

Caregiver Chronicles

February 2016



AREA AGENCY ON AGING OF DANE COUNTY
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608-261-9930
[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

— Lao Tzu



Wisconsin Historical Image ID 81457

What You Need to Know Before Assuming the Role of Caregiver

Being a family caregiver is not for the faint of heart. For those that take on this invaluable role, there will be moments of both heartbreak and healing. As one caregiver describes it: “This life is difficult. We learn. We grow. Hopefully the process is coupled with compassion, not only for those we care for, but also for ourselves.” The best way to cope with caregiving’s emotional rollercoaster (and avoid burnout) is to plan ahead.

5 Questions to Help Prospective Caregivers Plan Ahead

Before blindly rushing in to caregiving, be sure to identify your own physical, emotional and spiritual needs and develop a strategy for making sure these needs get met while you’re taking care of an elderly loved one.

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(What You Need to Know, continued from page 1)

Carol Bradley Bursack, author, caregiver and AgingCare.com expert, says every potential caregiver should ask themselves five questions before taking on their new role:

1. Do I have children at home? What are their needs?
2. Do I have a supportive spouse or partner, a negative partner or no partner? How might this relationship affect my caregiving and how could my caregiving affect my relationship?
3. Am I a social person, a loner or somewhere in between? How will I fit in my “alone time,” my social life, my work obligations and my family’s needs with my caregiving?
4. Where do I need to be able to draw the line and say, “I can do this much and no more?”
5. Will I continue to be vigilant about maintaining my own health, or will I let it slip?

Of course, having the time to consider these issues is a luxury not often afforded to caregivers—especially those who are suddenly thrown into their role when an unexpected event incapacitates an elderly family member. If you find yourself in this particular situation, attend to your loved one’s immediate needs first. Once things have calmed down, take a quiet moment to pinpoint (and plan for) the needs of you and the rest of your family.

It’s vitally important that you answer the above questions honestly. Guilt and an overwhelming sense of obligation may compel you to be dishonest with yourself. After all, your parents took care of you; shouldn’t you take care of them as well? But, biting off more than you can realistically chew is bad for the overall wellbeing of both you and your loved one.

It’s ok to say ‘no’ to caregiving

It is possible to say ‘no’ to taking care of an elderly loved one without coming off as uncaring or selfish. Depending on your situation, passing the caregiver baton (whether temporarily, or permanently) to another family member, or a professional caregiver, can be the most mature and loving decision you make regarding your loved one’s care.

Caregiver coach, Cindy Laverty, puts it this way, “You might think, ‘I can’t say no to mom.’ But your mom probably said no when she was taking care of you as a child. Sometimes in life, the answer has to be no.”

(What You Need to Know, continued from page 2)

Ultimately, it's up to you to candidly evaluate your ability and willingness to commit to the role of caregiver. Doing so honestly can save you from burning out and, if handled with love and openness, may also deepen your relationship with your loved one and the rest of your family.

If you're a new caregiver, and you feel as though the role is already giving you too much to handle, [learn how to regain control of your life.](#)

The first thing you need to do if you've said 'yes' to caregiving

Even if you do decide to accept the title of primary caregiver for an elderly loved one, you can't—and shouldn't—try to tackle everything on your own. Identifying all available respite and support resources, as soon as you possibly can, is a must.

Here are just a few of the places and people that family caregivers can turn to for help:

- Family
- Friends
- Neighbors
- Local support groups
- Online forums like AgingCare.com/Caregiver-Forum
- Your Area Agency on Aging or Aging and Disability Resource Center (Dane County has both)
- National Council on Aging
- The Alzheimer's Association



Photo by John Zimm

Planning for your financial future

Looking after an aging family member can deal a serious blow to a caregiver's personal finances.

Sixty-two percent of family caregivers say that the cost of caring for an elderly loved one has impacted their ability to plan for their own financial future, according to a recent AgingCare.com survey.

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(What You Need to Know, continued from page 3)

Even with government funded programs (such as Medicare, Medicaid and Social Security) to help foot the bill, out-of-pocket costs for a senior's medical care can skyrocket to tens-of-thousands of dollars in their last five years of life. That's why it's essential that you take the necessary steps to secure your finances as soon as you possibly can.

Here are a few pointers for managing your money while caregiving:

- If you are a working caregiver, maximize your employer benefit programs
- Keep your future long-term care needs in mind—you may want to consider purchasing long-term care insurance
- Make sure you have the right life, property and casualty insurance
- Designate your own financial and healthcare POA
- Set up your personal will and trust

For more information on planning for your financial future, see [Financial Planning Tips for Caregivers](#).

