

January 2018

# Caregiver Chronicles



Caring for Caregivers

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/)



New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today, carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change.

—Sarah Ban Breathnach

# Caregiver Chronicles

## Support for Caregivers in 2018

In 2013, the AARP reported 578,000 caregivers in Wisconsin provide 538 million hours of unpaid care to older adults and children and adults with disabilities. The estimated value of this unpaid care is \$7 billion. The personal cost to family caregivers is inestimable, and includes less time on the job, lost wages, worsening health and social isolation. Since that time, the scope of care provided and the need for support of family caregivers has continued to grow rapidly.

We look forward to supporting caregivers in 2018! Moving forward, recognition of the contributions made by Wisconsin's family caregivers resulted in significant action. This past November, Wisconsin Celebrated National Family Caregiver Month by forming the Wisconsin Family and Caregiver Support Alliance.

The new statewide alliance is dedicated to:

- Engaging employers and creating support for employees providing care for family members
- Expanding respite care options statewide
- Improving navigation and access to caregiving or family support resources
- Expanding future Planning/Advanced Planning for all residents

At Dane County we share these goals. In 2017, we continued outreach to local employers. I am available to present to employees at venues like "Lunch and Learns" to educate working caregivers. I have also met with health and wellness professionals, Employee Assistance Programs, and other groups interested in supporting staff providing care to family, friends, and neighbors. Increased outreach, aided by Dane County's Caregiver Alliance, continues to expand that work.

In 2017, we continued to address caregiver stress and fatigue through supporting grants to our affiliated support groups, and we convened a Mindfulness Meditation Class for Caregivers. A detailed description of the most comprehensive Dane County program, the *Caring for Caregivers* grants, is described in detail on page 2.

The nation-wide shortage of paid caregivers became noticeable for grant recipients at the end of 2017. Area Agency on Aging staff met with providers to discuss how we can more efficiently partner to provide support through the *Caring for Caregivers* grant program. We have also continued to work with Dane County's unique case management program to ensure caregivers receive the appropriate services and expand future planning.

On the national stage, the Recognize, Assist, Include, Support and Engage (RAISE) Family Caregivers Act sponsored by Senators Tammy Baldwin and Susan Collins of Maine passed the US Senate. It calls for the private and public sectors to recommend actions that communities, government, providers, and others can take to make it easier for caregivers to coordinate care and receive information, referrals, and resources.

If you are a caregiver who needs support, please call or email. You don't need to go it alone.

Happy New Year!



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

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## Caring for Caregivers Grants Available for 2018

Dane County's *Caring for Caregivers* Program administers grants funded by the National Family Caregiver Support Program (NFCSP). The \$750 grants are intended to support Family Caregivers in the work they do to help the older adults in their lives age in place. Recognizing the need for respite and supplemental services, the program provides for a variety of caregiver supports such as personal cares, home chores, personal emergency response systems, home modifications, adult day care and more. These services are provided for the care recipient as a means to provide respite to family caregivers. Grant funds are also available for direct respite and support to caregivers in the form of self-care services such as meditation classes, complementary medicine services, and more.

Caregivers are eligible for the grants based on the age and status of the person for whom they're providing care. Older adult care recipients must be Dane County Residents aged 60+ or of any age if there is a physician's diagnosis of Alzheimer's or dementia. There are also grants available to older adult caregivers aged 55+ if they are parents or other relatives of a severely disabled adult child aged 19 – 59, or if they are grandparents or other relatives raising grandchildren under age 18. There is no financial means test to qualify for the grants.

*Caring for Caregivers* grants are intended to be one-time awards to help caregivers through challenging times and to get needed services in place. They are not intended to be ongoing from year to year. Caregiver recipients may be eligible in subsequent years if they require a different service to help their loved one remain at home. Grants are intended to help those with immediate need, so services must begin within two months of receiving the grant award or funds will be reallocated.

If you are a caregiver who needs support and assistance, and you are interested in applying for a grant, the best way to do so through case management. Meeting with a case manager will ensure you receive help tailored to your situation and caregiving needs and it provides follow up for grant services. You can contact any of the Dane County Senior Focal Points directly, or contact the Caregiver Program Coordinator for Dane County at: 261-5679 or [debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com).

## Senior Focal Points by Area

Case Management services are offered by 15 Senior Focal Points in Dane County. Contact the Focal Point in your area for more information.

