

Caregiver Chronicles

August 2019



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/)



A moment of patience in a moment of anger
saves you a hundred moments of regret.

—Unknown

Beat the Heat

Summertime brings on the heat. We had sweltering, dangerous temperatures in July combined with severe storms around the state. Political activity hit a fever pitch with an intensity you could feel. And the number of caregivers expressing their stress and frustration increased. Anger is a perfectly appropriate response to a number of issues around caregiving, but unaddressed and unresolved it doesn't lead to solutions or relief.

This month's feature story (page 3) focuses on approaching caregiving with **EASE**, an acronym for emotional support, acceptance, self-care, and education, meant to help caregivers create a space for themselves to gain perspective and greater peace of mind. The article explains a number of ways the Dane County Caregiver Program can help. In addition to these resources, there are a number of excellent programs coming up to complement and enhance the Caregiver Program's offerings.

If you've been challenged by attempting to cook healthy and tasty meals for just one or two people, there is a fun and engaging class, "Cooking for One or Two," offered in September and October (page 6). Chefs of UW Health will lead hands-on classes in the state-of-the-art Learning Kitchen at The American Center. You will learn recipes and easy cooking techniques to make good nutrition easier.

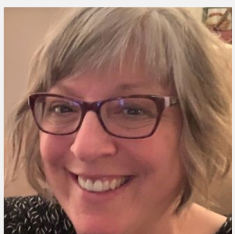
Fall is just around the corner, and so is the falls prevention event, "Only Leaves Should Fall," coming up in September (page 7). Wisconsin leads the nation in deadly falls for older adults, and this program offers screenings and demonstrations to help increase your awareness and provide strategies for safety.

Also coming up in September is the 17th Annual RSVP/Triad of Dane County & Triad of Wisconsin Crime Prevention and Safety Conference and Expo. With workshops on topics ranging from Responding to Abuse Later in Life, Loneliness and Social Isolation, and Aging in Place, you will find valuable information on topics related to crime prevention and safety especially for seniors (page 8).

Last but not least, be sure to mark your calendars for "Make Time for Joy!: A Celebration of Caregivers for People with Alzheimer's & Dementia and Older Adults" (registration information pages 9—11). The day will be filled with activities both indoors and out, time for relaxing and pampering, a delicious lunch, and opportunities to connect with other caregivers, resources, and professionals. Respite care and activities for care partners will be available on site. The event is free, sponsored by the Aging and Disability Resource Center of Dane County with support from the Area Agency on Aging of Dane County, the Alzheimer's Association of South Central Wisconsin, and the Alzheimer's & Dementia Alliance of Wisconsin. It promises to be a surefire antidote to caregiver stress! Be sure to register and reserve your place today.

Here's to keeping cool, inside and out.

A Rock that Perseveres Under Heat and Pressure soon Becomes a Diamond.
—Matshona Dhlwayo



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

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



Caregivers Can Approach Frustration with EASE

Being the caregiver for an older adult or individual with Alzheimer's or dementia can be emotionally trying. After all, the most straightforward way we keep a lid on our emotions is to make a situation less personal. Yet, what could be more personal than caregiving? Learning how to gain perspective is one of the great challenges you must face having stepped into the role of providing intimate care for another person.

For some individuals, time spent as a caregiver feels lonely and overwhelming. For other caregivers the difficulty is *not* being in it alone. Epic battles may emerge that are rooted in our most primal experiences—our relationship to our parents and siblings. Other power struggles may occur with our longtime spouse based on many years of ingrained behaviors. Deep feelings of sadness, fear, and loss sometimes give way to anger. After all, there's a sensation of power in feeling angry and the illusion of control in placing blame. Adult child caregivers sometimes feel angry that their parents didn't prepare better—or at all. *Didn't they see this coming?* Spouses feel anger in response to feelings of abandonment. *Why didn't they take better care of themselves? Why can't they just admit/do/see what is so obvious to me? None of this is the way I planned or expected or wanted it to be!*

Caregivers may also feel anger at themselves, which can give way to depression. Sigmund Freud referred to depression as “anger turned inward.” Depression limits the caregiver's ability to provide care for their care partners and for themselves in particular. Turned outward, anger can be hurtful and damage relationships. Unchecked it can turn into rage and abuse. Turned inward it can incapacitate us. At worst it can threaten our health and that of the person in our care.

