

Caregiver Chronicles

February 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/)



*What the world needs now is love, sweet love
It's the only thing that there's just too little of
What the world needs now is love, sweet love
No, not just for some but for everyone.*

—Hal David (lyrics) Burt Bacharach (music)

[Click here to listen](#)

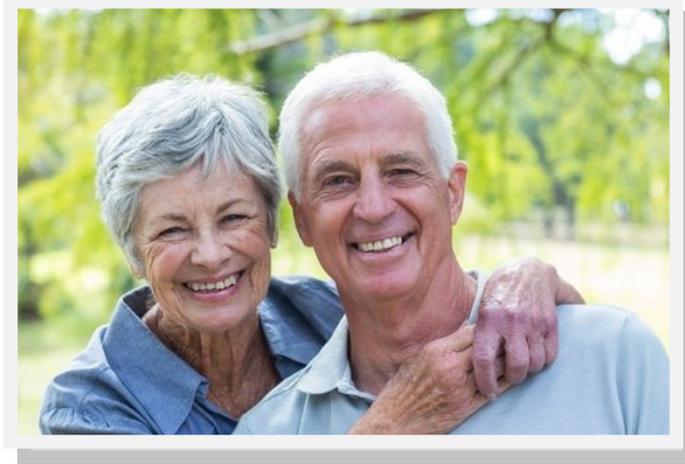
Caregiver Chronicles

On Valentine's Day we focus on our romantic relationships. When we are newly in love with the person we choose as our life partner, the excitement and exhilaration often far outweigh our fears for the future. This excerpt from the popular wedding song captures the sentiment:

Grow old along with me
The best is yet to be
When our time has come
We will be as one . . .

Grow old along with me
Two branches of one tree
Face the setting sun
When the day is done . . .

Grow old along with me
Whatever fate decrees
We will see it through
For our love is true.



—John Lennon, Yoko Ono

While change is inevitable with time, we cannot predict the events of our lives. When older adult spouses get to the point of “facing the setting sun” there is often a routine and shared life built over time that has come to define the relationship. When a health crisis or progressive illness enters into the picture, this long-term stability can be completely upended.

Spousal caregiving is both the most complex caregiving partnership, and the one with the most risk to the caregiver. In a [landmark study](#) by Schulz and Beach “caregivers who provide support to their spouse and report caregiving strain are 63% more likely to die within 4 years than non-caregivers.” In elderly caregivers, the combined effect of caregiver strain and biological vulnerability increases the risk.

This makes sense when you think about the fact that spouses are tied to one another legally, financially, and emotionally. In some of the most devastating situations, one individual in the couple finds the person they had loved and lived with for so long is now someone else entirely. In other cases, the couple is left to grieve together over the loss of the activities they had once enjoyed, the places they loved to go, and the people who are now more difficult to visit or spend time with doing things that are no longer possible for them. Where the relationship may have once been on more equal footing or given to traditional roles, it may become the opposite due to changes in mobility or cognitive decline.

As Program Coordinator for the Dane County Caregiver Support Program, I hear from many spousal caregivers who find the role stressful no matter how much they love their care partner. The Program is here to lessen the burden through National Family Caregiver Program (NFCSP) grants for respite and supplemental services like home modification and assistive devices; referrals to resources; and assistance in planning for sustainable caregiving. Reaching out for help is critical for caregivers feeling the strain.

Although they pull focus on Valentine's Day, romantic relationships aren't the only love connections that figure prominently in caregiving and caregiver stress. After spousal caregivers, adult children sometimes provide loving

care that comes at great cost to themselves and their own marriages and families. *Club Sandwiched: Living Life In-Between Two Generations* offers a lively and informative podcast for busy caregivers in this situation (page 4).

For Dane County Caregivers seeking the community created by caregiver support groups, I'm very happy to announce the East side now has a group that meets at the Goodman Community Center on first Thursdays of the month (see page 4 for details). Plugging into community is particularly important for caregivers who are noticing signs of burnout. Are you wondering if you may be approaching a level of stress that requires attention? See Jane Mahoney's article, "Signs of Caregiver Burnout" (page 8) for indications that you may need to take action on your own behalf along with suggestions for how to get support.

Seeking ways to alleviate caregiver stress by finding engaging activities with your loved one who is living with dementia? Several Dane County libraries and senior centers offer kits to facilitate positive interaction by sparking memories. Kits are available from the Monona Public Library (see page 10 for details), Colonial Club Senior Activity Center in Sun Prairie, Waunakee Senior Center, Cottage Grove Memory Café, and the Mount Horeb Library.

The Dane County Caregiver Program is here to support caregivers. Reach out when you need it—you're not alone.



