

Caregiver Chronicles

January 2016



AREA AGENCY ON AGING OF DANE COUNTY
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<https://aaa.dcdhs.com>



Photo by Jane De Broux

“Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come.”

—Melody Beattie

Caregiver Program Update

Despite the strong efforts of the AAA Board, Legislative/Advocacy Committee, and community advocates, the Dane County Board of Supervisors was not able to increase funding for the 2016 Caregiver Program—although the Board did increase funding for Focal Point Case Management and Nutrition Site Management. A total of \$22,014 was requested to be split between additional Caregiver Grant funding and increasing the Caregiver Coordinator to full-time status. The justification for this request was presented as follows:

Dane County Caregiver Program funding has remained relatively flat since 2008, however, the individual grant amount has decreased from \$700 to \$500 to address the increase in grant requests

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(an average of 138 grants per year). The requested funding would allow the program to maintain the number of grants awarded at the 138 per year level. In addition, the Caregiver Coordinator position workload significantly increased as the State no longer allows grant payments to be pre-paid. Funds must now be dispersed as services are rendered, increasing the time required for processing by twenty to twenty-five percent. As a result, program outreach efforts and education opportunities suffered. The newly-approved 2016 - 2018 AAA Area Plan reported that "Individual caregivers and community businesses are unaware of available resources for support." The need to address this deficit is confirmed by national statistics concerning caregiving:

- About 44 million Americans provide 37 billion hours of unpaid care each year for adult family members and friends with chronic illnesses or conditions that prevent them from handling daily activities.*
- The "typical" U.S. caregiver is a 46-year-old woman who works outside the home and spends more than 20 hours per week providing unpaid care to her mother.*
- The majority of caregivers are middle-aged (35-64 years old).*
- Among caregivers age 50-64 years, an estimated 60% are working full or part-time.*
- Ethnic minority caregivers provide more care and report worse physical health than white caregivers.*

After careful consideration of the 2016 Caregiver Program budget, I reallocated funds to increase the Caregiver Coordinator position to full-time status. Unfortunately, this means there will no longer be funding for: Alzheimer's Association State Conference Scholarships, Caregiver Appreciation Month, or Community Caregiver Outreach Events (CORE). We will continue to fund Caregiver Grants (respite & supplemental services); Grandparents & Other Relatives as Parents Caregiver Program; and Latino Caregiver Support Group (transportation) at current funding levels.

With this additional staff time, AAA will be able to increase outreach efforts and provide educational opportunities—targeting ethnic minority caregivers and caregivers working outside their homes—while continuing to award and track caregiver grants; publish a quality monthly newsletter,

and work with the Caregiver Alliance. The number of unpaid caregivers is increasing dramatically with the Baby Boomer population. We look forward to working together in 2016 to ensure more caregivers' needs are met.

—Cheryl Battermann, Manager
Area Agency on Aging of Dane County

National Family Caregiver Support Program Grants for 2016

The federal Older Americans Act, Title III, Section 316, creates the National Family Caregiver Support Program (NFCSP). In Wisconsin, services are provided or contracted through local Area Agencies on Aging. In Dane County, the NFCSP funds the Dane County Caregiver Program. The intent of the program is to provide information, support, and assistance to family caregivers in a direct and helpful manner. The Dane County Caregiver Program awards Caring for the Caregiver Grants in the amount of \$500 dollars.

Eligibility requirements and priorities for grant funding:

1) *Family Caregivers:*

- Family caregivers for individuals diagnosed with Alzheimer's disease and other dementia, including persons under 60 years of age with Alzheimer's disease
- Older individuals (60 plus) who are caring for people, including children, with severe disabilities
- Family caregivers who are older individuals (60 plus) with the greatest social and economic need

2) *Grandparents or older individuals (60 plus) who are relatives and caregivers for children under 19 years of age*

3) *Grandparents or relative caregivers (55 plus and cannot be the child's parent) who provide care for an adult child between 19 and 59 years of age with a disability*

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(National Family Caregiver Support Program Grants for 2016, continued from page 3)

Caregivers and Care Recipients do not apply for the grants directly. In order to provide follow-up and assistance, applications are made by information and assistance specialists at the Area Disability & Resource Center (ADRC) or Case Managers at one of the Senior Focal Points in Dane County. If you are a caregiver and would like more information contact:

