

# Caregiver Chronicles

November 2019



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY  
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[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)



***N***ever believe that a few caring people can't change the world. For, indeed, that's all who ever have.

—Margaret Mead  
Anthropologist

### November is National Family Caregivers Month

November is National Family Caregivers Month—a time when we recognize and celebrate the contributions of caregivers to the health and wellbeing of older adults. Family caregivers make it possible for so many to age in place and remain in their communities. We know the numbers: 578,000 unpaid family caregivers in Wisconsin provide 538 million hours of care accounting for \$7 billion in services (in 2013). Those numbers are impressive but we have also come to know that the real cost of unpaid care is incalculable because so many caregivers sacrifice their own health and wellbeing to provide it.

The benefits of self-care for caregivers are documented, yet it remains very difficult for stressed and overextended individuals to incorporate into their routines. In October, the Dane County Caregiver Program joined with the Aging and Disability Resource Center of Dane County to present the first “Make Time for Joy: A Celebration of Caregivers” event including respite care for care partners with memory loss. The daylong event, held at The Lussier Family Heritage Center in Madison, featured presentations and experiences to help caregivers relax, recharge, and connect. Each caregiver attending received a professional neck and shoulder massage, door prize, and healthy breakfast and lunch. At the beginning of the day we asked participants to identify one self-care practice they could bring into their routines and to make one connection with another caregiver or professional support person. The goal was to help caregivers extend the self-care experience beyond one special day set aside for respite. A photo album of the event with links to resources is available on pages 6 and 7.

Community caregiver support is also a critical component of sustainable caregiving. Reaching out to connect with a circle of support people can make all the difference. “Creating Your Support System of Five” (page 3) identifies the key support people every caregiver should have in their corner. Family Caregivers Month is a great time to boost your support system.

In addition to celebrating caregivers during the month of November, many of us look forward to a Thanksgiving dinner shared with loved ones. Unfortunately, there are older adults in our communities—caregivers and their care partners included—who face issues related to food insecurity and healthy nutrition. Food Bridge, a new monthly food pantry delivery for low-income, high nutrition risk older adults in Madison and Monona, is now available. Learn more about the program, eligibility, and volunteer opportunities on pages 8 and 9.

Nutrition counseling for all older adults in Dane County (age 60 plus) is also now available free of cost as part of the Dane County Nutrition Program (see page 8 for details). A free Thanksgiving Day meal is available to all at First Congregational Church in Madison offering both nutrition and fellowship. Home delivery is available for Madison residents (see page 11).

Happy Thanksgiving! I am grateful for caregivers and all you do.



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



Caring for Caregivers

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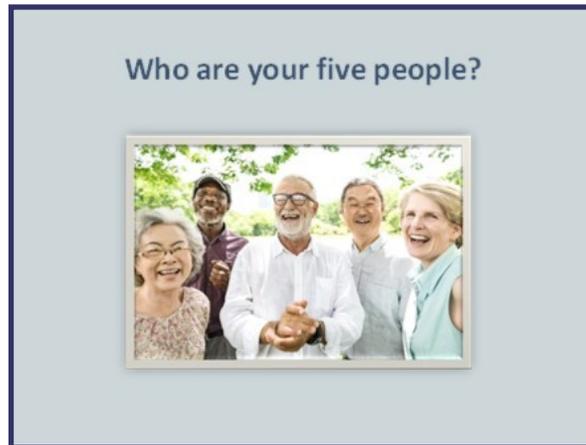
## Creating Your Support System of Five

The idea of having a specific circle of support that a caregiver names and visually records first came to my attention in 2016 when I read articles on “care mapping.” Creating a care map is the process of making a diagram to illustrate the people and professionals available for support and their various roles. It is different from programs like “Share the Care” which focus on organizing a team to provide the hands-on care for the care recipient. The care maps were focused on empowering the caregiver.

