

CAREGIVER GUIDE



**A guide to the innovative organizations,
programs, and products designed to support
the work of family caregivers**

ABOUT MYSTIC VALLEY ELDER SERVICES

Since 1975, Mystic Valley Elder Services has partnered with individuals and caregivers across Massachusetts' Mystic Valley region to ensure that older adults (age 60 and older) and adults with disabilities have the support they need to live the life they choose. Our mission is to support the right of older adults and adults living with disabilities to live independently with dignity in a setting of their choice by providing them and their caregivers with information, advice and access to quality services and resources.

CAREGIVER SUPPORT

Caring for another person, especially a loved one, can be complicated. But it doesn't have to be. Mystic Valley Elder Services (MVES) provides resources, direct support, and information to caregivers so that you and your loved one can live better, healthier lives.

Our caregiver services are available to anyone who fits any of these descriptions:

- You care for an adult age 60 or older
- You care for someone with memory loss (such as dementia or Alzheimer's disease)
- You are age 55 or older and care for a child under 18 (such as a grandchild)
- You are age 55 or older and care for an adult with a disability

This Caregiver Guide is a directory of organizations, programs, and products that advance our mission of supporting family caregivers in the Greater Boston and North of Boston area. In 2024, MVES was awarded a Respite Innovations Grant through the Massachusetts Executive Office of Health and Human Services. This grant enables MVES to develop new initiatives to enhance our existing Caregiver Support program and supports our efforts to expand the respite services we offer in conjunction with community partners. It allows MVES to continue our work in pursuing innovative strategies to deliver person-centered respite care.

To learn more, visit <https://www.mves.org/services/caregiver>

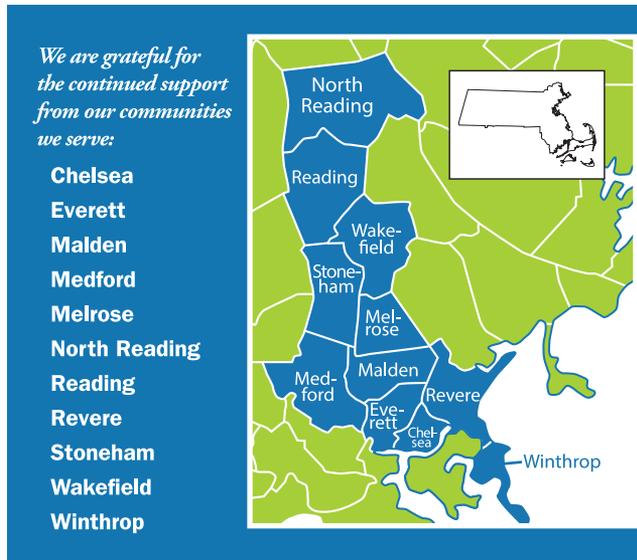




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MVES CAREGIVER SUPPORT GROUPS



IN PERSON

General Caregiver Support Group
Stoneham Council on Aging
2nd and 4th Thursday of each month, 10am-11:30am

IN PERSON

General Caregiver Support Group
Wakefield Council on Aging
1st and 3rd Tuesday of each month, 10am-11:30am

VIRTUAL

Caregiver Support Group for spouses/partners caring for loved one with dementia/Alzheimer's
Via Zoom
2nd and 4th Wednesday each month, 10am-11:30am

For more information on any of these groups, contact MVES at (781) 324-7705 or caregiver@mves.org.



MEMORY CAFÉS



A memory café is a safe and comfortable space for caregivers and their loved ones who have been affected by dementia or other brain disorders. Some memory cafés feature music or activities like arts and crafts, while others are focused on conversation or education.



MEDFORD SENIOR CENTER

1st Wednesday of the month, 10am to 12 noon

RSVP to Grace Albert at (781) 396-6010

NORTH READING LIBRARY MEMORY CAFÉ

4th Tuesday of the month, 10am to 11am

North Reading Flint Memorial Library

147 Park Street, North Reading

Contact Emily Klesaris (978) 664-4942 for more information.

STONEHAM MEMORY CAFÉ IN COLLABORATION WITH MVES

First Thursday of the month, 10:30am

For more information, contact the Stoneham COA at (781) 438-1157
or MVES at (781) 324-7705 or caregiver@mves.org.

MVES PROGRAMMING



HEALTH AGING CLASSES

<https://www.mves.org/services/healthy-aging>

- My Life, My Health: Chronic Disease Self-Management Program
- My Life, My Health: Chronic Pain Self-Management
- My Life, My Health: Diabetes Self-Management
- Healthy Eating for Successful Living
- Tai Chi
- A Matter of Balance Fall Prevention Program

TECHNOLOGY ACCESS PROGRAM (TAP)

TAP helps bridge the tech divide for older adults and people with disabilities. TAP helps participants stay connected with loved ones, manage finances online, communicate with healthcare providers, apply for services, and more. In addition, TAP promotes affordability and accessibility among residents from diverse backgrounds and supports their ability to live independently in the community.

Call (781) 324-7705 for more information on either of these programs.



RESPIRE / ART



ART THERAPISTS AT HOME

<https://www.arttherapistsathome.com/>
617-982-9664

Erica, the owner, is a Licensed Mental Health Counselor and Art Therapist specializing in working with those living with Alzheimer's or dementia, as well as their care partners.