Colonial Club Senior Activity Center

(Bristol, Burke, Cottage Grove, Deerfield, Marshall, Medina, Sun Prairie, York)
608-837-4611

DeForest Area Community & Senior Center

(DeForest, Vienna, Windsor)
608-846-9469

East Madison/Monona Coalition

(Blooming Grove, Burke, Madison, Monona)
608-233-3100

Fitchburg Senior Center

608-270-4290

McFarland Senior Outreach Services

(Cambridge, Christiana, Dunn, McFarland)
608-838-7117

Middleton Senior Center

608-831-2373

North/Eastside Senior Coalition

(Madison, Maple Bluff)
608-243-5252

Northwest Dane Senior Services

(Berry, Black Earth, Cross Plains, Mazomanie, Roxbury, Vermont)
608-798-6937

Oregon Area Senior Center

(Brooklyn, Oregon, Rutland)
608-835-5801

South Madison Coalition of the Elderly

608-251-8405

Southwest Dane Senior Outreach

(Blue Mounds, Mt. Horeb, Perry, Primrose, Springdale)
608-437-6902

Stoughton Area Senior Center

(Albion, Dunkirk, Stoughton)
608-837-8585

Sugar River Senior Center

(Belleville, Montrose, Verona)
608-424-6007

Waunakee Senior Center

(Dane, Springfield, Vienna, Waunakee, Westport)
608-849-8385

West Madison Senior Coalition

608-238-7368



DANE COUNTY

Department of Human Services



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.

Office hours: 7:45 a.m. -4:30 p.m. Monday—Friday.

To contact the ADRC:

- Call (608) 240-7400
- Visit the ADRC office (2865 N Sherman Ave, Madison) in the Northside TownCenter shopping center. **Appointments are not necessary.**
- Visit our website: www.daneadrc.org
- Email us at ADRC@countyofdane.com



To learn about valuable caregiver resources contact:

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



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.

RESOURCES

Project Home Weatherization Program

Project Home provides free energy-saving measures for eligible Dane County homeowners of single family homes, duplexes, and mobile homes. Wisconsin's Weatherization Program, administered by Project Home's professional crews, offers services such as: adding attic, wall, and box sill insulation; sealing bypasses; replacing inefficient refrigerators, freezers, furnaces, and boilers; and installing energy-efficient light bulbs and water-saving showerheads. The services received depend on the results of a thorough energy audit.

Household Size Maximum Annual Gross Income

1 - person household: \$25,151

2 - person household: \$32,890

Eligibility Requirements:

A Dane County homeowner is required to have received Energy Assistance in the past twelve months at their current address. If you have not applied for Energy Assistance, call 333-0333 to make an appointment. If you would like to inquire about eligibility for government-funded programs for weatherization, please call Project Home at 246-3737, or email at outreach@projecthomewi.org. See Project Home's website for more detailed information and resources: www.projecthomewi.org.

Project home provides professional services for people of all income levels. If you are ineligible for a government program, you can still hire them as a contractor.



Photo by Jane De Broux

LINKS

Medicare Coverage of Advance Care Planning

New in 2016—Medicare Part B will cover advance care planning or discussion of beneficiary preferences for end-of-life care. This helpful fact sheet from the National Council on Aging is downloadable for easy reference. Scroll down the page for related content including links to Center for Benefits webinars. Click the link above or go to:

<https://www.ncoa.org/resources/medicare-advance-care-planning/>.

Best Freebies for People 60+

A list of links to free services from tax preparation to free eye care and free admissions to parks, museums, and events from the Next Avenue website, www.nextavenue.org.

Money Magazine Guide for Families Managing Dementia Care

Coping with the High Cost of Dementia: The Early Stage

<http://time.com/money/4120950/dementia-costs-early-stage>

Coping with the High Cost of Dementia: The Middle Stage

<http://time.com/money/4120981/dementia-costs-middle-stage>

Coping with the High Cost of Dementia: The Final Stage

<http://time.com/money/4121026/dementia-costs-final-stage>

Financial Resource Guide For Dementia Care

<http://time.com/money/4121574/financial-resource-guide-dementia-care>



Caring for the Caregiver Program

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Save paper and reduce postage costs

Please let us know if:

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

Contact:

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