

February 2018

Caregiver Chronicles



Caring for Caregivers

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/)



Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

—Lao Tzu

Caring Isn't the Hard Part of Caregiving

During February, we are surrounded by symbols of love and caring in celebration of Valentine's Day. What we are not reminded of so readily is the need to care for ourselves.

There is a new promotional poster for the Caregiver Program that reads: "Caring, it's not the hard part of caregiving." I've found those words to be profoundly true as I continue to talk with Dane County caregivers. So many caregivers are remarkable in what they are able to do for their loved ones, but are also beginning to show signs of stress and strain. If your caregiving journey has brought you to a new level of involvement, it may be a good time for you to check further into community resources that offer support. The Dane County Caregiver Program provides grants through the National Family Caregiver Support Program (update on page 3). We can also make referrals to support groups, classes, and other resources.

In this month's newsletter, I've included a number of articles and resources that emphasize the need to attend to our own health and wellbeing so we can continue to care for those who depend on us. If you're an employed caregiver, you may want to read the brief article that appeared in the *Minneapolis StarTribune* (page 3) on ways businesses can support working caregivers. If your employer has an Employee Assistance Program (EAP), I encourage you to contact them to see how they can help.

If you're a caregiver who is turning 64 this year, be sure to safeguard your own healthcare. If you are a caregiver for someone who is turning 64, you can also help them make informed choices. Free Medicare Seminars (page 4) will show you what you need to know about enrolling in Medicare. If you are nearing retirement, free workshops can help with valuable information before and after you retire (page 5). As I work with caregivers I see that the lack of planning can cause unintended consequences, and taking the time to do so can make all the difference.

On page 7, Jane Mahoney of GWAAR shares her thoughtful piece on "When Caregiving Ends." It's a tough thing to think about, but creating a plan for what your life will be after the intense experience of caregiving can help in the transition. There are grief support groups that can help—contact the Dane County Caregiver Program for more information.

When you devote so much of your love and care to those around you, don't forget to care for yourself. What are you willing to accept help doing? Do your family and friends know what caregiving is like for you? Have you let them know? Are you able to preserve some time for your hobbies, your friends, and your own life? If you need support you don't need to go it alone. The Dane County Caregiver Program is here for you.



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

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

608-261-5679
debroux.jane@countyofdane.com



Caring for Caregivers

UPDATE:

New Assessment Contact for Caring for Caregivers Grant Applications

In the January issue of *Caregiver Chronicles*, we directed caregivers interested in applying for the grant to Dane County Senior Focal Points. Due to new directions from the State of Wisconsin, the assessment process has expanded to include pre- and post-service evaluations and a customer satisfaction survey. The goal is to provide information that will help expand funding for caregivers in the state.

In order make the process most efficient and well-targeted to caregivers, the Caregiver Program Coordinator is now the point person for grant applications. Please contact Coordinator, Jane De Broux, at 608-261-5679 or email debroux.jane@countyofdane.com to set up an appointment.



Employed Caregivers

Smart Businesses are Helping Workers Take on a Growing Caregiving Role

by Beth Wiggins, *Minneapolis StarTribune*, (December 10, 2017)

<http://www.startribune.com/smart-businesses-are-helping-workers-take-on-growing-caregiving-role/462891413/>

“Estimates are that nearly 20 percent of U.S. workers (even more among middle-aged workers) are providing care for older adults, and half of the current workforce expects to be providing eldercare in the near future. . . . There are relatively easy options to begin with. Open the dialogue with employees. Recognize eldercare as a legitimate work-life concern. Bring caregiver education on-site so that employees can find efficient and effective help. Encourage use of your Employee Assistance Program (EAP) for caregiving issues.”



≡ FREE Welcome to Medicare Seminars

**Sponsored by: Area Agency on Aging of Dane County's
Elder Benefits Specialist Program**

What you need to know about enrolling in Medicare

If you are turning **age 64** this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? **Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit.**

Want easy to understand answers to all of these complex questions? Sign up to attend one of the following **Free Welcome to Medicare seminars**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.

