

Caregiver Chronicles

June 2020



Caring for Caregivers

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

You never know how strong you are until
being strong is your only choice.

—*Bob Marley*
Singer, songwriter & musician




Staying Strong with Caregiver Support

In May, AARP and the National Alliance for Caregiving released *Caregiving in the U.S.*, a report they conduct every five years. The 2020 update shows an increase in the number of family caregivers in the U.S. of 9.5 million from 2015, which works out to one in five Americans now providing unpaid care. The study also reveals that family caregivers are in worse health than they were five years ago, making the need for caregiver support greater than ever before. (The infographic [page 3] is a summary of the findings. You can download the full report [here](#).) While the upward trajectory for the number of family caregivers was projected five years ago, the worldwide spread of a new disease was not. So now, on top of burgeoning numbers of family caregivers experiencing significantly increased stress, is the new reality of living in a pandemic that is particularly dangerous to older adults and those with underlying health issues or disabilities—precisely the people for whom family caregivers are already stretched thin to provide care.

COVID-19 has been a dramatic change to our daily lives and is particularly difficult for individuals who are already isolated. We all long to see and hold loved ones and even with a loosening of restrictions in some cases, the current state of affairs bears little resemblance to what last felt like normal. Now that summer weather is here, it is just human nature to want all the disruption caused by the COVID-19 pandemic to end. However, changing our habits to enjoy what we are able to do safely is a challenge. There is still no cure or vaccine so we continue to change and adapt. Professionals serving caregivers are working on creative options to keep older adults safe and engaged while devoting time to carefully plan returning to in-person activities. Note updates to programs and services for the Dane County Senior Focal Points (pages 10 and 11). There are additions of a few services like nail care, limited use of some carefully-monitored facilities, and the Seniors Farmers' Market Voucher program (page 6).

There continues to be a variety of online programs and resources available. June is LGBTQ Pride month and Caregiver Teleconnection has a series on LGBTQ issues for caregivers along with a series entitled, "Aging in America May Never be the Same" (pages 4 and 5). "Grieving in the Days of COVID" (page 6) is a program featuring presenters from the Alzheimer's and Dementia Alliance and Agrace Hospice. Wisconsin Indianhead Technical College is presenting a webinar series for caregivers on Elder Abuse (page 7); and virtual "Caregiver Day Off" class is offered from the William S. Middleton Memorial Veteran's Hospital (page 8).

During this challenging time, please remember that you are not alone. Reaching out for what you need is what keeps you strong.



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



Caring for Caregivers

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

CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.*

43.5 million
2015  **53 million**
2020



18%
2015  **21%**
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

More Americans are caring for more than one person.



18%
2015  **24%**
2020

More family caregivers have difficulty coordinating care.

19%
2015  **26%**
2020



More Americans caring for someone with Alzheimer's disease or dementia.



22%
2015  **26%**
2020

More family caregivers report their own health is fair to poor.

17%
2015  **21%**
2020



23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

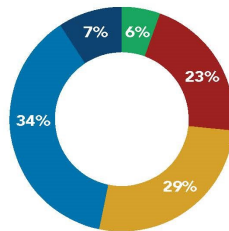
Who are today's family caregivers?



39%
MEN



61%
WOMEN



● Boomers ● Gen-X ● Gen-Z
● Millennials ● Silent

45%
HAVE HAD AT LEAST ONE FINANCIAL IMPACT



61%
WORK

AARP

Family Caregiving™

*Provided care to an adult or child with special needs.

**The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.

URL: www.aarp.org/uscaregiving DOI: <https://doi.org/10.26419/ppi.00103.002>



National Alliance for Caregiving

Caregiving in the U.S. 2020,
National Alliance for Caregiving and AARP
For media inquiries, contact Media@aarp.org



