

October 2017

Caregiver Chronicles



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/)



There is something incredibly nostalgic and significant about the annual cascade of autumn leaves.



— Joe L. Wheeler

Caregiver Chronicles

Autumn and Automobiles

When I studied gerontology, I wrote an academic paper on driving cessation and what I learned was unexpected for me at the time. The journal articles were not just about how to get the keys away from someone whose driving skills were a concern due to aging, they also focused on the consequences for health in the transition from driver to ex-driver. Families, medical professionals, and the drivers themselves all need to consider the profound effect driving has on critical, day-to-day issues. Once a senior adult stops driving, it may dramatically limit their access to sources for food and nutrition and, along with that, opportunities for social engagement. Both are vital to health and wellbeing.

There are normal aspects of aging that can, and do, impair safe driving, including vision problems, slower reaction time, and decreased range of motion in joints. When senior adult drivers begin to have issues, it is important to have a plan in place to assist at-risk drivers in the process of reducing or stopping driving. In the beginning, a senior might limit driving to daylight, shorter trips, and routes that involve minimal traffic. Once giving up driving entirely is necessary, it is critical to have a plan in place to help ex-drivers make healthy adjustments that allow them to continue living a full life. Jane Mahoney discusses the topic further in her article, "Driving and Aging" on page 2. You may also want to see the AAA ([American Automobile Association](http://www.aaa.com)) website for information and local resources on evaluating driving ability, improving driving skills, maintaining mobility and independence, and resources for family and friends. (<http://seniordriving.aaa.com/>)

As we enter this unseasonably warm Autumn, we may not yet enjoy the crisp "sweater weather," but many other seasonal markers are in full swing and the holidays are just around the corner. It's a great time of year to make sure you have the support you need, whether you have time for an in-person group, or just enough to listen to a podcast. On pages 4 and 5 you'll find a link to the "Grace and Grit During Caregiving" podcast, and October's Caregiver Teleconnection Learning Sessions. On pages 6 and 7, you will find the updated list of Caregiver Support Groups that meet in Dane County. You may also want to check out free access to the American Society on Aging's Fall 2017 Supplement, "Supporting People with Dementia and Their Caregivers in the Community." The link to the full issue is on page 8. And, as always, the Dane County Caring for Caregivers Program is available to help—it's just a call or email away.



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

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

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Driving and Aging by Jane Mahoney

Driving is a critical issue for seniors. Not only are many older drivers at a higher risk for road accidents, people over 65 are more likely to be seriously hurt in a vehicle accident. Many caregivers are concerned about their older loved one taking the wheel but have a difficult time approaching this sensitive subject.

Many seniors continue to be good, safe drivers as they age, but there are normal changes that can affect driving skills. As joints get stiff, muscles weaken and reflexes are slowed it is more difficult to turn your head to look back, steer quickly or safely hit the breaks. Eyesight and vision changes also can affect safe driving. Medical conditions such as Parkinson's, Alzheimer's, arthritis and strokes may also affect driving as well as the medications taken to combat these and other illnesses.

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But there may be a time when driving is no longer safe. How does one go about taking this privilege away from the person they love?

It is important to know the warning signs of unsafe driving. (Look at the driving behaviors over a period of time, not just one trip.)

- ⇒ Abrupt lane changes, braking or accelerating
- ⇒ Trouble navigating turns
- ⇒ Drifts into other lanes
- ⇒ Confusion at exits
- ⇒ Near misses
- ⇒ Confusing brake and gas pedals
- ⇒ Delayed responses to unexpected situations
- ⇒ Failure to observe traffic signs
- ⇒ Increased agitation or irritation while driving
- ⇒ Driving at inappropriate speeds
- ⇒ Fails to pay attention to signs, signals or pedestrians



If you notice any of these warning signs it is time to initiate change. Start by scheduling a driving evaluation through the local DMV and/or refresher driving lessons. Try finding ways to reduce the amount of driving by ordering things through the mail, using public transportation, or finding others to give rides when able. Having friends and family members stop by on a regular basis to offer help with errands, etc., is another good approach.

