

Caregiver Chronicles

September 2018



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/)



We invite you to commit to do something grand and share your wisdom, perspectives, and key civic values with and on behalf of young people.

—Generations United



Sunday, September 9, 2018, is Grandparent's Day.

Supporting our elders who support our youth

September is the month we celebrate grandparents, and this issue of *Caregiver Chronicles* features resources and information for older adults raising children under age 18 and their families in particular. The National Family Caregiver Support Program (NFCSP) is administered by the “Caring for Caregiver Program” in Dane County. Caregiver grants are available to older adults ages 55+ who are raising grandchildren under age 18. The grants can help with respite in the form of after school programs, summer camp, family memberships to the local pool or YMCA, transportation, help with home chores, and more. There is no financial requirement or means test needed for eligibility. (Contact me at the Area Agency on Aging for information on grant applications.)

Just how many grandfamilies are there? *Wisconsin Grandfacts* (page 3) provides a rundown of the numbers. Certainly a rapid increase in the number of grandparents raising grandchildren is, in part, the result of the ongoing opioid epidemic, but there are a variety of reasons why grandparents are raising their grandchildren. To learn more about Grandfamilies, listen to the NPR podcast, *When Grandma’s House is Home: The Rise in Grandfamilies* (link on page 4). If you are a grandparent raising grandchildren, check out some of the upcoming events and support groups (page 3) and resources (page 6).

In addition to older adult caregivers raising grandchildren, caregivers are a multigenerational group overall. The “Caring for Caregivers” Program has provided support to young adults caring for their parents and grandparents, siblings caring for one another, and just about any configuration of adult ages you can imagine. In order for those of us in our communities who want and plan to age in place to succeed in doing so, it will ultimately take a village. Intergenerational programs and partnerships will be necessary to creating healthy and desirable communities for everyone. Consider doing something grand for Grandparents Day! In the words of Generations United, “Together, older and younger people can reach out to decision makers and begin one of the most important dialogues in our history: discussing how, as a country, we can address the many challenges facing future generations—from literacy to health and wellness to financial stability. What better way to celebrate the contributions of grandparents to our nation than joining together and reaching for greater heights for our future!” (For ideas see the [Grandparents Day Action Guide](https://www.gu.org/resources/grandparents-day-take-action-guide/), <https://www.gu.org/resources/grandparents-day-take-action-guide/>.)

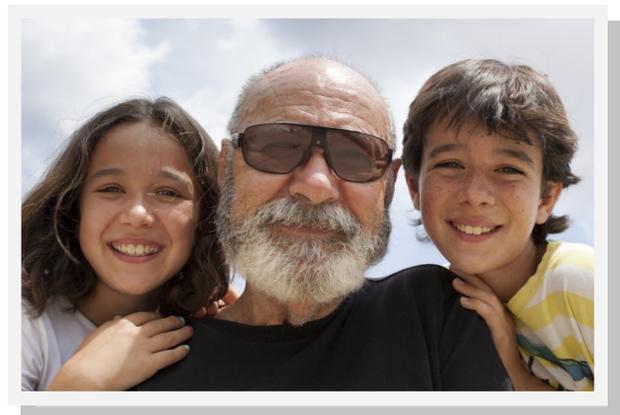
#Grandparents Day

#DoSomethingGrand



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The Children

- 78,351 children under age 18 live in homes where the householders are grandparents or other relatives (5.9% of the children in the state.) *U.S. 2010 Census.*
 - ◆ Of these, 59,346 live with grandparents who are the householders (4.4% of the children in the state) and 19,005 live with other relatives who are the householders (1.4% of the children in the state). *US Census 2010*
- 25,617 children live in homes with grandparent householders where grandparents are responsible for them.*
 - ◆ Of these children, 10,055 have no parents present in the home.*

The Grandparents*

- 26,802 grandparents are the householders and are responsible for their grandchildren living with them.
 - ◆ Of these: 64% of the grandparents are White and not Hispanic, 21% are Black/African American, 3% are American Indian and Alaska Native, 2% are Asian, and 8% are Hispanic/Latino, and may be of any race.
- 38% have no parents of the children present in the home.
- 73% are under age 60.
- 17% live in poverty.**

*Comparable data are not currently available for homes where other relatives are the householders.