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, June 2nd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Frontotemporal Degeneration: What it is, What it isn't and What are the Signs and Symptoms with Sharon Hall <i>This dementia is highly misunderstood, even in the medical community, and takes families up to 4 years to get a proper diagnosis. She will explain what signs show up first, how to get an accurate diagnosis, and what to do after you receive the diagnosis.</i>	
Monday, June 8th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Overview of State of Texas Services with Cathy Stump <i>What services are available for older adults and caregivers through the state. Many of these services are also funded with federal funds. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>	
Tuesday, June 16th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	How Does Memory Work? with Tam Cummings, PhD <i>The doctor said "She will lose her memory." But what does that mean? This session will explain what memory is, how it functions and what occurs as the brain suffers damage from dementia. **Sponsored by VITAS Healthcare**</i>	
Wednesday, June 24th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Asuntos legales de los cuidadores, a cargo de la empresa profesional Aleida Villarreal, PLLC La Lic. <i>Aleida Villarreal es una abogada especialista en asuntos legales de los adultos mayores, reconocida dentro de su campo como ferviente defensora de los adultos mayores y familiares que les cuidan. Escuche a Aleida hablar sobre las cuestiones legales y los documentos importantes que los cuidadores y las personas mayores deben conocer.</i>	

Aging in America May Never be the Same: A Series

Wednesday, June 3th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	How has COVID-19 changed our view on long-term care facilities? with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>What led to the increased mortality of seniors in long-term care facilities? What are the lessons learned?</i>
Wednesday, June 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	What do seniors and caregivers need to consider to age-in-place? with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>What resources are required? How to evaluate your home for feasibility of aging-in-place? What modifications will be required?</i>
Wednesday, June 17th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	If a nursing home is the only option, what do caregivers and seniors need to look for in order for them to be able to make a decision on what facility is right for them? with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>What questions should you be asking? What do you need to consider?</i>
Wednesday, June 24th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Family dynamics: When is it absolutely necessary for a caregiver to place their loved one? with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>What should seniors consider and explore before deciding to live with relatives? What should relatives know?</i>

The Pride of Caring: Issues for LGBTQ Caregivers & Professionals

Thursday, June 4th 11:00 am Eastern
 10:00 am Central
 9:00 am Mountain
 8:00 am Pacific

How has COVID-19 affected the LGBT community? with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW

- *Risk factors for COVID-19 among the LGBT community*
- *Discrimination in health care*
- *Coping with isolation*
- *How COVID-19 has impacted LGBT seniors and caregivers*

Thursday, June 11th 11:00 am Eastern
 10:00 am Central
 9:00 am Mountain
 8:00 am Pacific

Resources-R-Us! LGBT and Aging Resources and Supports with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW

- *Defining families of choice and negotiating family dynamics*
- *Issues impacting LGBT caregivers and those who care for LGBT elders*
- *Identifying resources and supports*
- *The importance of "The Folder"; keeping photos of important documents on a smartphone*

Thursday, June 18th 11:00 am Eastern
 10:00 am Central
 9:00 am Mountain
 8:00 am Pacific

Caregiving Wasn't on My Bucket List! with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW

- *Feeling unprepared for your caregiving role*
- *Dealing with resentment and anger*
- *Navigating the health system as a LGBT caregiver*
- *LGBT-friendly aging programs and long-term care*

Thursday, June 25th 11:00 am Eastern
 10:00 am Central
 9:00 am Mountain
 8:00 am Pacific

Aging Gayfully: Life After Caregiving with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW

- *Creating new social networks*
- *Aging-in-place*
- *LGBT-affirming programs and services*
- *Looking at the cup half-full*



**To register please call:
 (866) 390-6491 Toll Free or go to
www.caregiverteleconnection.org**

Senior Farmers' Market Vouchers and Distribution

Due to COVID-19, distribution of farmers' market vouchers will begin June 1st, 2020.

Area Agency on Aging of Dane County offers vouchers to older adults (age 60+) for use in purchasing \$25 worth of fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2020 season (1 June-30 October 2020). The vouchers are distributed on a first come/first serve basis to Dane County older adults with gross incomes under \$23,606 per year (or \$1,968/month) for a one-person household and \$31,894 (or \$2,658/month) for a two-person household. Past participants will receive an application in the mail along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Alyce Miller (261-5678). Vouchers and applications will be distributed via mail. Vouchers may not be mailed until June 1st.

We are monitoring the situation as COVID-19 continues. For the most current information on farmers' market vouchers, contact your local senior services center or Alyce Miller at (608) 261-5678. Updates will also be made on Area Agency on Aging's website: <https://aaa.dcdhs.com/COVID-19.aspx>

This institution is an equal opportunity provider.

VIRTUAL PROGRAM

Grieving in the Days of COVID

In this program you will learn about grieving in the times we are living in, how to relate to others in their grief and the grieving process for those with dementia. Q&A to follow.

