

# Caregiver Chronicles

April 2019



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/)



*Neither our genetics nor our external circumstances determine our happiness. Rather, happiness depends on how we deal with what we are given.*

—Mary Pipher  
Women Rowing North

## Acceptance and knowledge

I discovered this month's cover quote as I read Mary Pipher's *Woman Rowing North*. In her book about navigating life changes as we age Dr. Pipher says, "As we seek answers we can make choices about our attitudes. For many of us, a combination of suffering and happiness is what defines this life stage and fuels our growth—we can describe ourselves as living in both/and terms. Suffering gives us empathy, while happiness gives us hope and energy."

Much of this newsletter's content follows a theme of acceptance and knowledge about just where we are in our present situation and using that knowledge to move forward as best we can in the caregiving relationship. In Jane Mahoney's article, "Changing Relationships in Caregiving," (page 3) she gives suggestions for helping caregivers adjust to role-reversals and shifting family relationships. The willingness to meet ourselves and one another in our current circumstances goes a long way toward helping us cope.

In Online Resources (page 7), you'll find a link to Tandy Elisala's podcast interview with tips and her best advice from her sudden role as caregiver. She discusses how to navigate other important relationships while immersed in the caregiver role, and how to avoid neglecting self-care. You will also find the link to an eye-opening series of videos produced by the Milwaukee County Department on Aging that helps viewers see through the eyes of a person with dementia. Everything we can do to better understand the perspective of our care partner ultimately benefits the relationship as well.

Once you have a better idea of where you and your care partner are today, with full knowledge of both your strengths and limits, you can take advantage of resources that will be most helpful. There are a number of events and learning opportunities coming up this Spring that provide support to caregivers and care partners alike. Get out your calendars and be sure you don't miss opportunities to try Yoga especially geared toward caregivers (page 4); Boot Camp for families coping with Alzheimer's and related dementias (page 6); a Virtual Dementia Tour (pages 8 and 9); and cooking classes for brain health (page 11). There is also an event to help you make key decisions before and after you retire (page 10).

If you are further along on your caregiving journey and would like to advocate for caregivers on the statewide level, consider participating in the Governor's Task Force on Caregiving (page 7). It's critical for the voices of caregivers themselves to be heard as they set forth a vision and create new policies.

Whatever you may be dealing with now, you just made it through a particularly harsh Winter. Celebrate Spring!



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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debroux.jane@countyofdane.com



## Changing Relationships in Caregiving

There are many difficult life changes that come when you begin caring for a loved one. When it comes to the change with the greatest impact, it is likely that of your relationship with your care partner and with other family members as a result.

If you are caring for an aging parent you will likely find yourself in a role-reversal, taking care of the person who used to take care of you. It may feel awkward to take charge and make decisions for the person you call Mom or Dad. Conversely, your parent may be resistant to your help and embarrassed or frustrated by their lack of independence. They may be unwilling to let their “child” take care of them.

If you are caring for your spouse, the relationship that was once an equal partnership becomes a caregiver/care-receiver relationship. After years of sharing the day-to-day tasks, you, as caregiver, are left to make decisions and run the household. In some cases, your spouse may no longer be able to express feelings of love to you, leaving a huge gap in what was once an intimate relationship.

There may also be changes in relationships with other family members. Each person has a different idea of what’s best for the person needing care, which can lead to disagreements. There may be a lack of awareness about how difficult it is for the primary caregiver, resulting in hurt feelings and unrealistic expectations.

Whatever your situation as a caregiver, you need to cope with changing relationships which is undoubtedly emotionally difficult. Here are some suggestions for helping you adjust to these changes.

**Adjust your perceptions and expectations of the person receiving care.** Try to understand their current needs and capabilities and accept them as they are now. Letting go of the way things used to be can be painful, but it is necessary to adjust to what is real. If they are treating you differently, remember that they’re not doing it on purpose, it is a result of their disease/condition.

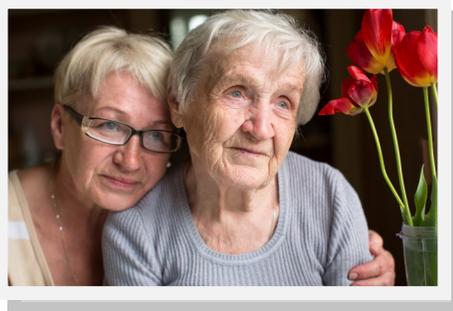
**Encourage the person receiving care to be as independent as possible.** Don’t automatically do things for them. Find out what they can do and help them do as much they can on their own. Not only will this lighten your load, but it also increases their self-confidence and self-worth.

