

Caregiver Chronicles

June 2016



AREA AGENCY ON AGING OF DANE COUNTY
2865 N SHERMAN AVE, MADISON, WI 53704
608-261-9930
[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)

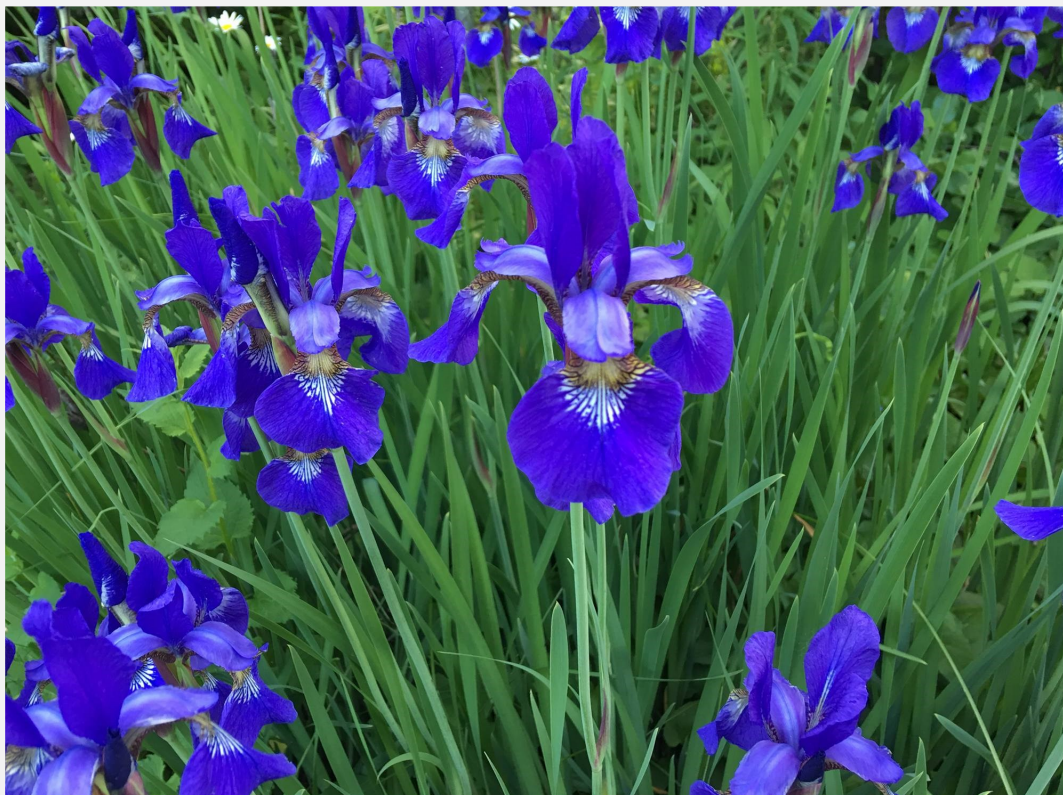


Photo by Jane De Broux

Welcome Summer! June is National Dairy Month, National Fresh Fruit and Vegetables Month, LGBT Pride, and Alzheimer's and Brain Awareness Month. There's a lot to commemorate and celebrate.

Good nutrition, getting outdoors, socializing, engaging in the local community—all are critical to healthy aging. If you need information on what's available to the older adults you care for, or how to have a less stressful and more healthful summer for you as caregiver, let us know and we can help you plan.

Caregiver Chronicles

It's Summer!

June brings us summer weather, farmers' markets, and outdoor activities of all kinds. It brings the longest day of the year, and PRIDE to the LGBT Community. Look for ways to feed your spirit and enjoy yourself with loved ones. There are opportunities for older adults and caregivers to attend a variety of activities that increase health and wellbeing.

