

Caregiver Chronicles

October 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/)



The ache for home lives in all of us, the safe place where we can go as we are and not be questioned.

—*Maya Angelou*

Home is where the heart is

The National Family Caregiver Support Program (NFCSP) was created in 2000 to support family (unpaid) caregivers in their role helping older adults safely age in place for as long as desirable and possible. As the Baby Boomers age and the number of older adults rapidly increases, our dependence on family, friends, and community to care for older adults is greater than ever before. At the same time, the pressures on caregivers are also greater than ever before. Women, who make up the majority of family caregivers, often have obligations in the workplace and to raising children. Families relocate for employment and no longer live in the same place as aging parents. On top of all that, people are living much longer on average, which also increases the strain on family caregivers.

One of the most critical things caregivers or “caregivers in waiting” can do is to have conversations about aging in place very early on. The time to make decisions about prepping a home for practicality and safety in the long run is years before an inevitable crisis, which may take the form of illness, injury, or a variety of events we cannot predict. I’ve seen the situation go awry in my own experience. My parents were reluctant to do much preparation or to make forward-looking decisions. When the crisis came, options were few. In the end, my parents didn’t get to live the way they would have chosen if they’d had a crystal ball to see what was coming. Unfortunately, none of us have a window into the future, so erring on the side of early planning is both smart and considerate of your loved ones.

The Caring for Caregivers Program (funded by NFCSP) is available to help long before a crisis hits, from Caregiver Support Groups (see the updated listings pages 7—9) to help caregivers network, learn, and support each other, to grants that can fund a variety of services and supports. Yes, the Caring for Caregiver grants can provide funds for personal cares and home chores, but they can also fund assistive devices and home modifications that can make a difference for years to come. They can help guard against caregiver burnout by providing a variety of respite options and self-care services to ensure that caregivers who want and are able to help loved ones remain in the homes they love can continue to do so.

In 2019, the Dane County Caregiver Alliance will begin new projects to help caregivers plan—first in the short run, and later expanding to more future-oriented strategies. More often than not, the caregivers I work with don’t know who is able to step up for them should they be unable to continue for their own health reasons or any other. I look forward to helping family caregivers plan and ensure the safety of their loved ones without sacrificing their own health and wellbeing. You don’t need to be in crisis to get information and support. (Valeree Lecey’s article on aging in place on page 3 is an excellent tool for beginning conversations on planning.) And, it’s never too early to plan for your own retirement years. Start now to imagine how you can live your older adult years in a home where you heart is.



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

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

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Where do you want to live after you're retired—in your own home or in a senior living community? That question is one that everybody should ask themselves, their spouse, and their parents long before retirement occurs. The answer to this question will depend on several factors and every family will have to figure out for themselves what is best.

Although most people prefer to age in the familiarity and comfort of their home, millions of older Americans' homes are "inappropriate residential environments" according to a study at the University of Florida. The home may not accommodate a wheelchair or walker that may be needed now or in the future. Safety features like grab bars, railings, and adequate lighting for older eyes may not be present. When a loved one is living alone, age-related challenges like reduced vision, reduced mobility, dementia, or chronic illness requiring special care can also jeopardize safety. Have the costs of needed in-home assistance and updates to the home been researched?

If your loved one decides to age in place, they will also need to seriously consider what it will take to allow them to safely live in their home for many years beyond any necessary home modifications. For example, will there be someone to call in an emergency or if they need help with daily activities and simple tasks around the home? Will they become isolated and lonely if they can no longer drive? Can they purchase and prepare food for nutritious meals? Can they manage potential medical procedures like injections, medications, wound care? Yet another consideration is the neighborhood. Has the once-friendly neighborhood changed over the years? Does your loved one still know the neighbors? Are stores still convenient for shopping? Can they get to medical appointments? Are there options for public transportation?

If moving to a senior living community is under consideration, think about what would be gained and what would be left behind. Is there enough space to bring those items they can't live without? Are there acquaintances who already live there or are they leaving a neighborhood of friends for a building full of strangers? Will they miss the yard, patio, or special room in the house and is there something in the senior community that will provide a viable alternative? Are there opportunities for social involvement, communal dining, and access to health care? Will the move relieve stress for you, the caregiver? Is the cost of the senior living community within budget?

While most of us may think we would never leave home, it's worth weighing the pros and cons. As the aging population increases, living options are increasing, too. There are more community resources that allow a person to live longer in their own home, and many senior communities are more accommodating and nurturing than they were in the past.