Anger can also guide us to making needed changes. Anger is an emotion that provides us with important information. Acknowledged and addressed, anger can lead to empowerment—the antidote to rage and depression. Caregivers may not be able to avoid sadness, grief and loss, but anger can be channeled productively. So, what is the path from anger to empowerment? How can the Caregiver Program help? Approach with **EASE**, which refers to:

Emotional support. When you call the Caregiver Support program, we are here to listen. There is no shame in sharing feelings of anger, loss, or grief. A *Caring for Caregivers* grant funded by the National Family Caregiver Support Program (NFCSP) may provide the respite or service you need to improve the situation. We can also connect you with a support group to fit your needs, from general groups to those specific to Alzheimer's and dementia, conditions like Parkinson's, or for those dealing with grief. If broader relationships are the source of stress for a caregiver, referrals are made to colleagues from the ADRC or case managers located at senior centers and coalitions who are specially trained in conducting family meetings.

Acceptance. Accepting the situation is not an easy task. We cannot make our loved one face something they are just not ready for—even if we think it's long past time they did. We cannot make our distant sibling show up more often or care more. We cannot expect our partner to do things they are no longer capable of doing. We cannot return our loved one with memory loss to the way they once were.

In addition to accepting circumstances, it is helpful for all of us to accept our own limits. We cannot go without rest or decent nutrition or help without compromising our own health. Getting to the point of letting go of former expectations and living with the present situation offers greater peace of mind. *Caring for Caregivers* grants can provide needed opportunities for respite and self-care, which may make acceptance easier to come by.

(continued on page 4)

(continued from page 3)

Self-care. Eat. Sleep. Exercise. Take a break. Find something that connects you to others and things you enjoy. *Caring for Caregivers* grants offer options that can help caregivers go beyond what may be thought of as typical respite. Join a pool, get a massage, take a mini-vacation. Grant funds are not limited to home chores and personal care for the care recipient. The goal is to help caregivers continue to be able to do what they are doing. What's needed to make that happen depends on the needs of the individual caregiver.

Education. Learn about the reality of what you are facing. Research your care partner's condition, consult health care professionals on disease progression and prognosis, and consult legal and financial experts on levels of preparedness and financial status. From this base of knowledge you can plan, and the Caregiver Program can help you with that as well. The Dane County Caregiver Alliance is currently working on the best ways to compile resources and deliver information about planning for a progression of needs. For example: make home modifications before there is a debilitating fall; find out where all important information resides before short-term memory loss makes it a nearly-impossible task; talk with your family, friends, and community members to find out what everyone is willing to provide; and see if supplementing with paid help is possible. Decide what support you need personally in order to handle the caregiving tasks before you. For further support, the Caregiver Program can make referrals to a number of colleagues who can help with a wide variety of issues from Alzheimer's and dementia, to resources for veterans, to information on Medicare and Medicaid.

Addressing your frustration head on will allow you to approach your caregiving role with more calm and confidence. A moment of patience in a moment of anger may well save you a hundred moments of regret, but the ability to remain patient in a tough situation is the result of gaining perspective through knowledge and self-care. Contact the Dane County Caregiver Program for the support you need.

—Jane De Broux, Caregiver Program Coordinator





Dementia Friendly Day in the Conservancy

August 22nd (rain date is August 23)
Time: 10:00 am – 1:30 pm

This event is designed for individuals with memory challenges (and care partners) including members of area Memory Cafes.

We will start at Common Ground Café for a nature talk focused on the human senses and the activity of Forest Bathing and Slow Walk(s). Participants, including care partners, will board the Middleton Trolley at Common Ground Café to ride to Marina Drive entrance to the Conservancy.

All participants will return to the Common Ground Café for a light luncheon and folk songs.

Contact John Daly jhdaly@charter.net for information on the registration



***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

Web- www.daneadrc.org site:

Cooking for One or Two:

Creating Simple and Delicious Meals for One or Two People



Are you an older adult age 60+ living in Dane County?

Would you like to learn how to make healthy and tasty food for one or two people?

If so, this *FREE*, fun, and engaging class series is for you!

Come learn from the chefs of UW Health in the state-of-the-art Learning Kitchen at The American Center. Learn 2—3 new recipes per class while getting a hands-on learning experience. In each class you will work with our chefs to prepare the recipes they have designed and learn easy cooking techniques in the process.

