

Caregiver Chronicles

April 2020



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY
2865 N SHERMAN AVE, MADISON, WI 53704
608-261-9930

**When we are no longer able to change a situation,
we are challenged to change ourselves.**

—Viktor Frankl

*Austrian neurologist, psychiatrist,
and Holocaust survivor*



You Are Not Alone - We Are Here

In the March issue I wrote about the importance of planning for caregivers. I was scheduled to participate in a series of educational presentations on planning for care – things like home modifications for aging in place, nutrition, and resources for selfcare. In that newsletter I also mentioned planning for crises we typically foresee as possibilities like the potential for a diagnosis of Alzheimer’s or Dementia, or a situation where a caregiver can no longer provide care due to their own health issues or burnout. Such a short time ago, it was impossible to predict where we are today.

Now we are sheltering in place in an effort to protect as many people as we can from spreading COVID-19. Being cooped inside is hard, being alone in your home is difficult, and being in close quarters—even with those we care for—can be a challenge. This is a serious situation but please remember you are not alone.

You are not alone. We are here. The staff of the Area Agency on Aging, ADRC, and Dane County Senior Centers are working and if you have a need please contact us. Many of us work from home in order to help prevent the spread of the virus. Others practice safety guidelines in carrying out vital services like getting meals to those who need them. All of us are carrying out the critical functions older adults need for both day-to-day health and in extraordinary circumstances like these. (See pages 6 – 19 for comprehensive resource listings.)

Making sure older adults and those who care for them are safe, healthy, and cared for is top priority. The Dane County Caregiver Program is focused specifically on helping caregivers adapt during this time. Please contact me at the phone number or email below if you need support. We have funds for grants to provide respite.

Stay home. Stay safe.



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

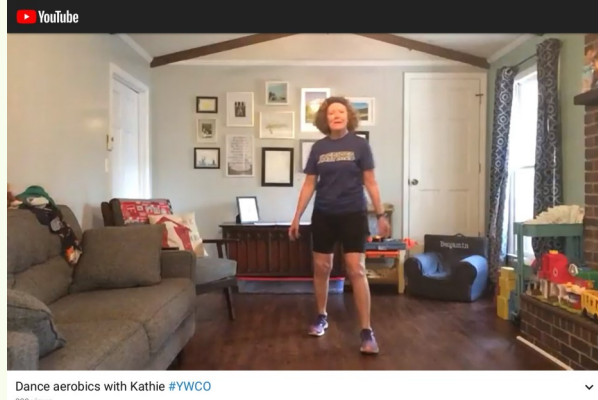
Jane De Broux
Caregiver Program Coordinator
Dane County Area Agency on Aging

A logo consisting of a red heart outline followed by the text "Caring for Caregivers" in a serif font.

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



While Safer At Home, Keep Moving!



Necessity is the mother of invention. Kathie Shinholser, YWCO instructor, has been teaching for 34 years and brings this dance exercise class from the family room as she, too, is safer at home. For those who have a fitness level that falls somewhere between the latest HIIT classes and Chair Exercise, it is often difficult to find the right level for your abilities. If you're a caregiver who is feeling a little cooped up and you need to raise your heart rate, this may be an option for you.

Please check with your doctor first if you haven't been exercising regularly.

NEW! Brain & Body Fitness with Online Volunteers

Volunteers will connect with older adults to provide on line socialization and physical and mental exercises. Contact Joy Schmidt at Schmidt.joy@countyofdane.com or 608-286-8183 to sign up to volunteer, make a referral or register for this program.

Note that participants will need to have FaceTime, Skype, Zoom, or some other visual capable way to connect. There is no cost for the program.



