

Caregiver Chronicles

May 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/)



acl.gov/oam #OAM19



Just living is not enough . . . one must have
sunshine, freedom, and a little flower.

—Hans Christian Andersen

It's Older Americans Month!



CONNECT, CREATE, CONTRIBUTE

Caregiving and caring for caregivers fits into all three categories highlighted for Older Americans Month 2019 (see page 7 for more information).

Connecting with friends, family, and services is what the Dane County Caregiver Program is all about. During the assessment for application, each caregiver has the opportunity to discuss their needs and issues that concern them. From the discussion, it typically becomes clear to caregivers which resources will best support them in their ongoing role. When grants are available to help, they can provide a variety of options for caregiver respite and supplemental services to increase the level of the care recipient's independence (which can reduce the burden on the caregiver). The discussion includes other resources available for support from connection with the ADRC Dementia Care Specialist, to the network of case managers located in senior centers and coalitions throughout Dane County, to resources specific to veterans, and to caregiver support groups and classes.

Older Americans Month highlights "Create" as activities that promote health and personal enrichment. Be sure to check out information on the upcoming Senior Farmers' Market Voucher distribution to begin in June (pages 10 and 11). Visiting a farmers' market creates two opportunities for health—you can pick up fresh produce for a healthier diet and get outside to enjoy markets and roadside farm stands. To further increase your activity and calm your spirit, check out Yoga for Caregivers, an upcoming class offered at the Fitchburg Senior Center (page 4). This specially-designed class is Yoga Accessible for All, and is appropriate for caregivers and care recipients at all levels of physical ability.

"Contribute" is all about using your time, talent, and life experience to benefit others. Check out what the Wisconsin Aging Advocacy Network (WAAN) is doing on behalf of caregivers (pages 8 and 9).

This month's feature article (page 3) addresses a difficult aspect of caregiving for a number of caregivers—what happens when the caregiver is caring for someone who has hurt them? How can the Caregiver Program provide help and support? What works and what doesn't? Sometimes, there is a path of forgiveness that is possible. Gayle Kirschenbaum made a documentary about her journey from enemies to friends with her mother in her film, "Look At Us Now, Mother!" (The link to her podcast about the film is on page 7).

Here's hoping you find an opportunity to join in celebrating the older adults in your life and community this month. If you are an older adult, we celebrate you!



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Caring for People Who Have Hurt Us

For many caregivers, providing care for a loved one is something they want to do. Others feel obligated to take on the role because they value family/friendship ties profoundly and see the duty as theirs. Some caregivers struggle with difficult care recipient behaviors in the present, although the relationship history had been a good one. Yet other caregivers are “drafted” into the role and feel they have no choice but to care for an individual who has abused them.

Because our society offloads so much caregiving responsibility onto unpaid family members, difficult reversals happen more often than you might suspect. When an abused child ends up caring for their elderly parent, there is much greater caregiver burden and stress. There is also a danger that the reversal could result in abuse of the elder by the (now adult) child.

On the face of things, it seemed obvious to me that individuals caring for an abuser would be more stressed than those caring for someone who had provided them with loving care (or at least good-enough care) as a child. However, when I did some further research, I learned there is also an important distinction in terms of which approach may provide the most relief and support to individual caregivers.

In general, caregiver support comes in one of two forms: emotion-focused coping strategies and solution-focused coping strategies. Emotion-focused coping helps you to become less emotionally reactive to caregiving stressors or it helps change the way you experience them. One example is living in the present so you can separate past behaviors from disease-related symptoms (your mom who tended to criticize in the past is not purposely trying to harass you when she repeats things due to her memory loss). Another is finding a new way to frame your caregiving. Perhaps you will focus on your value to care for your elders rather than question the particular relationship. You may find compassion for someone who is now very frail, despite being difficult at a more robust point in their lives. However, these approaches are less effective when care is primarily driven by obligation and a feeling there is no choice.

A [2013 study published in *The Gerontologist*](#) “. . . offers two important findings. First, as anticipated, caregivers who cared for their abusive/neglectful parents had more frequent depressive symptoms than caregivers with no history of abuse/neglect. Second, emotion-focused coping strategies are associated with more frequent depressive symptoms for both abused and nonabused caregivers, but the effects are somewhat stronger for abused caregivers.”

Solution-focused strategies are an alternative. They eliminate sources of stress or work with the stressors themselves. They allow for actions which can address the feeling of being trapped. These solutions may involve providing a significant break from caregiving, like respite care so the caregiver can take a weekend away from everything; or someone to stand in and provide personal cares so they don't need to participate in intimate tasks like giving showers. The National Family Caregiver Support Program (NFCSP) allows for these coping strategies in the form of grants for respite and supplemental services (like home modifications and assistive devices, which can increase the care recipient's independence). Solution-focused strategies are a hallmark of the program.

