

Caregiver Chronicles

September 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/)



I've been very lucky and I have a happy old age with good family and friends still around.

—Maeve Binchy, Irish Novelist

It's National Senior Centers Month!

September is National Senior Centers month and a great time to celebrate all the valuable resources made available to our communities via dedicated staff and programs at our senior centers across Dane County. When I saw the photo on this issue's cover, it reminded me of a scene I've come across in senior centers many times, knowing that they contribute to a happier old age for so many older adults in our communities by providing connections to friends and purpose through programs that engage and interest them.

When I work with caregivers, I frequently refer them to senior centers for nutrition programs, activities, healthy living programs, and socialization for themselves or their loved one. Most often, I refer caregivers to case management programs for support, and case managers frequently refer their clients to the Caring for Caregivers Program. In order to share more information about the case management program, I asked Cheryl Batterman, Manager of the Area Agency on Aging of Dane County, to sit down for a Q & A and share some of the history of the program, how it works, and what it has to offer (pages 3 – 5). The information she provided will help caregivers better understand the program and how to access this important resource.

September also marks the end of Summer, and the faintest bite of Fall is in the air with cooler temps and kids returning to school. Change gears with the season and sign up for some educational programs of interest to you. On September 29, there will be a showing of the documentary *Gen Silent* at the Sun Prairie Public Library followed by a discussion of the film covering dementia, memory loss, and how it affects the LGBTQ community (page 7).

If you'd like inspiration to cook healthy and tasty meals for just one or two people, try "Cooking for One or Two" offered in October. Chefs of UW Health will lead hands-on classes in the state-of-the-art Learning Kitchen at The American Center where you will learn recipes and easy cooking techniques to make good nutrition easier (page 8).

If you need a break, there's a day coming up that offers it all—from active adventures to quiet pampering. Register for "Make Time for Joy: A Celebration of Caregivers" at the Lussier Family Heritage Center in Madison on October 16. The day of activities is free and respite care is available on site with activities for your loved one as well (page 10). And if you need a survival program specifically for families coping with Alzheimer's Disease and related dementias, check into the Dane County Caregiver Bootcamp on November 9 at the E.D. Locke Public Library in McFarland (page 11).

Busy caregivers and those who are occupied with work and back-to-school activities can check out the Caregiver Teleconnection topics. If you can't make the sessions, you can always check the podcasts and on-demand offerings (page 6).

As the seasons change, so do needs for caregivers. If you're looking for caregiver support, respite, services, or referrals to programs, just call or email. The Caregiver Program is here for you.



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Dane County's Case Management Program—A Primer for Caregivers

You may be aware there are on-site meals, activities, and programs available to adults age 60+ at Dane County Senior Focal Points (see the listing on page 5). But did you know that there are also case management staff available? Dane County's Case Management Program provides access to critical services and coordination of supports that help older adults in our communities live safely in their own homes. Cheryl Batterman, Manager of the Area Agency on Aging of Dane County, is the contract manager for the program. I interviewed Cheryl on what caregivers in Dane County should know about case management.

What exactly is involved in case management for older adults?

The primary goal for case management is to provide the support, resources, and community services adults age 60+ need to safely remain in their own homes. Case managers conduct home visits to assess the individual needs of each older adult. Together, they complete a service plan that may include applying for community resources and programs that best allow the older adult to remain living independently at home.

Specifically, case managers provide referrals and coordination for: home assistance with light housekeeping, laundry, lawn care, and minor home repairs; prescription and health insurance assistance; assessment of eligibility for federal, state, and county programs; respite care options; support groups including caregiver support; elder abuse and neglect resources; financial and utility assistance programs; and recreational, socialization, and volunteer programs.

What is the history of the Dane County Case Management Program for older adults?

Years ago, Dane County made the decision to contract and partner with established community-based organizations working with older adults. They also made the decision to *fund* the case management program which has resulted in keeping older adults in their homes living safely and independently.

How is the Dane County Case Management Program unique?

Dane County's case management program is the envy of many other counties at statewide functions I attend. They ask how to get one, but it's costly. Dane County uses GPR (General Purpose Revenue) from the tax base. Counties are limited by population and restrictions on how much they can raise with tax revenue.

The case management program for older adults in Dane County is a testament to the County's level of commitment to those who live in Dane County. Other counties do have case managers for older adults, but they are few in number due to their available resources. Dane County's program has 40 case managers located at Senior Focal Points.

Why are case managers located at Senior Focal Points?

At the time—30 to 40 years ago—it was decided to divide Dane County into geographic areas to avoid duplication of services. Maps were created to designate the areas served. Not all locations are brick and mortar, but all provide programs and services specifically for older adults. A few, like the Waunakee Senior Center and NewBridge North, for example, are located within community centers with multigenerational programming. However, older adult services have their own space within the larger building.