In September I participated in a webinar on compassion fatigue and self-care, and it was the first time I saw the general idea framed by asking the caregiver to name a specific number of people (five) to be the designated individuals they have for support. They did not need to be close friends or social contacts. Some of the support people could be case managers, caregiver specialists or dementia care specialists, health care professionals, support group leaders, pastors or church members, and family members or friends and neighbors of the person receiving care. The idea of formally acknowledging these specific individuals appeared to be an important way to help make sure caregivers get the support they need to manage in the long run. I liked the idea and it made a lot of sense from my experience working with caregivers. Far too often, caregivers feel isolated, depleted, and overwhelmed. Once they are in that place they find it even harder to reach out for the needed help and respite.

In October I was asked to make a presentation to a large employee wellness group at a daylong event and decided to incorporate the idea for caregivers to name five support individuals. I had created no rule for specific roles. Instead, I simply wanted caregivers to begin thinking about who their people were or could be. How could they create space for their own wellness and ensure that care continue for their loved one by reaching out to more people? How could doing so help them create a buffer against burnout?

My slide for discussion was quite basic:



On the day of the presentation I arrived looking forward to the morning keynote speaker. She was a young, dynamic woman by the name of Stacey Flowers who had given a popular [TedX talk](#) that featured her inspirational style for educating people on self-development. Her topic that morning was, “The Power of Happiness.” I wasn’t sure how directly it would relate to my work with caregivers. In my experience, often times when caregivers find the ADRC, or case management, or the caregiver program, they’ve been slogging it out for a while on their own and are feeling pretty stressed. Caregivers in our culture are likely to try and manage on their own until they simply can’t and begin to seek programs that can help. While it’s a stretch to say that most caregivers who contact formal programs are in crisis, it happens often enough to be a concern.

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*Continued from page 3*

The speaker engaged us all with relatable personal stories and when she got to the heart of what she had to share, she told us we needed to find our five people. I thought, wow, there must be something to this five people approach. The compassion fatigue webinar presenters had framed (but not named) them as a caregiver support system. Stacey Flowers framed them as the five people we need for a happy life, and she did have very specific roles for each of them. When she laid out her structure, it occurred to me which roles I believed could help caregivers the most. They aren't all the same as for a person forging ahead in their career or embarking on who you need to be happy in life—some of those five are more aspirational. Caregivers need more practical and even more specific support people. I believe the five people caregivers need in their corner are these:

**Expert** – this is the person who knows and understands the why of your caregiving. They are expert in aging, dementia, or the specific disease or condition of your care partner. This person could be a physician, a researcher, or other medical expert who can direct treatment and care plans.

**Professional** – this is the person who helps you navigate the support programs available to you—a case manager, caregiver specialist or dementia care specialist, hospital social worker, ADRC staff member, or other professional who can help you understand and access the services you need.

**Friend** – this is someone who knows you well and connects with you at a heart level. They are there for your welfare and to provide love and care to you. This person could be a friend or close and supportive family member.

**Peer** – this is another caregiver who is in the trenches, too, and can empathize with your situation. Caregiver support groups, memory cafes, and even online forums can connect you with other caregivers.

**Self-care coach** – this is your yoga or meditation teacher, your exercise class instructor, your massage therapist, your pastor, psychotherapist, nutritionist, or someone helping you sustain your own health and wellbeing.

In 2020, the Caring for Caregivers Program is offering more ways to support you in sustaining your caregiving ability without sacrificing your own health or wellbeing. The goal includes helping caregivers avoid crisis situations when possible and to better prepare for the long run. Finding another level of community support can go a long way in helping caregivers do the critical work of helping our older adults continue to age in place and participate in community. You can contact the Dane County Caregiver program for help identifying the people and services that can provide the support you need.