CERAMICA PAINT STUDIO

<https://www.ceramicpaintstudio.com/>
380 Main Street, Stoneham MA 02180
781-666-1718

This paint-your-own pottery studio offers a wide range of pottery and ceramic classes for adults.

FOLLOW YOUR ART COMMUNITY STUDIOS

<https://www.fyamelrose.org/>
647 Main Street, Melrose MA 02176
781-665-4140

Follow Your Art Community Studios builds community by supporting creative endeavors of all ages and abilities with opportunities for learning, growth, discovery, and outreach through visual arts, writing, and performance.

GREATER BOSTON STAGE COMPANY

<https://www.greaterbostonstage.org/>
395 Main Street, Stoneham, MA 02180
781-279-2200

This professional, non-for-profit regional theater produces 6-7 shows each year.

TAGGART STUDIO

<http://www.taggartstudio.com/>
339 Salem Street, Wakefield, MA 01880
781-626-0646

TaggArt Studio is an independent art studio offering classes for adults, primarily in the areas of drawing and painting.

OTHER RESOURCES / PARTNERS

AARP: Family Caregiving Resource Center

<https://www.aarp.org/caregiving/>

AARP offers information and resources to make caregiving easier, including links to local resources, searchable by location. For Spanish resources visit www.aarp.org/cuidar or call 888-971-2013.



The Alliance of Massachusetts YMCAs

<https://www.maymca.com/>

The Alliance of Massachusetts YMCAs serves member YMCAs and their communities to create a healthy and socially responsible environment that enriches the lives of all people and future generations.

Alzheimer's Association

24/7 Help Line: 800-272-3900

Massachusetts/New Hampshire Chapter

<https://www.alz.org/manh>

320 Nevada Street, Suite 201, Newton, MA 02460

617-868-6718

The Alzheimer's Association has resources for anyone caring for a person with Alzheimer's or dementia, whether they provide daily caregiving, participate in decision making, or just need more information.

Eliot Family Resource Center

<https://www.eliotchs.org/family-resource-center/>

548 Broadway, Everett, MA 02149

781-581-4750, FRC@eliotchs.org

Eliot's Family Resource Center (FRC) welcomes people of all ages, incomes, and abilities. Skilled and thoughtful staff members help parents, children, and families find emotional support and practical assistance to succeed in life. They also offer a support group for grandparents raising grandchildren.

EOEA Family Caregiver Support Program

<https://www.mass.gov/family-caregiver-support-program>

This no-cost program, offered through the Massachusetts Executive Office of Elder Affairs, connects caregivers with a trained specialist who provides free information, tips and resources, and other means of support to family caregivers.

OTHER RESOURCES / PARTNERS

Family Caregiver Alliance

<https://www.caregiver.org/>

FCA provides services and resources to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia. FCA has resources available in Spanish, Chinese, Vietnamese, and Tagalog.

National Alliance on Mental Illness (NAMI) Massachusetts

<https://namimass.org/>

331 Montvale Avenue, 2nd Floor, Woburn, MA 01801

617-580-8541

A statewide nonprofit dedicated to improving the quality of life for people living with mental health conditions, their families, and their caregivers. NAMI Mass offers free family support groups and a flagship education program for family members of people diagnosed with mental health conditions.



INNOVATIONS

Assistex

<https://assistexstore.com/>

Assistex offers puzzles, books, sensory blankets, games, and lifelike dolls for people living with Alzheimer's, dementia, and other memory-related conditions. All products are designed by occupational therapists.

Hello Bream

<https://www.hellobream.com/>

Bream offers professionally facilitated courses that improve mental and physical well-being, enhance social connections, and elevate overall quality of life. Courses include arts, movement, nutrition, and brain health.



INNOVATIONS

Joy for All

<https://joyforall.com/>

Joy for All offers a line of robotic companion pets that act just like real pets. The robotic cats and dogs make realistic animal movements and sounds, offering comfort and companionship to adults with dementia. Joy for All also offers Walker Squawkers, animatronic birds that remind users not to leave their walking support devices behind, as well as a series of board games reimagined for those with memory loss.

MASSPACK Pharmacy Services

<https://masspackltc.com/>

MassPack Pharmacy Services provides enhanced compliance and guarantees timely, accurate medication delivery to patients. They support caregivers in managing medications through advanced multidose packaging technology. They can be reached at info@masspackltc.com (link) or (833) MASSPAK.

ONSCREEN

<https://onscreeninc.com/>

ONSCREEN is a small device that allows older adults to make video calls using their TV. ONSCREEN also allows users to receive text, photo, and video messages, connect to Zoom calls, and attend live virtual events and classes right on their TV screen.

Vivo

<https://teamvivo.com/>

Vivo offers live, interactive small group exercises classes over Zoom. All classes are capped at 8 participants to allow all participants to interact with the Vivo trainer.

Zinnia

<https://www.zinniatv.com/>

Zinnia is a therapeutic video service designed to improve the quality of life for people living with mid- to late-stage memory loss or dementia. Available as an annual or monthly subscription-based service, Zinnia offers videos designed for those with Alzheimer's/dementia and their caregivers. For those with memory loss, Zinnia can reduce feelings of agitation and encourage engagement.





"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

-Rosalynn Carter

Mystic Valley
Elder Services



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