Saturday — April 28, 2018 — 9-11:30 AM

DeForest Area Community & Senior Center (505 W. North Street, DeForest)
Call (608) 261-9930 to register by **April 18th**.

Tuesday — July 10, 2018 — 5:30-8 PM

Meadowood Community Center (5726 Raymond Road, Madison)
Call (608) 261-9930 to register by **June 29th**.

Saturday — October 13, 2018 — 9-11:30 AM

Aging & Disability Resource Center of Dane Cty (2865 N. Sherman Ave, Madison)
Call (608) 261-9930 to register by **October 3rd**.



Ready, Set, Retirement!

Free Workshop with Valuable Information for Making Key Decisions Before and After You Retire

This Event is offered on three different dates. Choose the Friday best for you:

Friday, January 26, 2018

Madison Senior Center

330 West Mifflin Street
Madison, WI 53703

Friday February 9, 2018

Fitchburg Senior Center

5510 Lacy Road
Fitchburg, WI 53711

Friday, April 27, 2018

North/Eastside Senior Coalition

1625 Northport Dr #125
Madison, WI 53704

WORKSHOPS:

Estate Planning: Wills & Trusts;
Naming Beneficiaries, and Probate vs.
Non-probate assets

Advance Directives: Powers of
Attorney for Health Care and Finance

**Medicare
Social Security**

Seats are limited.

**Reserve your seat today
by calling (608) 243-2881**

TIME: 9:00 am – 12:30 pm

Arrive early to visit the booths and talk with representatives from the Dane County Aging & Disability Resource Center (ADRC), special needs trusts, the Board on Aging and Long-Term Care, and other valuable resources. Refreshments provided.

Sponsored by the



(This event is for informational and educational purposes only. It is not a marketing or sales presentation. Our goal is simply to provide neutral, unbiased information on these topics.)

Hot Caregiver Topics Online

How Care For Elders, Not Children, Denies Women a Paycheck

by Eduardo Porter, *Caring Across Generations* (originally in the *New York Times*, December 19, 2017)

<http://bit.ly/2Env5HG>

According to MIT's Sloan School of Management, there are 14 million Americans who are unable to live independently and care for themselves. "The burden of care weighs predominantly on their wives and daughters. About a quarter of women 45 to 64 years old and one in seven of those 35 to 44 are caring for an older relative according to the American Time Use Survey. . . . In his book, *Who Will Care for Us?*, published in 2017, Professor Osterman estimates there are about 21 million family members caring for an adult relative for no pay. By 2040, he predicts demand for such care will rise to 34 million."

Leaving the House Linked to Longevity in Older Adults

by Carolyn Crist, *Reuters, Journal of the American Geriatrics Society* (December 26, 2017)

<http://reut.rs/2Ed70CX>

"For older people, getting out of the house regularly may contribute to a longer life—and the effect is independent of medical problems or mobility issues, according to new research from Israel. For study participants in their 70s, 80s, and 90s, the frequency with which they left the house predicted how likely they were to make it to the next age milestone, researchers report in *Journal of the American Geriatrics Society*."

It's Time to Believe Older Adults, Too

By Jeanette Leardi, *ChangingAging*, (December 29, 2017)

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

"Just as we should believe those who report experiences of sexual harassment, so too should we believe older adults who report elder harassment in any of its forms."



When Caregiving Ends

Taking care of a loved one takes a lot of time and energy. Your own needs move lower on the priority list as you spend more time caring for your loved one. You start saying no to the weekly coffee klatsch, decrease the number of days you participate in volunteer or paid work, leave your favorite hobbies on the shelf, and delay travel plans. As your loved one needs more and more assistance it's tempting to drop out of everything so you can be there for the person as much as possible, or because there simply is not enough of you to go around.