**Hold a family meeting to help define roles in the caregiving situation.** Setting aside time for everyone to communicate their thoughts and ideas creates a feeling of teamwork. Involving all family members in a plan of action helps distribute the tasks needed to be done and promotes an understanding of each person’s role.

**Talk about how you are feeling.** Sharing your emotions with someone you trust can be very healing. Bottling up your feelings and trying to look stoic will not help. A support group is a safe place to share your emotions with others who are experiencing similar feelings and you may also learn coping techniques.

The most important thing to remember is that these relationship changes are normal, as are the feelings of fear, guilt, and anger. Once you’ve accepted them you will be ready to move on and find more peace and satisfaction in your caregiving role.

—Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources





Yoga Accessible For All (YAFA)



# Yoga for Caregivers

Fitchburg Senior Center, 5510 Lacy Rd, Fitchburg, WI, 53711



- Are you feeling stressed out, lonely, or anxious?
- Are you coping with physical discomfort related to caregiving tasks?
- Have you wanted to try yoga but wondered if it would be too difficult to join traditional classes?

Yoga Accessible for All (YAFA) addresses these challenges and more through meditation and functional movement.

*Data shows that caregivers who practice yoga on a regular basis enjoy lower levels of stress and improved physical wellbeing.*

Please join us for this 7-week yoga series Wednesdays starting May 15 — June 26.

Cost for all 7 classes is \$35.

To register, contact Sarah Folkers at 608-270-4290 or [sarah.folkers@fitchburgwi.gov](mailto:sarah.folkers@fitchburgwi.gov).



**Connecting People with the Assistance They Need**

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

**Call (608) 240-7400**

Visit the ADRC office:

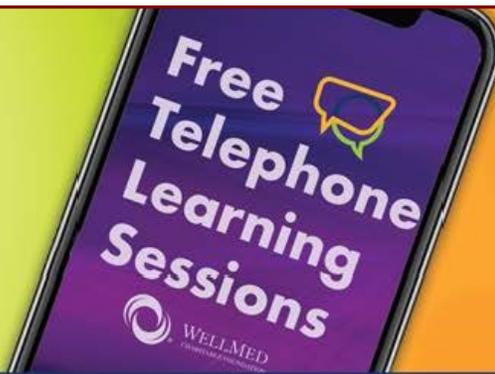
2865 N. Sherman Ave., Madison

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



# CAREGIVER TELECONNECTION

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



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Thursday, April 4th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Legal Issues for Caregivers with Ellen G. Patterson</b> <i>Learn about the importance of having estate planning documents to plan for later need or incapacity. The documents commonly needed are: Wills, Statutory Durable Powers of Attorney for Finances, Medical Power of Attorney, Directive to Physicians, Declaration of Guardian in the Event of Later Incapacity or Need, HIPAA Authorization, and Appointment of Agent for Disposition of Remains. Having this type of estate planning package is helpful so that others can act on your behalf should you lack the ability to make your own decisions and help to make your wishes and preferences known ahead of time.</i>	
Monday, April 8th	1:30 pm Eastern 12:30 pm Central 11:30 am Mountain 10:30 am Pacific	<b>Mental Aerobics: "Brain Play" with Kay Paggi, CMC, NCGC, LPC</b> <i>Learn about Mental Aerobics, which is a program designed to enhance the self-esteem and cognitive functioning of older adults. Family caregivers is also for YOU. The emphasis is on having fun, the cooperative sharing of ideas, and the development of solutions to challenging problems.</i> <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b>	
Tuesday, April 9th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Demencia contra el Alzheimer – ¿cuál es la diferencia? con el Dr. Nestor Praderio</b> <i>Cuando se emite un diagnóstico de demencia, las personas generalmente asumen que es de Alzheimer y a menudo hacen referencia a los dos indistintamente. Se cree ampliamente que la demencia y el Alzheimer es lo mismo. ¡ No lo son! Mientras que el Alzheimer puede ser la forma más común y ampliamente reconocida de la demencia-no es el único tipo. Nestor H. Praderio, M.D. aclarará cómo la demencia se refiere a un término genérico de los síntomas que impactan la capacidad de una persona para funcionar por su cuenta. También esbozar cómo la demencia, en algunos casos puede ser revertida, sin embargo, el Alzheimer es una enfermedad incurable.</i>	
Thursday, April 11th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Dear Lucy with Lucy Barylak, MSW</b> <i>Lucy Barylak, MSW as "Dear Lucy". This month she will discuss the difference between normal aging and the early signs of Alzheimer's disease. 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.</i>	
Tuesday, April 23rd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>The Toxic Effects of Chronic Stress with Evalyn Greb, LCSW</b> <i>Is your brain being overactive? Hard to sleep at night? Millions of Americans are suffering from Generalized Anxiety Disorder and caregivers have extra worries. Please join for a discussion of why stress has become commonplace and what to do about it, especially if you are a caregiver!</i>	