Co-Presenters are ADAW Dementia Outreach Specialist, Noreen Kralapp and Mariah Wulff, SAC-IT, MA, LPC-IT. Mariah is a Community Grief Specialist at Agrace Hospice in Madison.

REGISTER HERE

[https://us02web.zoom.us/j/7411393827?
pwd=TXF3YzUreUwwd3pyd01VQkt5UktTdz09](https://us02web.zoom.us/j/7411393827?pwd=TXF3YzUreUwwd3pyd01VQkt5UktTdz09)



Wednesday, June 3
6:30-7:30pm

Questions: 608-661-0463
Noreen.Kralapp@alzwisc.org



FREE WEBINARS



CONNECTING COMMUNITY AND CAREGIVERS: A WEBINAR SERIES ELDER ABUSE

What Is Elder Abuse? Commemorating World Elder Abuse Awareness Day

Tues, June 9 & Thurs, June 11
Presenter: Bonnie Edlund

- Defining what elder abuse is, and what it is not.
- Honoring the rights and choices of older adults, even if they're not our choices.
- Raising awareness through World Elder Abuse Awareness Day.

COVID-19 Scams: Protecting Yourself and Your Loved Ones

Tues, June 16 & Thurs, June 18
Presenter: Michelle Reinen

- Scams that have arisen during COVID-19 (stimulus checks, sweetheart scams)

Self-Neglect and the Older Adult Population: A Rising Challenge in Our Communities

Tues, June 23 & Thurs, June 25
Presenter: Donavon Schumacher

- What is self-neglect, and how prevalent is it in our region?
- Why is self-neglect a challenge?
- How to help an older adult that may be neglecting themselves.



**WISCONSIN
INDIANHEAD
TECHNICAL
COLLEGE**

TO REGISTER VISIT: bit.ly/witc_elderabuse

This webinar series is in partnership with the following regional coalitions:

Douglas County Caregiver Coalition
Sawyer County Dementia Care Network
Aging Network of Ashland, Bayfield, and Iron Counties
Connecting Community and Caregivers Coalition
Five County Regional Caregiver Coalition (Polk, Burnett, St. Croix, Dunn, Pierce)
Rusk County Dementia Coalition
Tri-County Regional Caregiver Coalition
Regional Partners from Adult Protective Services
Members of the Northland Elder Abuse Awareness Coalition

For more information, please call WITC Continuing Education at 715.645.2925

Madison VA
Caregiver Program

Virtual Caregiver Day Off Class

Free classes for
Caregivers of Veterans
Or
Vets who are Caregivers

Handling Emotions

A) Phone- 6/16/20

B) Video- 6/23/20

Managing Stress

A) Phone- 7/7/20

B) Video- 7/14/20

CLASSES ARE 10AM- NOON -Provided in partnership with the
Memphis VA Caregiver Center.

*****Please virtually attend this event *by phone or by video-***

*****PLEASE PICK ONE CLASS and CHOOSE either Video or Phone**
(we have limited slots and want to ensure access for all)

*****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
- **EMAIL FOR VIDEO CLASS OR PHONE #** you can be reached

For more information, please contact:

Meghann Schmitt, CISW

Caregiver Support Program at the

William S. Middleton Memorial Veterans Hospital

2500 Overlook Terrace, Madison, WI

#608-256-1901 ext 11576



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

Monthly MIPPA Moment: Medicare & Coronavirus

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

To help stop the spread of the coronavirus disease 2019 (COVID-19) many businesses have temporarily closed. If you recently stopped working or lost your health coverage through your job (or your spouse) and are otherwise eligible, you may qualify for a Special Enrollment Period to enroll in Medicare Part B (Medical Insurance). Medicare Part B does cover a test to see if you have coronavirus if warranted. Medicare beneficiaries pay nothing for this test.

Currently there is no vaccine for Covid-19. The recent CARES Act specifically states that Medicare Part B will cover a novel coronavirus vaccine when one becomes available.

(<https://www.congress.gov/116/bills/hr748/BILLS-116hr748enr.pdf>).

Finally, be aware of fraud schemes surrounding coronavirus testing including telemarketing calls, social media platforms, and door-to-door visits. Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies or asking for your Medicare number, and ignore offers or advertisements for COVID-19 testing or treatments on social media sites at this time.