While your intentions might be good, giving up things you enjoy also has negative consequences. The stress of intense caregiving can put your physical and mental health at risk now and leave you vulnerable when your role as caregiver is over. When deciding what activities to give up to be a caregiver, don't just think about your life situation now but also ask yourself the question, "What will I do when I am no longer needed as a caregiver?"

The death of my father left my mom with an entirely new life ahead of her. She went from days filled with caring for my dad to a world in which she lives alone. For several years she put her activities on hold and put Dad's needs first. During that time, I encouraged Mom to keep doing some of the things she really loved, even infrequently. At the time, my hope was to keep her healthier and happier by designating time out of the week for her. But now, I see that keeping involved in those caregiving activities was important in another way. Finding a new routine for her is a little easier because she did. Had she given up everything—her own interests and her caregiving activities—she would feel like her whole identity would be lost now.

No matter what, life after caregiving is a transition and a difficult adjustment. Here are some points to consider when your job as caregiver has ended:

- Begin thinking about your future when you are still a caregiver. Having some long-term dreams and goals will make this transition time easier.
- While you will never forget your loved one, as time passes it will become easier to find your way in life without that person.
- Accept and express your feelings of loss, loneliness, and whatever else you may be feeling.
- Keep attending your caregiver support group, join a grief support group, or confide in a trusted friend.
- Seek help from a counselor if your grief leaves you overwhelmed.
- Reconnect with things and people you were involved with before caregiving.
- Look for new challenges—maybe a new job, volunteer work, or travel.
- Keep busy, but allow for quiet time to grieve.
- Reflect on what you've been through, be proud of the good work you did for your loved one, and let go of any guilt you may feel.
- Reshape your life and create a "new normal," but it is not done overnight. Give yourself time to find your way.

Even if you don't want to think about the death of your loved one, start creating a plan for what your life will be like after caregiving has ended. It isn't selfish to look at the future in which your caregiving role is over; it is simply practical and healthy. Involve your loved one in this discussion if they find it reassuring. Life after caregiving goes on, and it may even include a new, fulfilling adventure.

—Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

Events for Caregivers of People with Alzheimer's and Dementia



Dr. Cerise Elliott
National Institute on Aging

Sponsored by:



8th Annual Solomon Carter Fuller Community Discussion on Alzheimer's Disease and Memory Screening Day

Friday, February 16, 2018

7:00 – 8:30 p.m.

Advancing Health Disparities Research in the African American Community

A community discussion about dementia and Alzheimer's disease featuring Dr. Cerise Elliott.

Fountain of Life Covenant Church
633 W. Badger Road
Madison, Wisconsin

Saturday, February 17, 2018

9:00 a.m. – 3:00 p.m.

Caregiver Workshop, Healthy Cooking Demonstration and Confidential Memory Screenings

To schedule a free memory screening call **608.232.3400**. Walk-in appointments available until 2:15 p.m.

The Village on Park
2300 S. Park Street
Madison, Wisconsin

*All events are free and open to the public. Visit adrc.wisc.edu/events for details or call Fabu Carter, **608.256.1901, ext. 11685**.*

Visit us online at adrc.wisc.edu/events

Be sure to check out [Resource Wise](#), the newsletter for the ADRC of Dane County.



**Connecting People with the
Assistance They Need**

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

Call (608) 240-7400

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

Website: www.daneadrc.org

Email: ADRC@countyofdane.com

2018 Dates for DeForest Library, McFarland Library, Middleton Library, Monona Library, and Sun Prairie Library

DeForest Library

Date	Time
January 18 th	10 am - noon
February 15 th	10 am - noon
March 15 th	10 am - noon
April 17 th	9 am - noon
April 19 th	10 am - noon
May 17 th	10 am - noon
June 21 st	10 am - noon

Sun Prairie Library

Date	Time
February 23 rd	9 am - noon
June 5 th	11 am - 2 pm
September 12 th	10 am - 1 pm

McFarland Library

Date	Time
February 8 th	9 am - noon
April 3 rd	1 pm - 4 pm
July 6 th	11 am - 2 pm

