

Massachusetts Family Caregiver Support Program Newsletter

Summer 2024



Financial Relief for Family Caregivers

Eligibility

Do you care for a loved one, such as a spouse or parent? Is your care recipient aged 60 or older? If the answer to those questions is YES, then you may be eligible for the Massachusetts Family Caregiver Support Program, which is now offering one-time stipends for family caregivers.

Use

Family caregivers can use stipends to pay for respite, or products/services that provide you with a break from your caregiving responsibilities. Stipends cap at \$600.

Contact & Enroll:

Call MassOptions at (800) 243-4636.



About the Massachusetts Family Caregiver Support Program

The Massachusetts 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 for the person you care for.

The program is free for non-paid caregivers or adult family members, age 18+ who care for individuals age 60+ or any individual living with Alzheimer's disease or related dementia. The program also supports Grandparents and other relatives age 55+ who care for children under the age of 18 or an adult with a disability ages 18-59.

Connect with your local Caregiver Specialist by calling MassOptions at (800) 243-4636.

This program is offered by the Massachusetts Executive Office of Elder Affairs.

Mass.gov/Elders
MassOptions: 1-800-243-4636



Download Flyer

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 [MassOptions](https://www.mass.gov/eid) 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

CARING FOR THE CAREGIVER WEBINARS

Brought to you by the Massachusetts Executive Office of Elder Affairs



UPCOMING WEBINARS

Join the Massachusetts Executive Office of Elder Affairs and the MassTech Collaborative's Mass Caregiving Initiative for the next Caring for the Caregiver webinar.



THURSDAY, AUGUST 15
12:15 - 1:00 PM

TOPIC: Tips for Dementia Caregivers

This webinar will focus on specific issues that arise with dementia families and provide caregivers with strategies to explore these unique family dynamics

REGISTER

Register by scanning the QR code below or by visiting <https://bit.ly/3zUPrsC>



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.

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.

[I Took Care Of My Mother Until She Died At 100 And Was Burned Out. I Expected To Feel Free, But I Don't](#)

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.

<p>Are you a family member taking care of an Asian person with Parkinson's Disease?</p> <p>We want to hear from you!</p> 	<p>您是否正在照顧一位亞裔患帕金森病的家庭成員?</p> <p>我們想聆聽您的聲音!</p> 	<p>Quý vị có phải là thành viên gia đình đang chăm sóc một người châu Á mắc bệnh Parkinson không?</p> <p>Chúng tôi muốn nghe từ quý vị!</p> 
<p>Information about Parkinson's Disease (PD) for Asian American people can be confusing and hard to find.</p> <p>That's why we are conducting a study to learn how to improve treatment and support for Asians with Parkinson's Disease and their care partners.</p>  <p>ACCESS THE SURVEY: SCAN QR CODE</p> <p>awfh.org/pdsurvey</p> <p><small>For more information, please contact: accessPD@asianwomenforhealth.org 617-938-3637 ext. 408</small></p> <p><small>This study is funded by the Michael J. Fox Foundation for Parkinson's Research.</small></p>	<p>亞裔美國人有關於帕金森病的消息可能令人困惑，且難以尋找。</p> <p>正因如此，我們開展了這項研究，旨在探索如何為亞裔帕金森病患者及其照顧者提供更好的治療和支持。</p> <p>參與者資格條件：</p> <ul style="list-style-type: none"> 18歲或以上 帕金森病患者的家庭成員 照顧者或帕金森病患者須有亞洲血統 我們要求每個家庭只有一位照顧者完成問卷調查 <p>如果您符合條件，您將：</p> <ul style="list-style-type: none"> 完成一份大約需要45分鐘的線上問卷 收到一張價值25美元的亞馬遜電子禮券作為感謝您參與調查 <p>本調查將由線上進行，並是匿名的。您的姓名、地址和中文姓名、姓名的音譯將保持匿名，並且完全保密。</p>  <p>進入問卷調查: awfh.org/pdsurvey</p> <p>掃描二維碼</p> <p><small>欲了解更多信息，請聯繫: accessPD@asianwomenforhealth.org 617-938-3637 ext. 408</small></p> <p><small>本研究由研究帕金森病的邁克爾·J·福克斯基金會 (Michael J. Fox Foundation) 資助。</small></p>	<p>Thông tin về bệnh Parkinson (PD) dành cho người Mỹ gốc Á có thể gây nhầm lẫn và khó tìm.</p> <p>Đó là lý do chúng tôi tiến hành một nghiên cứu để tìm hiểu cách cải thiện điều trị và hỗ trợ cho người Á châu mắc bệnh Parkinson và người chăm sóc họ.</p> <p>Điều kiện tham gia khảo sát:</p> <ul style="list-style-type: none"> 18 tuổi trở lên Các thành viên trong gia đình của người mắc bệnh Parkinson Người chăm sóc hoặc người mắc bệnh Parkinson phải thuộc gốc Á Chúng tôi chỉ yêu cầu một người chăm sóc trong mỗi gia đình hoàn thành khảo sát này <p>Nếu đủ điều kiện, quý vị sẽ:</p> <ul style="list-style-type: none"> Hoàn thành một cuộc khảo sát trực tuyến mất khoảng 45 phút Nhận thẻ quà tặng điện tử Amazon trị giá 25 đô la làm ơn quý vị để cảm ơn <p>Đây là khảo sát trực tuyến, được thực hiện ẩn danh và sẽ không tiết lộ tên, địa chỉ hay họ tên. Các thông tin cá nhân được gửi đi được giữ kín và là hoàn toàn tự nguyện.</p>  <p>TRUY CẬP KHẢO SÁT: QUÉT MÃ QR</p> <p>awfh.org/pdsurvey</p> <p><small>Để biết thêm thông tin, vui lòng liên hệ: accessPD@asianwomenforhealth.org 617-938-3637 ext. 408</small></p> <p><small>Nghiên cứu này được tài trợ bởi Michael J. Fox Foundation for Parkinson's Research.</small></p>

Upcoming Webinars and Free Events

[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 [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 →

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.



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