**Class will be held each Tuesday from September 10—October 1; or October 8—29, 2019
11:00 AM to 1:00 PM**

**at The Learning Kitchen at UW Health at The American Center
4602 Eastpark Blvd., Madison, WI**

Registration is required. To sign up for the class contact:

Howard Thomas, Dane County Area Agency on Aging, 608-261-9930

Thomas.Howard@countyofdane.com



ARE YOU CONCERNED ABOUT FALLING?

Only Leaves Should Fall

Falls Prevention Event

Tuesday, September 24, 2019

Door Creek Church

6602 Dominion Dr., Madison

11:30am - 3:30pm



Schedule

Featured Events

Registration

11:30 am Registration

11:45 am Resource Booths

12:00 pm Welcome

- Lunch

- Keynote

1:00 pm Screenings

2:45 pm Demonstrations

3:00 pm Wrap-Up &

Door Prizes

Demonstrations:

- Ballroom Basics for Balance

- Tai Chi

Screenings::

- Gait, Balance & Strength

- Blood Pressure

- Vision

- Medication Review

- and More

Contact Safe Communities,
608-441-3060

(for transportation, register
by Friday, September 13)

Supported by:

- Dane County Falls Prevention Task Force

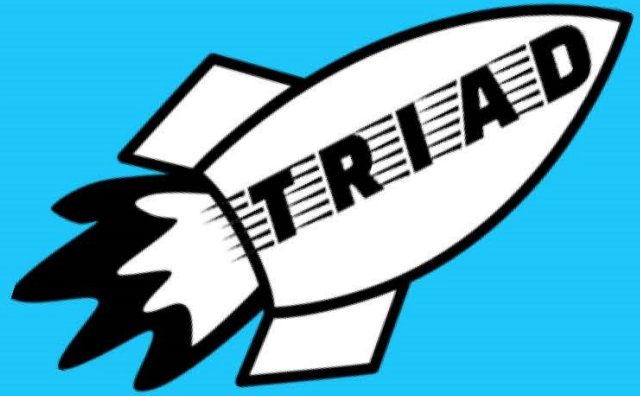
- Dane County Area Agency on Aging
Mally Education Grant

Walmart 

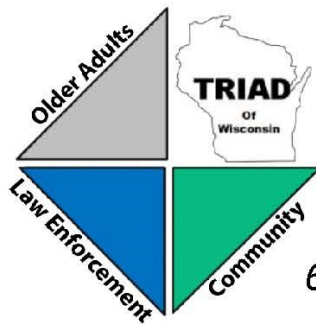


Transportation available upon request

“Partners on a Mission to Serve”



17th RSVP/Triad of Dane County & Triad of Wisconsin Crime Prevention & Safety Conference and Expo



September 27, 2019
8:00 am - 4:00 pm

*American Family Insurance,
6000 American Parkway, Madison, WI*



This one-day event includes speakers, workshops and resource tables with the purpose of providing valuable information on topics related to crime prevention and safety especially for seniors

Workshops include: Human Trafficking, Travel Safety, Current Drug Trends, Responding to Abuse in Later Life, "Is it Dementia or Not", Loneliness & Social Isolation, Good Neighbor Project, Aging in Place, Triad Program Development

Keynote: Josh Kaul, Attorney General of Wisconsin

The early bird registration fee is \$25 for those who register before August 14.
This fee includes continental breakfast, lunch, and materials.

To view the full conference schedule and to register online, visit:

www.rsvpdane.org 608-441-7897

Make Time for Joy!

A Celebration of Caregivers

for People with Alzheimer's & Dementia and Older Adults

Wednesday, October 16, 2019

Lussier Family Heritage Center, 3101 Lake Farm Rd in Madison

9:00 AM—3:00 PM, Respite Care Provided on site



Enjoy!

Activities indoors and out

Time for centering, relaxing, and pampering

Spread Joy!

Connect with other caregivers, resources, and professionals

Respite care and activities for care partners on site



Pre-registration required

So we can plan a spacious and relaxing day for you!