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Thursday, April 2nd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The Pride of Caring: Issues for LGBT Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>Nationally, greater attention is being paid to the concerns facing caregivers. While many issues are the same for all adults and 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.</i>	
Tuesday, April 7th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Caregivers and Coronavirus: Dealing with forced Isolation with Barry Jacobs, PsyD <i>The pandemic has affected the lives of all Americans, including family caregivers. Many of them are more isolated and unsupported than ever before. During this session, clinical psychologist and author (AARP Meditations for Caregivers) Barry J. Jacobs, Psy.D. will share ideas for maintaining connections with others while also gaining greater self-confidence and self-reliance. He will also discuss techniques for reducing fears and anxiety about the virus.</i>	
Thursday, April 9th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	How to Manage Being Sheltered at Home with Your Loved One Who Suffers from Dementia with Lucy Barylak, MSW <i>Please join Dear Lucy in an interactive discussion about being sheltered in place with a loved one who has dementia. She will discuss how to organize a daily routine, and how to take care of yourself as well by maintaining your physical and mental well-being.</i>	
Monday, April 13th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Frequently Asked Legal Questions with Martin Rechinizer <i>Learn answers to the most frequent legal issues which face family caregivers and older adults, including powers of attorney, "living wills," guardianship, and other legal concerns. Also, how does a caregiver talk to aging relatives about legal issues?.</i> **Sponsored by the North Central Texas Caregiver Teleconnection**	
Tuesday, April 14th Thursday, April 23rd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Enfrentando el COVID-19, Consejos y Recomendaciones para Cuidadores de Familia con Letty Guzman-Sanchez <i>Acompañemos abordaremos el tema del Coronavirus y tomaremos sus preguntas é inquietudes: Mantener una sensación de control, No dejar que el miedo se apodere de usted, Cómo hacer frente a la cuarentena en casa, y cómo prepararse, Recomendaciones de seguridad para sus enfermos en casa Cómo controlar su estrés y mantenerse saludable física y emocionalmente Mantenerse positivo</i>	
Tuesday, April 21st	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Staging the Person with Dementia with Tam Cummings, PhD <i>Understanding how dementias move through the brain and cause changes in behavior allows families and professionals to determine how much damage the brain has suffered. Identifying your loved one's stage of dementia means knowing what behaviors or declines will follow, the time a Person With Dementia is expected to be in each stage, how much brain tissue is remaining, and how much time is left for your loved one.</i> **Sponsored by VITAS Healthcare**	
Tuesday, April 28th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Mindfulness for Stress Reduction with Cynthia Hazel M.A. <i>Research shows that mindfulness, the practice of accepting what is without judgment can lower psychological stress. Jon Kabat-Zinn, founder of the Stress Reduction Clinic in a Massachusetts Medical School reminds us that in Asian languages, the word for mind and heart are the same. In this talk, you will learn practice solutions that will help you let go and make heartfelt connections.</i>	



www.caregiverteleconnection.org



A LEADING VOICE FOR CAREGIVERS

PRESENTS

Coping with the Coronavirus Outbreak While Caregiving

Special guest speaker

Dr. Elliot Montgomery Sklar

Lucy Barylack, MSW



Wednesday, April 1st & 8th

Eastern Time 11:00 am

Central Time 10:00 am

Mountain Time 9:00 am

Pacific Time 8:00 am

Joins us as we take your questions and discuss
Coronavirus: We'll Address:



- Feeling a sense of control
- Not letting fear take over
- How to cope with being quarantined, at home, and how to prepare
- How to manage your stress and stay healthy
- Staying positive and seeing a light at the end of the tunnel.



WELLMED
CHARITABLE FOUNDATION

To register please call:

(866) 390-6491 Toll Free or go to

www.caregiverteleconnection.org

Coronavirus: Covering Wisconsin Resources

Enrollment Assistance

Covering Wisconsin continues to provide assistance with health insurance questions and enrollment. Appointments will be primarily done over the phone in order to promote good public health safety.

Please call **608-261-1455** or **414-270-4677** or go to www.coveringwi.org/enroll to find local help.

Telehealth

Clinics, health insurance plans, and hospitals are asking that consumers call their doctor or use other remote care options before getting in-person care. This includes calling a 24 nurse hotline or using "telehealth." Covering Wisconsin has two How-To sheets that help explain what these options are and how to use them.

Go to www.coveringwi.org/learn to see our full lineup of resources.

I'm Sick or Hurt Where Do I Go for Care?

If you are sick and need care that day...

<p>Call your Doctor's Office. Many clinics have openings for patients who need care that day. Doctors are also on-call at night. Unless it is an emergency, this is the best place to get care.</p>	<p>Call a 24-Hour Nurse Hotline. Many insurance companies have their own hotline. Ask what to do for treatment or where to go for care.</p>
<p>Go to an Urgent Care Clinic. Urgent care clinics treat people the same day. They usually take less time than the emergency room.</p> <p style="background-color: #e0e0e0; padding: 2px;">You don't need an appointment at an urgent care clinic.</p>	<p>Go to the Emergency Room. You can go to the hospital emergency room if your urgent care clinic is closed. You may have to wait a long time to receive care.</p>

⚠ Make sure the clinic accepts your insurance before you get care.