If you're looking for programs and activities that embrace older adults and that the whole family can enjoy, be sure to check out summer concerts, excursions, local attractions, and a wide variety of classes and programs at Dane County Senior Centers. Events include:

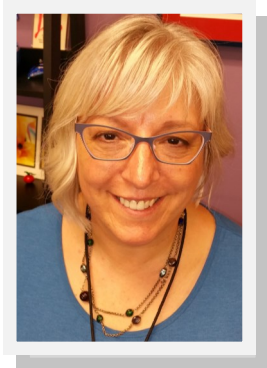
The North/Eastside Senior Coalition's free Summer Concert Series at the Warner Park Shelter featuring popular bands Northern Hooks, Eddie Butts Band, and Ladies Must Swing in the month of June (see www.nescoinc.org for more information).

McFarland Senior Outreach Services honoring fathers on June 9 with an "Honoring Father's Day Event" at the McFarland House Café, featuring a beer tasting event (RSVP to Lori Anderson at Senior Outreach 838-7117).

If support in your caregiving role is what you need, whether it be for respite care so you can get out and about, help with home chores and personal cares, or a personal emergency response system for your loved one to provide peace of mind, we have National Family Caregiver Support Program grants available. To qualify, caregivers must be caring for an adult over age 60 or a person diagnosed with dementia, or the caregiver must be over age 60 themselves. The care recipient must require assistance with at least two activities of daily living. The grants are also available to grandparents over the age of 55 who are caring for grandchildren under age 18. Contact the Aging & Disability Resource Center (ADRC) at 608-240-7400 to apply.

If you need a support group, training, or help connecting to caregiver resources, contact the caregiver program at 608-261-5679 or debroux.jane@countyofdane.com for more information.

Have a happy summer!



Jane De Broux
Caregiver Program Coordinator
Dane County Area Agency on Aging



Contact :

Phone: 608-261-5679

Fax: 608-240-7402

June is Alzheimer's and Brain Awareness Month

June is Alzheimer's & Brain Awareness Month which is a time to increase awareness and understanding for the millions of individuals world-wide and all the family members and caregivers affected by Alzheimer's disease. The Aging & Disability Resource Center of Dane County (ADRC) is helping with this effort by offering memory screens and educational programs about ways to improve your brain health and reduce your risk of developing Alzheimer's disease and other diseases that cause dementia. They are also partnering with a number of communities to help them become dementia friendly. We are looking for volunteers to help with this project. Please contact the ADRC at 608-240-7400 to learn more.

Free 10 Minute Memory Screenings

June 16: 2:30 p.m.—5:30 p.m.

Monona Public Library, call 608-222-6127 to sign up

June 21: 3 p.m.—5 p.m.

Sun Prairie Library, call 608-825-7323 to sign up

June 24: 10 a.m. -12 noon

Sugar Creek apartments in Verona, call 608-845-5561 to sign up

Brain Health

Improve your odds. Reduce your risk.

June is Brain Health Awareness month. Join us on Monday, June 13, 2016, at Monona Library at 4:00 p.m. as Joy Schmidt, Dementia Care Specialist with the Aging & Disability Resource Center of Dane County, talks about brain health, normal aging, and ways you can reduce your risk of developing dementia as you age. Learn about current resources that are available in the community and what Dane County is doing to promote Dementia Friendly Communities.

—Joy Schmidt, Dementia Care Specialist, ADRC of Dane County

SPARK! Cultural Programming for People with Memory Loss is a new program being held at museums and arts organizations throughout the state. Check out their June program (p. 8).



June is National Fresh Fruit and Vegetables Month

Beginning in June, the Area Agency on Aging of Dane County will distribute farmers' market vouchers to seniors for use in purchasing \$25 worth of fruit, vegetables, or herbs at Farmers' Markets and roadside farm stands in Wisconsin during the 2016 season. The vouchers are distributed on a first come, first served basis to those 60 or older with a gross income below the 180% poverty level.

USDA Income Eligibility Guidelines:

Household Size = Monthly Income / Annual Income

1 person = \$1,832 / \$21,978

2 people = \$2,470 / \$29,637

3 people = \$3,108 / \$37,296

4 people = \$3,747 / \$44,955

There is a limit of one set of vouchers per household regardless of size of household. For information on the program, contact Mary Browning at 608-261-5678.