Adapted in part from [Medicare.gov/blog/medicare-now-covers-coronavirus-testing](https://www.medicare.gov/blog/medicare-now-covers-coronavirus-testing). For more information on Medicare Preventive Services, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.



***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 currently closed.

Dane County Senior Focal Points Meals & Programs During COVID-19

Colonial Club Senior Activity Center (608-837-4611), www.colonialclub.org

Congregate meal site closed. Home-delivered meals (HDM) available—Mon (2 meals); Wed (three meals).

Case Management Program—limited in-person contact continuing; calling clients as needed.

Supportive Home Care and Adult Day Center—continues.

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

Starting 6/01/20—staff answering phones 10:00 am—2:00 pm, Mon—Thur; 9:00 am—noon Fri.

Starting 6/01/20—older adults can make appointments for the woodshop, exercise room, computer lab, and gift shop. One person will be allowed in each space at a time.

DeForest Area Community & Senior Center (608-846-9469) www.deforestcenter.org

Congregate meal site closed; Home-delivered meals (HDM) available—Mon (2 meals), Wed (three meals).

- **Starting 6/03/20**—**DeForest Family Restaurant** (505 W North St, DeForest) Wed 11:00 am—1:00 pm. Call 846-9469 by noon prior Tue to order. Pick up meal ticket and donation envelope at DeForest Area Community & Senior Center's parking lot, drive to DeForest Family Restaurant, and show ticket to staff through the car window. Food will be delivered to your car.

Case Management Program—continues to work with clients (limited in-person contact); calls clients weekly.

Care kits

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

Establishing phone buddy program

Starting 6/03/20—**Nail Care Clinic** begins offered by Sue Hasey, a licensed medical nails technician.

Outside Walking Group meets Mon, Tue, & Thur at 9:00 am to walk DeForest trails. Meet in the Center's parking lot for a one-hour walk led by a volunteer.

Fitchburg Senior Center (608-270-4290) www.fitchburgwi.gov/621/Senior-Center

Congregate meal site closed; Home-delivered meals (HDM) available—Tue (2 meals), Thur (2 meals), and Fri (1 meal).

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

Grocery shoppers and telephone assurance calls

Online exercise classes: <https://www.fitchburgwi.gov/621/Senior-Center>.

McFarland Senior Outreach Services (608-838-7117) www.mcfarland.wi.us/senioroutreach

Congregate meal site closed to public; Home-delivered meals (HDM) available—Tue (2 meals), Thur (2 meals), and Fri (1 meal).

- **Cambridge Community Center** drive-up meals on Tue and Fri 12:00 - 1:00 pm. Call McFarland Senior Outreach a day in advance to request.

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

Staff and volunteer phone check-ins

Middleton Senior Center (608-831-2373) cityofmiddleton.us/109/Senior-Center

Congregate meal site closed; Home-delivered meals (HDM) available—Tue (1 meal), Wed (2 meals), Thur (2 meals).

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

Staff and volunteer phone check-ins

Buddy Phone Call Program

Volunteers sewing masks

NewBridge Madison (608-512-0000) <https://newbridgemadison.org/>

All congregare meal sites closed; restaurant meal sites closed (Cranberry Creek, Cuco's Mexican, Festival Foods). Home-delivered meals (HDM) available home-bound only—Fri 3:00 - 4:00 pm, 2 meals catered by Kavanaugh's Esquire Club. Transit Solutions will pick up and deliver (living in Madison or Monona, do not have a car, and do not have a proxy driver). Call NewBridge by 10:00 am the prior Thursday.

- Romnes residents offered HDMs and take-out meals Mon (2 meals), Tue (1 meal) and Friday (2 meals).
- Fisher Taft residents offered HDMs Mon- Fri via SSM.
- **Starting 6/03/20 Kavanaugh's Esquire Club** (1025 N Sherman Ave) Wed 3:00—4:00 pm 1 meal delivered to car. Call 512-0000 x 4006 by 10am Thursday/week prior.
- **Starting 6/05/20 LJ's Grill** (8 N Patterson, Madison) Fri 3:00—4:00 pm; 1 meal delivered to car: Fri Fish Fry. Call 512-0000 x 4006 by Thur noon to order.
- Drive-thru meals offered at Messiah Lutheran Church (5202 Cottage Grove Rd, Madison) on Tues and Thursdays 11:30 - 12:30 pm, call NewBridge by 10:00 am Thursday the week prior.