**100% of poverty level

See the complete GrandFacts Wisconsin state fact sheet for grandparents and other relatives raising children here:

<https://www.aarp.org/content/dam/aarp/relationships/friends-family/grandfacts/grandfacts-wisconsin.pdf>

Support and Celebrate Grandfamilies



Grandparents and Other Relatives as Parents Program provides the following:

- Monthly support and education group
- Monthly newsletter
- Child development and management resources

Contact Serena Breining at 608-255-7356 ext. 324 for more information.

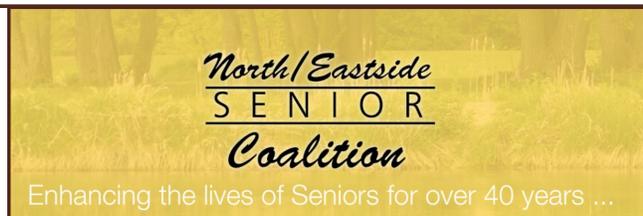
Celebration of NESCO's Cultural Diversity Program and National Grandparents Day

Saturday, September 8th, 6:00pm-9:00pm

St. Patrick Church, 404 E Main St

We will be celebrating the 25th anniversary of NESCO's Cultural Diversity program and National Grandparents Day at St. Patrick Church. There will be live music, tamales, and a festive atmosphere!

Call Rodrigo at 608-800-1316 for more information.



Online Resources

Listen to the Podcast

[When Grandma's House is Home: The Rise of Grandfamilies](#)

NPR Morning Edition, December 15, 2014

"They usually aren't expecting to be taking care of the children, so they're not prepared financially. Their home may be great for a retired person or a retired couple but not for little toddlers. Many of the grandparents—about 58 percent—are still working, so trying to juggle taking care of a child.

This often happens at the time grandparents are in their peak saving years for retirement, so if they're spending that money taking care of grandchildren instead it can have a serious long-term impact."

[Ask the Expert: Health of Caregivers Sometimes Forgotten](#)

The Baltimore Sun, Andrea K. McDaniels, August 2, 2018

"Caregivers sometimes go so involved in taking care of their sick loved ones that their own health can fall by the wayside. A sick caregiver can't provide proper care to someone else."

[Secrets to Successfully Aging in Place](#)

Forbes, Bob Carlson, July 29, 2018

"To stay in your current home, you need to plan and prepare now. Don't be among those who defer the important decisions about aging because they think it's too early. Often, when people wait to take action on these matters, they no longer are able to act when the work really needs to be done or don't even recognize the need for change."