Provided courtesy of AgingCare.com, the go-to destination for family caregivers. Those who are new to caregiving will find valuable resources, support and encouragement from the nationwide network of caregivers on AgingCare.com. This article is one of a series of articles included in the eBook, *Family Caring for Family*. Download your free copy at www.AgingCare.com/ebook.



Find us on Facebook!

The Caregiver Alliance has a Facebook page!

Click the link above to “like” us and get useful caregiver information, article links, and news about the latest events.

CAREGIVER NEWS ONLINE

"Recognizing overtaxed caregivers," by Marie McCullough, *Philadelphia Inquirer*.

January 24, 2016

"Caretaking can be a grinding, depressing, uncompensated job. In 2013, about 40 million family caregivers in the United States provided 37 billion hours of unpaid care, worth an estimated \$470 billion, according to the AARP Public Policy Institute's 2015 report, Valuing the Invaluable."

Read more:

http://www.philly.com/philly/health/20160124_Recognizing-overtaxed-caregivers.html

"As Veteran's Come Home, a new generation of Caregivers," by Audra D. S. Burch, *Miami Herald*.

January 21, 2016

American troops were serving in both Iraq and Afghanistan five years ago when President Barack Obama signed the Caregivers and Veterans Omnibus Health Services Act, a comprehensive piece of legislation acknowledging the critical role of caregivers for seriously injured post- 9/11 veterans.

Read more:

<http://www.miamiherald.com/news/local/article55789020.html>

"Have Fun Today: 101 Things to Do with a Loved One Who Has Alzheimer's," *Dementia Today*.

December 15, 2015

Time and again, research has shown music and physical activity are important activities for people with Alzheimer's. According to Andrea M. Cevassco, MMed, MT-BC and Roy E. Grant, PhD, RMT in their *Journal of Music Therapy* article, "Comparison of Different Methods for Eliciting Exercise-to-Music for Clients with Alzheimer's Disease," published in 2003, "Many of the noted problems associated with Alzheimer's disease (AD) sometimes can be delayed, retarded, or even reversed with proper exercise and interaction with the environment. An overwhelming body of research efforts has revealed that music activity brings about the greatest degree of responsiveness, including exercise, in clients with AD . . ."

"Have Fun Today" offers a wide range of suggestions for activities that include both music and exercise.

Read more:

<http://www.dementiatoday.com/have-fun-today-101-activities-for-alzheimers-loved-ones/>

Happy New (Voting) Year by Tom Frazier

Recently, I received an interesting email from an Aging Unit Director from northern Wisconsin who had the City Clerk talk to a group of 18 seniors about the photo ID requirements for voting in effect for 2016. Of the 18 older adults, three (17%) did not have a valid photo ID. Fortunately, the next election is not until April 5, 2016, so there is time for them to obtain a “Wisconsin Identification Card” from the Division of Motor Vehicles’ service center.

While this was just a random meeting of older people and not a scientific sample, I think the 17% figure could be close to the percentage of older people who may not be able to vote in 2016 unless they get a valid photo ID prior to April 2016. There are approximately one million people in Wisconsin aged 60 and over and even if only 60% of them vote it translates into over 100,000 seniors (17% of 600K) who may not be able to exercise their right to vote in 2016 under existing Wisconsin law.

I urge the Wisconsin Aging Network (three Area Agencies on Aging, 72 County Aging Offices, and 11 Tribal Offices) and every organization that works with older people to do what this Aging Unit Director did by providing expert, accurate information about the photo ID that is required to vote in 2016. This information is available from many sources, including Common Cause in Wisconsin, League of Women Voters of Wisconsin, Area Agencies on Aging, and County and Tribal Aging Units to name a few. Of course, one meeting is not enough—we need to reach older voters through every possible means, such as media, newsletters, trainings, and having information available wherever older people may be gathering.

Despite my somewhat pessimistic outlook, most people already have the required ID in the form of a valid Wisconsin driver’s license, passport, Tribal ID Card, U.S. Military Photo ID Card, Wisconsin Identification Card, or Certificate of Naturalization. If a person does not already have a valid photo ID, then a Wisconsin Identification Card can be obtained for free at a Division of Motor Vehicles service center at locations around the state.

To qualify for such a card a person must prove four things: Name and Date of Birth, Identity, Citizenship, and Wisconsin Residency. If you do not have all of these items you can still get a photo ID.

Check with DMV or Aging Office to see what other options are possible.

I am confident that the Wisconsin Aging Network will do a great job in reaching out to the older adult population to inform them of the photo ID requirement and what needs to be done to obtain the necessary ID. But we will not reach everyone, especially if I am close in terms of the potential numbers that may be impacted by this new voting law. So we need to do one more thing during the April 2016 election—we need to document and draw media attention to those cases where older persons did not have the required ID and were refused the right to vote, even where the person may have been a voter for 50 years or more.