When it is clear that driving is no longer safe at all, start slowly and respectfully in persuading the person to give up his/her keys. Talk about safety—theirs and others—on the road. Talk about options for getting around such as public transportation, friends, family or taxi. Hopefully, some of these are already in place. Emphasize the cost savings associated with giving up a car: gas, insurance, repairs, licensing fees, etc. The money saved can be used to pay for taxis or other transportation services. Use the confirmation of family, friends, and physician to back up your concern for the person's safety. Plan to visit the person weekly at a designated time to assist with things like shopping and appointments. Be sure that transportation is available to meet their social needs as well.

(continued on page 4)

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(“Driving and Aging” continued from page 3)

If the person refuses to quit driving, it may be necessary to take away the car keys, disable the car, or remove it from their residence. A physician can write a prescription stating “no driving” and/or a local police officer could explain the importance of safe driving and the legal implications of unsafe driving. Do not jeopardize the safety of your loved one or others by ignoring the issue of unsafe driving.

Additional resources on this subject are available through AARP, the Alzheimer’s Association and the [Dane County Caregiver Program](#), 608-261-5679.

—Jane Mahoney

Older Americans Act Consultant

[Greater Wisconsin Agency on Aging Resources](#)

(<http://www.gwaar.org/for-seniors-and-families/family-caregiver-support-for-seniors.html>)

Information taken from the [National Institute on Aging](#) (<https://www.nia.nih.gov/health/older-drivers>) and [The Hartford](#) (<http://bit.ly/2jPKdqS>).

Caregiver Resources Online

[Grace and Grit During Caregiving Podcast](#)

Blog Talk Radio

Deb Kelsey-Davis, RN, MHSA and Colleen Kavanaugh, CCC, CDCS, CDP will discuss their [National Caregiving Conference](#) session, “Think About It. And Change Everything with Grit, Grace and Gratitude.” During their session, they’ll help us understand how cultivating Gratitude and uncovering Grace generates the Grit needed to face the challenging circumstances of family caregiving.

Join us for the [Second Annual National Caregiving Conference](#) in person or virtually on November 10 and 11 in Chicago.

Be sure to check out [Resource Wise](#), newsletter for the ADRC of Dane County.



Connecting People with the Assistance They Need

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

Call (608) 240-7400

Visit the ADRC office, 2865 N. Sherman Ave., Madison

Website: www.daneadrc.org

Email: ADRC@countyofdane.com



TELECONNECTION

www.caregiverteleconnection.org



Free Telephone Learning Sessions

Date	Time	Topic
Monday, October 2nd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	What you need to know about Medicare and Open Enrollment with Jake McDonald, Client Services Council <i>In this session, Jake will discuss the basic benefits of Medicare, changes that you can make during open enrollment, marketing rules for Medicare and Medicare and Marketplace plan. Jake graduated from Notre Dame with a B.A. and NYU with a J.D.</i>
Friday, October 13th	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Using Journal Techniques to Manage Self-care while Caring for a Loved One with Lori Ramos Lemasters <i>Caring for a loved one comes with daily challenges that make caring for you feel impossible. Using a journal can help you identify and overcome obstacles. Learn to use writing techniques to identify what you need to feel cared for and build a care plan that allows time for self-care. Lori Ramos Lemasters is the founder of CarePartnersResource and a certified Journal to the Self © therapeutic writing instructor. Lori is an educator, a writer and public speaker and a caregiver for her parents.</i>
Monday, October 16th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Long Distance Caregiving with Zanda Hilger, LPC <i>An estimated 11 percent of family caregivers live at least an hour away from their loved one. Learn practical ways to do what you can from a distance and how to plan for prioritizing help when you visit. Also, if you are the primary caregiver, learn how long distance family can help you. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Wednesday, October 25th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	The Danger of Depression with Evalyn Greb, LCSW <i>Being a caregiver, especially around holiday time, can often lead to increased risk for depression. Join this presentation and learn more about why caregivers are at greater risk and what a caregiver can do to cope or prevent this dangerous disease.</i>

Call. Learn. Share.



