

“Daddy Takes Care of Grandma”

Says twelve year-old Angelina, “Its’ kind of his new job”. He is among a growing number of men who care for aging parents, often their mothers.

Men make up 40 percent of family-care providers, according to the Alzheimer’s Association and the National Alliance for Caregiving which was up from 19 percent cited in a 1996 study.



There has also been a change in the care giving tasks typically taken on by men. Men had been more involved with things like finances, transport, food shopping and home repair. Now there is more hands-on day-to-day care being provided by sons, spouses, nephews and even grandsons. A grandson that



comes to our caregiver support group lives with his grandma making it possible for her to remain in her home.

The fact is that in a majority of today’s smaller families both husband and wife are working. However, they are likely to be caring for more aging parents than they cared for children and it could be for a similar length of time. As we have seen the necessity of men frequently becoming more involved in childcare, we see much the same happening with men and eldercare.

Men Juggle Caring and Careers

Many men do worry about a conflict between their caregiving responsibilities as son and fathers and the demands of their job. In a 2003 study of three Fortune 500 companies, it was found men are less likely to use employee-assistance programs because they feared that their need would be held against them. “Even though the company has endorsed the program,” one man said, “your supervisors may have a different opinion. There is often an unspoken assumption that a women (your wife or sister) should be taking on that role.”

Many men also cited concerns that they would be passed over for promotions or special projects that would advance their careers. John Paul Marosy (*right*) became very aware of these issues as he cared for his dad, George(*left*) which led to him writing a wonderful book called:



ElderCare: A Six Step Guide to Balancing Work and Family



It has been very helpful for working families. You can find out more about this resource by calling 1-508-854-0431 or going to the authors’ website www.bringingeldercarehome.org .

This summer the **Caregiver Alliance** will also be offering a two-hour workshop **on Balancing Eldercare and Work** so if you or your family have some interest, please contact **Leslie Ahern at 617-477-6676** or by emailing lahern@ethocare.org.

**Happy Fathers Day to all
Our Teams of Men Caregivers!**



Barbecue and Belly Laughs



as we have a great laughter session. Yes, there will be music and maybe a

On **Thursday June 25th**, **12:00 to 3:00 PM** at **Blake Estates**, they will be doing it again. After some great eats, get ready for silliness and stretches



conga or a tango for two. Remember to pre-register by calling up the nutrition department by **June 18th** to reserve your place.



Call **Janice** at **617-522-6700x306**

Caregiving on Community TV

Remember to watch Agewise on BNN-TV every Tuesday at 2:30PM. The second Tuesday of the month is dedicated to caregiving issues. On **June 9th**, the guest host is Family Care advisor, **Leslie Ahern**. BNN is aired on Comcast Channel 9 and RCN channel 15.

Caregiver Support Groups

Join other caregivers for refreshments and discussion in a caring, relaxed, and confidential setting on a monthly basis. Everyone is welcome and **there is no charge**. We ask that you pre-register first.

**“Smoother Sailing”
Alzheimer Education
Group**



This free monthly group will meet on **Monday, July 6, 2009 from 6:00 -7:30 PM** at the Boston Center for Rehabilitation in West Roxbury. Call Family Care Advisor, **Leslie Ahern** at **617-477-6676** to pre-register. The group provides support and education about dementia and the Alzheimer’s disease process.

We will learn behavioral techniques called Habilitation therapy. We will problem solve how to manage challenges like bathing, eating, toileting and anxiety. Our goal is to make “smoother sailing” of your every day care. We also will look at therapeutic activities to brighten everyone’s day. *“While we can not stop the stormy winds of dementia diseases, we can learn together how to better adjust our sails”.* © **Group Meets Every First Monday of the Month**

LGBT* Caregiver Support Group
Please contact **Joanne Peskowitz** at **(617) 271-4182** for date and time of this months meeting.

*Lesbian/Gay/Bisexual/Transgender

**“Taking Care of Me”
Support Group**

The group will meet **Monday, July 20, 2009** at 6:00-7:30 PM in the Boston Center for Rehabilitation in West Roxbury. It is accessible to MBTA and there is free parking.



Refreshments are provided. Contact: **Leslie Ahern** at **617-477-6676**. **Group usually meets the third Monday of the Month.**



For more information, please contact:

Leslie Ahern
Family Care Advisor

ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130
617-477-6676 www.caregiveralliance.org

www.ethocare.org
Lahern@ethocare.org