

Caregiver Chronicles

October 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 *s you grow, you will discover that you have two hands, one for helping yourself, the other for helping others.*

***—Dr. Maya Angelou
Poet and Civil Rights Activist***

Sustainable Caregiving Requires Support

Dr. Angelou's cover quote points out that self-care and helping others isn't an "Either-or" option. Using the metaphor of two hands illustrates our capacity to do both. Of course, few of us are ambidextrous so we accomplish more with our dominant hand. During the month of October, I suggest you consider "changing hands" to prioritize your self-care. It may take practice, but it can make a difference. I have an artist friend who occasionally decides to draw with her non-dominant hand. The artwork looks different, but it keeps the work fresh while continuing to keep the artist engaged. Likewise, shifting to an emphasis on self-care for a period of time can help prevent caregiver burnout and preserve relationships with care partners.

It's much better to line up support for ourselves before we get too frazzled and easier to avoid burnout than to try to recover once we're there. Sometimes it's difficult to remember what you find re-energizing (See Jane Mahoney's article, "Re-energize Yourself!" on page 3). On October 16, the ADRC and AAA of Dane County partner with the Alzheimer's Association of Wisconsin and the Alzheimer's and Dementia Alliance of Wisconsin to bring "Make Time for Joy" a celebration of caregivers to the Lussier Family Heritage Center in Madison. The day will include a smorgasboard of activities for relaxation and pampering along with a delicious lunch—all free to attendees. On-site respite for care partners is available at no cost. If you are able to join us, it may be a positive place to begin a new self-care practice (see page 7 for registration details).

In our overworked and over-stimulated culture, self-care doesn't appear to be easy for anyone, much less those of us pushed to the brink. While necessary to our mental and physical health, self-care strategies alone are not enough. Sustainable caregiving requires community care in addition to self-care. This is especially true for our veterans. Coming in November, the Madison VA Hospital has a Caregiver Day Off event (page 8) and Southern Wisconsin Vet Con 2019 is coming to the Alliant Energy Center. Vet Con is a partnership with ADRC and Veteran Service offices in 13 counties (including Dane) for a first-time regional conference specifically for veterans and their family, friends, and caregivers. The event features education on critical topics like Mission Act updates and new potential benefits with Camp Lejeune And Blue Waters SC (see page 9 to register for free lunch and transportation if needed).

Another community support that can add to caregiver peace of mind is a resource for help with wills and power of attorney documents. The State Bar of Wisconsin, Dane County Bar Association, Madison College Paralegal Program, GWAAR (Greater WI Agency on Aging Resources) Elder Law & Advocacy Center, and Community Justice Inc. are teaming up to help low-income individuals prepare estate-planning documents like basic wills (see page 10 for dates and eligibility requirements).

Perhaps the greatest stress of all is coping with violence. On Friday, November 1, the Domestic Violence in Later Life Conference is coming to Wisconsin Institutes for Discovery on the UW-Madison campus. The focus of this year's conference is the "role of technology in domestic violence in later life and the financial exploitation of older adults." The conference is funded by the Wisconsin Department of Health Services' Bureau of Aging & Disability Resources and hosted by the Dane County Department of Human Services—Adult Protective Services Unit & Elder Abuse Community Coordinated Response. For more information go to: <https://dvinll.dcdhs.com/>.

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Caring for Caregivers

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Community opportunities for ongoing caregiver education can be helpful in preventing crisis and burnout. In order for caregiving to remain sustainable for the caregiver, gaining the needed tools, resources, and strategies is key. On October 9, The Center for Aging Research and Education (CARE) at the UW-School of Nursing, Oakwood Village Prairie Ridge, and the Respite Care Association of Wisconsin team up to present free workshops on Dementia and Respite care (see page 6).

You can always connect with community resources and supports through the Dane County Caregiver Program. National Family Caregiver Support Program (NFCSP) grants, planning for sustainable caregiving, caregiver education, and referral and resources are available services. Just call or email for more information.



Re-energize Yourself!

No one can anticipate what it will take to care for another person. It starts out with little things, and then slowly progresses to more and bigger things. Pretty soon you find yourself spending an enormous amount of time and energy taking care of someone else. The responsibility becomes overwhelming. You no longer seem to have time for what you used to enjoy, and it feels selfish to try to fit those things in. You are exhausted, resentful, frustrated and alone. And on top of everything, no matter how much you do, it still doesn't seem like enough. It has become difficult to feel good about yourself and your life.