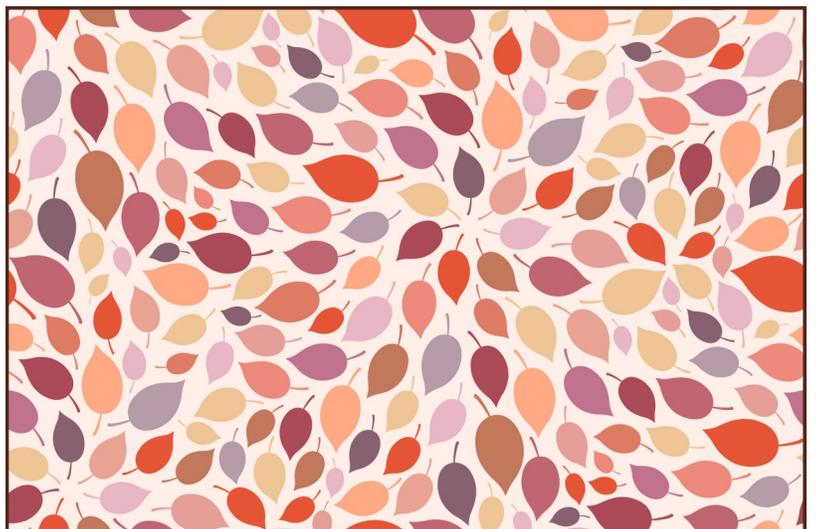


Open 7:45 am—4:30 pm Monday through Friday

Call (608) 240-7400

Visit the ADRC office, 2865 N. Sherman

Connecting People with the Assistance They Need





CAREGIVER TELECONNECTION

www.caregiverteleconnection.org



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Wednesday, September 5th	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am	Living Alone with Dementia with Mike Splaine <i>Likely as many as 20% of persons with Alzheimer's and other dementia in the US live alone—over 1 million. Splaine Consulting recently held three regional conferences and learned a lot about what these persons lives are like and some solutions that are coming on line to make their lives better. With a community that assumes a lot of PWD have a caregiver in place this conversation promise to be a real eye opener on issues ranging from ethical to practical!</i>	
Monday, September 10th	Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific (Arizona) 11:00 am	Finding Common Ground: Aikido Communication with Andy Crocker <i>Learn about Aikido communication: Align, agree, redirect, and resolve. With Aikido, one listens for areas of agreement or common ground and uses "I" messages, which are particularly effective when emotions run high. **Sponsored by the North Central Texas Caregiver Teleconnection</i>	
Thursday, September 13th	Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona) 8:00 am	Lucy Barylak, MSW as "Dear Lucy" <i>Lucy Barylak, MSW as "Dear Lucy". This is an interactive session where Dear Lucy will answer questions and have a conversation with caregivers regarding the issues they face in their caregiving journey. You may ask your question during the call or you can submit your questions or comments by email or phone.</i>	
Tuesday, September 18th	Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific (Arizona) 11:00 am	Mouth Health/ Body Health with Sarah J Dirks, DDS <i>There is increasing scientific evidence for linking oral disease with overall health. Learn what is considered "normal" aging of the mouth, versus a disease state as well as the importance of health promotion and disease prevention, rather than the traditional dental model of "drill and fill". Dr. Dirks presents an informational and practical framework so that older adults and caregivers to older adults can become better equipped to positively impact overall health.</i>	
Thursday, September 27th	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am	Hospice Care with Dr. Heather Veeder, VITAS Healthcare <i>If you were in control of your last months of life, what would you want? What would you want to accomplish? Who would you want to see? When life-prolonging interventions are no longer helpful or desired, hospice can offer support to meet your goals and spend your time focusing on what is important to you. Dr. Veeder will provide the basics of hospice care, dispel myths surrounding hospice, and answer questions you may have about hospice.</i>	



A program of the WellMed Charitable Foundation

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

Caring for a grandchild?

It's one of your greatest joys.
But it can also be one of your biggest stressors.



The physical and financial demands of caring for a grandchild can be challenging — especially if you've become the main caregiver.

There's help for you!

Madison Solomon, MS MFT, IMH-E
The Rainbow Project
Referral & Community Programs Coordinator
Email: Referrals@TheRainbowProject.net
Phone: (608) 255-7356 ext. 316

Jane De Broux, Caregiver Program Coordinator
Dane County Caregiver Program
Email: debroux.jane@countyofdane.com
Phone: 608-261-5679

Rodrigo Valdivia, Cultural Diversity Specialist
Latino Program Grandparents Support Group
Email: rvaldivia@nescoinc.org
Phone: 608-243-5252 Ext. 203

Wisconsin's
Family Caregiver
Support Programs

ARE YOU CONCERNED ABOUT FALLING?

Only Leaves Should Fall

Falls Prevention Event

Tuesday, September 25th, 2018

St. Mary's Hospital
700 S. Park St., Madison

11:30am - 3:30pm

Schedule

11:30am Registration
11:45am Resource Booths
12:10pm Welcome
• Lunch
• Keynote
Dr. Zorba Paster
1:00pm Screenings
2:45pm Demonstrations
3:00pm Wrap-Up &
Door Prizes

Featured Events

Demonstrations:
• Ballroom Basics for Balance
• Tai Chi

Screenings:
• Gait, Balance & Strength
• Blood Pressure
• Vision
• Medication Review
• and More