By identifying and making public problems with the photo ID law it will help spread the message about the law so that other people understand what they need in order to vote in the fall elections. And, maybe, just maybe, such examples will . . . persuade the Wisconsin Legislature that some changes in the law may be needed.

Tom Frazier writes a monthly column on aging issues for 50 Plus News Magazine



Wisconsin Historical Image ID 8622

Many of our elders are veterans and others have been active in government and their local communities. Voting is an important way for all citizens to make a significant contribution and to keep engaged in our communities. Make sure to help older adults prepare to exercise their right to be counted! For detailed information on Voting in Dane County see pages 8 and 9.

Wisconsin Voter Photo ID What Seniors need to know.



The Wisconsin voter photo ID law is now in effect with some limited exceptions.

You must show one of these IDs

Address on your ID does not have to be current!

WISCONSIN DRIVER LICENSE
EXPIRES ON OR AFTER 11/4/2014

WISCONSIN IDENTIFICATION CARD
EXPIRES ON OR AFTER 11/4/2014
NOT A DRIVER LICENSE

PASSPORT
United States of America

TRIBAL ID CARD
FEDERALLY RECOGNIZED WISCONSIN TRIBE
STILL VALID FOR VOTING IF EXPIRED

UNEXPIRED RECEIPT
FOR A WISCONSIN DRIVER LICENSE OR A WISCONSIN STATE ID
VALID FOR 45 DAYS

U.S. MILITARY PHOTO ID CARD
EXPIRES ON OR AFTER 11/4/2014

CERTIFICATE OF NATURALIZATION
ISSUED WITHIN THE LAST 2 YEARS

COLLEGE ID CARD
WISCONSIN ACCREDITED COLLEGE
ISSUANCE DATE
EXPIRATION DATE: NOT EXPIRED

PROOF OF ENROLLMENT
Your college ID card MUST have all of the following to be used for voting:
• Photo
• Expiration date* that is not expired
• Signature
• Your school must be a WI accredited college
• Issuance Date
*Cannot be more than 2 years after card's date of issue

Absentee Ballot Voting

You must include a copy of your **acceptable Voter Photo ID** when you send in your signed absentee ballot request, unless you qualify for one of these **two exemptions**:

If you are **indefinitely confined**, you **DO NOT** have to provide a copy of a photo ID, instead you may:

- ☒ Indicate on your absentee ballot application form that you are indefinitely confined because of age, illness or disability.
- ☒ Sign your absentee ballot envelope, and then have your absentee witness verify your identity by also signing your absentee ballot envelope before you return it.

If you **live in a nursing home or senior residential facility** and do not have an acceptable photo ID:

- ☒ If your nursing home/facility is **visited by Special Voting Deputies (SVDs)**, you may instead have these two SVDs verify your identity by signing your absentee ballot envelope as witnesses.
- ☒ If your facility is **not visited by Special Voting Deputies** you may ask an authorized representative of the facility to sign the absentee ballot envelope to verify your identity.

Voting is a right you can't afford to lose.

If you do not have an acceptable form of Photo ID and need one, turn over this flyer to find out how to get one for **free**!

Here's how to Get a Free Voter Photo ID

Go to your **local Division of Motor Vehicles (DMV) service center.**

(Find the location of your local DMV at: <http://wisconsindot.gov/Pages/online-srvcs/find-dmv>)

Bring your **Social Security number** (doesn't have to be your SS Card) and *original* documents that prove your name and date of birth; your identity; U.S. Citizenship; and Wisconsin residency (**see lists below**).

Fill out a "Wisconsin Identification Card" application.

Documents needed to get a Free Voter Photo ID

Bring one from each of the following four categories (originals, no photo copies).

Documents in **bold** can be used as proof in more than one category (e.g., Birth Certificate).

Note: the lists below contain examples of the most common documents – for more information or a complete list of acceptable documents, visit: www.BringIt.wi.gov/how-do-i-get-free-state-id-card or call 1-866-VOTE-WIS Mon-Fri, 7:45 a.m. to 4:30 p.m.

Name and Date of Birth:

- **Birth Certificate (certified)**
- **Certificate of Citizenship**
- Court Order (Adoption, Divorce, Name or Gender Change)
- **Certificate of Naturalization**

Proof of U.S. Citizenship:

- **U.S. Birth Certificate (certified)**
- **Certificate of Citizenship**
- **Certificate of Naturalization**

Proof of Identity:

- Marriage or Divorce Certificate
- Social Security Card
- Driver's License (Other U.S. State)
- State ID Card (Other U.S. State)
- U.S. Gov & Military Dependent Card
- Military Discharge Papers (including Federal DD-214)

Wisconsin Residency (must show name and address):

- Utility Bill (e.g., Cable, Phone)*
- Bank/Financial Institution Statement*
- Pay Stub*
- Insurance Policy dated within last year
- Gov Issued Correspondence issued within the last year
- Mortgage Documents for WI Property

*Issued within the last 90 days

Bring **ONE** from each category!