The best option for your loved one (and one day for you) will depend on their health, social, and emotional needs along with which arrangement will allow them to maintain a safe, well-rounded life. Talking to your loved one's doctor, considering the resources they currently have at home, learning additional services available in the community, such as home-delivered meals and transportation options, comparing costs of different living options, and knowing what your loved one can afford will help you make the decision to age in place or relocate to a senior living community. The decision likely won't be an easy one, but the most important thing is to make sure you consider your options carefully and make the best choice you can.

—Valeree Lecey
ADRC of Ozaukee County

Online Resources

Listen to the Podcast

[Safety While “Aging In Place”](#)

<https://www.stitcher.com/podcast/the-aging-boomers-4/the-aging-boomers/e/42960260>

The Aging Boomers, Host Frank Samson, March 4, 2016

The featured guest is a licensed Occupational Therapist and founder of a caregiver training and medical equipment resource.

[Caregiving 101: Prepare Now to Care for Aging Parents](#)

<https://parade.com/700401/melaniehaikencaringcomsenioreditor/caregiving-101-prepare-now-to-care-for-aging-parents/>

Parade, September 21, 2018, Melanie Haiken

“There comes a time when you realize your parents are getting older and no matter how independent they are, they’re likely going to need your help. After all, more than 20 million Americans are currently providing care for aging parents, according to the latest statistics from AARP and the National Alliance for Caregiving.”

[Aging in Place: Growing Old at Home](#)

<https://www.nia.nih.gov/health/aging-place-growing-old-home>

National Institute on Aging

“You may share the often-heard wish, ‘I want to stay in my own home!’ The good news is that with the right help you might be able to do just that.”



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

Call (608) 240-7400

Visit the ADRC office, 2865 N. Sherman

Connecting People with the Assistance They Need





Date	Time	Topic A LEADING VOICE FOR CAREGIVERS
Monday, October 8th	Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona) 10:00 am	Medications and Older Adults with Daniel Min, PharmD <i>Learn more about 1) the differences in how medications affect older adults differently than when they were younger, 2) the Beers list, 3) common drug interactions, 4) importance of using one pharmacy and ensuring all physicians have a complete list of medications. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday, October 9th	Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona) 8:00 am	¿Será posible que la depresión en la madurez de la vida esté relacionada con el deterioro cognitivo o incluso la demencia? con el Dr. Néstor H. Praderio <i>El Dr. Néstor Praderio hablará sobre los riesgos, el diagnóstico y las opciones de tratamiento. Infórmese sobre los síntomas comunes y entienda los factores desencadenantes de esta enfermedad común que afecta a un número cada vez mayor de adultos de 65 años y mayores.</i>
Thursday, October 11th	Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona) 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. You may ask your question during the call or you can submit your questions or comments by email or phone.</i>
Wednesday, October 17th	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am	Addressing common issues family caregivers face with Spencer Brown, MSG, LNFA, CMC, Care Manager <i>There are many issues that a caregiver will face when providing care for someone. How do decide what level of care is needed? When is it time to look into long term care? How do you help but still maintain your loved one's independence? Find out the answer to these questions and many more as Spencer Brown with Accountable Aging Care Management joins us to discuss common topics related to caregiving.</i>
Tuesday, October 23rd	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am	“The Car Key Conversation” with Dr. Jamie Huysman, PsyD, LCSW, CAP, CFT <i>Caregivers face the heart rendering decision of taking the car keys away from elderly parents whose driving behavior has become a danger to themselves and others. This isn't an easy decision to make because it represents the older driver's sense of independence and dignity. Join Dr. Jamie in a discussion about taking away the car keys.</i>
Tuesday, October 30th	Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona) 10:00 am	The difference between men and women in caregiving with Barry Jacobs <i>Research suggests that women and men approach caregiving with different expectations and often take different approaches to tasks and the prospect of receiving help from others. Barry J. Jacobs, Psy.D, a psychologist and co-author of AARP Meditations for Caregivers, will explore these differences and suggest ways that women and men can work better together during caregiving.</i>



Caring

it's not the hard
part of caregiving

**Caring for someone
and feel exhausted?**

Overwhelmed?

**Like you can't keep it
up much longer?**

Call us. We can help.

