

REPORT ON THE MARYLAND COMMISSION ON CAREGIVING

MARYLAND DEPARTMENT OF HUMAN SERVICES

Completed pursuant to Human Services Article § 7-305 (b)

DATE: October 1, 2021

REPORT REQUIREMENT

This report is hereby submitted in response to the following reporting requirements found under Human Services Article § 7-305 (b): The Maryland Commission on Caregiving shall report annually on its activities and recommendations regarding family caregiver support services to the Governor and, subject to § 2-1246 of the State Government Article, the General Assembly.

Source: Human Services Article § 7-305 (b).

BACKGROUND

The Maryland Commission on Caregiving (MCC) is the State's formal voice for the informal caregiver. An informal caregiver provides a family member, friend, or neighbor with supportive care when that person is unable to care for themselves. Activities the informal caregiver may offer include personal care, housekeeping, medication assistance, coordination of services, and assistance in accessing the community for various reasons. The purpose of the MCC is to coordinate statewide planning, development, and implementation of family caregiver support services for all ages, especially respite care.

The MCC was created during the 2017 session of the General Assembly, established through legislation enacted in Senate Bill 215/HB 769 and signed into law by Governor Larry Hogan on April 11, 2017. The new Commission took effect on October 1, 2017 and includes 19 commissioners including a legislator from the House of Delegates and one from the State Senate. In addition, five commissioners are appointed as family caregivers/consumers to ensure that the "Voice of the Caregiver" is fully represented.

For a full list of Commission members for the term July 1, 2019-June 30, 2022, please refer to Appendix A.

ACTIVITIES

The MCC is pleased to provide this annual report covering the activities of July 1, 2020 through June 30, 2021. The MCC continues with the ongoing Strategic Planning Process which includes a continued focus on the Commission's legislative mandates:

1. Solicit and gather concerns of caregivers
2. Develop and distribute to interested parties a handbook of current respite care and other family caregiver services available in the State
3. Review successful respite care programs in other states
4. Develop a model family caregiver support program that incorporates best practices from existing programs in this and other states
5. Coordinate activities of existing and proposed family caregiver support services among State and local units
6. Research available funding sources and explore possibilities for additional funds
7. Identify unmet needs and priorities for additional funds
8. Provide ongoing analysis of best practices in family caregiver support programs in this and other states
9. Monitor implementation of the Commission's recommendations.

Through this continued examination of the legislative mandates, the MCC focused on three main areas: outreach, accessibility and inclusion, and intentional partnership building.

The MCC held eleven (11) meetings this year. At each meeting, Commissioners and community partners joined together to hear and network with speakers, discuss Commission matters and activities, learn about how proposed legislation may impact the caregiving community, and exchange information on community events and funding opportunities.

Meeting speakers this year included: National Alliance on Mental Illness (NAMI) Maryland, Maryland Coalition of Families, the Maryland Behavioral Health Administration, and the Rural Caregiver Project at the University of California, San Francisco Medical School. All of the speakers provided essential knowledge to MCC, caregivers, and partners and contributed to a valuable network of resources.

The MCC continues to focus on "information sharing" through both an email distribution list containing approximately 140 committed partners and through its monthly meetings. Through the partnership distribution list, the MCC has been instrumental in cross-sharing of information relevant to caregivers and the organizations supporting them. Conferences, funding opportunities, legislative efforts, and state and national reports are disseminated to an email distribution group of 140 recipients. This establishes the MCC as a central repository of information pertinent to families and organizations. The MCC has also developed state-specific materials for distribution which includes information collected from various sources as they pertain to family caregiving. Additionally, the monthly meetings are open to the public which allows for new community partners and caregivers to join and participate. The monthly meetings also encourage partner sharing as outside entities come to present and exchange information.

OUTREACH

The MCC engaged in a wide array of outreach activities during the reporting period. Most of these events were focused on caregiver education and included a variety of topics such as stress management, organizational tools for caregivers, and the COVID-19 vaccine. The total number of attendees for these events was 2,030 individuals. Please refer to Appendices B to G for flyers from some of these events.

PRIORITIES FOR 2020-2021

In February 2021, the National Academy for State Health Policy invited the State of Maryland to participate in its State Medicaid Policy Institute on Family Caregiving. The Institute will engage up to five teams of state leaders for one year to develop and/or strengthen health policies and strategies that support family caregivers, with a particular focus on home and community-based approaches for older adults. During this year-long project running from March 2021 to February 2022, Maryland will receive \$40,000 plus technical support. The State Medicaid Policy Institute on Family Caregiving will provide state leaders with opportunities for peer-to-peer discussion, targeted support on their state policy goals, and access to national expertise. Representatives from the Departments of Aging, Health, and Human Services are participating in this initiative.