WELLMED CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

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

Registration required at least 24 hours in advance

Dane County Caregiver Program

Caregiver Support Groups October 2017

General Caregiver Support				
DeForest, DeForest Area Community and Senior Center, 505 North Main St	3rd Monday @10:00 am	Shannon from Heartland Hospice	608-846-9469	Grief Support
DeForest, DeForest Area Community and Senior Center, 505 North Main St	3rd Wednesday @3:00 pm	Natalie Raemisch	608-846-9469	Grief Support
Mt. Horeb, Mt. Horeb Senior Center, 107 N. Grove St	2nd Tuesday @1:00 pm	Lynn Forshaug	608-437-6902	
Oregon, Oregon Area Senior Center, 219 Park St	3rd Monday @9:00 am	Dana Ames	608-835-9454	
Verona, Verona Senior Center, 108 Paoli St	1st & 3rd Tuesday @10:00 am	Becky Losby	608-845-7471	
Alzheimer's & Dementia				
DeForest, DeForest Area Community and Senior Center, 505 North Main St	3rd Thursday @3:00 pm	Shannon from Heartland Hospice	608-846-9469	
Fitchburg, Fitchburg Senior Center, 5510 E Lacy Rd	2nd Thursday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Sponsored by Alzheimer's & Dementia Alliance of WI
Madison/Central, Capitol Lakes Retirement, 333 W. Main St	2nd Monday @noon	Natasha Killian	608-283-2000	Sponsored by Alzheimer's Assoc. South Central WI
Madison/West, Krupp Offices, 749 University Row #101	1st Monday @noon	Alzheimer's Assoc. South Central WI staff	608-203-8500	Sponsored by Alzheimer's Assoc. South Central WI
Madison/West, Alzheimer's & Dementia Alliance of WI, 517 N Segoe Rd	1st Wednesday @6:00 pm	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Adult Children
Madison/West, Convenant Presbyterian Church, 326 S Segoe Rd	1st Thursday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Sponsored by Alzheimer's & Dementia Alliance of WI
Stoughton, Stoughton Area Senior Center, 248 W Main St #1	2nd Thursday @2:00 pm	Sue Hawrylo	608-203-8500	Sponsored by Alzheimer's Assoc. South Central WI
Sun Prairie, New Perspective Senior Living, 222 Bristol St	2nd Tuesday @6:00 pm	Kim Peterson	608-347-3399	Sponsored by Alzheimer's Assoc. South Central WI
Sun Prairie, Colonial Club Senior Activity Center, 301 Blankenheim Ln	3rd Tuesday @6:30 pm	Joann Clark	608-837-8994	Sponsored by Alzheimer's & Dementia Alliance of WI
Sun Prairie, Hyland Park, 881 Liberty Blvd	4th Thursday @1:30 pm	Lizzie Gernon	608-213-7810	Sponsored by Alzheimer's Assoc. South Central WI
Waunakee, Waunakee Senior Center, 333 S Madison St	3rd Wednesday @3:30 pm	Melissa Woznick	608-849-8385	Sponsored by Alzheimer's & Dementia Alliance of WI