When you connect with the Caregiver Program, you may make an appointment for an assessment. The discussion that ensues helps the Caregiver Coordinator hone in on what would truly make a difference to you as an individual caregiver.

—Jane De Broux, Dane County Caregiver Program Coordinator





Yoga Accessible For All (YAFA)



Yoga for Caregivers

Fitchburg Senior Center, 5510 Lacy Rd, Fitchburg, WI, 53711



- Are you feeling stressed out, lonely, or anxious?
- Are you coping with physical discomfort related to caregiving tasks?
- Have you wanted to try yoga but wondered if it would be too difficult to join traditional classes?

Yoga Accessible for All (YAFA) addresses these challenges and more through meditation and functional movement.

Data shows that caregivers who practice yoga on a regular basis enjoy lower levels of stress and improved physical wellbeing.

Please join us for this 7-week yoga series Wednesdays starting May 15 — June 26.

Cost for all 7 classes is \$35.

To register, contact Sarah Folkers at 608-270-4290 or sarah.folkers@fitchburgwi.gov.



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
Wednesday, May 1st	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning with Tanesha Tyler-Carr <i>The Dementia Conversations program shares tips for breaking the ice and having difficult conversations around some of the most common issues that arise when someone shows signs of Alzheimer's or dementia. The audience will also be provided with information on accessing the resources of the Alzheimer's Association.</i>	
Tuesday, May 7th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Coping with Caregiver Stress with Tam Cummings, PhD <i>Therapists estimate dementia family caregivers suffer the highest levels of anxiety and depression of any group of caregivers. In this practical presentation, Dr. Tam covers the signs and symptoms of depression and anxiety, and their physical impact on caregivers. She also teaches and practices with audience members a number of proven, easy techniques to control and relieve stress. **Sponsored by VITAS Healthcare**</i>	
Monday, May 13th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Overview of Veteran Benefits through the VA with Spencer Kimball <i>Learn who qualifications for veteran or widow benefits. What are those benefits? How income and assets affect qualification. What forms, certificates and other documentation (ie DD-21 4) are required? What is the benefit application process and tips on how to complete the form correctly? How long does it take to qualify? **Sponsored by the North Central Texas Caregiver Teleconnection**</i>	
Tuesday, May 14th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Behavioral Disturbances in Alzheimer's disease with Nestor H Praderio <i>Cognitive decline in Dementia patients is progressive and creates significant psychological distress. Dr. Praderio will outline the most common behavioral disturbances associated with dementia such as agitation, both verbal aggression (obscenities, accusation, etc.) and physical aggression (pacing, biting, hitting), wandering, hoarding, sleep disturbances, sexual inhibition, hallucinations, and others. He will also discuss various interventions for managing these symptoms.</i>	
Wednesday, May 22nd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Los cuidados paliativos con la Dra. Liliana Oakes <i>La Dra. Liliana Oakes hablará sobre los cuidados de apoyo y paliativos y la importancia de entender estos servicios. La doctora también hablará sobre la diferencia entre estos apoyos y los cuidados terminales o «hospice».</i>	
Wednesday, May 22nd	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Dear Caregivers: Don't fear failure with Barry Jacobs, Psy.D. <i>Many family caregivers strive to succeed at caring well for their loved ones but also live with a fear of failure. They worry that they are going to make a mistake and cause their loved ones to suffer more. They have a "negative bias" in their thinking, focusing more on the one task they've done wrong rather than the hundred they've done right. In this Caregiver Teleconnection we'll talk about developing more realistic and accurate measures of success and failure to help caregivers feel more confident and self-accepting.</i>	
Wednesday, May 29th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Parenting our Parents...Now What?! with Russell Gainer, LCSW <i>Responding to our parents aging: What happens when roles as parents and children are switched because of illness and disability? What are the key issues and concerns? What does Medicare and Medicaid cover? When and how does the family intervene? These and other questions will be explored.</i>	



A program of the WellMed Charitable Foundation

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

≡ **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 13, 2019 – 9-11:30 AM

Oregon Area Senior Center (219 Park Street, Oregon)
Call (608) 261-9930 to register by **April 3rd**.

Recently Added

Saturday – June 1, 2019 – 9-11:30 AM

Mt Horeb Senior Center (107 N Grove St, Mt Horeb)
Call (608) 261-9930 to register by **May 22nd**.

