Massachusetts Family Caregiver Support Program Newsletter

Summer 2024





Reminder - Family Caregiver Stipends Still Available!

The Executive Office of Elder Affairs received federal funding through the American Rescue Plan Act to expand access to stipends for family caregivers enrolled in the Massachusetts Family Caregiver Support Program. Stipends are funds paid to the caregiver to use for respite or the purchase of goods, products, or services that provide the caregiver with a break from their caregiving responsibilities.

To learn more, caregivers can reach out to a caregiver specialist in their community by calling <u>MassOptions</u> at (800) 243-4636.

Next Caregiver Webinar



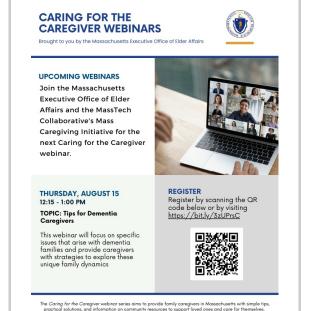
Caring for the Caregiver: A Webinar

Series

We invite you to join us for the next webinar in our *Caring for the Caregiver* Webinar Series on **Thursday, August 15 at 12:15 PM!**

Co-hosted by the Massachusetts Executive Office of Elder Affairs and the MassTech Collaborative's Mass Caregiving Initiative, this webinar will feature Tom Harrison and Brent P. Forester, MD, authors of *The Complete* Family Guide to Dementia: Everything You Need to Know to Help Your Parent and Yourself. The webinar will explore specific issues that arise with dementia families and provide caregivers with strategies to explore these unique family dynamics.

Register for Webinar



practical solutions, and information of community resources to support loved ones and care for memserves.

Resources for Family Caregivers

Tips

How Exhausted Caregivers Can Regain Their Momentum

Prioritize connecting with a loved one over checking off items on the to-do list.

8 Simple, Safe, Impactful Exercises Caregivers Can Help Loved Ones Do From Bed

Jessica Blatt Press provides a number of low impact exercises that can be done from bed to help those recovering get back on their feet.

How to Handle 'Hard Feelings' After Caregiving Ends

Guilt and emotional withdrawal can make the grieving process even more difficult.

Thought Pieces

The Friends Who Are Caring for Each Other in Older Age

Too often, being cared for can mean feeling like a burden. But friends who care for one another flip that dynamic.

Companioned Isolation: The Untold Story of Caregiving, Housing and Loneliness

Aging in a community with care in mind has both concrete and intangible benefits that will lead to improved health outcomes

What You Can Do to Prevent Alzheimer's | Lisa Genova Ted Talk

Neuroscientist and author of *Still Alice*, Lisa Genova, shares the latest science investigating Alzheimer's disease and some promising research on what each of us can do to build an Alzheimer's-resistant brain.

In Caregivers' Words

Instagram Takeover

Jessica Guthrie brought Hilarity for Charity (HFC) along for a day in her life as a late-stage Alzheimer's caregiver.

<u>I Took Care Of My Mother Until She Died At 100 And Was Burned Out. I Expected To Feel Free, But I Don't</u>

Caregiver Lorraine Duffy Merkyl shares her three-year caregiving journey caring for mother starting when she came home from rehab at 97 to recover from pneumonia. Merkyl shares her story and highlights how

difficult it has been for her to transition back to her old self, before she provided care, when her mother died at 100.

Outdoor Adventures: Accessible Nature Trails and Parks



Click the image above to explore trails and parks.

Your Voice is Needed

Are you caring for a loved one with Post Traumatic Stress Disorder (PTSD)? If so, your voice is needed. The Caregiver Action Network is collaborating with Mental Health America to develop a clear and comprehensive guide for care partners of loved ones living with PTSD or those suspected of living with PTSD. If you'd like to share your experiences in a roundtable discussion, complete this form.

Sign up ends on Monday, August 19, 2024 at 5:00 PM ET.

Asian Women for Health is working with Tufts University on a research study named "ACCESS-PD" to understand the challenges that Asian Americans face in getting care and participating in research studies on treatments for Parkinson's Disease. They recently launched a National Care Partner Survey to learn about the experiences of family care partners for Asian Americans with Parkinson's. Survey participants must be 18 or older to be eligible, and we ask only one care partner per family to complete the survey. Either the care partner or the family member with Parkinson's must be of Asian descent to be eligible. The online survey will take about 45 minutes and is available in English, Vietnamese, and Traditional and Simplified Chinese. The survey is anonymous and confidential, and participants will receive a \$25 Amazon gift card as a thank-you. For the survey link, interested individuals can email accessPD@asianwomenforhealth.org or call (617) 938-3637 ext. 408.







The Empowered Caregiver: Exploring Care and Support Services

August 14, 6:00 PM

Virtual Memory Café Hour

August 15, 11:00 AM

Understanding Alzheimer's and Dementia

August 15, 1:00 PM

Dementia Friends Information Session

August 15, 2:00 PM

(in person) Caring With Respect (Spanish)

August 17 and 24, 9:00 AM Lawrence, MA

The Empowered Caregiver: Responding to Dementia-Related Behaviors

August 19, 6:00 PM

Dementia Conversations

August 21, 12:00 PM

Uplifting Caregivers in Transplant Care

August 27, 1:00 PM

The Empowered Caregiver: Supporting Independence

August 28, 12:00 PM

(in person) JF&CS Memory Café: Healing Through Drumming

September 6, 10:00 AM Waltham, MA

Caregivers Count! 14th Annual Conference

Session 1: Safe & Sound: Creating A Safe Home for Your Loved One

September 14, 10:00 AM

Caregivers Count! 14th Annual Conference

Session 2: End-of-Life Support for Family Caregivers

September 21, 10:00 AM

Caregivers Count! 14th Annual Conference

Session 3: Navigating Trauma in Caregiving

September 28, 10:00 AM

The Family Caregiver Support Program Fact Sheet is available on <u>Mass.gov</u> in the following languages:

<u>Arabic</u>

Chinese

English

Haitian Creole

Khmer

Portuguese

Russian

Spanish

Ukrainian





Massachusetts Family Caregiver Support Program | Mass.gov

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









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