



Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

August 2018

CAREGIVING IN THE NEWS

[SCAN Launches Millennial-Focused Caregiver Campaign](#)

A new SCAN Foundation campaign aims to **provide support and provoke discussion for the 10 million Millennials who currently act as family caregivers**. The campaign, **“Do YOU Give a Care?”**, offers online community, videos, graphics, and social channels for caregivers and allies to share their stories and find resources.

[America Is Running Out of Family Caregivers, Just When It Needs Them Most](#)

The *Wall Street Journal* chronicles the impending caregiving crunch. The **ratio of caregivers to care recipients peaked in 2010 and has been falling since**, in large part because of changing family dynamics.

[Should You Uproot Your Life to Be Closer to Aging Parents?](#)

This article tells the stories of several working caregivers – **all three of them women spanning the Baby Boomer, Gen X, and Millennial generations**. The article focuses on their needs and what workplace policies might be helpful.

[Today Show: More Millennials are Caring for Loved Ones with Alzheimer’s](#)

While many typically think of spouses or siblings as caregivers to those with Alzheimer’s disease, a new report finds that many Millennials are now filling that role. In this video segment, **NBC’s Maria Shriver speaks to two Millennial caregivers and their plan to push legislature that funds care training**.

RESEARCH AND POLICY UPDATES

[New Center for Caregiving Research, Education and Policy to Launch](#)

The University of Pittsburgh Health Policy Institute recently launched the **Center for Caregiving Research, Education and Policy**, a unique resource that will bring together more than three decades of research focused on the impact of caregiving – for both the caregiver and care recipient. The Center will include a close collaboration with **UPMC**, in addition to national organizations such as **AARP and the Alzheimer’s Association**.

[Longevity Economics: Leveraging the Advantages of an Aging Society](#)

This report from the **Gerontological Society of America (GSA) and Bank of America Merrill Lynch** puts forth innovative and creative strategies as the United States looks for ways to leverage an aging society. This report promotes that the **Longevity Economy** is becoming an increasingly important part of this nation's economic activity and overall fiscal health at the local, regional, and national levels.

[Moving Forward on Behalf of Family Caregivers in the US](#)

With a grant from the Robert Wood Johnson Foundation, the National Alliance for Caregiving was honored to host a one-day summit on **Public-Private Innovation in Family Caregiving** on April 24, 2018. This report captures the multi-stakeholder input of that summit and offers a roadmap for next steps.



IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

ADSSP Grant Update

For those who requested additional **ADSSP-B grant funding**, extension contracts have been sent out, and the service deliveries are now active in SAMS. The grant extension is effective March 1, 2018 to February 28, 2019. Applicable programs should have received a note from the Executive Office of Elder Affairs with details. **Please contact Melissa Enos or Amanda Bernardo if you have any questions.**

Website News

Our updated [Massachusetts Family Caregiver Support website](#) is now live! Check out the updated content, links, and welcome video from Secretary Alice Bonner.



MONTHLY SPOTLIGHT

Central Mass Caregiver Specialists Deliver Workshop to Help Caregivers Understand Their Technology Options

According to the Massachusetts eHealth Institute's [2017 Caregivers and Digital Health report](#), many caregivers are either unaware of the technology options available to them, or they are overwhelmed by the options and do not know how to choose between them.

Since 2015, Deb Dowd-Foley, Laura Black-Silver, and Nicole Kanis – the Caregiver Specialists serving the Worcester, Tri-Valley, and Montachusett service areas respectively – have been helping caregivers understand the complicated technology landscape. Their “Digital Technology Workshops” started off with social media, then moved into apps and now devices, such as video monitoring and GPS. The workshops have expanded as the technology market continues to evolve.

At each workshop, caregivers learn about their technology options, including examples of free or low-cost products. They also learn about helpful features to look out for when choosing technologies (e.g., the ability to take photos of pill bottles in a medication management app) and receive guidance on how to best engage with technologies (e.g., do not take legal advice from caregivers on websites). **Their next workshop will take place in Sterling on October 23, 2018 at 9:00 AM.**

Thank you, [Deb](#), [Laura](#), and [Nicole](#), for all that you do for family caregivers in Central Massachusetts!

HELPFUL RESOURCES

[Promoting Self-Care: What Would You Do with 15 Minutes?](#)

Caregivers are encouraged to create a **list of free-time activities**, so that they can choose one or two items depending on available time. Some ideas are gardening, reading, calling a friend, and exercising. Check out the Caregiving MetroWest [“Wellness Wall”](#), written by BayPath’s Alicia Rego, for additional self-care tips.

[MassAccess: Massachusetts’ Accessible Housing Registry](#)

MassAccess helps people **find affordable housing** in Massachusetts. A key feature of the registry is to highlight homes for people with disabilities who need accessible or barrier-free housing.

[Five Recent Caregiving Technology Offerings in 2018](#)

This blog post by Laurie Orlov, founder and author of *Aging in Place Technology Watch*, describes five recent technology offerings to help caregivers with a variety of activities and tasks.

[Family Caregiver Alliance: Fact Sheet on Vascular Dementia](#)

Vascular dementia is the second most common cause of dementia and is estimated to account for up to 20% of dementia diagnoses. It is caused by the brain not receiving enough blood due to diseased blood vessels. The **Family Caregiver Alliance’s new fact sheet describes the risk factors and symptoms and provides advice to help family caregivers.**

[Alzheimer’s Association: “Kids and Teens”](#)

Alzheimer’s affects every member of the family, including children and grandchildren. The Alzheimer’s Association’s “Kids and Teens” resource page suggests **books, websites, and videos** to help everyone in the family learn about the disease and connect with the care recipient.

EVENTS AND WEBINARS

[Five Tips for Improving a Difficult Caregiving Day](#)

(Online recording)

This prerecorded webinar from the Family Caregiver Alliance provides caregivers with **tips to help make their day a little less stressful.**

[Family Caregiver “Explorer” Opportunity](#)

(On-going)

For the last two years, a group of older adults – the **Longevity Explorers** – has been providing hands-on help to companies developing products to improve the lives of older adults. Now, the community is expanding to include caregivers ([sign up online](#)).

[Third Annual National Caregiving Conference](#)

(November 8-11, Chicago, Illinois and [online](#))

Caregiving.com's annual conference brings together family caregivers from across the country. This year's conference theme, **“Our Best Selves”**, encourages us to look at how we do our best during an experience that feels like the worst. The conference features presentations and panel discussions, some of which are available virtually for free.