Saturday – July 13, 2019 – 9-11:30 AM

McFarland Municipal Center (5915 Milwaukee St, McFarland)
Call (608) 261-9930 to register by **July 3rd**.

Saturday – October 12, 2019 – 9-11:30 AM

Waunakee Senior Center—located in the Village Center (333 S Madison Street, Waunakee)
Call (608) 261-9930 to register by **October 2nd**.

Recently Added

Saturday – November 9, 2019 – 9-11:30 AM

Aging & Disability Resource Center (2865 N Sherman Ave, Madison)
Call (608) 261-9930 to register by **October 30th**.



Online Resources



[Gayle Kirschenbaum on her film “Look At Us Now, Mother!”](#)

<http://agewyz.com/look-at-us-now-mother/>

Agewyz

by Jana Panarites, April 25, 2019

If you're having a hard time caring for a family member or friend, chances are there are lingering wounds in the relationship. But choosing the path of forgiveness can heal even the most fractured bonds. Take it from filmmaker Gayle Kirschenbaum, whose emotional abuse as a child made her feel like she was born into the wrong family. Her relationship with her mother was especially harsh, but Gayle chose the path of forgiveness and chronicled her journey with her mother from enemies to friends in the film, “Look At Us Now, Mother!”

[An Introduction to Podcasts for Older People](#)

<https://www.companionstairlifts.co.uk/news/an-introduction-to-podcasts-for-older-people>

From how to listen to what to listen to, this handy reference for older people interested in podcasts explains it all.

GEN2GEN

[Boomers and Millennials Unite:](#)

[Refocusing the Social Security debate around intergenerational justice will ensure the viability of retirement for all](#)

<https://prospect.org/article/boomers-and-millennials-unite>

The American Prospect

Ann Beaudry, Peter S. Arno

April 29, 2019

“As the 2020 election approaches, the strategic task of Democrats is to broaden political support for Social Security beyond seniors. By engaging millennials, the [largest generation](#) in U.S. history, Democrats can shift the debate to intergenerational justice. Millennials’ cynicism about the future of Social Security must be addressed lest it become a self-fulfilling prophecy.”

OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

Connect

WITH FRIENDS, FAMILY, AND SERVICES THAT SUPPORT PARTICIPATION.

JOIN A SENIOR CENTER and participate in the social activities and programs they offer.

PLAN A GAME NIGHT or crafting activity that brings people together in the name of fun.

VISIT ELDERCARELOCATOR.GOV for services and support to help you stay independent.

Stay connected with family and friends around a dinner table, by phone, or through other methods of communication.



CREATE



THROUGH ACTIVITIES THAT PROMOTE HEALTH AND PERSONAL ENRICHMENT.



Engage in creative activities like gardening, dance, music and art.

TAKE A CLASS or workshop and learn to paint, dance, or navigate social media.

CREATE A FITNESS PLAN that involves physical activity and maintaining a healthy diet.

GO ONLINE to learn a new language, write a blog, or earn a college degree.

Contribute

TIME, TALENT, AND LIFE EXPERIENCE TO BENEFIT OTHERS.

VOLUNTEER by participating in fund raisers, food drives, and community cleanups.

JOIN a local neighborhood organization to be heard and participate in community planning.

SHARE STORIES about history and culture with family and friends.

Provide support to those who need help with chores, trips to the store, and companionship.



For more ideas, visit acl.gov/oam/2019/resources



Family Caregivers:

A wise investment for our families, communities and health and long-term care systems.

Core Member Organizations

- Aging and Disability Professionals Association of Wisconsin (ADPAW)
- Alzheimer's Association SE Wisconsin Chapter
- Wisconsin Adult Day Services Association (WADSA)
- Wisconsin Association of Area Agencies on Aging (W4A)
- Wisconsin Association of Benefit Specialists (WABS)
- Wisconsin Association of Nutrition Directors (WAND)
- Wisconsin Association of Senior Centers (WASC)
- Wisconsin Institute for Healthy Aging (WIHA)
- Wisconsin Senior Corps Association (WISCA)
- Wisconsin Tribal Aging Unit Association

The Wisconsin Aging Advocacy Network is a collaborative group of individuals and associations working with and for Wisconsin's older adults to shape public policy to improve their quality of life.

WAAN State Issue Brief
 April 2019

WAAN's Position: Strengthen support for family caregivers by passing the CARE Act, creating a tax credit for family members spending personal resources to care for a loved one, and expanding dementia care specialist services statewide.

1. Passing the CARE Act. The Caregiver Advise, Record, Enable (CARE) Act includes provisions to keep family caregivers informed about the patient's treatment and ensure caregivers receive explanation and live instruction of the medical tasks the family caregiver will perform at home.