Dane County Caregiver Program

Caregiver Support Groups October 2017

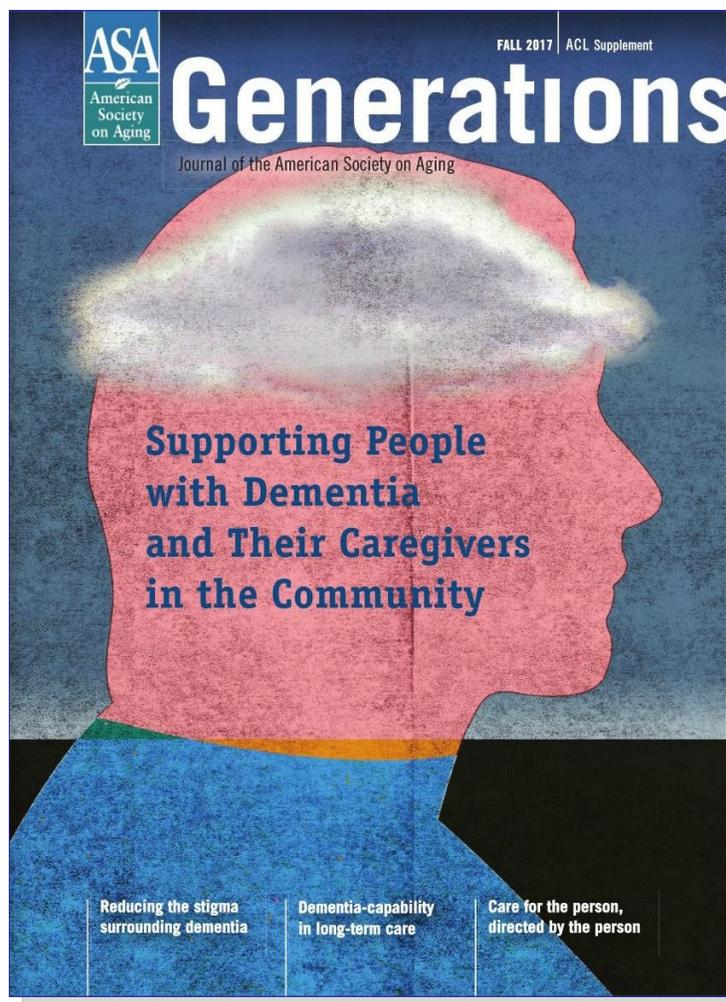
Dementia Supper & Support				
Cross Plains , Northwest Dane Senior Services, 1837 Bourbon Rd	3rd Tuesday @6:00 pm	Bonnie Nuttkinson	608-203-8500	Group eats together then splits for support and activities
Oregon , Sienna Crest Office, 845 Market St	4th Wednesday @6:00 - 7:30 pm	Sienna Crest staff	608-835-0040	Sponsored by Alzheimer's Assoc. South Central WI
Memory Loss Caregiver Support				
Stoughton , Stoughton Area Senior Center, 248 W Main St #1	2nd Thursday @2:00 pm	Stoughton Area Senior Center staff	608-873-8585	
Men's Group, Dementia				
Madison/West , Alzheimer's & Dementia Alliance of WI, 517 N Segoe Rd	2nd Thursday @9:15 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	
Young Onset Dementia				
Madison/West , Alzheimer's & Dementia Alliance of WI, 517 N Segoe Rd	2nd Saturday @10:00 am	Alzheimer's & Dementia Alliance of WI staff	608-232-3400	Caring for a person with dementia under age 65
Parkinson's Disease				
Monona , Monona United Methodist Church, 606 Nichols Rd	1st Wednesday @2:00 pm	Jordan Mooney	608-345-7938	
Verona , Verona Senior Center, 108 Paoli St	3rd Friday @10:00 am	Becky Losby	608-848-0432	
Waunakee , Waunakee Senior Center, 333 S Madison St	Last Tuesday @2:00 pm	Candice Duffek	608-849-8385	
Grandparents & Other Relatives as Parents				
Madison/Central , The Rainbow Project, 831 E. Washington Ave	2nd Saturday @10:00 am - noon	Serena Breining	608-255-7356 Ext 324	Children age 18 and under
Latinx Grandparents Raising Their Grandchildren				
Madison/Central , Madison Senior Center, 330 Mifflin Ave	4th Wednesday @5:30 pm	Rodrigo Valdivia	608-243-5252	Offered in Spanish only



FREE Supplement to the ASA Journal, *Generations*: “Supporting People with Dementia and Their Caregivers in the Community.”

The supplement includes 18 articles dedicated to a range of topics for people living with dementia and their caregivers. Authored by experts in a board range of dementia care and advocacy topics, the journal covers dementia care in context, dementia care systems, and services for people with dementia and their caregivers. Articles on services include person-centered and person-directed care, and reducing the burden for dementia caregivers through assistive technology. Click on the cover photo below or go to <http://bit.ly/2fjhM20> to read the free issue.

The supplement was commissioned by the Administration on Aging (AoA) within the Administration for Community Living (ACL) through its National Alzheimer's and Dementia Resource Center (NADRC). To learn more about the NADRC see www.nadrc.acl.gov.