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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Online Resources

Listen to the Podcast

[Living in the Sandwich Generation Dottie's Story](http://www.clubswatched.com/026-living-in-the-sandwich-generation-dotties-story/)

<http://www.clubswatched.com/026-living-in-the-sandwich-generation-dotties-story/>

Club Sandwiched Living Life In-Between Two Generations

October 29, 2018 by Andrea Weber

“Dottie is a full-fledged member of the Sandwich Generation going 100 mph—working full time, taking care of her mother, involved in her four kids’ lives, and babysitting her two adorable grandsons. How does she do it all and manage to keep her sanity? And, what technology does she use with her mom that is a lifesaver and gives her peace of mind at all hours of the night? Take a listen—you’ll learn a thing or two, be inspired and share a laugh.”

Show notes: Club Sandwiched is a place for people like me, who are raising their children while also taking care of their older parents. This will be a forum, library, magazine, advice column, and shoulder to cry on. It will be a place to make your life easier, not add more to your already crazy life. You should come here when you’re tasked with hiring your mom’s first caregiver but have no idea where to begin. Or maybe, you need to visit the site for some levity because you’re at your wits end after a trying day of convincing your dad why he needs to take his Metamucil. What we really hope is that along the way, you will find a lot of people in common here who are going through the same thing you are. You just need someone who gets it.

[Caregiver Shortage Could Mean 7.8 Million Unfilled Jobs by 2026](https://homehealthcarenews.com/2019/01/caregiver-shortage-could-mean-7-8-million-unfilled-jobs-by-2026/)

<https://homehealthcarenews.com/2019/01/caregiver-shortage-could-mean-7-8-million-unfilled-jobs-by-2026/>

Home Health Care News by Bailey Bryant, January 28, 2019

“The direct care workforce will grow more than registered nurses and fast food workers combined, which are ranked second and third for net job growth according to the BLS,” the report reads. “Of note, the total direct care workforce will be larger than any single occupation in 2026.”

NEW: Caregiver Support Group

Goodman Community Center

First Thursdays of the month 10 – 11am

All Caregivers Welcome

Caregiving is stressful and difficult no matter how much we may want to help a loved one. Fifty-five percent of family caregivers report being overwhelmed by the amount of care their family member needs. This group will offer caregiver resources and share ways to take care of yourself while taking care of others. Most importantly, it provides a space to gather with other caregivers to share experiences and receive support. You are not alone in your caregiving role!

Co-sponsored by the Alzheimer’s & Dementia Alliance and Goodman Community Center.

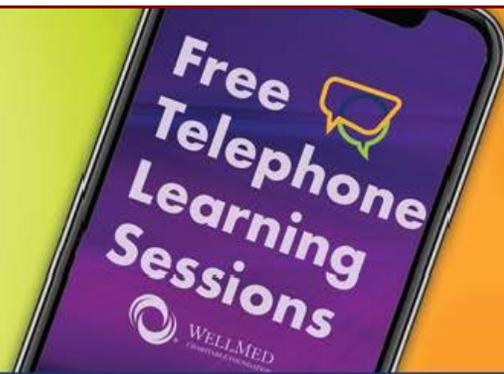
For more information, contact Gayle at: 608-204-8032



CAREGIVER TELECONNECTION



www.caregiverteleconnection.org



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, February 5th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	The A's of Dementia with Tam Cummings, PhD	<i>This presentation takes a detailed look at the A's of Dementia -- from anxiety, anger, aggression, apathy to amnesia, aphasia, agnosia and apraxia -- in a manner that allows caregivers to connect how each "A" is a result of specific damage in the brain's lobes. Understanding the link between the behaviors of each "A" provides a method for professionals and family caregivers to track the progression of a person's dementia and provide useful information to medical professionals.</i>
Monday, February 11th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	What Services are Available for Caregivers? with Zanda Hilger	<i>Join us for an interactive session to learn ways to identify local, state, and national resources for caregivers. Also learn how to think and act creatively to find support groups and other sources of emotional support.</i> **Sponsored by the North Central Texas Caregiver Teleconnection**
Thursday, February 14th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy with Lucy Barylak, MSW	<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.</i>
Thursday, February 20th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	How to Motivate Without Bullying During Caregiving with Barry J. Jacobs, PsyD	<i>During the family caregiving years, there can sometimes be a blurry line between being a supportive guide for our loved ones and an arm-twisting bully who insists on cooperation with getting tasks done. We should rarely put tasks over our relationships. But in the on-rush of care demands, creeping bullying can still occur. In this presentation, psychologist, healthcare consultant and author Barry J. Jacobs, Psy.D. will share ideas for being an effective family caregiver who is motivating, not bossy.</i>
Tuesday, February 26th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Grief and Loss with Lori Ramos Lemasters	<i>There are days filled with love and happiness but it is also reasonable to expect to experience grief over the many losses that you encounter, such as the loss of your independence, your relationship with your loved one or family members, the list goes on and on. Therapeutic writing is an excellent tool to help manage these feelings. During this session Lori will teach you writing techniques to help you understand, process and manage your grief.</i>
Wednesday, February 27th	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Aprende a identificar las 10 señales con Alejandra Scott	<i>Si usted o algún conocido está experimentando pérdida de memoria o cambios de comportamiento, es hora de que conozca la verdad. Detectar la enfermedad de Alzheimer temprano le dará la oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro.</i>