How does your position interact with the case management program?

Technically, I am the Dane County Contract Manager who works with the Senior Focal Points to ensure the standards, policy, and procedures established are followed. I provide training to case management staff along
(continued page 4)

The case management program has helped both my parents as I was a caregiver for them and it will always be near and dear to my heart due to the excellent help they received.

—Cheryl Batterman



(continued from page 3)

with information on the latest strategies for serving older adults. I also coordinate a survey (random sample) of case management clients every other year working with Dane County program analysts, and monitor reports monthly and quarterly to track critical needs and emerging trends. My most important role is as a strong advocate and champion for the program to ensure proper funding. The Case Management Program is monitored by the Access Committee of the Area Agency on Aging Board of Directors. They are responsible for addressing any barriers to access for older adult programs. I report to them and facilitate discussion, helping to evaluate trends and needs and to identify priorities they need to address.

Before I became Manager of the Area Agency on Aging, I was Executive Director of the North/Eastside Senior Coalition (now NewBridge North). I am very familiar with the day-to-day work done by case managers. They are rock stars, never knowing the complexity of what they will find when they begin working with a new client. They make sure Dane County older adults get the help they need to live safely at home.

Why should caregivers know about the Case Management Program?

Younger people (under age 60) likely don't know about the program as they are often still working and/or raising young families at home. By learning about the program, they find an excellent resource for the older adults they are caring for now or will be in the future. Some of the case managers have been helping individual clients for more than ten years running. They help with overall changes, address needs and challenges, and resolve issues as they crop up. By working with case managers, caregivers can learn about other resources for which they may be eligible. They can all meet together—case manager, caregiver, and older adult care recipient.

How is case management different than the ADRC (Aging & Disability Resource Center)? When should caregivers contact the ADRC first?

Some folks just need a quick answer to questions like, "what are the top three resources I need to pursue?" They will receive help faster from the ADRC, as they have Information & Assistance staff at the ready answering phones. Others may need to find immediate help for an emergent situation and they will also benefit from going directly to the ADRC. (See contact information for the ADRC, page 9.)

Case management is appropriate for long term and ongoing support of individual older adults and their families. We are so lucky to have both these resources in Dane County!

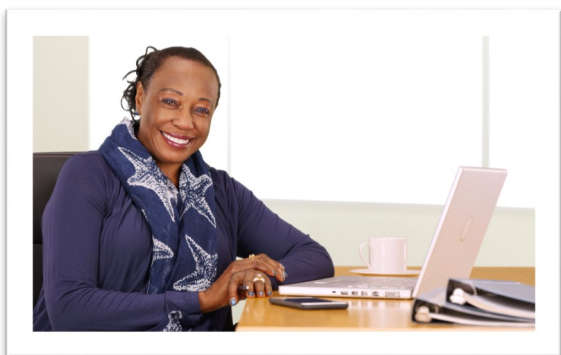
How do you contact the Dane County Case Management Program?

You can connect with case management by contacting the Senior Focal Point nearest where the senior adult you care for lives. The ADRC staff and the Dane County Caregiver Program Coordinator also refer caregivers and their loved ones for case management.

Are there ways our community can support the program?

Supporting the program financially through donations is very helpful. Only 39 percent of the total cost of the program is contributed by Dane County. In addition to supporting them financially, consider donating newer used equipment to loan closet programs at the Senior Focal Points. If you have a wheelchair or walker, even something like a stair lift that is no longer used, case managers can put them to use for other older adults in need. Donations of gift certificates or vouchers for needed services like taxi rides are also much appreciated. Individuals who want to donate durable goods or certificates and vouchers can also contact me and I will offer and distribute to case managers countywide.

—Jane De Broux, Caregiver Program Coordinator



Check out what your senior center has to offer!

Senior Focal Points by Area

Case Management services are offered by 12 Senior Focal Points in Dane County. Contact the Focal Point in your area for more information.

Colonial Club Senior Activity Center 837-4611

(Bristol, Burke, Cottage Grove, Deerfield, Marshall, Medina, Sun Prairie & York)

DeForest Area Community & Senior Center 846-9469

(DeForest, Vienna & Windsor)

Fitchburg Senior Center 270-4290

McFarland Senior Outreach Services 838-7117

(Cambridge, Christiana, Dunn, McFarland, Pleasant Springs & Rockdale)

Middleton Senior Center 831-2373

NewBridge 512-0000

(Blooming Grove, Burke, Madison, Maple Bluff & Monona)

Northwest Dane Senior Services 798-6937

(Berry, Black Earth, Cross Plains, Mazomanie, Roxbury & Vermont)

Oregon Area Senior Center 835-5801

(Brooklyn, Oregon & Rutland)