Poetry in the Dementia Journey



Photo by Mike Roemer

Poetry can make valuable connections with those who suffer from memory loss, an often ignored population. That is a wonderful gift, and I'm happy to give it.

Karla Huston

Wisconsin Poet Laureate, 2017-2018

Join Karla Huston, Wisconsin's Poet Laureate, on a journey to explore the benefits of poetry in activities for older adults, people with dementia and their caregivers.

- Learn to build community around the restorative potential of poetry and the arts.
- Offer opportunities to be creative in a caring environment.
- Socialize and write together in a fun and relaxed manner.

2–4 p.m.

Thursday, October 5, 2017

Waunakee Senior Center
333 S. Madison St, Waunakee

No fee to attend. Reserve your space by calling the Waunakee Senior Center at 608.849.8385 by Friday, September 29



Funding provided by the Area Agency on Aging's Mally Fund for Aging Education Grant.

BRAIN HEALTH WORKSHOPS



The brain is integral to overall health. Learn how to protect and improve brain health. Offered by MSCR in cooperation with the Aging and Disability Resource Center of Dane County and the Alzheimer's Association. **100% FREE COURSES, REGISTRATION REQUIRED**

BRAIN HEALTHY LIVING | Course #16137 | Thursday 10/5/2017 | 1 - 2 PM

Bonnie Nuttkinson, Programs & Advocacy Manager, Alzheimer's Association of South Central Wisconsin & Joy Schmidt, Dementia Care Specialist, Aging & Disability Resource Center of Dane County (ADRC).

BRAIN HEALTH & THE ARTS | Course #16138 | Thursday 10/19/2017 | 1 - 2 PM

Angela Johnson, MA, MFA, SPARK Coordinator at Madison Children's Museum & exhibitions coordinator at James Wautrose Gallery.

HEALING POWERS OF NATURE | Course #16139 | Thursday 10/26/2017 | 1 - 2 PM

Gail Brooks, Case Manager & photographer & John Daly, retired educator and Coordinator of Programs for older adults at Pheasant Branch Conservancy.

MUSIC & MEMORY | Course #16140 | Thursday 11/2/2017 | 1 - 2 PM

Les Thimming, PhD, Professor, School of Music, University of Wisconsin.

EXERCISE & BRAIN HEALTH | Course #16141 | Thursday 11/9/2017 | 1 - 2 PM

Dr. Jill N. Barnes, PhD, Assistant Professor, Department of Kinesiology, University of Wisconsin and researcher with the Wisconsin Alzheimer's Disease Research Center.

BRAIN HEALTH & NUTRITION | Course #16142 | Thursday 11/16/2017 | 1 - 2 PM

Sarah Van Riet, MS, RDN, CDE. Registered Dietitian Nutritionist, UW Health

WORKSHOPS FOR PERSONS AGE 50+

LOCATION:

**Madison School & Community Recreation EAST
4620 Cottage Grove Rd, Madison, WI**

**FOR MORE INFORMATION CALL 608-204-3000
OR REGISTER ONLINE AT MSCR.ORG**

SPONSORED BY:



**Madison VA
Hospital
Room B-2055**

Caregiver Day Off: Fri. Oct 27, 2017

**Free classes for
Caregivers of Veterans
Or
Vets who are Caregivers**

**9am-12pm
Problem Solving and
Communication**

**1pm-4pm
Utilizing Technology**

CLASSES and refreshments provided in partnership with the VA Caregiver Center.

Please come to this event. Take one or both classes. RSVP is necessary to save your space in class.

To RSVP call **608-256-1901**, ext. **12728**. Leave a message to include:

- **YOUR NAME** and your Veteran's name
- **PHONE NUMBER** you can be called back at
- **LUNCH is included** If you attend **BOTH CLASSES**

For more information, please contact:
Margaret Flood, LCSW
Caregiver Support Program at the
William S. Middleton Memorial Veterans Hospital
2500 Overlook Terrace, Madison, WI
#608-256-1901 ext 11485



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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