Urgent care clinics or your doctor can help with these:

- Earaches	- Sprains	- Minor Cuts
- Back Pain	- Migraines or Other Headaches	- Minor Burns
- Cough	- Minor Eye Injuries	- Rashes
- Sore Throat	- Minor Injuries	- Fevers

⚠ If you think you are having a medical emergency,
Call 911 --OR-- Go to the Emergency Room

⚠ Only go to the emergency room if it is an emergency. It's the most expensive place to go when you're sick and usually takes the most time.

covering Wisconsin
Connect to Care, Engage in Health

This project is supported by Wisconsin Health Information Organization, Inc and Inova Rella Beldin Wisconsin Idea Endowment, & Wisconsin Department of Health Services.

A Doctor Visit from Home With a phone or computer

1. What is telemedicine?

Telemedicine is a doctor's visit on a computer, smart phone, or tablet.

Other ways to get care:

1. Call your clinic and ask if you can get a same day visit or talk with a doctor
2. If you have insurance, call your insurance company's 24-hour nurse hotline
3. Go to an urgent care clinic

What can a doctor do for me over the phone or computer?

- Diagnose your illness
- Order blood tests, x-rays, or other tests
- Order prescription drugs
- Help with mental health concerns
- Manage chronic condition and medication
- Help with drug or alcohol abuse

Need to talk to someone now?

Suicide Hotline: 1-800-273-8255
Substance Abuse Hotline: 1-800-662-4357
Domestic Violence Hotline: 1-800-799-7233

If you have an emergency, call 9-1-1 or go to the emergency room

2. Why use telemedicine?

- You can do it from home 24 hours a day, 7 days a week
- You can talk to specialists who don't live near you
- You can use it if you don't have insurance
- It's fast, easy, and costs less

Who can I talk to?

- Doctors
- Mental health and substance abuse professionals
- Specialists
- Nurses
- Midwives

You may still need to go in-person to see a doctor.

How much does it cost?
It usually costs less than in-person visits. If you have insurance ask your company:

- Is telemedicine covered?
- How much does each visit cost?

covering Wisconsin
Connect to Care, Engage in Health

Monthly MIPPA Moment: SeniorCare Can Help

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

Have you heard of Wisconsin's SeniorCare? SeniorCare is a tiered prescription drug assistance program that may be able to help with prescription drug costs. With SeniorCare, individuals aged 65 and older with monthly incomes below \$1,701 (or \$2,299 for a couple) may qualify for \$5 for generics or \$15 for brand name prescriptions with no deductible. Many people also don't realize that you can have SeniorCare in addition to Part D, and if you have high costs in the donut-hole period, SeniorCare can help with coverage. SeniorCare is also available to those with higher incomes, but there will be a deductible.

To qualify for SeniorCare, in addition to the income guidelines, you must be a Wisconsin resident, be a U.S. citizen or have qualifying immigrant status, and be 65 years of age or older. You can apply for SeniorCare at any time of the year, but the earliest you can apply is during the calendar month of your 65th birthday. Benefits will begin the month after you apply. Only income is counted; assets are not counted and there is no monthly premium, just an annual enrollment fee of \$30. Call the SeniorCare Hotline at 1-800-657-2038 or visit <https://www.dhs.wisconsin.gov/seniorcare/index.htm> to apply.

Monthly MIPPA Moment: Medicare Savings Programs & Extra Help for Cost Savings on Health Care and Medications

In uncertain times, you may find that you have limited income and resources. Our program wants to remind you that you may qualify for Medicaid – a joint federal and state program that helps with medical coverage. If you don't qualify for Medicaid, there are also the following programs that may help pay for Medicare premiums and other costs.

The four Medicare Savings Programs are: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), Qualifying Individual (QI), and Qualified Disabled and Working Individuals (QDWI). If you qualify for Medicaid or a Medicare Savings Program, you'll also automatically get "Extra Help" (a Social Security Administration program) to pay for prescription drugs. If you don't automatically qualify for Extra Help, you can also apply online at SSA.gov.

