



# Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

April 2018



## IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

**Thank you to all programs for taking the MFCSP survey.** Select results are shared in this month's newsletter, and a more comprehensive summary will be shared during our MFCSP call in April.

Please make sure to join us on **April 19 from 1:00 to 2:00 pm** to discuss the current program, as well as future initiatives.

## PRELIMINARY SURVEY RESULTS

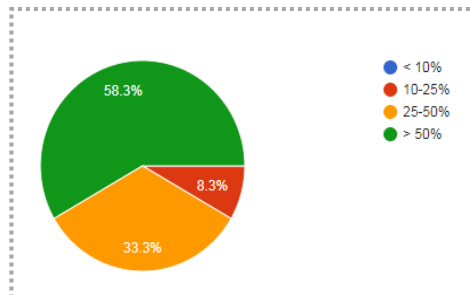
### Services Ranked by Frequency of Referrals (Caregiver)

1. Education & Training
2. Support Groups
3. SAVVY Caregiver
4. Alzheimer's & Dementia Coaching
5. Counseling
6. Powerful Tools
7. Professional Therapy

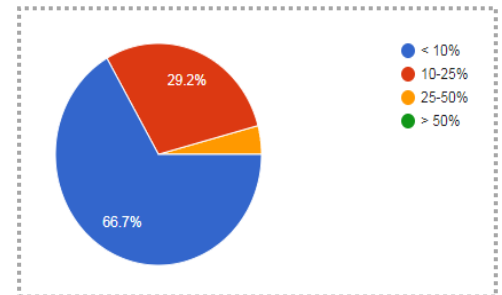
### Services Ranked by Frequency of Referrals (Care Recipient)

1. Home Care
2. Adult Day Health
3. Companionship
4. Home Health Aide
5. Medical Supplies
6. Laundry Services
7. Habilitation Training
8. Grocery Shopping & Delivery

### % of Care Recipient Population Living with Alzheimer's or Dementia



### % of Caregivers who are Older Adults Caring for Children or Individuals with Disabilities



## CAREGIVING IN THE NEWS

### [Family Caregivers, Whose Labor is Valued at \\$500B, are Finally Gaining More Formal Notice](#)

A WBUR opinion piece delves into the **challenges and national policy decisions** affecting non-professional caregivers, who make up 80% of the total value of long-term supportive care for older adults.

### [Aging Parents and Women's Day: Let's Look at Inequality in Caregiving](#)

*Forbes* contributor and Elder Law Attorney, Carolyn Rosenblatt, advocates that there is another important area not getting attention in the focus on women: the role of caregiver for aging parents. This role often **spreads responsibility unequally on women compared with men** in many families.

### [Latest Alzheimer's Disease Facts and Figures Report](#)

The Alzheimer's Association recently released their **annual Alzheimer's Disease Facts and Figures Report**. The report reveals the burden of Alzheimer's and other dementias on individuals, caregivers, and the nation's health care system. Click the link above to view the full report, infographic, and summary video.

### [First-of-its-Kind Study Looks at the Impact of Rare Disease on Family Caregivers](#)

The National Alliance for Caregiving, in partnership with Global Genes, released findings of an online **study of 1,406 unpaid caregivers ages 18 and over living in the United States who provide care to a child or adult with a rare disease or condition.**



## MONTHLY SPOTLIGHT

### ***Teamwork Among Councils on Aging Leads to Expansion of DayBreak, a Caregiver Respite Program***

Since 2012, the Hudson Senior Center has offered **DayBreak, a social day program providing respite for caregivers** three hours a week. DayBreak provides individuals with a safe and stimulating experience with fun activities and social interaction while providing caregivers with much needed time for themselves.

In 2015, the Hudson, Northborough and Marlborough Senior Centers **embarked on a journey to make their communities more Dementia Friendly**. This revealed the need for more affordable caregiver services.

Hudson's Senior Center and Board of Health co-authored a grant proposal to expand the DayBreak Program to Northborough and Marlborough Senior Centers. This provides **three hours of caregiver respite once a week at each center**, thereby increasing access for caregivers.

Funded in part by a grant from the MetroWest Health Foundation and voluntary donations, the DayBreak program is offered at all three Senior Centers. The **goal is to expand the program throughout the Baypath service area**. To learn more about DayBreak contact Lisa Bazarian Gardner at 978-568-9638 or by [email](#).

### ***We want to hear from you!***

Spotlight themes for the next two months include [Grandparents Raising Grandchildren](#) (May), and [Innovative Community Partners](#) (June). Please send any ideas or comments to Amanda at [Amanda.E.Bernardo@state.ma.us](mailto:Amanda.E.Bernardo@state.ma.us)

## HELPFUL RESOURCES

### [Care Map: Depicting the Caregiving Ecosystem](#)

The Atlas of Caregiving's **CareMap** tool enables individuals to visualize their caregiving ecosystem. The tool helps caregivers depict the complex web of relationships needed to care for their loved ones and themselves.

### [National Council on Aging's Falls Prevention Conversation Guide](#)

Many adults recognize that falling is a risk, but they believe it will not happen to them or they will not get hurt. **A good place to start is by having a conversation about it**. This guide, specifically designed for caregivers, helps individuals have that conversation.

### [Infographic: Concerned about Driving Safety?](#)

As a person ages, changes in health – including vision, hearing and reflexes – may affect driving skills. This **infographic**, developed by the National Institute on Aging, **provides steps for caregivers to assess driving safety**.

### [Purple Table: An Optimized Dining Experience](#)

Individuals can make a reservation at a **Purple Table restaurant** – where staff will go above and beyond to make the dining experience enjoyable and successful. Purple Table is **ideal for those living with Alzheimer's, dementia, a hearing or vision impairment**, as well as other conditions.

## POLICY UPDATES

### [Bipartisan Deal Results in Federal Spending Increases for Caregiving Support and Services](#)

The Omnibus Federal Spending Package **increases funding for The Lifespan Respite Care Program** – providing a total of \$4.1 million (a 20.6% increase), and **The National Family Caregiver Support Program** – providing a total of \$180.6 million (a 19.9% increase).

### [Collins, Casey Bill to Support Grandparents Raising Grandchildren Passes Senate](#)

On March 22<sup>nd</sup>, Senators Collins' (R-ME) and Casey's (D-PA) bill, the **Supporting Grandparents Raising Grandchildren Act**, passed the U.S. Senate. The act would create a federal task force charged with supporting grandparents raising grandchildren impacted by the opioid epidemic.

## EVENTS AND WEBINARS

### [The Case for Palliative Care for People with IDD and Dementia](#)

(Webinar, April 18 at 1:00 pm)

This webinar educates caregivers on the use of **palliative care and end-of-life planning** among individuals with IDD and dementia.

### [Buried in Treasures Workshop Facilitation Training](#)

(In-person training, April 30, May 1, May 2 @ UMass Lowell, \$20)

The Mass Association of Councils on Aging, Department of Mental Health, and Executive Office of Elder Affairs are offering a 3-day training on **how to facilitate the Buried in Treasures Workshop to help people struggling with excessive accumulation of belongings**.