Middleton Library

Date	Time
January 19 th	9 am - noon
June 14 th	11 am - 2 pm
April 17 th	9 am - noon
September 19 th	1 pm - 4 pm

Monona Library

Date	Time
January 23 rd	3:30 pm - 5:30 pm
March 7 th	9 am - noon
May 10 th	11 am - 2 pm
July 20 th	10 am - 1 pm
September 5 th	9 am - noon
November 16 th	1 pm - 4 pm



**IT TAKES ONLY 15 MINUTES
RESULTS ARE IMMEDIATE**



NOTE: A memory screen is a tool that helps to identify possible memory and cognitive changes. This tool is only an indicator; follow-up with your doctor about memory and cognition is advisable.

**WE WILL BE OFFERING 20 MINUTES SESSIONS FOR
MEMORY SCREENS AND RESULTS. PLEASE CONTACT
THE LIBRARY OF YOUR CHOICE TO SIGN UP FOR YOUR
FREE MEMORY SCREEN.**



TELECONNECTION

www.caregiverteleconnection.org



Free Telephone Learning Sessions

Date	Time	Topic	Call. Learn. Share.
Thursday, February 1st	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Mindfulness with Cynthia Hazel, M.A. Research shows that mindfulness, the practice of accepting what is without judgment can lower psychological stress. Caregivers who share their lives while valuing themselves can reduce their stress levels and become open to the possibility of joyful moments with their loved one(s). In this session, we will explore how being mindful will help caregivers provide compassionate self-care, let go and make heartfelt connections.	
Thursday, February 8th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lucy Barylak, MSW as "Dear Lucy" Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by email or phone.	
Monday, February 12th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Family Meetings: Effective Planning for Aging, Even When A Loved One Resists with Kim Olmedo, LCSW, CCM, CSW-G Identify what a family meeting is and why you may need one. Listen in on a step-by-step plan to identify medical and other needs of a loved one and how to meet them. During the session, the speaker will explore the answers to questions about family meetings, such as: When do you need one? Who needs to be part of a family meeting? ***Sponsored by the North Central Texas Caregiver Teleconnection***	
Monday, February 19th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Managing Family Conflict During Family Caregiving with Barry Jacobs, PsyD Differences of opinion are a natural part of family life. Little wonder, then, that such differences and even heated debates arise during family caregiving when the stakes and emotions run high. During this hour, psychologist, family therapist and co-author of AARP Meditations for Caregiving, Barry J. Jacobs, Psy.D., will present a framework for managing conflict between the primary caregiver and care recipient, among caregiving family members, and between the caregiving family and healthcare and social service professionals.	
Thursday, February 22nd	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Lucy Barylak, MSW as "Dear Lucy" Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by email or phone.	



WELLMED
CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

Registration required at least 24 hours in advance



NAMI Homefront is a free 6 session educational program for families, caregivers and friends of military service members and veterans with mental health conditions. NAMI Homefront is designed to address the unique needs of family, caregivers, and friends of those who have served or are currently serving our country.

Dates: February 13th, 2018- March 20th 2018

Time: 6-8pm

**Location: VA in the Patient Education Resource Center
2500 Overlook Terrace, Madison 53705**

NAMI Homefront teaches you how to:

- ★ **Manage crises, problem solve and communicate effectively**
- ★ **Learn to care for yourself**
- ★ **Support your family member with compassion**
- ★ **Identify/access federal, state, and local services**
- ★ **Stay informed on the latest research and information**
 - **Including PTSD and substance abuse**
- ★ **Understand current treatments, including evidence-based therapy & medication**

Register for this program at the following link or contact the NAMI Dane office for more details <https://www.surveymonkey.com/r/HomefrontInterest>

Phone: 608.249.7188
www.namidanecounty.org
contact@namidanecounty.org



Caring for the Caregiver Program

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Caring for Caregivers

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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:

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debroux.jane@countyofdane.com