

Caregiver Chronicles

November 2018



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/)

November is National Family Caregivers Month



*We must find the time to stop and thank
the people who make a difference in our
lives.*

—John F. Kennedy

Thank you, caregivers!

November is National Family Caregivers month and we recognize and celebrate the caregivers who help older adults remain in their homes and connected to their communities. This issue of *Caregiver Chronicles* features articles and links to resources that address both the challenges that face caregivers and the resilience and humor that keep our spirits intact.

Seeking a young adult caregiver's perspective along with humor that all adult children can appreciate? This month's "Listen to the Podcast" features comedian Leighann Lord's *People with Parents Podcast*. Concerned with how public policy affects your income? Check out "Making Ends Meet (or Not): How Policy Affects Caregivers' Income" from the American Society on Aging (Online Resources, page 4).

Looking for a way to celebrate with caregivers from across the state and increase caregiver visibility? The Wisconsin Family and Caregiver Support Alliance is celebrating caregivers at the Wisconsin State Capitol on November 1 at 10:00 am. Join them along with caregivers across the state to celebrate and connect (see page 7 for details).

November is also the month we celebrate Thanksgiving. It's a time when families gather and can be a good time to observe the status of caregivers and care recipients in our families and circle of friends. How is the primary caregiver holding up? Is additional respite needed? How about the older adults receiving care? If they are living alone, how do things look? Is additional support needed? If you need services and support, the Dane County Caregiver program is here to help.

Last, but not least, Thanksgiving and National Family Caregiver Month both remind us to express thanks to caregivers. In a culture where we struggle to find time for ourselves and we are often overwhelmed with the pace and demands on our time and attention, John F. Kennedy's words ring true now more than ever. "We must find the time to stop and thank the people who make a difference in our lives."

Thank 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

The logo for "Caring for Caregivers" features a pink heart outline on the left. To the right of the heart, the words "Caring for Caregivers" are written in a pink, serif font.

The Dane County Caregiver Support Program is here for you

It's National Family Caregiver's Month and we want to recognize and thank caregivers for all they do each day to help older adults continue to live at home and connect to their communities for as long as it's possible and desirable. While many caregivers provide for their loved ones gladly and find joy and purpose in giving, the care they provide comes at a personal cost. Caregiving is stressful and difficult no matter how willingly the tasks are undertaken. When caregivers lack support and resources, both the caregiver and their loved one are at risk.

According to *Caregiving in the USA 2015*, a joint research study between the National Alliance for Caregiving and AARP:

- Fifty-five percent of family caregivers report being overwhelmed by the amount of care their family member needs
- Caregivers report a moderate (20%) to high degree (18%) of financial strain as a result of providing care
- In 2014, 60% of family caregivers had full- or part-time jobs
- The higher hour caregiver (21+ hours per week) has been a caregiver for an average of 5 ½ years expects to continue care for another 5 years
- Difficulty finding affordable caregiving services is increasing and those who live further away report higher levels of financial strain as they are more likely to use hired services

The study also reports surprising findings from sub-populations:

- Nearly a quarter of caregivers are millennials between the ages of 18 and 34, and they are equally likely to be male or female
- Caregivers age 75 and older are typically the sole support for their loved one, providing care without paid help or help from relatives and friends
- Male caregivers represent 40% of family caregivers and provide an average of 23 hours a week supporting a loved one

The Dane County Caregiver Support Program offers family caregivers resources and support to address the challenges of caregiving. The grant program is designed to focus on the caregiver and what kind of help is most needed to keep them well and able to continue in their role. The program offers National Family Caregiver Support Program (NFCSP) grants for respite and supplemental services like assistive devices and small home modifications; caregiver options counseling and referrals; caregiver succession planning sessions (coming in 2019); referrals to and support for caregiver support groups and memory cafes; caregiver training classes and events; and the *Caregiver Chronicles* newsletter.

For caregiver resources and support contact Jane De Broux, Caregiver Coordinator at the Dane County Caregiver program by phone at 608-261-5679 or email: debroux.jane@countyofdane.com.



Online Resources

Listen to the Podcast

People with Parents Podcast

<https://www.stitcher.com/podcast/the-urban-erma/people-with-parents?refid=stpr>

Leighann Lord

<http://www.veryfunnylady.com/resources-for-caregivers.html>

“The relationship with our parents is probably the most complicated one we’ll have and yet no one ever teaches us how to navigate it, especially when our parents get old. People with Parents is the personal story telling/ interview podcast where we can talk about, figure out, and laugh about the role reversal and ever-changing relationship between adult children and their parents. Created by Leighann Lord.”

