

Caregiver Chronicles

September 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/)



To care for
those who
once cared
for us
is one of the
highest
honors.

-Tia Walker



New! Adult Children & Employed Caregiver Learn and Support Group

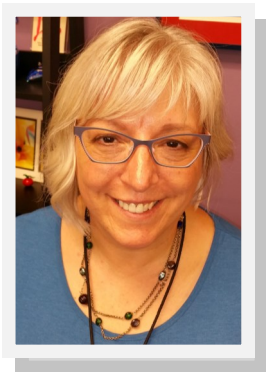
People often ask if I'm a caregiver, and I get a bit of a pang every time. Truth is, I'm a "caregiver in waiting." My elderly parents, still living in the home where I grew up, are managing with some help but their needs are growing. Another colleague in a similar situation refers to herself as an "expectant caregiver." Whatever we call it, we know we're talking about the growing anticipation that at any time there could be a significant change that will upend the delicate balance we've maintained up to this point. Maybe it will be a medical event or maybe they will lose the ability to drive. In general, we feel the scales tipping in our direction and roles beginning to shift. When that happens, how will we manage? Where do we begin?

Enter the Dane County Caregiver Program. Funded by the National Family Caregiver Support Program via the Older Americans Act, the Caregiver Program provides "Caring for the Caregivers Grants," educational programs, support groups, and more. We can refer and connect you to the resources you need. Whether you're caring for your spouse, parents, grandparents, older adult friends or neighbors, we can help.

This month, we're beginning a new program to provide education and support to Adult Children & Employed Caregivers. We're offering the support group on Thursday evenings at two alternating locations. The Verona Senior Center and the Aging & Disability Center will host a series of meetings that will include presentations on hot topics in caregiving along with the opportunity to discuss and share in a supportive environment. To make it easy for a variety of working caregivers, we're opening the meetings at 5:30 for a light supper and time to transition. The presentation and support sharing will take place from 6:00 – 7:00 pm.

Last month we offered the opportunity to register for the evidence-based program Powerful Tools for Caregivers. It was received with enthusiasm and the class filled quickly. It provides caregivers with important skills to give them confidence in handling difficult situations, emotions, and decisions. A new class will begin in October. (Learn more and register on pages 7).

Be sure to let us know if there's a caregiving topic you'd like to know more about and look for new offerings in the next edition of *Caregiver Chronicles*.



A handwritten signature in black ink that reads "Jane De Broux".

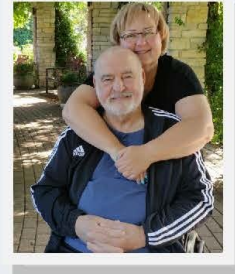
Jane De Broux
Caregiver Program Coordinator
Dane County Area Agency on Aging



Phone: 608-261-5679

Email: debroux.jane@countyofdane.com

NEW! Thursday Evenings This Fall **Adult Children & Employed Caregivers** **Learn & Support Group**



- Are you providing care for aging parents and need to know where to find resources?
- Are you a family caregiver for an older adult trying to find balance with your work life?
- Are you a member of the “sandwich” or even the “club sandwich” generation trying to balance care for older adults and your own children?
- Are you anticipating the time when your older adult parent or relative will depend on you?
- Are you coping with challenging family dynamics in caring for aging family members?

We know you're pressed for time more than ever, so we created a new format for the group. Come early for a light supper followed by expert presentations and time to discuss, ask questions, and connect with other caregivers. (No cost, no registration required.)

Light Supper 5:30—6:00 pm

Presentation and discussion 6:00 –7:00 pm

Verona

Verona Senior Center

108 Paoli Street, Verona

For more information : 608-845-7471

Email: kim.veronasc@gmail.com

September 15

Welcome! Intro to Program and Resources

October 6

Aging & Disability Resource Center Resources

October 20

Elder Law

November 3

(presenter topic by group request)

November 17

(presenter topic by group request)

December 1

(presenter topic by group request)



North/East Madison

Aging & Disability Resource Center

NorthSide Town Center

2865 N. Sherman Ave

For more information: 608-261-5679

Email: debroux.jane@countyofdane.com



September 22

Aging & Disability Resource Center Resources

October 13

Elder Benefits Specialist Program

October 27

Caregiving Resources for Veterans

November 10

When to Stop Driving and How to Talk About It

December 8

(presenter topic by group request)



Preventing Financial Abuse and Exploitation of Older Adults

Did you know, that while the news will often highlight telephone or postal scams aimed at older adults, the vast majority of financial abuse cases involving older adults in Wisconsin are perpetrated by family members?

