



Family Caregiver Support Program

At Minuteman Senior Services, we understand how challenging the task of day-to-day caregiving can be. The Massachusetts Family Caregiver Support Program is available to offer support to caregivers living in our service or caring for someone residing in our service area.

Our Caregiver Support team empowers caregivers by providing information, resources and education to those caring for older adults, and people with disabilities. Our goal is to enhance the quality of life for caregivers, care recipients and families and we will work with you one-on-one to offer guidance and support. Our compassionate staff may provide phone consultations, virtual meetings or a home visit depending on individual needs. Consultations are free and can be scheduled at our office in Bedford, in your home or at another location convenient for you.

The following specific populations of caregivers are eligible to receive services:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders
- Older relatives (not parents) age 55 and older providing care to children under the age of 18; including grandparents raising grandchildren and
- Older relatives, including parents, age 55 and older providing care to adults ages 18-59 with disabilities

Our Community Care Coordinators are ready to assist you with:

- Information on caregiving tips and strategies; community-based service providers; benefit programs; and culturally diverse resources.
- Guidance and resources to support caregiver wellness such as stress management, help understanding and managing emotions; skillful communication with family and professionals; caregiver support groups and caregiver self-care.
- Day to day care and social engagement of care recipients: in-home care services; community programs such as adult day health centers; strategies for challenging situations; and temporary respite care.
- Educational programs for caregivers such as Healthy Living classes, caregiver workshops and community trainings.
- Long term planning including home safety checklists, adaptive equipment, caregiver backup planning, and housing options.

**For more information about this program, contact us at 888-222-6171
or email us at elderinfo@minutemansenior.org**

Interpreter Services Available

Last Updated 01/22