2016

Dane County Farmers' Markets

City	Location	Address	Day	Times	When
Black Earth	Shoe Box Parking Lot	Hwy 14 & Mill St	Wednesday	3:30–6:30 pm	June–September
Cambridge	Veterans Park	100 E Main St	Tuesday	2–6 pm	May–October
Cross Plains	Parkway Market	1680 Main St	Wednesday	4–7 pm	June–September
Deerfield	Parking Lot	216 S Main	Saturday	8 am–noon	June 12–October
DeForest	Fireman's Park	Stevenson & Jefferson St	Tuesday	3–6 pm	May 24–Oct 18
Fitchburg	Agora Pavilion	5511 E Cheryl Pkwy	Thursday	3–6 pm	May–October
Madison	City-County Building	200 Martin Luther King Dr	Wednesday	8:30 am–2 pm	April 20–Nov 2
	Capitol Square	Downtown	Saturday	6 am–2 pm	April 16–Nov 5
East	Central Park	202 S Ingersoll St	Tuesday	4–7 pm	April 19–Oct 11
	Capital View	N Star & Gemini Dr	Wednesday	3–7 pm	June–mid October
North	Northside Town Ctr	2817 Sherman Ave	Sunday	8:30 am–12:30 pm	May 8–October 23
	Labor Temple	1602 S Park St	Tuesday Sunday	2–6 pm 11 am–3 pm	June 7–October April 24–October
	Novation Campus	2500 Rimrock Rd	Mon & Wed	2–6 pm	June–October
	Meriter Hospital Lot	202 S Park	Wednesday	2–6 pm	June 15–October
	The Villager	2300 S Park	Friday	2–6 pm	June 16–October
West	Edgewood College	2219 Monroe St	Sunday	9 am–1 pm	May 8–October
	Hill Farm State Trans.	Segoe & University Ave	Saturday	7 am–1 pm	April 23–Nov 12
	Hilldale Shopping Ctr	N Segoe Rd	W & Sat	7 am–1 pm	May–October
McFarland	McFarland Centre	5100 Farwell St	Thursday	2–6 pm	May–October
Middleton	Capital Brewery	7734 Terrace Ave	Tuesday	2:30–6 pm	June–early Oct
Middleton	Greenway Station Ctr	Greenway & Deming Way	Thursday	8 am–1 pm	mid May–early Oct
Monona	Ahuska Park	400 E Broadway	Sunday	9 am–1 pm	May–October
Mt Horeb	Downtown	300 E Main St	Thursday	3–6:30 pm	May 19–Oct 20
Oregon	Dorn Parking Lot	N Main St & W Richards	Tuesday	2–6 pm	May–October
Stoughton	Plaza Shopping Ctr	1050 W Main St	Friday	7 am–1 pm	May–October
Sun Prairie	City Hall Parking Lot	300 E Main St	Saturday	7 am–noon	May 7–October
Sun Prairie	W Main Shopping Ctr	956 W Main St	Tuesday	2:30–6 pm	May 10–Oct 25
Waunakee	Waun-A-Bowl	301 S Century Ave	Wednesday	3–6 pm	May–October



Created by the Area Agency
on Aging of Dane County

Current as of 3/22/16



LGBT Caregivers and the Older Americans Act

Every few years the Advocacy Committee of the Dane County Area Agency on Aging reminds us that the Older Americans Act is coming up for re-consideration. In the last go around, Congress held off its vote to reauthorize the Act for several years. It was finally reauthorized in April, 2016, but at a budget far below what the increase in the senior population requires. Per the Altarum Institute¹, “For older adults, one of the most formidable challenges stems from the way the U.S. arrays health care and social services programs: they are considered separately, with little thought about interactions, and almost no recognition of the impact of services in one sector on the other.”

