



# Executive Office of Elder Affairs

Massachusetts Family Caregiver Support Program (MFCSP) Newsletter

October 2018

## CAREGIVING IN THE NEWS

### [Strategies for Long-Distance Caregiving](#)

Elizabeth Yuko writes for the *New York Times* about her experience as a **long-distance caregiver**, including participation in the Case Western Reserve University “Closer” study, as well as helpful strategies.

### [How Caregiving Makes You Healthier, Stronger and Wiser](#)

This *Next Avenue* article summarizes the **benefits of caregiving** according to several research studies. It turns out that we may be better off abiding by the mantra “survival of the kindest” versus “survival of the fittest”.

### [When Siblings Share The Caregiving For An Aging Parent, Will It Be Welfare Or Warfare?](#)

Jody Gastfriend, a frequent contributor to *Forbes*, describes **four of the common sources of sibling conflict**, as well as ideas for mitigation and potential resources, in caring for an older parent together.

### [Should Parents Add Kids to the Family Caregiving Team?](#)

This article published in *US News* explores **whether children should be members of the caregiving team**. It describes the benefits and risks for both the older care recipient and young adult or child.

## RESEARCH AND POLICY UPDATES

### [Report: A State by State Analysis of Laws that Help Working Family Caregivers](#)

The National Partnership’s *Raising Expectations* report takes an in-depth look at laws in 50 states and the District of Columbia, **grading each state based on whether it guarantees workers access to basic supports** — including paid or unpaid family and medical leave and paid sick days.

### [New AARP Public Policy Institute Reports: \*\*Long-Term Services and Supports\*\* and \*\*Workplace Leave Policies\*\*](#)

AARP recently published **two reports**, one containing the latest information about individual state long-term services and supports, the second examining the status and importance of paid family leave programs.

### [US House of Representative’s LHHS Appropriations Bill Includes \*\*Care Corps Grants\*\*](#)

In September, the House of Representatives voted to pass the fiscal year 2019 Labor, Health and Human Services, and Education (LHHS) appropriations bill, which includes **\$5 million** in funding for **Care Corps grants**. The Care Corps program is modeled after the Peace Corps, where young volunteers are placed in high need communities to provide respite and other non-medical services across the US. In exchange, volunteers receive living allowance and benefits, and would be eligible for tuition assistance or loan repayment.



### IMPORTANT PROGRAM ANNOUNCEMENTS & REMINDERS

Thank you to everyone who participated in our **September 26 MFCSP call**. It was wonderful to learn about your tips and resources for helping family caregivers!

Please email [Amanda Bernardo](#) if you are interested in joining the **Caregiver Assessment Tool** workgroup, or if you have any helpful documentation that might pertain to the **Operations Manual** (program guides, tips for new hires, etc.).

Also, please let us know if there are any **events or meetings this fall** that EOEa may want to attend – we are still trying to get to know each of your programs!

### THIS MONTH’S CAREGIVING MANTRA



**“Just get in the boat and start rowing”**

*Often times, caregivers feel overwhelmed and the consequences of making a mistake seem enormous. Encourage them to go ahead and make that one phone call or ask that first question.*  
**What is important is taking that first step!**



## MONTHLY SPOTLIGHT

**Older Caregivers Needed!  
UMass Boston's "Aging Together" Study Investigates the Relationship Between Older Adult Children and Their Parent(s)**



UMass Boston is conducting a research study **funded by the National Institute on Aging** titled "Aging Together: Senior Children and Their Parents".

The **purpose of the study** is to learn more about what the relationship is like for older caregivers and their parent(s), the challenges they face, and the support they need.

The study is for **older adult children (age 65+) and their parent(s) (age 90+)**. The study requires an **in-person interview** with each person at a place of the participants' convenience. Each participant will receive \$40 as compensation.

This study is led by **Dr. Kathrin Boerner**, an Associate Professor at UMass Boston's Department of Gerontology. Her study as well as stories about the relationship between older caregivers and their aging parents was recently included in a [Boston Globe article](#).

For more information or if you think you have a caregiver interested in participating, please contact [agingtogether@umb.edu](mailto:agingtogether@umb.edu) or 617-901-1082.

## HELPFUL RESOURCES

### [Caregiving 101: Prepare Now to Care for Aging Parents](#)

New to caregiving or think you will become a caregiver in the near-future? This article from *Parade* provides individuals with **tips on how to best prepare now for aging parents**. Also check out similar resources from [AARP](#) and [Caregiving MetroWest](#).

### [Video: Handle with Care](#)

Consumer products companies are beginning to invest in the older adult and caregiver market. **Many of these products are designed to help caregivers**. Watch this video to learn one man's joy and struggle taking care of his older father.

### [Video: Promoting Memory Cafes](#)

Check out this **1-minute video from JF&CS** to help the public learn more about Memory Cafés. The video includes scenes from various cafés throughout Massachusetts and a link to the online directory. The video is also available in [Spanish](#).

### [To Manage Dementia Well, Start with the Caregivers \(DICE Model\)](#)

The **DICE model**, created by Helen Kales, a geriatric psychiatrist who practices at the University of Michigan, aims to help with the day-to-day caregiving responsibilities of **individuals caring for someone living with Alzheimer's or dementia**. DICE is being practiced in Boston at Massachusetts General Hospital and online tools are coming soon.

## EVENTS AND WEBINARS

### [Legal Basics: Grandparents and Other Non-Parent Kinship Families](#)

(October 17, 2:00 – 3:00 PM, online)

National Center on Law and Elder Rights will provide training to law and aging network professionals with an **overview of legal issues surrounding non-parent caregivers of children**, including tools and initiatives to support these families.

### [Planning Ahead to Age Well with Dementia](#)

(October 30, 1:00 – 2:30 PM, Alzheimer's Association in Waltham)

The Alzheimer's Association and Honoring Choices are co-facilitating an in-person session for community partners to learn about **tools to help adults with memory concerns make health care plans**.

### [GSA Annual Scientific Meeting](#)

(November 14-18, Boston)

The Gerontology Society of America (GSA) is **coming to Boston**. GSA is an interdisciplinary scientific organization that works to advance research, learning, and practice in gerontology. The theme and focus of this year's conference is "**The Purpose of Longer Lives**".

### [Theme Announced: National Family Caregivers Month!](#)

(Month of November)

**Supercharge Your Caregiving** is the theme for this year's National Family Caregivers Month. This brochure from the Caregiver Action Network highlights examples of tools that may help caregivers. This month, encourage your caregivers to try new tools and technology!