Southwest Dane Senior Outreach 437-6902

(Blue Mounds, Mt Horeb, Perry, Primrose & Springdale)

Stoughton Area Senior Center 873-8585

(Albion, Dunkirk & Stoughton)

Sugar River Senior Center 424-6007

(Belleville, Montrose & Verona)

Waunakee Senior Center 849-8385

(Dane, Springfield, Vienna, Waunakee & Westport)

Aging & Disability Resource Center 240-7400

For information & assistance help—not case management

Area Agency on Aging 261-9930

Date Time Topic A LEADING VOICE FOR CAREGIVERS

Tuesday, September 3rd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Nine Dementias and Five Questions to Understanding Dementias, Falls and UTIs with Tam Cummings, PhD. <i>Knowing about the nine most common forms of dementia allows families to talk to a doctor in order to get a specific diagnosis. Tam will answer talk about the symptoms of the most common dementias, and answer questions such as: Why does my loved one fall? Why are UTIs present? How does guilt play a role in caregiving? **Sponsored by VITAS Healthcare**</i>
Thursday, September 5th	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 <i>While many issues are the same for those who care for someone, some unique considerations arise for lesbian, gay, bisexual, and transgender (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.</i>
Monday, September 9th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	On Becoming a Fearless Caregiver with Gary Barg <i>Learn how to create an internal climate in your mind and body that makes being a caregiver healthier for you. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday, September 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	A Prescription for Caregivers: Rest, Reflect and Recharge with Nestor H. Praderio <i>Feelings of frustration, guilt, anger, grief/loss, crying and sadness are just a few of the real and raw emotions we experience as a Caregiver. Caregivers often become overwhelmed and isolated in their 24/7 care of a loved one. Nestor H. Praderio, M.D. will lead a discussion on the importance of self care and prioritizing your own mental, physical and emotional health.</i>
Thursday, September 12th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy with Lucy Barylak, MSW <i>This month she will discuss how to handle difficult behaviors when dealing with a loved one living with dementia. 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. **Continuation from August 15th**</i>
Tuesday, September 17th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Simplify Self-Care through Music with Janna Cantu <i>Join Janna Cantu, MT-BC, CFSS as she discusses how she sets "self-care to music to so that your brain outsmarts trauma while your body simply listens"! Her beautiful, evidence-based musical interventions teach your mind and body how to turn on the relaxation response (rest and digest mode) and turn off the stress response (fight or flight mode).</i>
Monday, September 23rd	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Recognizing and managing the signs of caregiver stress with Brown Zilmer <i>Alzheimer's caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. Learn more about recognizing signs of stress, and tips to avoid burnout.</i>
Thursday, September 26th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Cuerpo y cerebro sano es vida sana: consejos de las últimas investigaciones con Nelly Garcia <i>Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.</i>



A program of the WellMed Charitable Foundation

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



Dementia & LGBTQ Community Forum



29 Sept | 2pm-4pm | Sun Prairie Public Library Community Room

*This event is wheel chair accessible, if you need any accommodations please contact the library at (608) 825-0702 or at sunref@sunlib.org.

Learn about Alzheimer's, dementia, memory loss and how it affects the LGBTQ community. FREE screening of documentary "Gen Silent" followed by a discussion on how we can help those in our community.



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 **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



Caregiver Support Group

First Thursday of the Month
10 am- 11 am
Goodman Community Center
149 Waubesa St.

Caregiving is stressful and difficult no matter how much we may want to help a loved one.

This group will offer:

- Caregiver resources
- Tips on caregiving
- How to take care of yourself while taking care of others
- And most importantly, a space to gather with other caregivers to share experiences and receive support
- All caregivers welcome



You are not alone in your caregiving role!

Co-sponsored by the Alzheimer's & Dementia Alliance, and Goodman Community Center.



For more Information
Contact Gayle at: 204-8032



***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

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



Dane County

CAREGIVER BOOTCAMP

WHAT

A free educational survival program specifically for families coping with Alzheimer's Disease and related dementia.

WHERE

*ED Locke Public Library
5920 Milwaukee Street
McFarland, WI 53558*

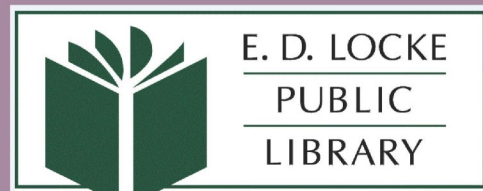
WHEN

*November 9th, 2019
Check -in Begins 9:30 am
Program from 10 am - 2 pm
A light lunch is provided

To register call 800.272.3900 or email
bnuttkinson@alz.org



*A Special Thank You to
Our Sponsors:*



McFarland Senior Outreach Services



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.®

Caring for the Caregiver Program

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