LGBT older adults face a number of challenges in caregiving. Several of those challenges reflect the results of years of discrimination and ostracization created by national economic and health program barriers. While the new marriage act and health care reforms are changing some of these barriers, the Older Americans Act has yet to adequately address them. SAGE (Services and Advocacy for Gay, lesbian, bisexual, transgender Elders), in New York City, conducts research related to LGBT older adults and writes policy statements based on its findings. In 2010, at their first-ever national advocacy conference, hundreds of people gathered “to discuss pressing policy concerns shaping their lives. . . . No other policy issue loomed larger . . . than the reauthorization of the Older Americans Acts, scheduled to begin in 2011.”

Focusing on solutions, SAGE issued several policy recommendations on reauthorization of the Older Americans Act. Among them:

- The Older Americans Act should expand on its definitions of “minority,” “greatest social need,” and “vulnerable elder” to specify lesbian, gay, bisexual, and transgender older adults.
- The Older Americans Act should ensure that its mandates regarding data collection, project assessments, and reporting are evaluating whether services and programs are effectively reaching lesbian, gay, bisexual and transgender older adults.
- The Older Americans Act should ensure that its definitions, services, and programs account for the family structures and support systems of lesbian, gay, bisexual, and transgender older adults, which include blood relatives as well as families of choice such as friends, partners, and other loved ones.

The Older Americans Act should support cultural competency programs that train and support aging providers in better serving lesbian, gay, bisexual, and transgender older adults.”

LGBT elders, their caregivers, and support networks would appreciate your support for these changes when the reauthorization of the current Older Americans Act comes up again.

—Caroline Werner, MSSW, LGBT Senior Advocate, OutReach LGBT Community Center, Madison, WI

Contact Caroline at OutReach: carolw@LGBToutReach.org
<http://www.lgbtseniors.org/>



Listen In!

AGEWYZ podcast: Making the Invisible Visible

“In the United States there are 1.5 million lesbian, gay, bisexual, and transgender (LGBT) older adults—a number expected to double by 2030. LGBT older adults came of age at a time in the U.S. when discrimination was the norm for the LGBT population; as a result many LGBT seniors don’t trust the medical system. LGBT aging is also compounded by a lack of resources, so how do LGBT seniors get the care they need? And where do LGBT caregivers find support?” <http://bit.ly/1ZjCLOm>

Online Resources for LGBT Caregivers

SAGEMATTERS Magazine

SAGE’s (Services & Advocacy for GLBT Elders) magazine features current topics of concern for LGBT older adults. <http://bit.ly/1t6rK9g>

National Resource Center on LGBT Aging

The National Resource Center on LGBT Aging is the country’s first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual, and/or transgender older adults. <http://bit.ly/1PriBC0>

- LGBT seniors are twice as likely to live alone, and are between three and four times less likely to have children than straight seniors.
- Due to a lifetime of social stigma and prejudice, many LGBT seniors have a fear of unwelcoming providers.
- LGBT older adults are five times less likely to access caregiving services.
- LGBT seniors are often required to rely on their “families of choice”—friends, neighbors, and other people to whom they are close—for their caregiving needs. Although the Federal Medical Leave Act guarantees 12 weeks of job
- protections for anyone taking care of a family member, families of choice are excluded.
- The lack of supports and accessible services leads to increased stress and strain for both caregivers and care recipients. That’s one reason LGBT seniors are more likely to be prematurely institutionalized than straight seniors.

The recent expansion of marriage protections has made things easier for many families, but there’s still a long way to go.



SPARK! Cultural Programming for People with Memory Loss is a new program being held at museums and arts organizations throughout the state. 90-minute program sessions will tap into the pasts of those suffering from Alzheimer's and dementia. Participants will explore the Wisconsin Veteran's Museum collections to create meaningful experiences in a welcoming and stimulating environment.

Next session:

Tuesday, June 14

10:00—11:00 a.m.

Wisconsin Veteran's Museum, 30 W. Mifflin St., Madison

Participants will meet in the Research Center on the 3rd floor to look at images from the collection and participate in informal discussion, conversation and observation.