The above scenario is real to many people. If you are in a situation like this, you are experiencing caregiver burnout. These are normal feelings, but they are signs of stress and must be addressed. It is time to put your own needs on your priority list! Maintaining your energy and vitality is important to you and those around you.

You can fight burnout by talking to someone about your feelings, letting go of thinking you must do it all, taking care of your physical health, continuing meaningful social activities, and regularly taking time to care for YOU.

Everyone has their own unique way of re-energizing. It may be a walk, coffee with a friend, reading a book, exercising, playing piano, listening to music, meditation or anything that gives you energy and makes you feel refreshed. Find the things that give you a boost and make it a priority to do them regularly.

Carving out time for yourself can be a challenge but is important to do. Consider asking (or paying) someone to take over for you to give you some respite, then use that time to "re-energize." Be purposeful in using snippets of time (during their nap, favorite show or other independent activity) to do something for you instead of washing dishes or cleaning. Allow friends and neighbors to help you. Be open to moving your schedule around to accommodate things you enjoy.

In the busyness of your life as a caregiver, one of the best things you can do is to make time to re-energize yourself. Scheduling a time every day or week to do something you love will benefit not only you, but the person you are caring for and everyone else in your life. Find ways to re-energize so you can be the best caregiver you can be!

—Jane Mahoney, Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

Tuesday, October 1st 12:00 pm Eastern
11:00 am Central
10:00 am Mountain
9:00 am Pacific
Hospice Care with Dr. Heather Veeder, Vitas Hospice *If you were in control of your last months of life, what would you want? What would you want to accomplish? Who would you want to see? When life-prolonging interventions are no longer helpful or desired, hospice can offer support to meet your goals and spend your time focusing on what is important to you. Dr. Veeder will provide the basics of hospice care, dispel myths surrounding hospice, and answer questions you may have about hospice.*

Tuesday, October 8th 11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific
Cómo cuidar a las personas que padecen demencia con Nestor H. Praderio *El Dr. Néstor Praderio presenta una conferencia para los cuidadores de seres queridos que sufren de la enfermedad de Alzheimer y otras demencias. Esta plática animará a los cuidadores a atender de la mejor manera su propia salud, tanto física como emocional, así como la de la persona que padece demencia.*

Thursday, October 10th 11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific
The Pride of Caring: Issues for the LGBT Caregivers with Elliot Montgomery Sklar and Lucy Barylak, MSW *While many issues are the same for those who care for someone, some unique considerations arise for lesbian, gay, bisexual, and trans-gender (LGBT) people dealing with their caregiving roles. This session will discuss some of these issues, and will provide an open forum and safe space for asking questions and discussing concerns.*

Monday, October 14th 1:00 pm Eastern
12:00 pm Central
11:00 am Mountain
10:00 am Pacific
Compassionate Caring for Caregivers: Finding a Home Inside for the Part of You That Needs You the Most with Susan Lange, PhD *What is Compassion Fatigue? Learn about the causes, symptoms, and the difference between Compassion Fatigue vs. burnout vs. trauma. Identify healthy and unhealthy coping mechanisms and self-care as prevention and the path to healing. ****Sponsored by the North Central Texas Caregiver Teleconnection*****

Tuesday, October 22nd 12:00 pm Eastern
11:00 am Central
10:00 am Mountain
9:00 am Pacific
Depression and Anxiety in Older Adults: Identifying Signs, Symptoms, and Treatment with Kathy Phoenix - DSW, LCSW *Depression and anxiety can affect any of us as we age, regardless of our background or achievements. Symptoms of elderly depression and anxiety can affect every aspect of one's life, impacting energy levels, appetite, sleep, and interest in work, hobbies, and relationships. This class will help identify signs, educate regarding symptoms, and explore effective ways to treat anxiety and depression.*

Tuesday, October 29th 12:00 pm Eastern
11:00 am Central
10:00 am Mountain
9:00 am Pacific
How to communicate with your loved one's provider with Barry Jacobs, Psy.D. *Family caregivers have a crucial role to play as partners in healthcare with physicians and other healthcare professionals. But first they need to know how to interact with them most effectively. In this session, we'll spell out specific methods for communicating information with even the busiest doctors and making yourself a valued member of the healthcare team.*