Women Caregivers: In a League of Their Own

<https://blog.aarp.org/2018/10/15/women-caregivers-in-a-league-of-their-own/>

AARP, Nancy A. LeaMond, Posted on 10/15/18

“Women, like men, work for years seeking professional success, personal satisfaction, and financial security. Yet women spend more of their resources—time, health, and money—caring for others, leaving them on shakier ground as they age. Caring for our loved ones is a privilege and an obligation. We shouldn’t penalize women for accepting this responsibility.”

Making Ends Meet (or Not): How Public Policy Affects Caregivers’ Income

<https://bit.ly/2z6ucBI>

Generations, American Society on Aging, Posted October 15, 2018

“These types of changes could further facilitate caregiving for family members and others. The caregiving role is difficult enough with-out subjecting caregivers to unneeded complications and financial pressures. Legislatures and relevant government agencies must address these issues and, as a practical matter, they may not do so until consumers and aging services professionals provide the necessary education and political pressure.”



***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:

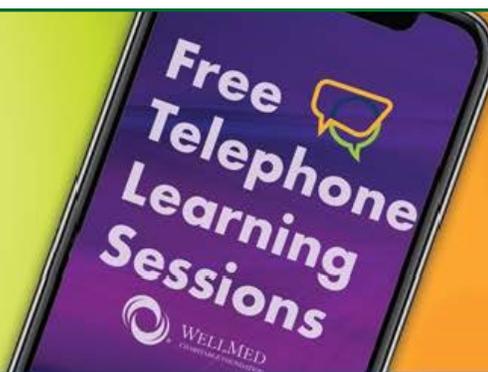
2865 N. Sherman Ave., Madison

Website: www.daneadrc.org



CAREGIVER TELECONNECTION

www.caregiverteleconnection.org



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, November 6th	Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific 8:00 am	La dinámica familiar y la demencia con el Dr. Néstor H. Praderio <i>Los elementos esenciales de una familia sólida son la confianza, el respeto, el aprecio, el apoyo y el amor. La dinámica de las relaciones familiares es compleja y confusa. El Dr. Néstor H. Praderio hablará sobre la dinámica del núcleo familiar al lidiar con el diagnóstico y plan de cuidados de la enfermedad de Alzheimer o algún otro tipo de demencia de un ser querido. El Dr. Praderio analizará los datos estadísticos con respecto a quienes cuidan de un familiar y ofrecerá alternativas para crear un equilibrio entre el cuidado del familiar y la forma de conservar una relación familiar sana.</i>	
Thursday, November 8th	Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific 8:00 am	Lucy Barylak, MSW as "Dear Lucy" <i>Lucy Barylak, MSW as "Dear Lucy". This is an interactive session where Dear Lucy will answer questions and have a conversation with caregivers regarding the issues they face in their caregiving journey. This month she is going to discuss topics ranging from facing discrimination to helping a loved one accept the progression of dementia to managing the holidays while providing care. If you have a question, you may ask it during the call or you can submit your questions or comments by email or phone. We want to hear from you!</i>	
Monday, November 12th	Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific 10:00 am	Dealing with Difficult Behaviors with Laura Wolfe, PhD <i>Learn how to deal with and make a plan for challenging behaviors. We will discuss causes and triggers of challenging behaviors, and how to make a plan to change the behavior. **Sponsored by the North Central Texas Caregiver Teleconnection</i>	
Wednesday, November 14th	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific 9:00 am	Planning a Holiday trip to see a Loved One with Evalyn Greb, LCSW <i>Holidays are exciting yet can also be stressful. Caregivers going to see their loved ones may be especially stressed. Join this session to hear some tips for preparing emotionally for such a trip from a professional and other caregivers.</i>	
Wednesday, November 28th	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific 9:00 am	Dealing with Dementia with Gayle Alston <i>Caregivers of people living with dementia need the "How to's" of managing the challenges they face each day. The Dealing with Dementia Guide and Workshop was created to provide some of those "How to's". From problem solving around dementia behaviors to creating a dementia friendly lifestyle, Gayle Alston, co-author of the guide and program will provide tips for navigating the ever changing waters of dementia care.</i>	



A program of the WellMed Charitable Foundation

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

Celebrate National Family Caregivers Month

November is National Family Caregivers Month, a time to recognize and thank the many hard working and devoted people who make it their mission to keep a loved one happy and safe. You work hard and deserve to be recognized and celebrated!

Caregivers come from all walks of life care for people with an array of needs. Reasons for providing care differ from situation to situation and daily tasks that caregivers perform also vary greatly. But there are some things that all caregivers have in common: dedication, love, commitment, a sense of selflessness, and, most likely, a good sense of humor.

Wisconsin's theme for Family Caregiver Month is, "You May Be a Caregiver If . . ." We chose this theme because it gives a real-life view of caregiving. It encourages humor to focus on what is uplifting more than what is burdensome and recognizes the valued role and dedication of our state's caregivers. It also gives caregivers a fun way to connect with each other as they add their own ending to the phrase.