Advance registration is required. For more information or to register, please contact Erin Hoag, Education Specialist, at 608.264.7663, or email visitor.curator@dva.wisconsin.gov.

The Aging and Disability Resource Center of Dane County (ADRC)

The ADRC offers free, unbiased information and assistance on resources and services for older people and adults with disabilities. Staff provides information to all callers regardless of their income, assets, age, or disability, and they help callers identify options, solve problems, and plan for the future.

Open 7:45 am—4:30 pm Monday through Friday



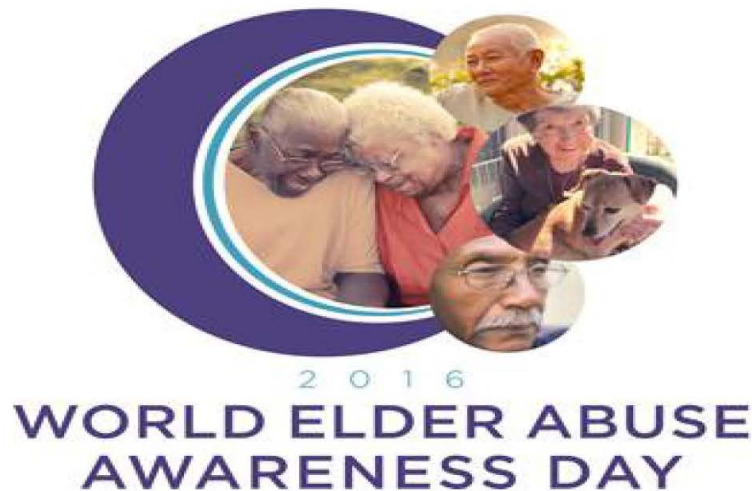
Call (608) 240-7400

Visit the ADRC office, 2865 N. Sherman Ave, Madison

Appointments are not necessary

Website: www.daneadrc.org

Email: ADRC@countyofdane.com



There will be a **FREE Shredfest** for World Elder Abuse Awareness Day on Wednesday, June 15, 2016 in the parking lot of St. Bernard's Church (2450 Atwood Avenue, Madison, WI 53704) from 1-2 pm. The event's goal is to prevent financial exploitation and identity theft by enabling the safe disposal of personal documents and information.

Financial exploitation occurs when a person misuses or takes the assets of a vulnerable adult for his/her own personal benefit. This frequently occurs without the vulnerable adult's explicit knowledge or consent, depriving the individual of vital financial resources for his/her personal needs.

The rate of financial exploitation is extremely high, with **1 in 20** older adults indicating some form of perceived financial mistreatment in the recent past. **90%** of abusers are family members or trusted others. Almost **1 in 10** financial abuse victims will turn to Medicaid as a direct result of financial exploitation and theft.

The Dane County Community Elder Abuse Community Coordinated Community Response (EACCR) thanks Pelitteri Waste Systems for their partnership in this event.



Advocacy News



Family Caregivers

May 2016
Issue Brief

Strengthening this cost-effective, vital support system

Core Member Organizations

- Aging and Disability Professionals Association of Wisconsin (ADPAW)
- Alzheimer's Association SE Wisconsin Chapter
- Wisconsin Adult Day Services Association (WADSA)
- Wisconsin Association of Area Agencies on Aging (W4A)
- Wisconsin Association of Benefit Specialists (WABS)
- Wisconsin Association of Nutrition Directors (WAND)
- Wisconsin Association of Senior Centers (WASC)
- Wisconsin Institute for Healthy Aging (WIHA)

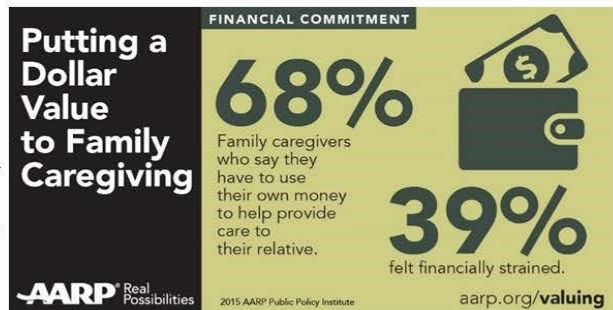
What Is WAAN?