Jane De Broux, Caregiver Program Coordinator

Dane County Caregiver Program

Email: debroux.jane@countyofdane.com

Phone: 608-261-5679

Wisconsin's
FamilyCaregiver
Support Programs

Dane County Caregiver Program

Caregiver Support Groups and Memory Cafes

General Caregiver Support				
DeForest , DeForest Area Community and Senior Center, 505 North Main St	3rd Thursday @3:00 pm	Natalie Raemisch	608-846-9469	
DeForest , DeForest Area Community and Senior Center, 505 North Main St	3rd Monday @10:00 am	Heartland Hospice staff	608-846-9469	Grief and support
Fitchburg , Fitchburg Senior Center, 5510 Lacy Rd	2nd Thursday @10:00 am	Fitchburg Senior Center Staff	608-270-4290	
Middleton , Middleton Senior Center, 7448 Hubbard Ave	Last Thursday @10:00 am	Laura Langer	608-831-2373	
Mt. Horeb , Mt. Horeb Senior Center, 107 N. Grove St	2nd Tuesday @1:00 pm	Mary Williams, RN	608-437-4810	
Stoughton , Stoughton Area Senior Center, 248 W Main St	3rd Wednesday @2:00 pm	Heartland Hospice Staff	608-873-8585	Grief and support
Verona , Verona Senior Center, 108 Paoli St	1st & 3rd Tuesday @10:00 am	Becky Losby	608-845-7471	
Waunakee , Waunakee Senior Center, 333 S Madison St	3rd Wednesday @3:30 pm	Waunakee Senior Center Staff	608-849-8385	
Alzheimer's & Dementia				
Fitchburg , Fitchburg Senior Center, 5510 E Lacy Rd	2nd Thursday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Sponsored by Alzheimer's & Dementia Alliance of WI
Madison/Central , Capitol Lakes Retirement, 333 W. Main St	2nd Monday @noon	Natasha Killian	608-283-2000	Sponsored by Alzheimer's Assoc. South Central WI
Madison/West , Alzheimer's & Dementia Alliance of WI, 3330 University Ave, Suite 300	1st Wednesday @6:00 pm	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Adult Children
Madison/West , Covenant Presbyterian Church, 326 S Segoe Rd	1st Thursday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Sponsored by Alzheimer's & Dementia Alliance of WI
Stoughton , Stoughton Area Senior Center, 248 W Main St #1	2nd Thursday @2:00 pm	Hollee Camacho	608-873-8585	Sponsored by Alzheimer's Assoc. South Central WI
Sun Prairie , Colonial Club Senior Activity Center, 301 Blankenheim Ln	3rd Tuesday @6:30 pm	Melody Riedel	608-837-4611	
Sun Prairie , Hyland Park, 881 Liberty Blvd	4th Thursday @1:30 pm	Lizzie Gernon	608-213-7810	Sponsored by Alzheimer's Assoc. South Central WI

September 2018

Dane County Caregiver Program

Caregiver Support Groups and Memory Cafes

Memory Cafes				
Cottage Grove/McFarland, Hope Lutheran Church, 3702 County HW AB	4th Wednesday @9:30-11 am	Georgia Punswick	608-839-4426	
DeForest, DeForest Area Community and Senior Center, 505 North Main St	4th Friday @1:00-2:30 pm	Natalie Raemisch	608-846-9469	
Fitchburg, Fitchburg Senior Center, 5510 Lacy Rd	3rd Thursday @10:30-noon	Fitchburg Senior Center Staff	608-270-4290	
Madison/West, Alzheimer's & Dementia Alliance of WI, 3330 University Ave, Suite 300	4th Saturday @12:30-2:00 pm	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Young onset dementia for those 65 and under
Middleton, Captain Bills Restaurant, 2701 Century Harbor Rd	1st Friday @9:30-11:30 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	
Middleton, Middleton Senior Center, 7448 Hubbard Ave	1st & 3rd Wednesday @10:00-11:00 am	Kathy Lauer	608-831-2373	
Sun Prairie, Colonial Club Senior Activity Center, 301 Blankenheim Ln	2nd Thursday @9:30-11:00 am	Kim Peterson	608-837-4611	
Oregon, Sienna Crest Office, 845 Market St	4th Wednesday @6:00 - 7:30 pm	Sienna Crest staff	608-835-0040	Sponsored by Alzheimer's Assoc. South Central WI
Verona, Verona Senior Center, 108 Paoli St	Every Wednesday @10:00 am	Becky Losby	608-845-7471	
Waunakee, Steeplechase Apartments Clubhouse, 5636 Conway Glenn (off Woodland Drive)	1st Thursday @9:30-11:00 am	Cindy Mosiman	608-849-8385	
Men's Group, Dementia				
Madison/West, Alzheimer's & Dementia Alliance of WI, 3330 University Ave, Suite 300	2nd Thursday @9:15 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	
Young Onset Dementia				
Madison/West, Alzheimer's & Dementia Alliance of WI, 3330 University Ave, Suite 300	2nd Saturday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Caring for a person with dementia under age 65
Parkinson's Disease				
Fitchburg, Fitchburg Community Center, 5510 Lacy Rd	3rd Monday @2:00 pm	Fitchburg Senior Center Staff	608-270-4290	
Madison/West, Brookdale, 429 S Yellowstone	Last Tuesday @1:00 pm	Brookdale Staff	608-277-1010	