Maybe you've been concerned a family member is taking advantage of an older adult. The older person may have described something that made you suspicious such as a daughter using her father's savings for her own purposes. The father in question may have expressed concern that the loss of those savings affects his ability to pay his own bills. When confronted, the older person may have responded, "Please don't tell anyone." They may fear the consequences should their family member be investigated. Not just that it might be made public, but the older person may depend on that family member for everything from making meals, to transportation, to medical appointments; or in the scenario mentioned above, the father may even live with the daughter. He may now worry he will have no one to care for him or possibly even have to go to a nursing home. Unfortunately, sometimes it is the family member who has used that fear of the unknown to continue to abuse the very person who not only trusted and relied on them, but very likely loves them regardless of what they've done.

If you are aware of a situation that has raised suspicions or are concerned for your own wellbeing, you may be at a loss. If so, you're not alone. If you, or an older person you know, is being taken advantage of or abused, there is local help available. One of the few ways to stop financial abuse of older adults is to report it. Reporting any kind of elder abuse or neglect in Wisconsin can be done with a simple phone call that will be kept confidential. The following steps can be taken to report any type of abuse of an older person in Wisconsin.

By state law, every county in Wisconsin has a lead elder abuse agency, usually within the county's human services department or local Aging & Disability Resource Center. The reporting process varies from county to county but, for most agencies, the person taking the call will ask for your name and number so they can follow up with you if necessary. They will likely ask a few simple questions like the reason for the call, what details you can provide such as sharing what you may have personally witnessed, or if you know of certain details that would back up your suspicions. Don't worry if it turns out an intervention or an investigation isn't needed. It is far better to have made the call than to risk harm that could have been prevented.

Because of the strict confidentiality of the elder abuse reporting system, once initial contact is made you may not hear from the elder abuse agency again. Any investigation or follow-up cannot be shared outside of the confines of the state reporting system. The person reporting the abuse needs to trust the expertise of adult protective services social workers, who investigate cases of abuse and neglect. If you call to inquire, no further information will be shared. While it may be frustrating, the social worker's priority is to respect the need for confidentiality.

If you suspect elder abuse is being perpetrated against someone in Dane County, call the ElderAbuse Helpline: 608-261-9933.

For information on which agency to contact to make a report of suspected elder abuse in Wisconsin see this link: <https://www.dhs.wisconsin.gov/aps/aar-agencies.htm>

Just as it "takes a village to raise a child," it also takes a village to assure older adults are able to live free of abuse and neglect.

—Jayne F. Mullins, Elder Abuse Program Lead, GWAAR

Online Resources

Four Ways to Support Your Community's Fight Against Elder Financial Exploitation

AgingCare.com

Financial exploitation robs millions of older people of their money and property every year. To prevent and respond to the crisis of elder financial exploitation, people are working together in hundreds of communities across our nation.

These networks of people bring together, among others, community volunteers, local law enforcement, social workers, health care and legal professionals, banks and credit unions, government agencies, and accountants. Networks combat financial exploitation through different activities. Many are educating their community, training professionals, coordinating efforts between agencies, and reviewing cases of financial exploitation. <http://bit.ly/2bFunfh>

4 Ways to Protect Your Retirement While Being a Caregiver

US News & World Report

"If you're anticipating becoming a caregiver to one or both of your parents at some point, you'll need a good defensive plan for safeguarding your retirement. Here are some of the most important things to keep in mind."

<http://bit.ly/2cosdAt>



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

Training Opportunity for Moving, Lifting, and Transferring Techniques

FAMILY CAREGIVING WORKSHOPS PRESENTS:

COMPASSIONATE CAREGIVING

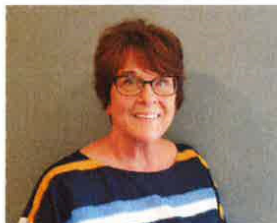
A FUNDAMENTAL OF PROVIDING GOOD CARE: *PROVIDING SAFE CARE*

- Moving, Lifting and Transferring techniques
- Assistive devices to aid in the physical caregiving



IN THIS WORKSHOP YOU WILL LEARN:

How to minimize the risk of falls
How to safely move, lift and transfer the person in your care
How to use assistive devices to make personal cares and transfers safer



ABOUT THE INSTRUCTOR

Jean Mueller is a Registered Nurse with over 30 years of caregiving experience both professionally and personally. She understands the unique challenges of providing care to family members.