In September 2020, the Administration for Community Living awarded the Lifespan Respite Enhancement Grant to Maryland Department of Human Services. This three-year grant will be used to provide emergency respite services, conduct info-socials (caregiver education programming), and deliver caregiver training. The MCC and its partners continue to support the work of this grant. The respite program specialist at DHS is working with members of the MCC to develop programming for info-socials to be held in Prince George's County, conduct outreach about emergency respite services, and maintain and update the Training Resources for Caregivers website, which is housed on the MCC's website.

Maryland's long-standing commitment to family and informal caregivers has attracted national attention. On April 30, 2020, the MCC's Senior Staff member and Chairperson participated in a virtual meeting aimed at developing a unified strategy to support family caregivers. Organized by the National Alliance for Caregiving, Maryland was one of only seven states to be invited to share information on its policies, programs, efforts, and initiatives aimed at supporting caregivers. The introductory April meeting was only the first of what will become ongoing discussions to develop a model family caregiving strategy which is aligned with key global, national, state and local priorities.

PRIORITIES FOR 2021-2022

The MCC continues to evaluate its strategies and approaches to fulfilling its mandates and making the best use of its resources. The COVID-19 pandemic has put a spotlight on the integral role family and informal caregivers serve for children and adults with disabilities and older adults particularly as schools, senior centers, and day programs for both adults and children have limited access or remain closed. Utilizing virtual platforms has shown to be a promising strategy to connect caregivers with information and support as demonstrated by the interest in the webinars delivered by the MCC and its partners. The MCC will continue to support virtual platforms as a tool for

supporting and connecting caregivers by developing content, securing speakers, and conducting outreach for these events.

The MCC plans on participating in existing and new activities to carry out its mandates. In FY2021, the MCC plans to review successful respite care programs in other states and analyze caregiver support programs in other states. The MCC Chairperson and Senior Staff will continue their participation in the National Alliance for Caregiving's initiative to develop a unified strategy to support family caregivers and monitor their progress.

Appendix A

List of Maryland Commission on Caregiving Members

Chair:

Jennifer Eastman
Maryland Department of Disabilities

Commissioners:

Larry Bram, Easter Seals Serving DC/MD/VA

Florence C. Harvey from the Maryland Department of Health

Mary Anne Kane-Breschi, Maryland Department of Health

Ann Squire, Family Caregiver

Patricia Morris, Family Caregiver

Chris Stewart, Maryland Department of Aging

Delegate Karen Lewis Young, Maryland House of Delegates

Lylie Fisher, Montgomery County Department of Health and Human Services

Theresa Robertson, Family Caregiver

Esther Ward, Family Caregiver

Terri Johnson, Family Caregiver

Christine Schoenberger representing the Maryland Respite Care Coalition

Christina Church, Maryland Department of Human Services

Chalarra A. Sessoms, LCSW-C Maryland Department of Health Behavioral Health Administration

(Provided by Office of Adult Services, Social Services Administration, Maryland Department of Human Services)

Dorinda Adams (preceding) Director, Office of Adult Services

Greg Sese, (current) Director, Office of Adult Services

Social Services Administration

Maryland Department of Human Services

Appendix B: Flyer - Coronavirus Vaccines Update for Caregivers

Appendix C: Flyer - MCC Webinar Series: *Coping During COVID-19*

Appendix D: Flyer - MCC Webinar Series: *Day to Day, Moment to Moment: A Conversation with a Caregiver on Her Journey*

Appendix E: Flyer - Family Caregiver Webinar: *The Joy of Creative Engagement for Caregivers*

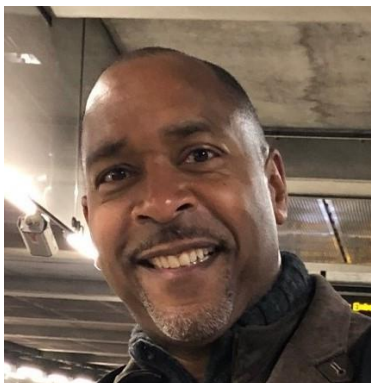
Appendix F: Flyer - Hands of Hope Event: *Respite Care is What Our Caregivers Need*

Appendix G: Flyer - Organizational Tools & Tips for Caregivers

Coronavirus Vaccines Update for Caregivers



Geeta Sood, MD, ScM
Johns Hopkins Medicine



David Rose, MD, MBA
MD Dept. of Human Services



Monica Vasquez, MS, MPH
Centro SOL, JHU

Tuesday, February 16, 2021

2:00 p.m. to 3:00 p.m.