A program of the WellMed Charitable Foundation

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

# DANE COUNTY CAREGIVER BOOT CAMP

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



## Where

Middleton Public Library  
7425 Hubbard Ave.  
Middleton, WI



## When

Saturday, April 13, 2019  
Check-in starts at 9:30 AM  
Program 10 AM - 2 PM  
\*Light lunch provided

## Registration Required

To register call 800.272.3900  
or on-line  
<https://www.communityresourcefinder.org/ResourceView/Index?id=1398185>

## You Will 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



### [How to Conquer Overwhelm as a Family Caregiver with Tandy Elisala](https://player.fm/series/end-of-life-university/ep-179-how-to-conquer-overwhelm-as-a-family-caregiver-with-tandy-elisala)

<https://player.fm/series/end-of-life-university/ep-179-how-to-conquer-overwhelm-as-a-family-caregiver-with-tandy-elisala>

*End of Life University Podcast*

Program Host: Karen M. Wyatt, MD

Tandy Elisala discusses her sudden role as caregiver for her parents at a time when she was navigating an already full life and maintaining relationships that were important to her. She discusses handling her career, raising children, and trying to figure out self care while immersed in the caregiver role. She addresses practical questions like “where is the money going to come from?” as well as the emotional ones like “am I making the right choices and doing the right things?” This podcast offers her best tips and advice and links in the show notes to useful resources.



### [Fatal Falls: Wisconsin leads nation in deadly problem](https://bit.ly/2TmFL48)

<https://bit.ly/2TmFL48>

*Wisconsin State Journal*

March 5, 2019

“Wisconsin’s rate of deadly falls among older adults, which has consistently ranked at or near the top among states, climbed 50 percent from 2007 to 2016, greater than the 31 percent increase nationally. With the state’s elderly population projected to grow six times faster than the overall population by 2040, the burden of falls is expected to rise.”



### [Videos from the perspective of a person with dementia](https://www.youtube.com/channel/UC3abR5Sue6snc6BaOdkDolg)

<https://www.youtube.com/channel/UC3abR5Sue6snc6BaOdkDolg>

Milwaukee County Department on Aging

This series of videos was produced by the Milwaukee County Department on Aging using a Dementia Crisis Innovation grant.

## Interested in participating on the Governor’s Task Force on Caregiving?

*You can help shape the vision and policy on issues  
important to caregivers and professional providers.*

Send a cover letter resume indicating your interest in applying to: [govappointments@wisconsin.gov](mailto:govappointments@wisconsin.gov)

Applications will be accepted on a continuous rolling basis.

For more information contact:

Cassi Fenili  
Director of Gubernational Appointments  
Office of Governor Tony Evers  
[cassi.fenili@wisconsin.gov](mailto:cassi.fenili@wisconsin.gov)  
608-267-3675

## National Volunteer Week

April 7—13

Thank you caregivers and volunteers who  
support them!



# WALK IN THEIR SHOES TO UNDERSTAND THE SYMPTOMS OF **DEMENTIA**

Experience what dementia is like by attempting to walk in their shoes. The Virtual Dementia Tour is a sensory training that simulates the symptoms of dementia. It will give participants hands-on experience and critical insight to the challenges facing those with dementia. It is hope that this increased understanding will foster better care, communication, training, and symptom management.

**SESSIONS ARE 10 MINUTES IN LENGTH.  
RESERVE YOUR SPOT TODAY!**

For registration and more information, please contact Mary Ziegelbauer at (608) 284-0287. Event is **FREE**.