Call Joy Schmidt: 608-240-7472 or email:

Schmidt.Joy@countyofdane.com



MAKE TIME FOR JOY FOR CAREGIVERS

8:15 AM—9:00 AM CHECK IN

Coffee, juice & bagels

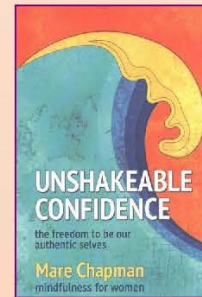
9:00—9:15 AM WELCOME

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

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

9:15 AM—10:15 AM MINDFULNESS, COMPASSION, AND CAREGIVING

Mare Chapman
Author of *Unshakeable Confidence: the freedom to be our authentic selves*



10:15 AM—10:45 AM JOYFUL MOVEMENT AND YOGA

Paul Mross, *Yoga Accessible for All, LLC*

10:45 AM—11:00 AM BREAK

11:00 AM—11:30 AM A CAREGIVING JOURNEY

Will Clifton, Caregiver

11:30AM—12:15 PM THE BENEFITS OF FOREST BATHING AND NATURE WALKS

John Daly, *Pheasant Branch Conservancy* and Beth Bruckbauer, Master Naturalist

12:15PM—1:00 PM LUNCH

Bunky's Catering

1:00 PM—1:15 PM PARTNERS

Bonnie Nuttkinson, *Alzheimer's Association of South Central Wisconsin*
Jennifer Bauer, *Alzheimer's & Dementia Alliance of Wisconsin*

1:15—2:15 PM PURE JOY! PICK YOUR PLEASURE DEPENDING ON THE WEATHER

Nature walks (or "Bringing the Outside In" if it rains), **Cycling Without Age** trishaw rides, Art Projects, **Dogs on Call** playful pups

2:15 PM—2:45 PM THE JOY OF MUSIC

Ingrid Gruett, MT - BC, Music Therapist, *Middleton Music Therapy Services*, music therapy demonstration

2:45 PM—3:15 PM THE HEALING POWER OF TOUCH

Heidi Aschenbrenner, *Renu, Massage, Energy & Bodywork*

3:15 PM—3:30 PM CLOSING—UNTIL WE MEET AGAIN!

& PEOPLE WITH MEMORY LOSS



8:00 AM—9:15 AM CHECK IN

Coffee, juice & bagels

9:00 AM—9:45 AM JOYFUL MOVEMENT AND YOGA

Paul Mross, Yoga Accessible for All, LLC

9:45 AM—10:00 AM BREAK

10:00 AM—11:00 AM PURE JOY! PICK YOUR PLEASURE DEPENDING ON THE WEATHER

Nature walks, **Cycling Without Age** trishaw rides, Art Projects, **Dogs on Call** playful pups, Massage, and Puzzles

11:00 AM—11:15 AM BREAK; 11:15 AM—12:15 PM LUNCH

Bunky's Catering

12:15 PM—12:45 PM BRINGING THE OUTDOORS IN

12:45 PM—1:45 PM THE JOY OF MUSIC

Ingrid Gruett, MT - BC, Music Therapist, *Middleton Music Therapy Services*
Music therapy demonstration

1:45 PM—2:00 PM BREAK

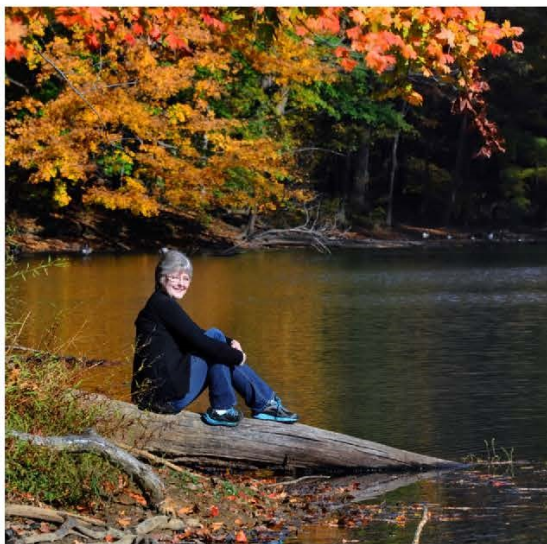
2:00 PM—3:15 PM Massage, Art Projects, Puzzles, Rest

3:15 PM CLOSING—UNTIL WE MEET AGAIN!

RESPITE CARE PROVIDED BY:

Senior Helpers

Right At Home



There is **no cost** to attendees for *Make Time for Joy*—because caregivers work hard every day!

Presented by:



DATE: Wednesday, October 16, 2019

LOCATION: Lussier Family Heritage Center
3101 Lake Farm Road in Madison

Pre-registration required

So we can plan a spacious and relaxing day for you!

By email: Schmidt.Joy@countyofdane.com

Or call 608-240-7472.

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

2865 N. Sherman Avenue
Madison, WI 53704



Caring for Caregivers

Phone: 608-261-5679

Fax: 608-283-2995

Email: debroux.jane@countyofdane.com

Save paper and reduce postage costs

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- 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