If you don't have the required documents to prove U.S. Citizenship, name and date of birth, and/or legal name change, **you can still get a free ID**, but you must:

Be a U.S. Citizen, indicate that **the ID card is required free of charge for the purposes of voting; and fill out a short form** claiming that documents required to prove U.S. Citizenship, name and date of birth and/or legal name change are unavailable and require a fee to a government agency to obtain.

Common Cause in Wisconsin
152 W. Johnson Street | Suite 212
Madison, WI 53701 | 608-256-2686
www.commoncausewisconsin.org

League of Women Voters of Wisconsin
612 W. Main Street | Suite 200
Madison, WI 53703 | 608-256-0827
www.lwvwi.org

Our Democracy 2020
633 S. Hawley Road | Suite 112
Milwaukee, WI 53214 | 414-226-4289
www.ourdemocracy2020.com

EVERY 2ND THURSDAY

NEW!

Dementia Caregiver Support Group **Thursday, February 11, 2:00-3:00 PM**

We often hear caregivers say they are looking for support from people who "really understand, because they've been there too." A Dementia Caregiver Support Group offers just that – a safe place for caregivers of loved ones with dementia to meet and develop a mutual support system.

Join Susan Hawyrlo trained facilitator through the Alzheimer's Association and others to:

- * Exchange practical information on caregiving issues and possible solutions
- * Talk through challenges and ways of coping
- * Share feelings, needs and concerns
- * Learn about resources available in your community

alzheimer's
association

Every 2nd Thursday, 2:00—3:00 PM
Stoughton Area Senior Center
2nd floor, Stoughton Room



Stoughton Area Senior Center

248 W. Main Street Stoughton
www.cityofstoughton.com/senior
(608) 873-8585



Photo by John Zimm



Aging & Disability Resource Center

OF DANE COUNTY

Connecting People With The Assistance They Need

The Aging and Disability Resource Center of Dane County (ADRC)

The ADRC offers free, unbiased information and assistance on resources and services for older people and adults with disabilities. Staff provides information to all callers regardless of their income, assets, age, or disability, and they help callers identify options, solve problems, and plan for the future.

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


Call (608) 240-7400

Visit the ADRC office 2865 N Sherman Ave,
Madison

Appointments are not necessary

Website: www.daneadrc.org

Email: ADRC@countyofdane.com



Dr. Consuelo Wilkins

Solomon Carter Fuller Memory Screening Day

The Alzheimer's & Dementia Alliance of Wisconsin and the Wisconsin Alzheimer's Disease Research Center are pleased to welcome Dr. Consuelo Wilkins, Professor, Vanderbilt School of Medicine and Meharry Medical College, for a **Community Discussion about Alzheimer's Disease.**

Friday, February 19
6:00 p.m.
Fountain of Life Covenant Church
633 W. Badger Rd., Madison
Free and open to the public. Reception to follow.


Dr. Wilkins is Executive Director of the Meharry Vanderbilt Alliance. She brings together academic research and community members to improve community health and healthcare through community engaged research. She will highlight her community based efforts to address Alzheimer's Disease in the African American community.

Alzheimer's Workshops and Confidential Memory Screenings

Saturday, February 20
Urban League of Greater Madison, 2222 South Park Street, Madison

9:00 - 10:00 a.m.	Caregiving Panel Discussion
10:00 - 11:00 a.m.	Elder Financial Abuse Workshop by Barbara Boustead, Mary's Daughter LLC
11:30 - 3:00 p.m.	Memory Screenings

Free and open to the public. To secure a memory screening appointment, call 608-232-3400 or toll-free 888-308-6251. Walk-ins accepted.







Dr. Carter Fuller

For more information about this event, please contact Charlie Daniel, Alzheimer's & Dementia Alliance of Wisconsin: 608.204.9789.

Dr. Solomon Carter Fuller was the first Black psychiatrist in the United States and played a key role in the development of psychiatry in the 1900s. Dr. Carter Fuller worked closely with Dr. Alois Alzheimer to establish the scientific diagnosis of Alzheimer's disease.

Sponsored by:



To learn about valuable caregiver resources contact:

Jane De Broux
Caregiver Program Coordinator
608-261-5679
debroux.jane@countyofdane.com

Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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Save paper and reduce postage costs

Please let us know if:

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

Contact:

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608-261-5679

debroux.jane@countyofdane.com