Even if your income or resources appear higher than the amounts listed on Medicare.gov, the amounts change yearly, and there may be another savings program you are eligible for depending on your specific situation. To find out if you are eligible for savings through one of these programs, please call your State Medicaid Program at the Capital Consortium, at 1-888-794-5556.

*For more information on Medicare Preventive Services
call MIPPA Program Specialist Leilani Amundson at 608-240-7458.*

Free Grocery Deliveries

Dane County Delivers:
Senior Grocery Solutions

Call: 608-242-6489

For people 60+ or with disabilities

Donations accepted



***Connecting People with the
Assistance They Need***

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

(608) 240-7400

Website: www.daneadrc.org

Email: ADRC@countyofdane.com

Building is closed during Safer at Home.



YOUR SUPPORT IS DESPERATELY NEEDED!

CRITICAL SERVICES OFFERED TO MADISON & MONONA OLDER ADULTS THROUGH NEWBRIDGE

NewBridge Madison works with thousands of older adults in Madison and Monona. Though the offices are closed and most programs are suspended due to the COVID-19 pandemic, staff are working harder than ever from home to make sure our older adults receive the care they need.

Your financial support is desperately needed to hire a temporary case manager in response to the increased requests from older adults and to purchase and deliver emergency food baskets and necessity kits to the front door of older adults in Madison and Monona.

\$50 pays for 1 Food Bridge Basket, OR 1 hour of Case Management, OR 1 Necessity Kit.

Please donate today at newbridgemadison.org!



FOOD BRIDGE DELIVERY

During this time of isolation, it's essential our older adults have food to eat. Volunteers are delivering groceries from local food pantries to the older adult's door to help maintain their health.

CASE MANAGEMENT

Our social workers can help access resources and comfort older adults during this time by phone (608) 512-0000 or by email at info@newbridgemadison.org.



NECESSITIES FROM NEWBRIDGE KIT DELIVERY

- Volunteers deliver supply kits to the older adult's door.
- Staff are accepting monetary and supply donations: thermometers, shampoo, household cleaning products, toilet paper, soap, laundry PODS, mouthwash, garbage bags, kleenex, hand sanitizer, dish soap, pet food/cat litter, Lysol spray, Depends.

*Donations accepted **online**, by **drop-off** every Monday, 10 am-12 pm at West office 5724 Raymond Road, Madison,*

www.newbridgemadison.org

(608)512-0000

Colonial Club Senior Activity Center (608-837-4611)

Congregate meal site closed; Home-delivered meals (HDM) available:

- HDMs delivered on Mondays (one hot meal and one cold meal); Wednesdays (one hot meal and two cold meals)

Case Management Program -continues to work with clients (via phone/email as much as possible)

Driver Escort Program - continues

Supportive Home Care and Adult Day Center - continues

Hyland Park Assisted Living Care's activities - canceled until 4/1/20 TBD

Staff check-ins on older adults - continues via phone calls/emails

DeForest Area Community & Senior Center (608-846-9469)

Congregate meal site closed (including DeForest Family Restaurant); Home-delivered meals (HDM) available:

- HDMs delivered on Mondays (one regular hot meal and one cold meal), Wednesdays (with one hot meal and two cold meals).

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Staff check-ins on older adults - continues via phone calls/emails

Establishing phone buddy program

Fitchburg Senior Center (608-270-4290)

Congregate meal site closed; Home-delivered meals (HDM) available:

- Beginning 3/30/20 - HDMs delivered on Tuesday (2 meals), Thursday (2 meals), and Friday (1 meal)

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Provide grocery shoppers and telephone assurance calls

McFarland Senior Outreach Services (608-838-7117)

Congregate meal site closed (including Cambridge meal site; Home-delivered meals (HDM) available:

- Beginning 3/30/20 - HDMs delivered on Tuesday (2 meals), Thursday (2 meals), and Friday (1 meal)

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Middleton Senior Center (608-831-2373)

Congregate meal site closed; Home-delivered meals (HDM) available:

- Beginning 3/30/20 - HDMs delivered on Tuesday (1 meal), Wednesday (2 meals), Thursday (2 meals)

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

NewBridge Madison (608-512-0000)

All congregate meal sites closed; restaurant meal sites closed (Cranberry Creek, Cuco's Mexican, Festival Foods); Home-delivered meals (HDM) available:

- Romnes residents offered HDMs and take-out meals on Monday, Tuesday, and Friday; take-out Monday (2 meals), Tuesday (1 meal) and Friday (2 meals)
- Fisher Taft residents offered HDMs Monday- Friday via SSM
- Drive-thru meals offered at Messiah Lutheran Church (5202 Cottage Grove Rd, Madison) on Tuesdays and Thursdays

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Offering Food Bridge food pantry grocery delivery and Necessities from NewBridge emergency supplies

NW Dane Senior Services (608-798-6937)

Congregate meal site closed; Home-delivered meals (HDM) available:

- Beginning 3/30/20 - HDMs delivered on Tuesday (1 meal), Wednesday (2 meals), and Friday (1 meal)

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Adult Day Center - closed

Oregon Area Senior Center (608-835-5801)

Congregate meal site closed (including Ziggy's BBW Smoke House); Home-delivered meals (HDM) available:

- Beginning 3/30/20 - HDMs delivered on Tuesday (2 meals), Thursday (2 meals), and Friday (1 meal)

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Adult Day Center - closed

Stoughton Area Senior Center (608-873-8585)

Congregate meal site closed; Home-delivered meals (HDM) available:

- Beginning 3/30/20 - HDMs delivered on Monday (2 meals), Wednesday (2 meals), and Friday (1 meal)

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

SW Dane Senior Outreach/Mount Horeb Senior Center (437-6902)

Congregate meal site closed (including Fink's Restaurant); Home-delivered meals (HDM) available:

- Beginning 3/30/20 - HDMs delivered on Monday (2 meals), Wednesday (2 meals), and Friday (1 meal)

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Adult Day Center - closed

Sugar River Senior Center (608-424-6007)

Congregate meal site closed (including Fink's Restaurant); Home-delivered meals (HDM) available:

- Beginning 3/30/20 - HDMs delivered on Tuesday (2 meals), Thursday (2 meals), and Friday (1 meal)

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Offering emergency kits

Waunakee Senior Center (849-8385)

Congregate meal site closed (including Fink's Restaurant); Home-delivered meals (HDM) available:

- HDMs delivered Monday - Friday

Case Management Program -continues to work with clients (limited in-person contact)

Driver Escort Program - continues

Checking-in with participants/clients via telephone

Dane County Senior Focal Points
Meals and Programs During COVID-19
Social Distancing

Caregiving during the Coronavirus (COVID-19)

Organization	Webpage Title	Webpage Link
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)*	Home page for Coronavirus on CDC website	https://www.cdc.gov/coronavirus/2019-ncov/index.html
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)*	Coronavirus Disease 2019 (COVID-19) Checklist: Older Persons	https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/checklist.html
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Plan Ahead and Be Ready: get your home ready, create a household plan of action	https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Checklist to Get Your Household Ready, take preventive steps, watch for symptoms, if someone in your home is sick...	https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	FAQ for Individuals and Families	https://www.cdc.gov/coronavirus/2019-ncov/prepare/faq.html
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Disinfecting Your Home if Someone is Sick	https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	What to Do if You are Sick: steps on how to help prevent the spread of COVID-19, monitor symptoms, how to discontinue home isolation	https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Are You at Higher Risk for Severe Illness?	https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html

Questions and comments, contact Jody Krainer, MSW, LCSW, MBA at jkrainer@wisc.edu

9) Pandemic

Overall Summary / Some Specifics

Home page that has links to all the main categories of webpages: i.e. What you need to know, older adults and medical conditions, travel, community and faith-based organizations, businesses and employers... the President's Coronavirus Guidelines for America – 15 Days to Slow the Spread of Coronavirus (COVID-19) is at the top of the page.

Information is directly on the website, there are topic areas that you click on they open up with additional information: i.e. Protect Yourself, Caregivers get ready...

Information is directly on the website, there are multiple links embedded to take you to additional website pages. On the bottom of the page it a list of readiness resources that include links and print resources.

Information is directly on the website, there are multiple links embedded to take you to additional website pages.

Has a series of questions that open up to the answer; i.e. *What should I do if someone in my house gets sick with COVID-19? What steps can my family take to reduce our risk of getting COVID-19?*

Website page breaks down cleaning supplies to use and the various mediums that need cleaning: i.e. Laundry, hard surfaces, soft surfaces, food, trash. Additional resource links are on the bottom of the page.

Information is directly on the website with additional links to the general population and healthcare providers.