A program of the WellMed Charitable Foundation

Register online www.caregiverteleconnection.org call 866.390.6491 Toll Free

Online Resources

[A Summer Vacation Caregiver: Learning how to care for my aging mother while still nurturing myself](https://www.aarp.org/caregiving/stories/info-2019/lee-woodruff-self-care.html)

<https://www.aarp.org/caregiving/stories/info-2019/lee-woodruff-self-care.html>

AARP Family Caregiving, Caregiver Stories

by Lee Woodruff, AARP, July 29, 2019

“I boxed myself out of dinner invitations and dates for drinks with friends; declined nighttime boat rides or a chance to see the July 4th fireworks. I’d play the martyr. This was my mother, after all, and she was in my home. I never wanted her to feel like an inconvenience. . . . For those of us who’ve raised kids and envisioned kicking back in the summer sand but instead find ourselves managing aging parents, these are very human and familiar feelings.”

[Lonely Lives: Alarming Number of of Seniors Go Entire Week Without Talking to Anyone](https://bit.ly/2lssdV5)

<https://bit.ly/2lssdV5>

by *Study Finds*, September 7, 2019

“Loneliness is a huge problem because retirement, bereavement, and ill health mean many older people find they are spending a lot less time enjoying the company of others than they’d like . . . Loneliness can affect your health, your wellbeing and the way you see yourself—it can make you feel invisible and forgotten.”

GEN2GEN

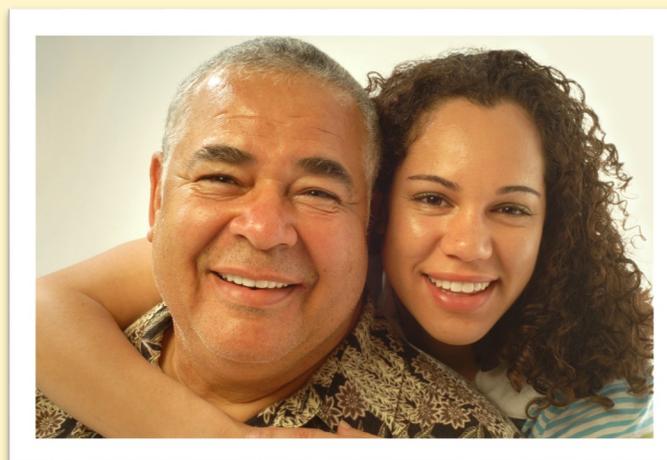
[Why Are Young LatinX Shifting into De Facto Caregivers for Their Older Kin?](https://belatina.com/latinx-shifting-into-caregivers-for-their-older-kin/)

<https://belatina.com/latinx-shifting-into-caregivers-for-their-older-kin/>

BElatina

By Erica Nahmad, September 5, 2019

“These Latino Millennials are more likely than any other generation or ethnic minority to care for their aging relatives, and they are becoming an increasingly crucial part of the caregiving workforce, but their essential role in the well-being of their relatives does not come without certain sacrifices and struggles. There are several contributing factors leading to this shift in roles for Latino families, and in order to understand why Latino Millennials are becoming de facto caregivers, we need to understand a bit about the dynamic of Latino families as well as what these caregivers go through as they navigate their new life.”





Free workshops are coming to Dane County!

Oakwood Village Prairie Ridge
Life Long Learning Room
5565 Tancho Drive, Madison, WI 53718

Wednesday, October 9th
RSVP today at:

<http://go.wisc.edu/221ubo>
space is limited!

Dementia Care

1:00 PM - 3:30 PM

- Dementia Friendly Toolkit
- Managing Behaviors that Challenge Us

Respite Care

4:30 PM - 6:30 PM

- Healthy Aging
- How to Hire a Respite Care Provider

For more information, please visit:

<https://care.nursing.wisc.edu/wecare/>

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**

FREE EVENT
Pre-registration
Required

Contact:

Joy Schmidt
608-240-7472

Schmidt.Joy@countyofdane.com



***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

**Madison VA
Hospital
Room B-2055**

Caregiver Day Off: Fri Nov. 1st 2019

**Free classes for
Caregivers of Veterans
Or
Vets who are Caregivers**

9am-12pm

**Lowering Stress,
Improving Mood**

1pm-4pm

Handling Emotions

CLASSES and refreshments provided in partnership with the Memphis VA Caregiver Center. **Please come to this event!**

Take one or both classes. RSVP is necessary to save your space in class.