Register in advance :

https://us02web.zoom.us/meeting/register/tZYude6uqzIqH9eEIhtC0-5IywO6E7kg5_Pe

You will receive a Zoom confirmation with information about joining the meeting.

Family caregivers play a vital role in Maryland's mass vaccination roll out, therefore you should know the latest information.

Join infectious disease expert Dr. Geeta Sood, community health champion Monica Guerrero Vasquez and public health authority Dr. David Rose to learn facts about vaccine safety and access; myths and concerns; community outreach; and available resources to guide those who are caring for loved ones and themselves. Help end COVID!

Contact:

Naomi Duffort —naomi.duffort@maryland.gov or Linda Stewart— 410-550-1660



JOHNS HOPKINS BAYVIEW MEDICAL CENTER



Sponsored by

Johns Hopkins Geriatric Workforce Enhancement Program • Called to Care • Hopkins Elder Plus • Maryland Commission on Caregiving

Maryland Commission on Caregiving Webinar Series: *Coping During COVID-19*



The COVID-19 pandemic has brought about new complexities for family caregivers. Join the Maryland Commission on Caregiving in a webinar with Dr. Karyn Harvey in which she explores the effects of the pandemic on family caregivers such as feelings of grief and loss, as well as tools to build resilience during these challenging times.

Harvey is a developmental psychologist and an expert in the fields of intellectual disabilities and trauma-informed care. Dr. Harvey is the author of several books and provides training to social services organizations across the United States and Canada.

This virtual event is free and open to the public.

Wednesday, November 18, 2020 from 10:00 AM to 11:00 AM

To participate in this virtual event, please send an email to: naomi.duffort@maryland.gov



Maryland Commission on Caregiving
"The Voice of the Caregiver"

Maryland Commission on Caregiving Webinar Series: *Day to Day, Moment to Moment: A Conversation with a Caregiver on Her Journey*



Each family caregiver has a unique story to share. Join the Maryland Commission on Caregiving in a facilitated discussion between Lisa Washington, who cares for both her mother and father, and Kathy Wehr, Caregiver Support Program Manager at the Howard County Office on Aging and Independence. Through their conversation, Lisa and Kathy will explore the themes of self-care, planning ahead, establishing a support system, and the myriad of emotions that accompany caregiving.

This virtual event is free and open to the public.

Thursday, November 12, 2020 from 10:00 AM to 11:00 AM

To participate in this virtual event please send an email to: Naomi.duffort@maryland.gov



Maryland Commission on Caregiving
"The Voice of the Caregiver"





GET THE FAMILY CAREGIVING SUPPORT YOU NEED, WHEN YOU NEED

TT

Your caregiving journey can be challenging in all kinds of ways.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find local resources close to home. So you can take care of what matters most.

Join us for an online family caregiving event, "**Respite Care is What Our Caregivers Need**," hosted by AARP Maryland and Hands of Hope.

Greetings will be offered by Senator Joanne Benson, AARP Maryland state president Jim Campbell, AARP Maryland executive council member Dr. Gybrilla Ballard-Blakes, Crescent City Charities vice president Steven Novack and NBC 4 anchor Pat Lawson Muse. A dynamic panel discussion will be moderated by the director of adult services for the Maryland Department of Human Services, Dorinda Adams.

This virtual event is free!

**Respite Care is
What Our
Caregivers Need**

**November 7, 2020
1:00 PM**

Click **BELOW** to join the Zoom meeting online.

Or visit:

<https://tinyurl.com/RespiteCareMD>

Meeting ID: **827 0914 8609**

Passcode: **361561**

AARP

Family Caregiving™

Organizational Tools & Tips for Caregivers

Tuesday, January 19, 2021
2:00 PM – 3:00 PM



Register in advance to participate by zoom or telephone*

<https://us02web.zoom.us/meeting/register/tZlqce2opjluGN15hl0MRlftmSmhnBmpnau>

*After you register, you will receive a confirmation email with more information about joining the call. For more information, call 410-550-1660

Learn from a savvy caregiver and an elder care professional simple ways to organize the myriad of responsibilities that come with caring for a loved one. Aim at becoming more efficient using tech and non-tech tools to file medical paperwork, coordinate family communication and compile essential advance care planning documents. Please join us.



Presented by



The Johns Hopkins Geriatric Workforce Enhancement Program

