



MASSACHUSETTS FAMILY CAREGIVER SUPPORT PROGRAM

NEWSLETTER | WINTER 2022



Happy Black History Month!
2022 Black History
Month Theme:
**Black Health and
Wellness**

Happy Lunar New Year!
Year of the Tiger

MFCSP WINTER 2022
NEWSLETTER

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UPCOMING WEBINARS

CARING FOR THE CAREGIVER

WEBINAR SERIES



BRAIN HEALTH: WHAT TO KNOW, PREVENTATIVE STEPS AND SUPPORT FOR CAREGIVERS

WEDNESDAY, MARCH 2ND
12-1 PM | FREE

In collaboration with AARP Massachusetts

Register @ bit.ly/3BwiZJL

Alzheimer's Association New England Family Conference

March 4-5, 9:30 AM

Click [here](#) or call the 24/7 Helpline at (800) 272-3900 to register. This free, virtual conference for those living with Alzheimer's and dementia and their families features several notable guest speakers, and sessions such as a panel of persons living with early stage dementia, legal & financial matters, flourishing as a caregiver, and processing grief throughout a caregiver's journey.

Understanding and Responding to Dementia-Related Behavior

March 8, 11:00 AM

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us 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.

Living With Alzheimer's: Middle-Stage (a program for caregivers)

March 9 - March 23, 4:00 PM

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join this 3-part series (March 9, 16, 23) and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

Safety and Memory Challenges

March 22, 12:00 PM

For someone with dementia, a safe and supportive home can prevent injury and enhance independence and a sense of security. Learn to adapt your home environment and make it dementia-safe and supportive.

Frailty Isn't Final: Going from Shaky to Strong

March 28, 1:00 PM

Research on frailty has exploded in the last two decades, and it is accelerating. Attendees to this webinar will learn a more refined, clinical definition of frailty so they can support changes that improve the quality of life for their clients. The webinar presents practical, validated interventions to increase robustness, improve nutrition, and promote cognitive health.

Beyond "One Size Fits All": Addressing the Needs of People Living with Dementia and Caregivers in Asian American and Persian American Communities

March 31, 1:00 PM

Service providers must take cultural differences into account instead of taking a one-size-fits-all approach to supporting persons living with dementia and their caregivers. This webinar will highlight approaches to serving persons living with dementia in Asian American and Persian American communities. Presenters will focus on the unique circumstances of dementia in these communities, adjusting materials to meet the needs and preferences of their communities, and working with people who are not Asian American or Persian American to understand the needs of the community.

"How Can I Help?" Tips on Assisting Someone with Advanced Parkinson's

April 19, 1:00 PM

Parkinson's disease (PD) is a complex condition that includes a variety of symptoms. Oftentimes it is thought that PD only impacts a person's movement; however, there are many non-movement symptoms that people with Parkinson's experience as well. This webinar will discuss these symptoms and focus on the difficulties people can develop when it comes to mobility. More importantly, education will be provided on how to assist someone with PD while caring for them at home. Participants will learn strategies ranging from verbal instruction to physical assistance. Many strategies will focus on how to promote better movement to increase the safety of the client and the caregiver in the home.

Caring for the Caregiver Webinar Series

Brain Health: What to Know, Preventative Steps and Support for Caregivers

March 2, 12:00 PM

Brain health matters to all of us as we age, and it is particularly important to people caring for family members living with Alzheimer's Disease and Related Dementias. What preventative steps can you or your loved one take to keep your brains healthy? How is Dementia and Alzheimer's being addressed with African American and Black communities? How can caregivers work to take care of themselves, while also caring for their loved ones? Join us on Wednesday, March 2 at Noon as we explore these topics. Hear from caregivers and leaders in the field about what to know and preventative steps and support for family caregivers in Massachusetts.

Webinar: Mental Health & Aging: Supporting a Loved One

March 2, 1:00 PM

Untreated mental health disorders can have negative impacts such as social isolation, placement in long-term care facilities and even suicide. Older adults who show signs of having a mental health disorder are less likely than younger adults to receive mental health services, and when they do, they are less likely to receive care from a mental health specialist. Join this webinar to learn more about mental and emotional health in later years and how to best support someone with mental health needs.