<b>Area Agency on Aging</b> .....	261-9930
<i>(Dane County)</i>	
<b>Colonial Club Senior Activity Center</b> .....	837-4611
<i>(Bristol, Burke, Cottage Grove, Deerfield, Marshall, Medina, Sun Prairie, York)</i>	
<b>DeForest Area Community &amp; Senior Center</b> ....	846-9469
<i>(DeForest, Vienna, Windsor)</i>	
<b>East Madison/Monona Coalition</b> .....	223-3100
<i>(Blooming Grove, Burke, Madison, Monona)</i>	
<b>Fitchburg Senior Center</b> .....	270-4290
<i>(Fitchburg)</i>	
<b>McFarland Senior Outreach Services</b> .....	838-7117
<i>(Cambridge, Christiana, Dunn, McFarland, Pleasant Springs, Rockdale, Rutland)</i>	
<b>Middleton Senior Center</b> .....	831-2373
<i>(Middleton)</i>	
<b>North/Eastside Senior Coalition</b> .....	243-5252
<i>(Madison, Maple Bluff)</i>	
<b>Northwest Dane Senior Services</b> .....	798-6937
<i>(Berry, Black Earth, Cross Plains, Mazomanie, Roxbury, Vermont)</i>	
<b>Oregon Area Senior Center</b> .....	835-5801
<i>(Brooklyn, Oregon, Rutland)</i>	
<b>South Madison Coalition of the Elderly</b> ...	251-8405
<i>(Madison)</i>	
<b>Southwest Dane Senior Outreach</b> .....	437-6902
<i>(Blue Mounds, Mt Horeb, Perry, Primrose, Springdale)</i>	
<b>Stoughton Area Senior Center</b> .....	873-8585
<i>(Albion, Dunkirk, Stoughton)</i>	
<b>Sugar River Senior Center</b> .....	424-6007
<i>(Belleville, Montrose, Verona)</i>	
<b>Waunakee Senior Center</b> .....	849-8385
<i>(Dane, Springfield, Vienna, Waunakee, Westport)</i>	
<b>West Madison Senior Coalition</b> .....	238-7368
<i>(Madison)</i>	

**Aging & Disability Resource Center** ..... 240-7400 |

*For information & assistance help—not case management*

## Caregiver Chronicles

### Declare 2018 Year of the Caregiver!

In 2017 we saw great attention to the needs of families and caregivers in our state: from statewide expansion of Family Care/IRIS long-term care programs and supports for caregivers with loved ones experiencing dementia, to a biennial budget investment in wage increases for the direct care workforce and the end of a waiting list for more than 2000 children with significant disabilities.

You know that family members are the backbone of Wisconsin's caregiving industry and that this CareForce needs much more support in 2018.

A group of aging and disability groups has sent a proposal to Governor Walker, asking that he declare 2018 The Year of the Caregiver.

See the proposal here: <https://arcwi.org/content/uploads/sites/17/2017/12/2018-Year-of-the-Caregiver-Proposal-FINAL-with-sign-ons.pdf>

We need your support to make sure the Governor knows how many people support caregivers!

What you can do:

1. Sign your organization on to the proposal: <https://www.surveymonkey.com/r/yearofthecaregiver>
2. Send Governor Walker a Holiday Card asking him to Declare 2018 The Year of the Caregiver!

Mail your card (send a photo, too!):

*Office of Governor Scott Walker  
115 East State Capitol  
Madison, WI 53707*

Be sure to check out [Resource Wise](#), the 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

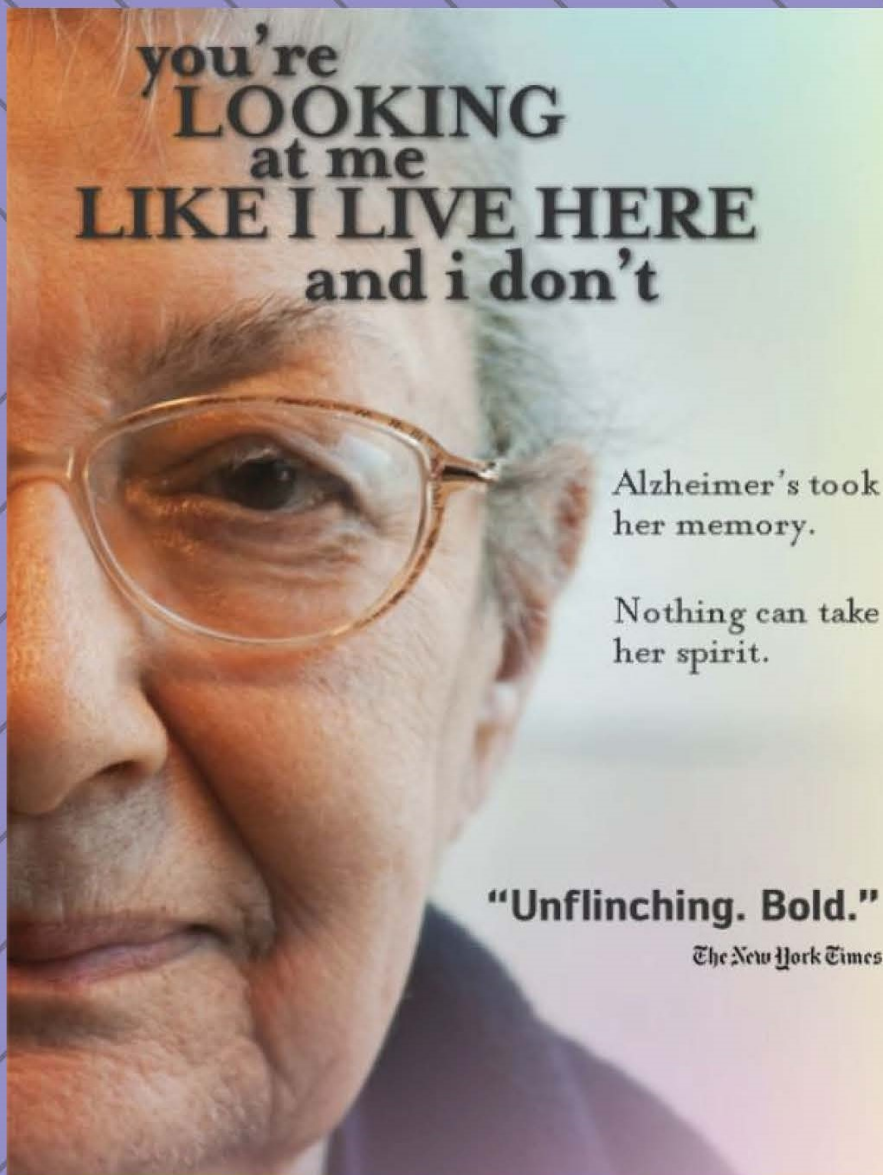
Visit the ADRC office, 2865 N. Sherman Ave., Madison