NEXT WORKSHOP:
Saturday, September 24th
9:30-1:30
Catholic Charities Adult Day Center
2917 International Lane
Madison, WI 53704



To register, contact Jean Mueller 608.826.8004
or email: jmueller@ccmadison.org

Back by Popular Demand! Powerful Tools for Caregives in October



Powerful Tools for Caregivers Class Wednesdays, October 5 –November 9, 2016 5:30 –7:15 pm

Bethel Lutheran Church
312 Wisconsin Avenue
Library Media Room
Madison, WI 53703

One of the greatest challenges of being a family caregiver is maintaining one’s own physical and emotional health. **Powerful Tools for Caregivers** is designed to provide caregivers with tools to increase self care and give them confidence in handling difficult situations, emotions, and decisions.

Topics include tools designed to help a caregiver:

- Reduce personal stress
- Communicate feelings and needs
- Use community services
- Deal with emotions such as anger, guilt, and depression

Instructors:

***Siv Goulding** has been a Powerful Tools for Caregivers leader since 2008, and has 20 years professional experience as a case manager and counselor to older persons in Central Illinois. She currently volunteers with the Dane County Caregiver Alliance, has had personal caregiver experience with a parent and in - laws, and now cares for her spouse. She facilitates three caregiver support groups in Wisconsin.*

***Diane Wiedenbeck** has been a Powerful Tools for Caregivers leader for about 15 years, and has been a family caregiver. She participated in the Dane County Caregiver Alliance and currently serves on the RSVP of Dane County Board as Vice President and Cottage Grove Triad Chair.*

Cost of the class \$10, and includes a copy of The Caregiver Helpbook (a \$20 value).



TO REGISTER fill out this form and submit it with a check for \$10 (payable to Dane County) by September 26, 2016.

Name _____
 Address _____
 City _____ Zip _____
 Email _____

MAIL to:
Howard Thomas
Area Agency on Aging of Dane County
2865 N. Sherman Ave.
Madison, WI 53704

Relationship to care recipient: _____
(spouse, parent, friend, neighbor, etc.)

Registration limited to 12 participants

If you have questions, or need the \$10 registration fee waived in order to attend, please contact: Jane De Broux, Dane County Caregiver Program Coordinator at 608-261-5679 or debroux.jane@countyofdane.com.

Respite and Renewal for Wisconsin Caregivers

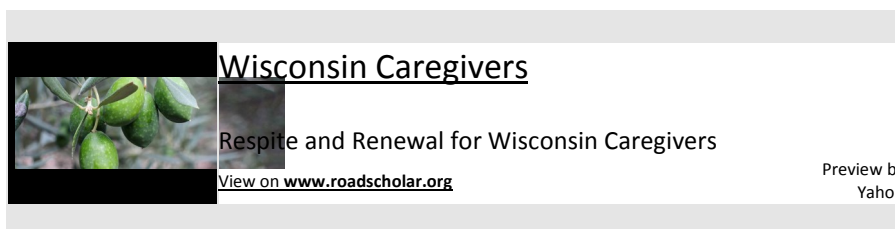
Road Scholar, the nation's largest educational travel institution for adults, has received a \$25,000 grant to provide opportunities for older family caregivers in Wisconsin to benefit from the learning, community, and rejuvenation that are the hallmarks of a Road Scholar learning adventure.

With support from the Helen Daniels Bader Fund, a Bader Philanthropy, Road Scholar will earmark approximately 20 financial awards of \$1,300 each to family caregivers, 50 and older, who live in Wisconsin. These awards can be applied to any one of the thousands of educational programs that Road Scholar currently operates throughout the United States.

Road Scholar is actively seeking applications from family caregivers in Wisconsin who are 50 and over. All Road Scholar programs include the cost of accommodations, meals, lectures, activities, excursions, and transportation.

The deadline for application submissions is December 31, 2016.

For more information or to download an application for a Caregiver Grant, visit [Wisconsin Caregivers](#).



The image shows a search result snippet for 'Wisconsin Caregivers'. On the left is a small image of green olives. To the right of the image, the text reads: 'Wisconsin Caregivers', 'Respite and Renewal for Wisconsin Caregivers', and 'View on www.roadscholar.org'. In the bottom right corner of the snippet, it says 'Preview by Yahoo'.

If you would like to request a supply of brochures about the Road Scholar Caregiver Grant, please contact ann.simanis@roadscholar.org.



Help Develop a Mobile App for Caregivers



Do you help a friend or family member age 65 or older, who might have difficulty running errands like shopping or banking, or maintaining their home, or managing their health?

The University of Wisconsin–Madison School of Nursing is developing an application for mobile devices to provide information and guidance to people who help older adults, but are not paid or formally trained to do so.

To make our app truly useful, we're talking with a wide range of people who help older adults in various ways, from just checking in to providing personal care.