**TUESDAY  
APRIL 23<sup>rd</sup>**

**BROOKDALE MADISON WEST**  
429 S. Yellowstone Drive  
Madison, WI

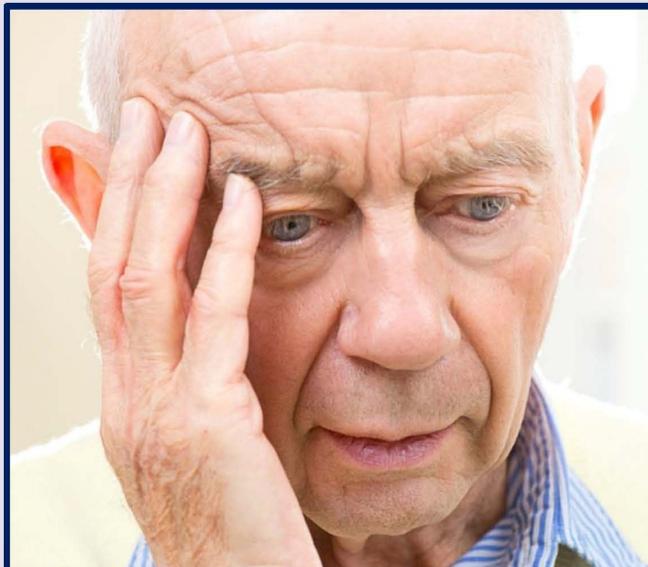


**BROOKDALE**  
SENIOR LIVING

**1:00 - 4:00 PM**



**VIRTUAL DEMENTIA TOUR®**  
YOUR WINDOW INTO THEIR WORLD



# WALK IN THEIR SHOES TO UNDERSTAND THE SYMPTOMS OF DEMENTIA

The phrase "you never understand a person until you walk a mile in their shoes" is particularly true when it comes to dementia. Truly comprehending the challenges an individual with Alzheimer's or another type of dementia faces every day is next to impossible, but the Virtual Dementia Tour can help provide an unparalleled understanding of what it is like to live with this life-changing condition.

The Virtual Dementia Tour® is a tool that allows you to experience what it is like to be suffering from dementia. This is a commutation tool designed to let you feel and understand what a person living with dementia might be feeling like at any point in time. It is designed to help improve communication and understanding by giving you a firsthand insight into the world of dementia.

This program has been used to help family members, medical professionals and first responders provide better, more informed care to individuals with dementia.

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LIVING ASSISTANCE SERVICES



Madison College Paralegal Program  
Presents

# Ready, Set, Retire!

Valuable Information for Making Key Decisions  
Before (no matter what your age or financial circumstance\*)  
And After You Retire



This is a Free Event Offering  
Sessions and Resources on Life Planning Issues

March 30, 2019—9:00 am to 12:30 pm

Protective Services Building at Truax Campus  
1701 Pearson Street, Madison

April 27, 2019—9:00 am to 12:30 pm

Verona Public Library  
500 Silent Street, Verona



May 10, 2019—9:00 am to 12:30 pm

Protective Services Building at Truax Campus  
1701 Pearson Street, Madison

## SESSIONS:

**Estate Planning:** Wills & Trusts; Probate vs. Non-probate \*

**Advance Directives:** Powers of Attorney for Health Care & Finance \*

**Health Insurance:** Medicare and Social Security

## ADDITIONAL AVAILABLE RESOURCES:

Provided by Vendors

## COMPLIMENTARY REFRESHMENTS



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# FEED YOUR MIND

## Cooking for Brain Health



**Tuesday, May 7, 2019**  
**5:30-7:30 p.m.**

The Learning Kitchen  
UW Health at The American Center  
4602 Eastpark Blvd, Madison, WI

Learn about dietary choices that can reduce your risk for Alzheimer’s disease. Participants will prepare brain healthy recipes inspired by the MIND diet for healthy brain aging.

Cost: \$30 (Participants in the Wisconsin Alzheimer’s Disease Research Center’s Clinical Core Study receive a \$20 discount when they use code 20MIND.)

Register online: [www.uwhealth.org/feedyourmind](http://www.uwhealth.org/feedyourmind)

Questions? Please call Hector Salazar at (608) 265-0407



Wisconsin Alzheimer's  
Disease Research Center  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

alzheimer's   
association®

**UWHealth**

Dr. Nathaniel Chin,  
memory clinic doctor at  
UW Health, is medical  
director for this class.

# Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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- You are no longer interested in receiving the newsletter

**Contact:**

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