10 Warning Signs: Early Detection Matters

March 3, 12:00 PM

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Cuidando con Respeto- Un programa para personas que cuidan a su ser querido con demencia (Spanish)

March 3 - March 17, 4:30 PM

El diagnóstico de la enfermedad de Alzheimer cambia la vida y da lugar a muchas preguntas. ¿Qué significará esto para mí y mi familia? ¿Cómo planifico el futuro? ¿Dónde puedo obtener la ayuda que necesito? En este programa de tres partes, escuchará a otras personas que han estado donde usted se encuentra. Aprenderá lo que necesita saber, lo que necesita planificar y lo que puede hacer mientras navega por este capítulo de su vida.

RESOURCES FOR RESILIENCE



THOUGHT PIECES

What Caring For An Aging Parent Could Cost You

Trying to work while caring for an aging loved one can be difficult, stressful and at times overwhelming. Many people feel they must quit, take a leave of absence or at least reduce their hours in order to cope. Sometimes, caregivers have little choice. But often people don't realize the heavy financial toll they'll pay or adequately research options that could allow them to keep working, says Amy Goyer, AARP's national family and caregiving expert.

9 Ways Caring for Parents is Different Than Caring for Children

According to a 2013 Pew Research Center study, "nearly half (47%) of adults in their forties and fifties have a parent age 65 or older and are either raising a young child or financially supporting a grown child (age 18 or older)." This demographic has been deemed the "Sandwich Generation," and a lot has been written about the unique challenges members of this group face. What receives far less attention, however, is that the strategies and techniques used in childcare are extremely different from those used in providing care for older adults.

When the Parenting Never Stops

We have a mainstream directive for raising children in our society: You provide them with support, shelter and care until they're 18, and then they're supposed to be, more or less, self-sufficient, launched into the world as adults. This framework leaves out millions of parents whose children struggle with substance abuse or mental illness, who may be providing active care to their adult children for the rest of their lives. A new book, "Difficult: Mothering Challenging Adult Children through Conflict and Change," by Judith R. Smith, an associate professor at the Graduate School of Social Service at Fordham, seeks to define and explore this often painful type of parenting. An estimated 8.4 million Americans care for "an adult with an emotional or mental health issue," according to a 2016 report from the National Alliance for Caregiving, and 45 percent of mental health caregivers are caring for an adult child.

Youth Caregivers: Black and Brown Young People Have Cared for Relatives During COVID

There are an estimated 5.4 million children and adolescents in the U.S. providing support to family members who have health conditions. Of these, it is understood that Black and brown children – and, in particular, girls and girl-identifying youth – are disproportionately engaged in family caregiving roles in the pandemic.



GUIDES AND LESSONS LEARNED

How to Coordinate a Parent's Care With Siblings

For siblings, making a plan to coordinate care for an aging parent will help ensure balanced distribution of responsibilities.

The Ten B's of Caregiving

There is new scientific evidence to support that living a brain-healthy lifestyle today can help reduce the risk of developing Alzheimer's disease and related dementias tomorrow.

Meet the Woman Whose Dementia Caregiving Advice is Going Viral on TikTok

Teepa Snow's advice to caregivers with loved ones with dementia are incredibly popular thanks to her ability to demystify caregiving.

How to Ask for the Caregiving Help You Need

As caregivers, what specific help do we need? And once we have our own specific list, then what?

Lessons from the Workplace: Caregiving During COVID-19

In the first article of its new Spotlight series, the National Alliance for Caregiving details the hardships the COVID-19 crisis magnified for millions of working caregivers and explores the mismatch between what family caregivers need to meet the demands of working while caregiving and what benefits and supports employers offer.

CAREGIVER RESOURCES

[Yoga 4 Caregivers](#)

Yoga4Caregivers offers a safe, private, non-judgmental online community focused on educating and empowering Caregivers (family/chosen family/professional) to explore the embodied self-care practices of yoga, meditation and mindful movement. These tools are proven to calm the nervous system, increase the mind-body connection and improve physical health, mental health and well-being.

All Caregivers including family, chosen family and medical/social service professional caregivers are welcome here. All have a shared experience of anxiety/stress, burnout and compassion fatigue.

[Caregiver Action Network: Family Caregiver Toolbox](#)

Videos, resources, and checklists for family caregivers.

[Top 17 Resources for Family Caregivers](#)

If you're a family caregiver, you may have questions about your care recipient's health condition, care planning or how to navigate daily care activities. This one-sheet of top resources provides a wealth of answers and guidance to these questions and more.