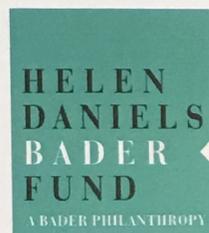
Registration

Contact Safe Communities,
608-441-3060
(for transportation, register
by Friday, September 14, 2018)

Safe Communities
2453 Atwood Ave., Suite 209
Madison, WI 53704

Supported by:

Falls Prevention
Task Force of
Dane County



Free valet parking & Transportation available upon request

**16th RSVP/Triad of Dane County & Triad of Wisconsin
Crime Prevention & Safety Conference and Expo**



Date Saver

**Triad of Wisconsin and RSVP of Dane County's 16th Triad Crime
Prevention and Safety Conference & Expo
September 28, 2018, 8 a.m-3 p.m.
American Family Insurance Training Center
6000 American Parkway, Madison WI. 53783**

"Keys to a Safer Life"- *Learning how to keep ourselves and those we care about safe.*

Trudy Gregorie, Executive Director of the National Adult Protective Services Association. (NAPSA), will be the Keynote. She is a member of the National Triad Association Board

Seniors, law enforcement, fire and emergency medical service workers, human service personnel and the general public are invited to attend this important conference. Workshops will include Issues in Nursing Homes and other Senior Facilities, Scams and Frauds, Hoarding, Peer Bullying, Opioid's Growing Problem, Dementia- Issues for Law Enforcement, Dementia Friendly and Memory Cafe Programs, Problems of Loneliness Among the Senior Population, Estate Planning, Elder Victim Services, Starting or Restarting a Triad and others.

Cost: \$25 By August 15th, \$35 After August 15th. Includes continental breakfast, breaks and lunch. For more information: mstamstad@rsvpdane.org 608-441-7897
www.rsvpdane.org triadofwisconsin.org

You're invited...



Join us for the New MEMORY CAFÉ at Fountain of Life Covenant Church

WHAT IS A MEMORY CAFÉ?

A Memory Café is a welcoming place for people with forgetfulness, early Alzheimer's, or other changes in their thinking AND their family and friends.

A Memory Café provides an opportunity to socialize, enjoy music, play games and participate in other fun activities.

A Memory Café offers a positive place to talk with others who understand what you are going through in a safe, comfortable environment.

WHEN?

Meets the third Friday of each month

Beginning September 21

Special guests: Music by M Train

9:30 — 11:30 a.m.

WHERE?

Fountain of Life Covenant Church

633 W. Badger Road, Madison, WI 53713

For more information contact:

Barbara McKinney

Diversity Coordinator

Alzheimer's & Dementia Alliance of Wisconsin

608.232.3400

barbara.mckinney@alzwis.org



JOURNEYS



A Living Well with Early Stage Dementia Series

For Caregivers & People with Dementia

The diagnosis of Alzheimer's disease or another type of dementia is life-changing and leads to many questions.

What will this mean for me and my family?

How do I plan for the future?

Where can I get the help I need?

Join us for this three-part program and have a chance to hear from others who have been where you are discussing what you need to know, what you need to plan, and what you need to develop and work with your care team.

3 Part Series:

Tuesdays | 1 pm - 3pm

September 18 | September 25 | October 2

Monona Public Library | 1000 Nichols Road, Monona

RSVP Required: 608.203.8500 ext 8002 | bnuttkinson@alz.org



DANE COUNTY CAREGIVER BOOT CAMP

A FREE educational survival program specifically for families coping with Alzheimer's disease and related dementia.



Where

Madison Public Library-Sequoia
4340 Tokay Blvd.
Madison, WI 53711

When

Saturday, October 6th, 2018
Check-in starts at 9:30 AM
Program 10 AM - 2 PM
*Light lunch provided

Learn:

- What memory loss, dementia and Alzheimer's is and what it means
- Next steps for now and future
- Having difficult conversations and preparing for future decisions
- Local resources
- Caring for the caregiver
- Getting questions answered
- Not intended for care professionals or home agencies

Register & More Information

Call 608.203.8500
to pre-register by phone
Questions?
Email bnuttkinson@alz.org



MADISON
PUBLIC
LIBRARY

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: 608-240-7402

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