NewBridge Madison (continued from page 10)

- **Messiah Lutheran Church** (5202 Cottage Grove Rd, Madison) Tue and Thur 11:30 am-12:30 pm; call 512-0000 x 2001 by 10am Thur/week prior.
- **Starting 6/01/20 Mt. Zion Church** (2019 Fisher St) Mon 10:00 am-noon; 2 meals catered by Kavanaugh's Esquire Club. Call 512-0000 x 4006 by 10:00 am Thur/week prior.
- **Starting 6/03/20 NewBridge West** (5724 Raymond Rd, Madison) on Wed; 3-4pm; 1 meal catered by Kavanaugh's Esquire Club. Call 512-0000 x 4006 by 10:00 am Thur/week prior.

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

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

Bridge Buddies - friendly caller volunteers for safety checks and social/friendly calls.

NW Dane Senior Services (608-798-6937) www.nwdss.org

Congregate meal site closed; Home-delivered meals (HDM) available—Tue (1 meal), Wed (2 meals), and Thur (2 meals).

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

Staff and volunteer phone check-ins

Emergency pet food available

Starting Foot Care appointments offered **Tue 6/15/20** mornings and **Wed 6/24/20** afternoons.

Adult Day Center open with 1—2 clients and slowly increasing as safety permits

Oregon Area Senior Center (608-835-5801) www.vil.oregon.wi.us/?SEC=B0101D27-E782-4ADF-9F4C-6AACCA292D04

Congregate meal site closed; Home-delivered meals (HDM) available—Tue (2 meals), Thur (2 meals), and Fri (1 meal).

- **Ziggy's BBQ Smoke House**—Wed and Fri 11:30 am—12:30 pm. Pick up ticket at Oregon Senior Center parking lot then drive to Ziggy's parking lot, food delivered to your car (show staff ticket thru window).

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

Staff and volunteer phone check-ins

Online "Zoom Zumba" classes, StrongWomen Exercise Classes via Zoom, and card playing aps

Stoughton Area Senior Center (608-873-8585) <https://stoughtonseniorcenter.com/>

Congregate meal site closed; Home-delivered meals (HDM) available—Mon (2 meals), Wed (2 meals), and Fri (1 meal).

- Drive-up meal at Stoughton Area Senior Center Thur **6/11/20** 11:00 am—noon (1 meal). Call 873-8585 by noon Mon **6/8/20**.

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

Staff and volunteer phone check-ins

Matching volunteers to do Spring cleanup yard work for older adults

SW Dane Senior Outreach/Mount Horeb Senior Center (608-437-6902)

<https://www.mounthorebwi.info/departments-services/sw-dane-county-outreach>

Congregate meal site closed Home-delivered meals (HDM) available—Mon(2 meals), Wed (2 meals) and Fri (1 meal).

- **Starting 6/01/20 Fink's Restaurant** (204 W Main St Mt Horeb) Tue and Thur only, 11:00 am—1:00 pm. Call 608-437-8922 to place food order from a specials menu for pick up.

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

Staff and volunteer phone check-ins

Onsite Foot Clinic appointments offered June 23—26. Call 437-6902 to make an appointment.

Sugar River Senior Center (608-424-6007)

Congregate meal site closed; Home-delivered meals (HDM) available—Tue (2 meals), Thur (2 meals), and Fri (1 meal).

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

Grocery deliveries

Offering emergency kits and community care bags

Waunakee Senior Center (608-849-8385) www.waunakee.com/seniorcenter

Congregate meal site closed; Home-delivered meals (HDM) available—Mon—Fri.

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

Staff and volunteer phone check-ins

Checking-in with participants/clients via telephone

Starting 6/01/20—foot care and massage therapy and once monthly attorney services

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

2865 N. Sherman Avenue
Madison, WI 53704



Caring for Caregivers

Phone: 608-261-5679

Fax: 608-283-2995

Email: debroux.jane@countyofdane.com

Save paper and reduce postage costs

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- You are willing to receive the newsletter via email
- You are no longer interested in receiving the newsletter

Contact:

Jane De Broux

608-261-5679

debroux.jane@countyofdane.com