The Wisconsin Aging Advocacy Network is a collaborative group of individuals and associations working with and for Wisconsin's older adults to shape public policy to improve their quality of life.

WAAN's Position: Wisconsin should strengthen support for caregivers by passing the CARE Act, creating a tax credit for those shouldering the financial burden of caring for a loved one and expanding Dementia Care Specialist services statewide.

Caregivers Save Money for the Health Care and Long-Term Care Systems

In Wisconsin approximately 578,000 people are providing family caregiving to a loved one at home. The value of this care is estimated at \$7 billion and demographic shifts are driving even more need as roughly 10,000 baby boomers turn 65 every day.* The work of these caregivers enables older Wisconsinites to stay where they want to be and where costs are the lowest: In their homes. Family caregivers perform a variety of caregiving duties, including help with bathing and dressing, feeding, medication management, wound care, and transportation. By providing this care, family care-



givers save taxpayer dollars by helping to prevent or delay their loved ones need for more costly residential care and unnecessary hospital readmissions.

Cost to the Caregiver

In 2013 family caregivers in Wisconsin provided 538 million hours of care. Many studies report a significant correlation between caregiving and psychological and physical health. Those who serve as family caregivers to older relatives report higher levels of stress and poorer health than the population at large. A recent AARP study reports over half of the caregivers surveyed reported being overwhelmed by the amount of care their family member needs. On top of stress, poor health, and loss of personal time,

*<http://states.aarp.org/wi-caregivers-provide-7-billion-in-unpaid-care-sc-wi-wp-advocacy/#sthash.jRv56kAA.dpuf>

providing care can also cause significant financial strain. Nearly 70% of family caregivers have used their own money to help care for their loved one and nearly 4 in 10 family caregivers felt financially strained by these costs.

Increasing Complex Care Needs

Wisconsin's population is aging, increasing the need for family caregiving. Caregivers are increasingly responsible for administering medical or nursing care to family members, but are often not trained in how to provide this complex care or are left out of treatment decisions. Family caregivers' needs should be assessed as part of the care planning process and caregivers should be included in the planning process as appropriate. Dementia Care Specialists (DCSs) available across the state can help ensure individuals with Alzheimer's or other dementias are connected to appropriate diagnostic and treatment centers, while also helping to ensure that care is safe and cost-effective, and making sure family members who are providing care (which can be especially overwhelming and stressful when caring for someone with dementia) receive the resources they need to care for their loved ones. However, Wisconsin currently has only 19 DCSs serving 26 counties and 3 tribes.

Supporting Family Caregivers

Family caregivers face increasing challenges—lack of time, loss of income, health problems, and stress. An increasing number of people will find themselves facing these challenges as the population ages and more adults find themselves in the role of family caregiver. We must address these challenges immediately. Specific measures include:

- ◇ **Pass the CARE Act.** The Caregiver Advise, Record, Enable (CARE) Act includes provisions to keep family caregivers informed about the patient's treatment and ensure caregivers receive explanation and live instruction of the medical tasks the family caregiver will perform at home.
- ◇ **Create a Wisconsin state tax credit to ease the financial burden of caregiving.** A Wisconsin income tax credit for qualified caregiving expenses, like assistive technology and adult daycare, will reduce financial strain on family caregivers.
- ◇ **Expand the number of Dementia Care Specialists** to cover every ADRC in Wisconsin. DCSs provide vital services to assist individuals with dementia to remain active and in their homes, support ADRC staff and county programs to be better prepared to support individuals with dementia and their families, and to act as a catalyst for the creation of dementia-friendly communities.



Contact WAAN

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**Find this and other WAAN
issue briefs at:**

<http://gwaar.org/waan>

Caring for the Caregiver Program

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- You are no longer interested in receiving the newsletter

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