Multiple links for the high risk groups: Older Adults, People with HIV, People with Asthma, Pregnant Women, Steps to Prevent Getting Sick

Compiled: March 24, 202

Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Older Adults: what you can do, stress and coping (things you can do to support yourself), older adult death rate for COVID-19	https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications/older-adults.html
Center for Disease Control and Prevention (CDC): Coronavirus Disease 2019 (COVID-19)	Clean and Disinfect: background, purpose, general recommendations and how to clean and disinfect	https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning
Alzheimer's & Dementia Alliance of Wisconsin*	Coronavirus Information for Alzheimer's Caregivers (BLOG)	https://www.alzwisc.org/coronavirus-information-for-alzheimers-caregivers/
Alzheimer's & Dementia Alliance of Wisconsin*	Caregiver Resources & Tips in Handling COVID-19 (BLOG)	https://www.alzwisc.org/caregiver-resources-tips-in-handling-covid-19/
Alzheimer's Association*	Coronavirus (COVID-19): Tips for Dementia Caregivers	https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care
Alzheimer's Association*	Caregiving (webpages are in English or Spanish)	https://alz.org/help-support/caregiving/

Questions and comments, contact Jody Krainer, MSW, LCSW, MBA at jkrainer@wisc.edu

Website page is laid out well with information; also has multiple links to additional relevant information and a list of resources on the bottom of the page.

Website page is laid out well with information; also has multiple links to additional relevant information and a list of resources on the bottom of the page.

Has general ADAW Caregiver tips and links. A section on more home engagement opportunities. A section with their staff listing and how to reach them.

Has a list of COVID-19 Resources that include:

- CDC
- Wisconsin Department of Health Services
- Alzheimer's Foundation of America (AFA)
- Caregiving in a time of Coronavirus
- A list of On-line Caregiver Support Groups
- Recommended Home-Base Activities for Caregiver and Person with Dementia
- Their staff list and how to reach them

Has 3 main sections:

- Tips for dementia caregivers at home
- Tips for caregivers of individuals in assisted living
- Staying health

This Caregiving page they have a Live Chat feature

Links and sections include:

- | | |
|---|---|
| <ul style="list-style-type: none">• Coronavirus: Tips for Caregivers• Join Our Community• Wandering• Early-Stage Caregiving• Late-Stage Caregiving• Middle-Stage Caregiving• Stages and Behaviors• Care Training Resources• Caregiver Health• Planning ahead for Legal Matters | <ul style="list-style-type: none">• Find Your Local Chapter• Support Group / Message Boards / Online community• Activities• Communication and Alzheimer's• Daily Care Plan• Safety• In-Home Care• Planning for Care Costs• Residential Care |
|---|---|

Compiled: March 24, 202

Alzheimer's Association	50 Activities	https://www.alz.org/help-support/resources/kids-teens/50-activities
Alzheimer's Association*	Wandering	https://www.alz.org/help-support/caregiving/stages-behaviors/wandering
Wisconsin Department of Health Services	Resources for Dementia and Family Caregiving; the website has numerous resource listings/links that are standard for their site (not specifically set up due to the COVID-19)	https://www.dhs.wisconsin.gov/dementia/dementiareources.htm
Alzheimer's Foundation of America (AFA)*	Coronavirus Prevention Tips for Alzheimer's Family Caregivers from the Alzheimer's Foundation of America (AFA)	https://alzfdn.org/coronavirus-prevention-tips-alzheimers-family-caregivers-alzheimers-foundation-america-afa/
"This article is made available through The Activity Director's Office: http://www.theactivitydirectorsoffice.com	Activity Ideas for Alzheimer's/Dementia Residents (handout)	file:///D:/Major%20Publications/Activity%20Ideas%20for%20Someone%20Living%20with%20Dementia.pdf Link not working. Contact Jody Krainer, MSW,LCSW, MBA at jkrainer@wisc.edu
Family Caregiver Alliance®	General information and various links to other organizations (see last column)	https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers
Family Caregiver Alliance®	Taking Care of You: Self-Care for Family Caregivers. This is there standard (pre-COVID-19) webpage.	https://www.caregiver.org/Taking-care-you-self-care-family-caregivers

Questions and comments, contact Jody Krainer, MSW, LCSW, MBA at jkrainer@wisc.edu

Webpages breakdown activities into 5 major categories:

- Outdoor activities
- Indoor activities
- Personal activities
- Kitchen activities
- Family traditions

Webpage sections:

Who is at risk of wandering?