2. Creating a tax credit for family members spending personal resources to care for a loved one. A Wisconsin state nonrefundable individual income tax credit for expenses—like assistive technology and adult day services—will ease some of the financial expenses of caregiving and support family caregivers who help pay for needed equipment and services for their loved ones.



3. Expanding dementia care specialist services statewide.

Dementia Care Specialists (DCSs) provide vital services to assist individuals with dementia to remain active and in their own homes and communities, support for caregivers of people with dementia, ongoing education to ADRC/aging staff to help them to be better prepared to serve and support individuals with dementia and their families, and act as a catalyst for the creation of dementia-friendly communities.

Care Gap

As we live longer and healthier lives, many of us are taking steps to prevent or delay the need for long-term care services. Despite these actions, a variety of factors have led to an increasing number of older adults who need care now and an even larger number who are expected to need care in the future.

The fastest growing population of older adults are those age 80 and older, the age when we are more likely to have mental or physical impairments that require us to need help with our care. The growing population of people

“In Wisconsin, nearly 600,000 of our friends, neighbors and relatives are providing care to a loved one at home.¹”



Contact WAAN

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Find this and other WAAN
issue briefs at:

<http://gwaar.org/waan>

needing care in Wisconsin (including a projected 60% increase in the number of people living with dementia between 2015 – 2023)¹, coupled with shrinking family size, fewer people having children, geographically dispersed families, and an increasing number of family caregivers who are employed, has created a gap between the demand for family caregivers and the available supply². The gap in care grows even wider when factoring in that eldercare is projected to be the fastest-growing employment sector within the health care industry, yet the number of workers in many eldercare professions is declining³.

Caregivers Save Money for the Health Care and Long-Term Care Systems

Caring for a loved one can be very rewarding. It is also one of the most challenging and demanding jobs anyone will ever do and a job that is likely to negatively impact one’s finances. Family caregivers enable our older family members and friends to stay at home, where costs are lowest and where they want to be. They perform a variety of caregiving duties—including help with bathing, dressing, feeding, medication management, wound care, and transportation. The value of this care is estimated at \$7 billion per year.⁴ This is a cost our health and long-term care systems cannot afford to cover, making the need to support the work of family caregivers even more critical.

1. Family caregivers are also a key source of information about their loved ones’ health histories, treatments, medications, and allergies. They play an important role in assisting family members to communicate with health and long-term care providers. Yet, too often, caregivers find some of these same provider organizations exclude them from critical care planning and treatment discussions, preventing them from successfully participating as valued members of the care team.

2. The availability of family caregiving cannot be assumed without adequate support services that consider both the individual and the family. Caregiving, especially when it involves an intensive commitment over the long-term, carries significant emotional, physical and financial costs. Caregivers are often faced with making life-altering decisions about where to live, whether to reduce their work hours, change jobs, and/or even leave the workforce to attend to caregiving responsibilities. In addition to lost wages and benefits, caregivers often need to spend their own personal finances to help meet the care needs of a loved one. A recent study revealed that 7 in 10 caregivers reduced their own living expenses to cover caregiving costs.⁵

3. Family caregivers cannot provide increasingly complex care without support. DCSs available across the state can help ensure individuals with Alzheimer’s disease or other dementias are connected to appropriate diagnostic and treatment centers, while also ensuring care is safe and cost-effective and helping family members who are providing care receive the resources they need to care for their loved ones. Improved recognition and support will help family caregivers better maintain their own health, financial security, and well-being.

Senior Farmers' Market Vouchers and Distribution

Starting in June, the Area Agency on Aging of Dane County will begin distributing farmers' market vouchers to seniors for the 2019 season, which runs from June 1 to October 30. Vouchers may be used to purchase any combination of fruit, vegetables, or herbs worth \$25 (sets of vouchers are worth \$3 or \$4 for a total of \$25) at Farmers' Markets and roadside farm stands in Wisconsin. Availability is on a first-come-first serve basis for Dane County residents ages 60 or older with a gross income under the 185% poverty level (\$23,170 per year or \$1,926 per month for a one-person household; and \$31,284 per year or \$2,607 per month for a two-person household).

Limit is one set of vouchers per household regardless of household size.

Vouchers cannot be mailed.

If you need someone to pick up vouchers for you, your designee must bring your completed and signed application with them. To receive an application prior to pick-up dates, contact your local senior services center or Alyce Reichenbacher at (608)261-5678.

Vouchers will be handed out at various locations throughout Dane County. If you received a voucher last year, 2019 letters were sent out May 1 with the distribution location and times available. If you didn't receive a letter and would like one, call (608)261-5678. No appointment is necessary.

