

A survey from the Massachusetts Commission on The Status of Grandparents Raising Grandchildren to gather feedback on programs and workshops conducted by the Commission over the last year.

Alzheimer's Disease and Related Diseases (ADRD) Partner/Spousal Caregiver Study

A study conducted by The College of Nursing at Rush University focusing on how partner/spousal caregivers of color manage caring for someone with Alzheimer's Disease and Related Dementias (ADRD).

Caregiving in the News

'Hospital-At-Home' Trend Means Family Members Must be Caregivers — Ready or Not

Caregivers and their loved ones talk about the positives and negatives of the “hospital-at-home” program and what it could mean for caregivers in the near future.

When Love is Deeper than Blood: New Recognition for Families of Choice

A handful of states are expanding the definition of who deserves the rights of a caregiver.

Special Concerns of LGBTQ+ Caregivers

Certain policies cause challenges that affect many LGBTQ+ caregivers.

Upcoming Webinars and Events

Release a Worry with a Family Emergency Plan

August 25, 1:00 PM

This 50-minute workshop will provide family caregivers with the tools to create a family emergency plan.

Creating an End-of-Life Plan

August 29, 11:30 AM

This webinar will show caregivers how to plan and document wishes, track important medical and insurance information, store key information on property, vehicles, and non-financial assets, among others.

Virtual Ask the Expert: Estate Planning, Probate or Long Term Care Planning

August 29, 2:00 PM

This webinar will help family caregivers learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning.

CONFIDENCE Financial Education Program

August 24, 5:00 PM

This 5-part program is designed to help Latino and Hispanic family caregivers of persons living with Alzheimer's disease or a related dementia lower the out-of-pocket costs of caregiving. Caregivers will discuss how to navigate community resources, strategies for seeking help, and how to balance employment and caregiving.

Care Essentials for Care Partners Workshops

September 5, 12, 19, and 26, 6:30 PM

This four-part series will provide family and friends of persons living with dementia an opportunity to explore approaches to care in an interactive and supportive atmosphere.

Tools and Tips for Caregivers

September 13, 7:00 PM

This webinar will provide caregivers with an opportunity to learn more about the ins-and-outs of caregiving for a loved one. Caregivers will gain an understanding of the scope of caregiving and resources available, learn about healthcare and legal systems that caregivers navigate, and receive practical tools to decrease stress and get support.

Surviving and Thriving: Pancreatic Cancer and Caregiver Workshop

September 22, 10:30 AM

This education and support workshop is open to pancreatic cancer patients, survivors, and their caregivers to learn how to positively impact the survivorship experience after a pancreatic cancer diagnosis.

Caring for the Caregiver Webinar: Basics of Probate

September 27, 12:00 PM

This webinar is the second in a two-part series co-hosted by the Massachusetts Executive Office of Elder Affairs and Office of Economic Empowerment focused on estate planning basics for family caregivers. This webinar will focus on the basics of probate.

Managing Money: A Caregiver's Guide to Finances

September 27, 1:00 PM

This webinar will allow caregivers to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

Hearing and Balance Disorders in Older Adults

Driving Safety for Older Adults

September 6, 1:00 PM

This webinar will provide family caregivers an opportunity to identify potential signs of unsafe driving and learn the best approaches to develop a plan to transition out of driving before a crisis occurs, among others.

Caregivers Count! 13th Annual Conference

September 9, 16, 23, and 30, 1:00 PM

This four-part online conference will cover a wide range of topics including: Making Tender Memories, Anticipatory Grief, Caring for someone who did not Care for you, and Effective Communication with Medical Providers.

Understanding and Responding to Dementia-Related Behavior

September 13, 1:30 PM

This webinar will allow caregivers to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

September 28, 1:00 PM

This webinar will provide an overview of hearing loss and balance disorders in older adults, including signs, symptoms and treatment options to help improve quality of life. The discussion covers tips to assess the conditions and effective communication strategies to integrate into one’s care setting.

The Grief Journey of the Dementia Caregiver

October 17, 12:00 PM

This session will discuss how grief changes for dementia caregivers at each stage of the disease—from anticipatory grief to bereavement. Identifying the caregiver’s greatest area of stress will also be a part of the discussion.

Planning Your Return to Work After a Caregiving Leave

October 20, 11:00 AM

This webinar will offer ideas, plans, and resources to help family caregivers return to their career after taking a leave to manage caregiving responsibilities.

Alzheimer’s Association Virtual Support Groups

Alzheimer’s Association virtual support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships.

They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

Male caregiver resource sharing & support group

Mondays
Starting August 28th
6:30 - 7:30 PM

Support group for LGBTQ caregivers

1st, 3rd, and 4th
Wednesday of the month
Starting August 30th
3:30 - 4:30 PM

Support group for Alzheimer’s or dementia caregivers

2nd Monday of the month
Starting September 11th
7 - 8 PM

Support group for early-stage caregivers

Mondays until November
20th (time-limited)
Starting October 2nd
11 AM - 12 PM

The Family Caregiver Support Program Fact Sheet is available on 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 →

EOEA 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.