In hopes of bringing some smiles and perhaps a chuckle to your day, here are some memes that may be familiar:

"You May be a Caregiver If . . .

- ... you were up at 3:00 this morning helping someone to the bathroom
- ... your house has more pill bottles than wine bottles
- ... you can pronounce medications with more than 10 letters in the name
- ... you know your way around the hospital better than the mall
- ... you can maneuver a wheelchair through Walmart with ease

What does caregiving mean to you? How would you end the phrase, "You may be a caregiver if . . .?" What have you learned as a result of caring for someone? What are some things you do regularly that you didn't do before? What is different about your life now that someone else wouldn't understand unless they, too, were a caregiver?

As you ponder these questions, remember that you are valued, respected, and appreciated. Thank you for all that you do to help another person enjoy life to the fullest!

—Jane Mahoney
Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources



JOIN US TO CELEBRATE CAREGIVERS



November is Family Caregivers Month

November 1 at 10 AM
Governor's Conference Room (1st Floor East)
State Capitol, Madison



CONTACT:
LISA PUGH,
CO-CHAIR
608-422-4250

<http://wisconsincaregiver.org/alliance>

- Hear from Caregivers from across the State
- Learn about the Wisconsin Family and Caregiver Support Alliance
- Hear from Bi-Partisan Legislators about Support for Caregivers
- Presentation of a Governor's Proclamation

JOURNEYS



A Living Well with Early Stage Dementia Series

For Caregivers & People with Dementia

The diagnosis of Alzheimer's disease or another type of dementia is life-changing and leads to many questions.

What will this mean for me and my family?

How do I plan for the future?

Where can I get the help I need?

Join us for this three-part program and have a chance to hear from others who have been where you are discussing what you need to know, what you need to plan, and what you need to develop and work with your care team.

2 Part Series:

Thursdays | 1 pm - 3pm

November 1st & November 8th

Monona Public Library | 1000 Nichols Road, Monona

RSVP Required: 608.203.8500 ext 8002 | bnuttkinson@alz.org

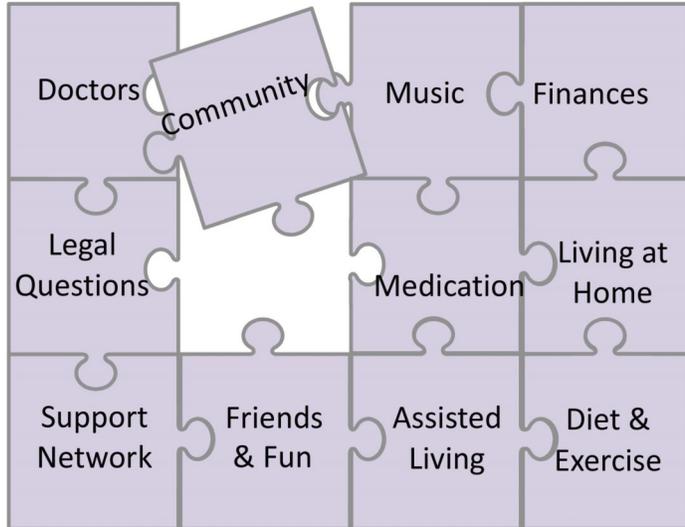


Dementia Friendly



Living Well with Dementia

2nd Annual Free Community Resource Fair



Panel Discussions

1:00pm 360° Health & Wellness

A comprehensive look at Living Well with Dementia including medical, lifestyle, and mental health strategies from 3 different perspectives.

3:00pm Sharing the Journey

Frank conversations with persons living with dementia and family caregivers about the important milestones in their dementia journeys.

Advance Directive Workshops

Saturday, Nov. 10, 2018

12:00-5:00

Resource Fair

Advocates * Attorneys * Financial Advisors * Home Health Services * Care Communities * Healthcare Organizations* Music & Memory* Adult Protective Services* Aging & Disability Resource Center * Alzheimer's Association * Alzheimer's & Dementia Alliance of WI & More!

Financial Power of Attorney (POA)

Sessions led by: [Barbara Boustead](#), Daily Money Manager; [Mark T. Johnson](#), Attorney at Law; and [Kathy Kjorlie](#), Attorney at Law.

Healthcare POA & Living Will

Sessions led by: [Debby Deutsch](#), Board Certified Patient Advocate with Patient Care Partners; and [Laura LaFleur](#), Clinical Social Worker Unity Point-Meriter.

Both workshop topics will be offered at 2:00pm and 4:00pm. Limited to 20 attendees per session. Advanced sign-up encouraged.

