



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

June 2018

CAREGIVING IN THE NEWS

[How Companies Can Support Their Employees Who Provide Long-Term Care to Family Members](#)

The *Portland Business Journal* describes the **challenges of the employee caregiver experience** and what some employers, like Cambia Health Solutions, are doing to support these individuals.

[This is What the Challenging Life of a Millennial Caregiver Looks Like](#)

Time magazine reports that **one out of every four family caregivers in the US is a millennial**. More than half are people of color, and they are more likely than other generations to balance caregiving with employment.

[‘This is Such a Gift’: For Family Caregivers, a New Focus on Support](#)

This *Chicago Tribune* article describes **efforts by community groups, hospitals, government agencies and non-profits** to support family caregivers throughout the US. Highlights include NYC’s Arts & Minds program and caregiver coaching.

[LGBT Adults Fear Discrimination in Long-Term Care](#)

In a recent survey conducted by AARP, many lesbian, gay, bisexual or transgender (LGBT) older adults are **worried that they will not have the familial and social caregiving support** needed as they grow older.

POLICY UPDATES

[Policy Briefings on First-of-its-Kind Study Uncovering Impact of Rare Disease on Family Caregivers](#)

In May, the National Alliance for Caregiving in collaboration with Global Genes, hosted **policy briefings on the recently released research study, *Rare Disease Caregiving in America***. Report authors, caregivers and policymakers shared the findings, as well as personal experiences and policy recommendations.

[Veterans’ Affairs MISSION Act of 2018](#)

On May 23, 2018, Congress gave approval to legislation that would **expand the eligibility for the Department of Veterans Affairs comprehensive caregiver program** to veterans catastrophically injured before September 11, 2001. The bill also includes provisions regarding the VA’s community care programs, the Choice program, and the hiring of healthcare professionals.

[Top of the Aging Advocacy Agenda: Family Caregiving, Elder Abuse and Isolation](#)

Dr. Kathleen Wilber, a Mary Pickford Foundation Professor of Gerontology and Professor of Health Services Administration at USC’s Leonard Davis School of Gerontology, describes the **most pressing advocacy issues** in aging and **offers solutions to increase awareness and take action**.



IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

Thank you all for updating your agency contact information and for the invitations to visit your programs. Looking forward to seeing the great work in action!



June is Lesbian, Gay, Bisexual or Transgender (LGBT) Pride Month!

LGBT older adults and their caregivers have unique needs, and we thank the MFCSP programs celebrating diversity and fostering inclusion not only in June but year round.

Please visit the **National Resource Center on LGBT Aging** for [resource guides specific to caregiving in the LGBT community](#) and make sure to stay up to date on Pride events in your local communities!



MONTHLY SPOTLIGHT

Boston Senior Home Care's Partnership with Local Libraries Brings Savvy Caregiver to Boston Communities



Bringing supportive services to family caregivers where they are in the community is a critical part of Boston Senior Home Care's (BSHC) mission.

Throughout the past year, BSHC has partnered with local public libraries to host the evidence-based Savvy Caregiver program. Thus far, two sessions have been conducted with outstanding retention rates. Overall, 20 out of 23 caregivers completed the 6-week course. Lisandra (Lisa) Parrilla-Clarke, BSHC's Director of Care Management, credited two factors for the program's success. One is the emphasis on sharing personal stories and tailoring delivery to participant needs. The other is related to providing resources, such as technology through the ADSSP Grant, at the sessions themselves. The libraries have also realized how valuable these sessions are to their communities and have proactively contacted BSHC about hosting additional Savvy sessions.

BSHC is constantly innovating to meet the needs of local family caregivers. Related to Savvy, BSHC intends to host a reunion for all caregivers who completed the program. More broadly, they plan to start support groups throughout the Boston area and continue to support the Executive Office of Health and Human Services Caregiver Lunch and Learn.

Thank you Lisa and your team members at BSHC for the fantastic work you do for Boston's caregivers!

HELPFUL RESOURCES

[Why It's Important to Ask "What Matters?"](#)

"What Matters to You?" Day was held for the first time in Scotland on June 6, 2016. It aims to encourage meaningful conversations among healthcare professionals, families and caregivers, and older adults. [The Conversation Project](#), a Boston-based organization, embodies the mission of "What Matters to You?". They provide resources to facilitate conversations around advanced care planning.

[Blueprint for Families of Loved Ones with Mental Health Issues](#)

This **Caregiver Action Network** website helps families address some of the challenges they face when caring for a loved one with mental illness. The blueprint provides information on **medication management, patient privacy, and discussing mental health with doctors**.

[New Brain Health Resources](#)

The Administration for Community Living's latest Brain Health Resources help educate consumers on the **normal aging of the brain, threats to brain health, and how to reduce risks**. Materials include a [PowerPoint presentation](#) for professionals and a [handout](#) for consumers.

[Spanish Translation of Savvy Caregiver Coming to Massachusetts](#)

Elder Services of Merrimack Valley and the Executive Office of Elder Affairs are working together to bring the **Spanish translation of the Savvy Caregiver Program, *Cuidando con Respeto***, to the state. Training for selected practitioners (two per agency) will take place in July.

EVENTS AND WEBINARS

[Alzheimer's Association & Amesbury COA: Pies for Guys](#)

(June 8, 9:00 – 11:00 AM, Amesbury COA Senior Center)

This **free event for male caregivers** will include musical entertainment, an educational presentation, relaxation demonstration, and an opportunity to relax over a cup of coffee and a slice of pie with other fellow caregivers.

[NASUAD Webinar on VA Caregiver Support](#)

(June 12, 3:00 – 4:00 PM, online)

The **Department of Veterans Affairs (VA) Caregiver Support Program** offers a menu of services, such as the VA Caregiver Support Line, to help family members and friends who care for veterans. Join this webinar to learn more about available resources.

[BayPath's LGBT Initiative: Screening & Discussion of "Gen Silent"](#)

(June 13, 7:00 – 9:00 PM, Framingham State University)

"Gen Silent" is a documentary that follows the **journeys of several older LGBTQ adults living in the Boston area**. A discussion with director Stu Maddux and producer Joseph Applebaum, along with Lisa Krinsky from the LGBT Aging Project, will occur after the screening.

[ASA Webinar on Enhancing Self-Efficacy in Persons Living with Dementia](#)

(June 26, 1:00 – 2:00 PM, online)

This webinar will discuss **ways in which professionals can support individuals living with dementia, as well as their families**, make decisions even in the context of diminished decision-making capacity.