VIDEO RESOURCES

[Interview with Dr. Donna Benton on Supporting Black Caregivers and Older Adults](#)

To celebrate Black History Month and National Caregivers Day (February 18th), NCLER interviewed Dr. Donna Benton of the University of Southern California's Leonard Davis School of Gerontology. In this brief video interview, Dr. Benton discusses her work supporting Black caregivers, the importance of caregiving in the Black community, and strategies for advocates who wish to better support their Black older adult clients. She also talks about the need for legal assistance in advance planning and addressing issues involving housing scams in the Black community.

[Portraits of Dementia](#)

A "Conversations with Caregivers" event hosted by the Dementia Care Collaborative with Joe Wallace, Journalist, Photographer, Storyteller, in December 2021.

[Personalized Approaches to Prevention & Treatment of Dementia](#)

A "Conversations with Caregivers" event hosted by the Dementia Care Collaborative with Dr. Steven E. Arnold, Professor of Neurology at Harvard Medical School and Director of the Alzheimer's Clinical & Translational Research Unit, in November 2021.

Caregiver Input Needed

Cancer Support Community Invites You to Share Your Experience

The Cancer Support Community (CSC) believes in addressing the emotional, physical, practical, and financial needs of those impacted by cancer. The Cancer Experience Registry (CER) survey captures these experiences to ensure support services better reflect patient and caregiver needs, enhance cancer care, and influence healthcare policies. The survey is open to breast cancer and all other cancer patients, survivors, and caregivers over the age of 18.

To learn more about the CER, click [here](#). To take the survey, click [here](#).

Black Male Dementia Caregiver Burden Study

GW School of Medicine and Health Sciences is actively recruiting Black men aged 30–85 who are either caregivers or non-caregivers of loved ones diagnosed with dementia. Participants will engage in a series of questionnaires, surveys, and a focus group, and can receive up to \$125 in compensation. Click the link below for additional information.

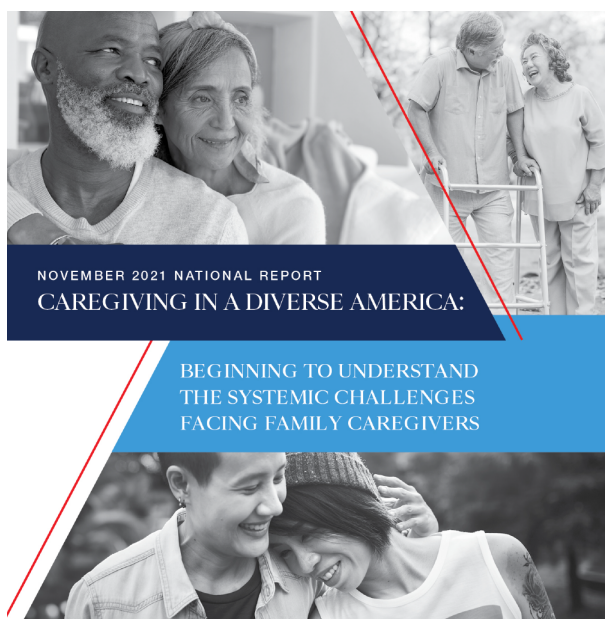
Yale Families Coping Together With Alzheimer's Disease Study

If you are at least 18 years old, and you have a parent at least 55 years old and has early stage dementia, you and your parent may be eligible to participate in a free and confidential study to understand your experience coping with dementia together. Participation involves one 2-hour interview session and a one 2-hour interactive session with you and your parent completing tasks together now and one year later. Interview and interaction sessions can be completed over the phone, by mail, or on the computer.

Compensation of up to \$600 for completing all sessions.

To learn more or to see if you are eligible to participate, please contact Kathleen Williams at (203) 641-5373 or email her at kathleen.williams@yale.edu.

Research



Caregiving in a Diverse America: Beginning to Understand the Systemic Challenges Facing Family Caregivers

This report expands on the diverse experiences of family caregivers and provides important policy recommendations to help aid family caregivers in their important tasks.

Figure 8: Being a Caregiver Gives Meaning to My Life



*Indicate significantly different from Non-Hispanic White caregivers. Results are rounded and/or multiple response; results may not add to 100 percent.