September 2018

Parkinson's Disease (continued)				
Madison/West, Oakwood Village, 6205 Mineral Point Rd	2nd Thursday @1:30 pm	Oakwood Staff	608-230-4433	
Monona, Monona United Methodist Church, 606 Nichols Rd	1st Wednesday @2:00 pm	Siv Golding	608-839-3512	
Stoughton, Stoughton Area Senior Center, 248 W Main St	4th Wednesday @1:30 pm	Hollee Camacho	608-873-8585	
Verona, Verona Senior Center, 108 Paoli St	3rd Thursday @10:00 am	Barbra Rasmussen	605-848-0432	
Waunakee, Waunakee Senior Center, 333 S Madison St	4th Tuesday @2:00 pm	Candice Duffek	608-849-8385	
ALS Support Groups				
Madison/Central, SSM Health Outpatient Center, 700 S Park St, Level B	2nd Tuesday @1:00 pm	SSM Health Staff	608-260-2900	
Brain Injury Support Group				
Madison/Central, Meriter Hospital, 202 S Park St	2nd Monday @6:30 pm	Lynn Hovey	608-576-5285	
Grandparents & Other Relatives as Parents				
Madison/Central, The Rainbow Project, 831 E. Washington Ave	2nd Saturday @10:00 am - noon	Serena Breining	608-255-7356 Ext 324	Children age 18 and under
Latinx Grandparents Raising Their Grandchildren				
Madison/Central, Madison Senior Center, 330 Mifflin Ave	4th Wednesday @5:30 pm	Rodrigo Valdivia	608-243-5252	Offered in Spanish only



FREE LEGAL & FINANCIAL PLANNING SEMINARS

Free and open to the public. Registration requested.

A free workshop for families that provides an overview of key legal and financial planning issues for older adults.

MADISON

Thursday, October 11

6:00 - 7:30 p.m.

Oak Park Place

718 Jupiter Dr., Madison

Presenter: Attorney John Haslam,
Wilson Law Group



Attorney Haslam is an Estate Planning Law Specialist and Accredited Estate Planner® as certified by the National Association of Estate Planners and Councils and accredited by the American Bar Association. Haslam is a member of Wealth Counsel, LLC, the Wisconsin Council of Estate Planning Attorneys and an Accredited Veterans Administrative Attorney. He is a member of the Elder Law Section and the Real Estate, Probate and Trust Section of the State Bar of Wisconsin.

John's specialty areas of practice include post-death estate and trust administration, estate planning and long term care planning.

FITCHBURG

Tuesday, October 23

6:00 - 8:00 p.m.

Wyndham Garden - Capitol Room

2969 Cahill Main, Fitchburg

Presenter: Attorney Chris Schmidt,
Boardman & Clark LLP



Attorney Schmidt is licensed to practice law in the State of Wisconsin. Chris practices in the areas of estate planning, taxation, and business transactions. In his practice, Chris assists individuals, families, and small businesses with comprehensive planning.

Prior to joining Boardman & Clark, he worked as a Tax Associate at an accounting firm. Chris is also a certified public accountant.

You will learn about:

Basic Estate Planning
Advanced Directives
Guardianship
Funeral Pre-planning
Programs and services to help you
Various ways to pay for care
Medicaid and Family Care

Pre-registration requested.

To register for this free event, call Alzheimer's & Dementia Alliance of Wisconsin, 608.232.3400 or toll-free 888.308.6251.

Free and open to the public.
Light refreshments and handouts provided. No solicitations will be made.



alzwissc.org . 888.308.6251



Dementia Care in the Home – The **DICE** Approach™



Describe | Investigate | Create | Evaluate

If you are providing care for a family member with dementia and at times feel frustrated or overwhelmed, the **DICE** Approach™ may help. This is a tool that caregivers can use to understand and respond to the variety of situations that occur when providing daily care to someone with dementia. It was designed by the Michigan School of Medicine and trained by the Wisconsin Alzheimer's Institute.

This program is being offered to the community free of charge.

Monday, October 29th, 2018
10 AM - Noon

Aging & Disability Resource Center
2865 N Sherman Avenue, Madison
Phone: 608-240-7400

RSVP: Either call **608-240-7400**
or email
schmidt.joy@countyofdane.com

Presenters:

Joy Schmidt, Dementia Care Specialist
Bonnie Nuttkinson, Program Coordinator



Wisconsin Alzheimer's Institute
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN



Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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- You are willing to receive the newsletter via email
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Contact:

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