WELLMED
CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

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



Beat ID Thieves to Your Tax Return

Release Date: January 28, 2019

Media Contact: [Donna Gilson](#), 608-224-5130

Editor's Note: Tax Identity Theft Awareness Week is January 28 to February 1. This annual campaign aims to inform consumers about the threat of tax-related identity theft and scams.

MADISON – Tax season comes as a relief for folks who rely on a return to pay down bills, make a major purchase, or build a savings. But it is also a time when the damage from identity theft becomes very real for some taxpayers as they discover that identity thieves have filed returns in their names using information they stole during the year. Most consumers will not face any issues, but the unlucky few who are tax identity theft victims will have to wait on their money and may have to jump through some hoops to get their returns.

There are a number of scenarios that a tax filer could face which might indicate that this crime has occurred including:

- multiple returns were filed under your Social Security number,
- you receive a letter or refund check regarding a return you did not file, or
- you owe additional taxes or are facing collection actions for a year you did not file a return.

“Tax identity theft is a serious concern nationwide,” said Lara Sutherlin, Administrator for the Division of Trade and Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP). “People can help combat this crime by protecting their information throughout the year, filing their taxes early to get a jump on identity thieves, and reporting questionable tax preparation practices to our agency.”

Before you file your 2018 taxes, you can check whether an income tax return has already been filed in your name by visiting the Wisconsin Department of Revenue website (<https://revenue.wi.gov>; click on the “Online Services” link at the top of the homepage).

If you believe that you may be the victim of tax identity theft, report the suspected fraud by phone to the IRS (1-800-829-0433) and the Wisconsin Department of Revenue (1-608-266-2486). DATCP offers a [Tax ID Theft packet](#) to assist consumers with next steps to protect against additional harm, and callers to the agency’s Consumer Protection Hotline (1-800-422-7128) can inquire about ways to further protect their identities. The Department of Revenue also offers a [webpage](#) with educational resources for taxpayers about identity-related issues.

(NOTE: The IRS advises taxpayers to continue paying their taxes and filing their returns even if they suspect that they may be victims of identity theft.)

Take protective measures when you file your taxes:

- File early in the season to get a jump on a thief who may have your information.
- If filing your return online, make sure your operating system and antivirus software are up to date, and set up strong passwords for your tax software login.
- If you are working with a tax preparation service and witness any questionable practices, report the suspicious behavior to DATCP.
 - Questionable practices might include tax returns being filed on your behalf without your consent, not receiving copies of documents that you signed, or not receiving copies of documents that identify the terms of a transaction.

(MORE)

By the time an identity thief has misused your information to file a return, the damage has already been done. It is imperative that consumers take steps to protect their personal and financial information throughout the year in order to keep those details from falling into the wrong hands. Follow these simple tips to protect your information:

- Limit the personal details you share online.
- Avoid giving out sensitive information in response to unsolicited calls, emails or text messages.
- Shred unnecessary documents that contain personal information.
- The IRS, United States Treasury and Wisconsin Department of Revenue will NEVER call and threaten you with arrest or legal action about back taxes. Any calls of this nature are scams.
- Use online security best practices:
 - Learn how to recognize phishing emails and text messages.
 - Never click on links that could redirect you to imposter websites that appear legitimate.
 - Never download attachments in emails from unknown senders or in suspicious emails.

For additional information or to file a complaint, visit the Consumer Protection Bureau at datep.wi.gov, call the Consumer Protection Hotline at 1-800-422-7128 or send an e-mail to dateph hotline@wi.gov.

Connect with us on Facebook at www.facebook.com/wiconsumer or Twitter: [@wiconsumer](https://twitter.com/wiconsumer).

Press release links: [Tax ID Theft Packet](#), [Department of Revenue Webpage](#)



***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

Recognize Caregiver Burnout

Providing care for an aging or disabled loved one might be one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming and bathing is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one lose their independence is emotionally difficult. Changes in your personal, social, and work life as a result of caregiving may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the frustrations you are feeling go beyond your ability to manage and into what is often called caregiver burnout. When you can identify the warning signs of burnout and learn interventions to reduce stress levels, your caregiving tasks will be more manageable and enjoyable.

Here are some warning signs of caregiver burnout:

- Crying a lot and feeling like you're on the verge of tears
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity at work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Frequently exhibiting irritability with care recipient
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from family and friends. Then heed the warnings to counteract burnout.