By filling out and signing the State of Wisconsin application you are declaring your eligibility to receive vouchers.



(REFERENCES FROM PAGES 8 & 9)



Contact WAAN

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**Find this and other WAAN
issue briefs at:**

<http://gwaar.org/waan>

Family Caregivers:

References

1. "Dementia Care System Redesign Data: Estimated and Projected Wisconsin Dementia Population," (P-01159); Wisconsin Department of Health Services, <https://www.dhs.wisconsin.gov/publications/p01159.pdf>, Nov. 2015
2. "Families Caring for an Aging America, Report in Brief & Recommendations," National Academy of Sciences; <https://www.nap.edu/resource/23606/Caregiving-RiB.pdf>, Sept. 2016
3. "From Insight to Advocacy: Addressing Family Caregiving as a National Public Health Issue," National Alliance for Caregiving, http://www.caregiving.org/wp-content/uploads/2018/01/From-Insight-to-Advocacy_2017_FINAL.pdf, Jan. 2018
4. "WI Caregivers Provide \$7 Billion in Unpaid Care," AARP Wisconsin, <https://states.aarp.org/wi-caregivers-provide-7-billion-in-unpaid-care-sc-wi-wp-advocacy/#sthash.jRv56kAA.dpuf>, Aug. 16, 2015
5. 2018 Northwestern Mutual C.A.R.E. Study, <http://news.northwesternmutual.com/2018-care-study>

Farmers' Market Voucher Distribution Schedule for 2019

Location	Date	Time
Cross Plains: NW Dane Senior Services ,1837 Bourbon Rd.	June 7	11:30 am-12:30pm
De Forest: Senior Center, 505 N Main	June 10	10-11:30 am
Fitchburg: Senior Center, 5510 E Lacy Rd	June 6	10-Noon
Madison – NewBridge East , 4142 Monona Drive	June 5	9-11:00 am
Madison – Northeast: Goodman Ctr., 149 Waubesa St.	June 20	2-3:00 pm
Madison – Northeast: Warner Park Ctr, 1625 Northport Dr	June 3	10-11:30 am
Madison – Northeast: ADRC, 2865 N Sherman Ave*	July-Sept	By appointment
Madison – South: Madison Senior Center, 330 W Mifflin St	June 17	10-11:00 am
Madison – South: Dane County Office, 2306 S. Park St	June 25	1-3:00 pm
Madison – South: Romnes Housing, 540 W Olin Ave	June 19	2-3:00 pm
Madison – West: Good Shepherd Lutheran Church, 5701 Raymond Rd.	June 18	10:30-Noon
Madison – West: Lussier Community Ctr, 55 S Gammon Rd	June 21	11:00 am-12 Noon
McFarland: Outreach Center, 5915 Milwaukee St	June 14	1-2:00 pm
Middleton: Senior Center, 7448 Hubbard Ave	June 11	11:30-1:00 pm
Monona: Monona Senior Center, 1011 Nichols Rd	June 12	10-11:00 am
Mount Horeb: Senior Center, 107 N Grove St	June 7	9:30-11:00 am
Stoughton: Senior Center, 248 W Main St	June 13	1-3:00 pm
Sun Prairie: Colonial Club, 301 Blankenheim Ln	June 11	9-10:30 am
Waunakee: Senior Center, 333 S Madison St	June 4	10-11:30 am

- Vouchers sets for 2019 is as follows: three \$3 and four \$4 for a total of \$25
- You may come to any of the locations on the day and time listed above to sign up for Senior Farmers Market Vouchers. Appointments will not be taken for the ADRC/AAA office until after the regular distribution is complete and will not be available until July 1.
- Vouchers will be handed out on a first come, first serve basis.
- **Due to my busy schedule, the last application will be at the ending time. Those arriving after the ending time may not be able to pick-up a voucher at that time.**
- **You must be 60 years old and over**, live in Dane County and are under the income guidelines. By signing the application, you will be self declaring that you qualify for this program. If you are found to be ineligible, you will be asked to return the vouchers or repay the amounts. **Income guidelines are as follows: Your GROSS income must be under \$23,170 per year for a one-person household \$31,284 per year for a two-person household**
- Only one voucher set per household per season.
- Someone may pick up vouchers for you **if** they are pre-authorized by you and bring your filled out, signed application.
- VOUCHERS CAN **NOT** BE MAILED.

**Contact Alyce Reichenbacher at (608) 261-5678 or reichenbacher.alyce@countyofdane.com to set-up an appointment for the ADRC/AAA office after July 1. You will not be seen without an appointment.*

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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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