Even if you don't call yourself a "caregiver"—if you simply do your best to help your aging parent, in-law, grandparent, other relative or friend—your perspective is important to us. You will receive some compensation, if we interview you.

If this sounds like you and you're willing to share your input with us, **please take a few minutes to tell us about yourself here:** <http://go.wisc.edu/6t428z>

Contact Diane at the UW–Madison School of Nursing with any questions, at farsetta@wisc.edu or 608-265-4330.

Please share this information with others who might be interested. Thank you!



Faith, Not Fear: Seven Ways To Deal Successfully with the Challenges of Alzheimer's Disease

Regina M. Prude, author, syndicated newspaper columnist, SiriusXM radio program host, and inspirational speaker, will share ways to successfully handle the challenges of Alzheimer's disease.

Her weekly syndicated newspaper column, "Everyday Joy," appears in African American publications across the country. She is a regular contributor to Nashville Christian Family magazine and developed materials on Black Church Economic Development for the Kelly Miller Smith Institute at Vanderbilt University.

For thirty-six and a half years Regina was a formal partner in ministry, serving as pastor's wife at Emmanuel Baptist Church in Beloit, where her late husband, the Dr. Floyd Prude, Jr., was senior pastor.

Regina will be speaking in Madison and Beloit.

MADISON

Friday, September 16

11:30 a.m. - 2:00 p.m.

Maple Bluff County Club

500 Kensington Dr., Madison

Free. Lunch provided.

Dr. Carey Gleason, Wisconsin Alzheimer's Disease Research Center, will also present.

BELOIT

Saturday, September 17

2:00 - 4:30 p.m.

Butterfly Club

5246 E. County Rd. X, Beloit

Free. Lunch provided.

Susan Flowers Benton, PhD candidate, Wisconsin Alzheimer's Disease Research Center, will also present.

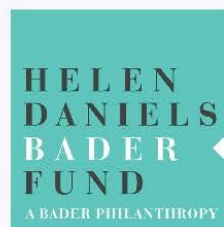
RSVP deadline is Monday, September 12.

For details or to RSVP contact the Alzheimer's & Dementia Alliance of Wisconsin, 608.232.3400 or toll-free 888.308.6251.



Regina M. Prude is an author, syndicated newspaper columnist, SiriusXM radio program host, and inspirational speaker.

Sponsored in part by Helen Daniels Bader, a Bader Philanthropy.

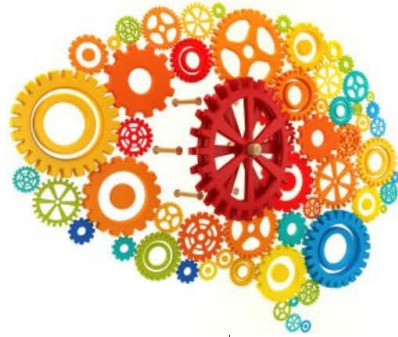


www.bader.org



Alzheimer's & Dementia Alliance
OF WISCONSIN

608.232.3400 • www.alzwisc.org



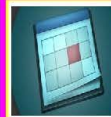
Improve your odds.
Reduce your risk.

Fall Brain Health Series



Thursdays at 1 PM

Location: MSCR East
4620 Cottage Grove Road, Madison



SCHEDULE

Thursdays at 1 PM
September 22nd thru
October 27th

September 22nd

Brain Healthy Lifestyle

Joy Schmidt, Dementia Care Specialist
Aging & Disability Resource Center of Dane County

September 29th

Exercise & Protect Your Brain

Darcie Olson, PhD/OTR, Instructor
Madison College

October 6th

Effects of Sleep on the Brain & tips to improve sleep

Dr. Barbara Bendlin, PhD
WI Alzheimer's Disease Research Center

October 13th

Healthy Eating for Your Brain

Anne Breckenridge Swanson, Master Chef
Agrace Hospice

October 20th

Music & Memory

Julie Hyland, Director
Wisconsin Music & Memory Program

October 27th

Mindfulness & Wellbeing

Chris Smith, MDiv, LMFT
Mindful Meditation Instructor
UW Health Mindfulness Program



**Dementia
Friendly**



For more information: Contact Joy Schmidt at 608-240-7400 | Schmidt.Joy@countyofdane.com
Registration will be available online at mscr.com

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

2865 N. Sherman Ave.
Madison, Wisconsin 53704



Phone: 608-261-5679

Fax: 608-240-7402

Email: debroux.jane@countyofdane.com

Save paper and reduce postage costs

Please let us know if:

- You are willing to receive the newsletter via email
- You are no longer interested in receiving the newsletter

Contact:

Jane De Broux

608-261-5679

debroux.jane@countyofdane.com