Once you see signs of burnout you can try various things to help you cope. Here are some suggestions:

- Find family and friends who will listen
- Consult with a professional counselor for one-on-one counseling
- Attend a support group to receive positive feedback and coping strategies from others in similar situations
- Maintain good health by exercising regularly and eating a healthy diet
- Take regular time out for journaling, meditation, or contemplation
- Stay involved in hobbies and activities you enjoy

When you understand and acknowledge that caregiving may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do prevent burnout and be an effective caregiver is to take care of yourself!

—Jane Mahoney

Older Americans Act Consultant

Greater Wisconsin Agency on Aging Resources

BUSINESS AS

USUAL



2ND TUESDAYS | 10 AM - NOON

- ▶ **MEET NEW FRIENDS**
- ▶ **FREE COFFEE & SNACKS**
- ▶ **SING-ALONG WITH HEIDI FORNEY**
- ▶ **REMINISCENCE TABLE**
- ▶ **INSPIRATION TABLE**
- ▶ **FUN & GAMES**



COMMON GROUND

2644 BRANCH STREET, MIDDLETON, WI

**CALL (608) 820-1010 FOR MORE
INFORMATION**

Memory Kits



AVAILABLE FOR CHECK OUT AT
MONONA PUBLIC LIBRARY

Memory Kits are boxes filled with themed items for caregivers of people living with dementia to create special moments, engage the brain, and help unlock memories.

KIT THEMES ARE:



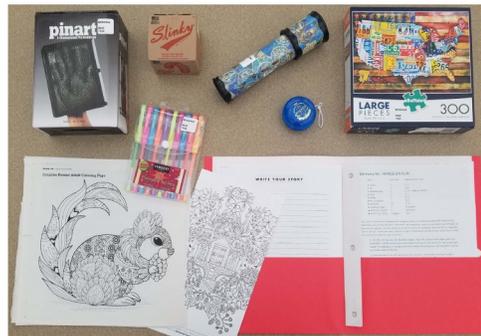
Nature: CD, Scent Containers, Book of Photos, DVD, Rocks, Pine Cones & Shell



Rural Life: CD, Scent Containers, Books, DVD, Pictures, Coloring Pages, & Markers



Meditation: DVDs, Meditation Chime, Expanding Ball, & Glitter Wand



Hands on Fun! Kaleidoscope, Yoyo, Slinky, Pin Sculpture, Puzzle, Pens, & Coloring Pages

Memory Kits have been made possible by generous donations from Friends of Monona Public Library, Friends of Monona Senior Center, and Home Instead Senior Care.

GENERATIONS AT UNION CORNERS

2507 WINNEBAGO STREET, MADISON

Affordable and market rate rental units for grandfamilies and kinship families

Opening January 2020



DETAILS

- 60 units / two buildings
- Two Bedroom: \$510 - \$1250
- Three Bedroom: \$590 - \$1500
- Income restrictions may apply

- Supportive services on-site available to residents
- Underground parking
- Community room
- Fitness center
- Outdoor playground / gardens / plaza

LOCATION

- Part of the Union Corners master development
- Lowell Elementary - .9 mi
- O'Keefe Middle - 1 mi
- East High School - .25 mi
- Major Bus stop on E. Washington Ave - .2 mi
- Hawthorne Library - .4 mi
- UW Health Clinic at Union Corners - .1 mi
- Goodman Community Center - .6 mi

FOR MORE INFORMATION:

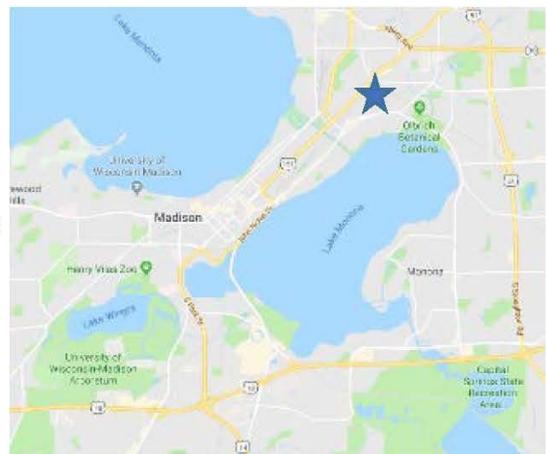
Join us at a community meeting to learn more!

- Tuesday, April 2nd @ 6:30 PM
- Carbon at Union Corners, 2418 Winnebago St, Madison
- Food and beverages will be served
- Sign up for our interest list for units available in Jan 2020

QUESTIONS?

Call (608)445-0995 or email nsolheim@gormanusa.com

GORMAN
& COMPANY



Caring for the Caregiver Program

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