St. Luke's Lutheran Church 7337 Hubbard Avenue, Middleton WI 53562

Contact: Stacy Austin-Li dfccmiddleton@gmail.com 608-515-8663

<https://tinyurl.com/LivingWell-Middleton>



The Theme for National Family Caregivers Month November 2018 is

Supercharge Your Caregiving!

Caregivers are superheroes. Managing medications. Getting to doctor appointments. Balancing work and home. How can family caregivers handle it all? Even superheroes need tools! Thankfully, new caregiving tools can help lighten the load.

Think Safety First

If your elderly loved one is aging at home, safety and security is your first priority. You can't be there with them every minute of the day. But all sorts of gadgets can help keep them safe, maintain their independence, and relieve some of your worries. Wearable sensors can monitor a patient and contact family members if their loved one falls or if an emergency occurs. Smart homes and smart locks can help, too.

Unlock the Power of Medical Records

Information is power, and caregiver access to online patient medical records is getting easier and more powerful every day. With online patient portals you can get your loved one's health and insurance information how and when you need it. Join the millions of family caregivers who have already accessed their loved one's online medical records to improve care.

Master the Medications

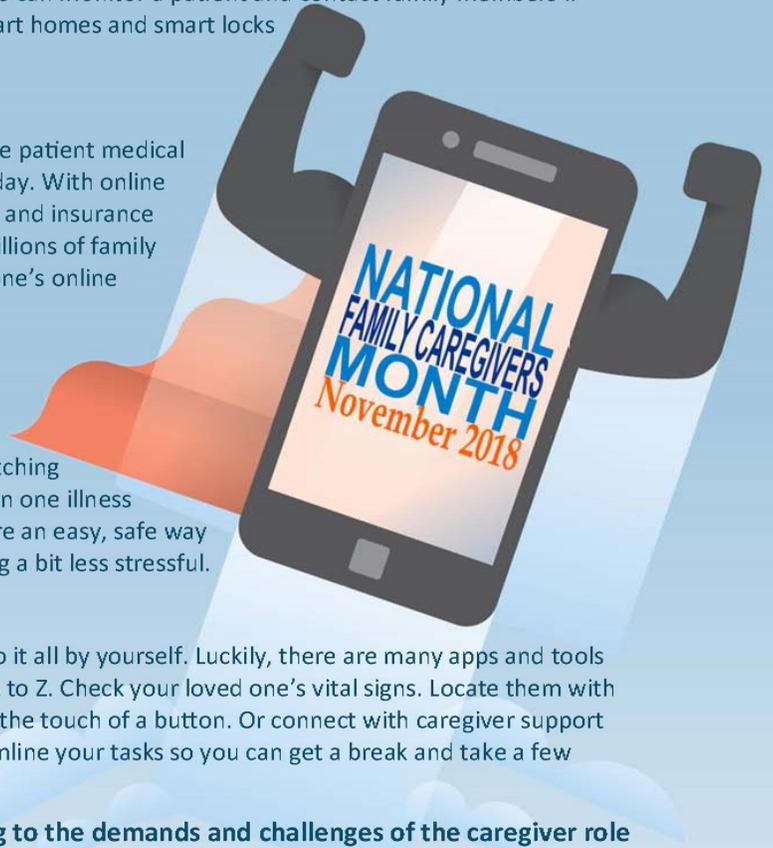
One of your most important daily responsibilities is managing medications – making sure they are taken properly and on time, getting refills, and watching for side effects. Your loved one may have more than one illness and have to take several medications. Tech tools are an easy, safe way to track your loved one's meds and make caregiving a bit less stressful.

Unleash the Power of Apps

Caregiving is overwhelming and you simply can't do it all by yourself. Luckily, there are many apps and tools that can help caregivers do almost anything from A to Z. Check your loved one's vital signs. Locate them with GPS if they wander off. Get healthy eating plans at the touch of a button. Or connect with caregiver support groups and online communities. Use apps to streamline your tasks so you can get a break and take a few minutes to recharge your own batteries.

Not all superheroes wear capes. You are rising to the demands and challenges of the caregiver role every day. Take advantage of tools that can help you stay on top of it all and help you restore some balance to your life.

During National Family Caregivers Month, we want family caregivers to use new caregiving tools to make their lives a bit easier.



Supercharge Your Caregiving!

CaregiverAction.org

Holiday Tips & Techie Gifts

Andrew Lopez from Access to Independence and Bonnie Nuttkinson from the Alzheimer's Association will provide guidance on buying techie gifts and gadgets for your loved one living with dementia.

Thursday, November 15th at 2 p.m.
Stoughton Hospital
900 Ridge Street, Stoughton
Bryant Health Education Center
(lower level)

This presentation is open to all members of the community.

Questions? Please contact Heather at
(608) 873-2316.



Sponsored by the Stoughton Dementia Friendly Coalition & Partners

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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- You are no longer interested in receiving the newsletter

Contact:

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