To RSVP call **608-280-7085**. Please leave a message to include:

- YOUR NAME and your Veteran's name
- PHONE NUMBER you can be called back at
- **LUNCH is included If you attend BOTH CLASSES**

For more information, please contact:

Meghann Schmitt, CISW or Margaret Flood, LCSW
Caregiver Support Program at the
William S. Middleton Memorial Veterans Hospital
2500 Overlook Terrace, Madison, WI
#608-256-1901 ext 13059 or ext 11485



**VA
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SOUTHERN WISCONSIN VET CON 2019

COMING SOON: **TUES NOVEMBER 19TH, 2019** | 8:45 AM – 2:30 PM

Alliant Energy Center | 1919 Alliant Energy Center Way, Madison, WI

Who Should Attend: Veterans, their families and friends

9 AM Opening Ceremony and Official Welcome

Speakers on the following topics:

- ❖ Pension with Aid & Attendance and Survivor Benefits
- ❖ Travel resources to VA appointments and other community based resources
- ❖ Service-Connected Disabilities to include Presumptive Disabilities
- ❖ Caregiver and Dementia information and resources
- ❖ Mission Act updates and VA eligibility
- ❖ DNR – licensing, permits, and accessible parks and recreation
- ❖ Service animals and emotional support animals
- ❖ Adaptive sports and alternative whole health therapies

To register: call the ADRC of Dane County at (608) 240-7400 or visit us at 2865 North Sherman Avenue, Madison, WI 53704

- ❖ Must be registered to receive lunch
- ❖ Transportation may be provided; please ask when registering regarding transportation

Deadline to register is November 1st, 2019.

Participating County ADRCs:

Dane, Rock, Jefferson, Dodge, Columbia,
Green, Grant, Iowa, Lafayette, Sauk,
Richland, Juneau, and Crawford



REGISTER

TODAY



Sponsored by

State Bar of Wisconsin
 Dane County Bar Association
 Madison College Paralegal Program
 Greater WI Agency on Aging Resources' Elder Law
 & Advocacy Center (GWAAR)
 Community Justice Inc.

FREE LEGAL SERVICES:

Wills & Power of Attorney Documents

Dane County Basic Estate Planning Clinic is a program to help low-income individuals prepare basic estate planning documents.

Program participants will fill out a questionnaire in advance and then meet with a volunteer attorney and paralegal who will help them draft a basic will, power of attorney for finances and power of attorney for health care.

The program is not designed for: people with large or complicated estates, beneficiaries with special needs, beneficiaries who are unable to handle their own finances, people who want to set up or require sophisticated trusts, Medicaid, tax, or business succession planning.

DATES: 9/21/19 (TR), 11/16/19 (GS), 1/18/20 (TR), 3/21/19 (GS), 4/18/20 (TR), and 5/16/20 (TR).

TIME: Required appointments: 8:30, 9:30 or 10:30am. *Each appointment is about 1-1/2 hours.*

LOCATIONS: Madison College-Goodman South Campus (GS), 2429 Perry Street.

Madison College-Truax Campus (TR), Protective Services Bldg, 1701 Pearson St.

CONTACT: Call 608-243-2881 for information and to make an appointment.

Are You Eligible? Check Income Requirements:

Household Size	Max Annual income
1	\$37,470
2	\$50,730
3	\$63,990
4	\$77,250

Pictures courtesy of Bill Selak, More Good Foundation, and Richard 2.0

Domestic Violence in Later Life Conference



The Digital Age

Friday, 1 November 2019, 8:00am-2:30pm

**Wisconsin Institutes for
Discovery: H.F. DeLuca Forum**
UW-Madison Campus
330 N Orchard St, Madison 53715

Go to | <https://dvinll.dcdhs.com/> to register (\$25 for non-students & \$15 for students) and purchase a full day \$15 parking pass.

Parking deadline: Friday, 11 Oct.
Registration deadline: Friday, 25 Oct.



Domestic violence in later life occurs when older individuals are physically, sexually, or emotionally abused, exploited, or neglected by someone (with whom) they have an ongoing relationship. Abusers intentionally use coercive tactics, such as isolation, threats, intimidation, manipulation, and violence to gain and maintain control over the victim.

—National Clearinghouse on Abuse in Later Life



Funding was provided by the Wisconsin Department of Health Services' Bureau of Aging & Disability Resources (Division of Public Health) and hosted by the Dane County Department of Human Services—Adult Protective Services Unit & Elder Abuse Community Coordinated Response



Caring for the Caregiver Program

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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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