Tips to prevent wandering

Make a plan

Links include (not all listed below):

- Alzheimer's Association Wisconsin Chapters
- Alzheimer's and Dementia Alliance of WI
- ADEAR
- Alzheimer's Foundation of America
- Aging and Disability Resource Centers
- AARP Caregiving Resource Center

Has tips and ideas; plus you contact a social worker through a national toll-free helpline, email link, and chat feature.

This is a pdf.

A very comprehensive list of ideas.

Has a printer-friendly version for the page.

Has links to:

- CDC's numerous webpages
- John A. Hartford Foundation
- AARP
- Self-Care (caregivers)

Has a printer-friendly version for the page.

Topics include: First, Care for Yourself, Effects of Caregiving on Health and Well-being, Taking Responsibility for Your Own Care, Identifying Personal Barriers, Moving Forward, Tool #1: Reducing Personal Stress, Tool #2: Setting Goals, Tool #3: Seeking Solutions, Tool #4: Communicating Constructively, Tool #5: Asking for and Accepting Help, Tool

Compiled: March 24, 2020

<i>(continued from pages 16 & 17)</i>		
Family Caregiver Alliance®*	Relaxation for Caregivers Series; YouTube Videos. The introduction video is 2 hours and 30 minutes; however the technique videos are 3 to 12 minutes.	https://www.caregiver.org/relaxation-caregivers-series-english
The John A. Hartford Foundation: Dedicated to Improving the Care of Older Adults	General information and various links to other organizations (see last column)	https://www.johnahartford.org/dissemination-center/view/coronavirus-disease-covid-19-resources-for-older-adults-family-caregivers-and-health-care-providers
AARP	Practical Tips for Caregivers Concerned about Coronavirus	https://www.aarp.org/caregiving/basics/info-2020/coronavirus-tips-for-caregivers.html
AARP*	Caregivers and Coronavirus: Dealing with Forced Isolation	https://www.aarp.org/caregiving/home-care/info-2020/caregiving-isolation-quarantine.html
UCLA Health	UCLA Alzheimer's and Dementia Care Program Caregiving Videos	https://www.uclahealth.org/dementia/caregiver-education-videos
National Institute on Aging (NIH); Alzheimer's Disease and Related Dementias (ADEAR)	Alzheimer's Caregiving with links to CDC and NIH webpages.	https://www.nia.nih.gov/health/alzheimers-caregiving https://www.nia.nih.gov/health/about-adear-center
Senior Link	Helpful Daily Activities for Dementia Patients (BLOG)	https://www.seniorlink.com/blog/helpful-daily-activities-for-dementia-patients-50-expert-tips-and-suggestions-to-keep-your-loved-one-engaged

* = Key websites

Questions and comments, contact Jody Krainer, MSW, LCSW, MBA at jkrainer@wisc.edu

#6: Talking to the Physician, Tool #7: Starting to Exercise, Tool #8: Learning from Our Emotions.
Other organizations and links are at the bottom of the page; also recommended reading list.

Links to the following YouTube Videos:

1. Introduction (2 hours and 31 minutes)
2. Deep Breathing (5 minutes and 3 seconds)
3. Triangle Breathing (3 minutes)
4. Muscle Relaxation (7 minutes and 9 seconds)
5. Imagery Meditation (12 minutes 52 seconds)
6. Guided Imagery (7 minutes 12 seconds)
7. Mindfulness Meditation (7 minutes 35 seconds)
8. Breathing Mindfulness (same as #7)

Has a printer-friendly version for the page.
Has links to:

- CDC's numerous webpages
- Administration for Community Living (ACL)
- National Foundation for Infectious Diseases
- AARP
- Alzheimer's Association

Also has links for Long-Term Providers and Healthcare Professional

General, overall information; page has a lot of advertisements and pitches to join AARP.

Includes general information plus "Don't play the shame game", "Create areas of separation", "Share moments of mutual enjoyment and meaning", "Maintain your lifelines"

This is their standard caregiver videos; they are very popular

General Alzheimer's caregiving information, plus links to CDC and NHI updates.

Has a list of activities include board games ideas, chair exercise, gardening, and music and art activities, stringing beads... Plus it has a section on Day-to-Da Routines

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

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