Website: [www.daneadrc.org](http://www.daneadrc.org)

Email: [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com)

# Documentary Screening

**SUNDAY, JAN. 14, 2PM TO 3PM  
SUN PRAIRIE PUBLIC LIBRARY  
COMMUNITY ROOM**



**The first documentary  
about Alzheimer's  
disease filmed entirely  
in an Alzheimer's unit,  
told from the  
perspective of an  
Alzheimer's patient.**

**Film is not rated,  
and 53 min.  
Refreshments will  
be served and no  
registration is  
required!**

**For questions or if you need accommodations please call  
(608) 825-0702 or email [sunref@sunlib.org](mailto:sunref@sunlib.org)**



TELECONNECTION

[www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)



## Free Telephone Learning Sessions

Date	Time	Topic	Call. Learn. Share.
Thursday, January 4	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Managing Difficult Behaviors with Evalyn Greb, LCSW</b> <i>Has your loved one's behaviors become more difficult lately? This session will help participants find out why difficult behaviors happen and describe some coping strategies for a variety of the more common ones. You'll be able to share your questions, techniques, and tips with other caregivers in a meaningful way.</i>	
Tuesday, January 16	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Legal Issues for Caregivers with Carol Bertsch, Elder Law Attorney</b> <i>Carol Bertsch is a practicing elder law attorney, who is well known in her field as a fierce advocate for older adults and their family caregivers. Listen as Carol discusses those important legal issues and documents with which caregivers and seniors need to be familiar.</i>	
Monday, January 22nd	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>The Caregiver's Journey: Survival with Denise Carmichael and Yvonne Whitaker</b> <i>Join in a conversation with two caregivers who have walked the journey as caregivers. They each have a different experience and perspective. They will talk about what they learned, what worked, and what they would do differently looking back. They will be answering questions and offering help and support. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>	
Friday, January 26th	12:00 pm Eastern 11:00 am Central 11:00 am Mountain 10:00 am Pacific	<b>Frontotemporal Degeneration: What it is, What it isn't and What are the Signs and Symptoms with Sharon Hall and Rebekah Wilson, MSW</b> <i>This dementia is highly misunderstood, even in the medical community, and takes families up to 4 years to get a proper diagnosis. They will explain what signs show up first, how to get an accurate diagnosis, and what to do after you receive the diagnosis.</i>	



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A program of the WellMed Charitable Foundation

Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free

\*\*\*Registration required at least 24 hours in advance\*\*\*



[www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)

## Free Telephone Learning Sessions

### PRESENTS

#### **Lucy Barylak, MSW as “Dear Lucy”**

**Thursday , January 11th**

**Thursday, January 25th**

**12:00 pm (Central Time)**

Do you have a question about something related to your duties as a caregiver? Have you been wondering if there is a better way to manage a challenging situation?



We want to hear from you! This is a chance for you to ask questions, make comments, and express yourself regarding the issues you face as a caregiver. It is as easy as 1, 2, 3...

1. Identify any questions, thoughts and ideas you have about your caregiving role or experience (no question is too small!)
2. Submit your questions, thoughts and ideas by email or phone
3. Call in to hear “Dear Lucy” answer your questions or discuss the topics you submitted. To honor confidentiality, no names will be used. Even if you don’t have a question or idea to share, please call in to listen to the discussion. You might learn something helpful!

**To register please call: (866) 390-6491 Toll Free**  
**Email: [caregiverteleconnection@wellmed.net](mailto:caregiverteleconnection@wellmed.net)**



**WELLMED**  
CHARITABLE FOUNDATION

# Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

2865 N. Sherman Avenue  
Madison, WI 53704



Caring for Caregivers

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Fax: 608-240-7402

Email: debroux.jane@countyofdane.com

## 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