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





# CAREGIVER TELECONNECTION



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

Telephone Learning Sessions



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, November 5th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Staging Your Loved One with Dr. Tam Cummings</b> Join Dr Tam Cummings as she explains the seven stages of global decline in the dementia process. Understand where your loved one is now and identify what behaviors will happen next by using the staging tools provided for this workshop. <b>**Sponsored by VITAS Healthcare**</b>	
Wednesday, November 13th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>How Caregivers Can Enjoy the Holidays with Evalyn Greb, LCSW</b> Many seniors, especially caregivers, have treasured memories of holidays filled with friends and family. As we age, the number of those people may dwindle and our energy to reach out may wane, especially among tired caregivers. But here is the good news: with adequate preparation, this could be your best holiday season ever! Learn some planning techniques from the speaker and other caregivers to make your season a great one!	
Monday, November 18th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Mindfulness, Common Humanity, and Kindness: Key concepts for rewiring Your Brain for Better Self-Care with Denette Mann</b> We are all natural caregivers; however, there are times in our lives when the care taking demands become more than we feel we can handle. Caregiver burnout is a real and common experience for many people. Self-compassion is the antidote to burnout. Giving ourselves self-compassion gives us the reserve needed to continue to care for those we love while holding onto our lives. We can engage in simple, easy practices that help rewire our brains to notice when we need self-compassion and to know how to give it to ourselves. <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b>	
Tuesday, November 19th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Tendencias, desafíos y factores culturales de los cuidadores hispanos con Letty Guzman-Sanchez</b> Los hispanos representan el 21 por ciento de los casi 40 millones de cuidadores de familiares en los Estados Unidos quienes brindan cuidados sin recibir compensación económica a sus padres, cónyuges, parejas y otros seres queridos que son adultos mayores. Hablaremos sobre tendencias, desafíos y realidades de los cuidadores hispanos y cómo la cultura juega un papel importante en su camino como cuidadores.	
Thursday, November 7th Thursday, November 14th Thursday, November 21st	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Safe Medicines: A Guide for Seniors and their Caregivers with Lucy Barylak, MSW</b> Do you have questions about how to manage your medications?  <ul style="list-style-type: none"> <li>▪ Are you concerned about how to recognize potential drug interactions and how to store and remember to take medicine appropriately?</li> <li>▪ Do you know how to store your medications correctly?</li> <li>▪ Do you know if you are taking your medicines the right way?</li> </ul> <p>Lucy Barylak, MSW, will cover all of these areas and more during series of four 1-hour long sessions, as well as providing information about what to be concerned about if you're hospitalized, and other lifestyle and wellness issues.</p>	



A program of the WellMed Charitable Foundation

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

**Make Time for Joy!**  
*A Celebration of Caregivers*  
**A Photo Album of October 16, 2019**



[The Lussier Family Heritage Center](#)

On a cool and blustery mid-October Wednesday a group of family caregivers and their loved ones with memory loss gathered at the beautiful Lussier Family Heritage Center in Madison for a day of relaxation, pampering, stories, and activities. The setting beckoned to participants with walking paths and stunning vistas from balconies overlooking prairies dotted with late-blooming native flowers. The landscape populated with “dances” or “swoops” of sandhill cranes was alive with the music of their loud, rattling bugle calls and the familiar song of red-winged blackbirds. Inside, caregivers participated in sessions to help them incorporate nurturing practices into their routines and connect with other caregivers for fellowship and support. The event was sponsored by the Aging and Disability Resource Center (ADRC) of Dane County and the Area Agency on Aging of Dane County along with the Alzheimer’s Association of Wisconsin and the Alzheimer’s and Dementia Alliance of Wisconsin.



**Above left:** [Mare Chapman](#), M.A., mindfulness-based psychotherapist, teacher, and author leads participants in a mindfulness exercise during her keynote address. **Above Right:** Yoga instructor Paul Mross introduces [Yoga Accessible For All](#) (YAFA) before leading participants in several exercises to enhance wellbeing.

**Right:** Caregiver Will Clifton shared his inspirational story of caring for both his parents with Alzheimer’s Disease. During his presentation he showed a moving video of his experience and participation in Alzheimer’s research you can view [here](#).



**Below:** Master Naturalist Volunteer Beth Bruckbauer described the practices of Forest Bathing and Slow Walks which focus on the health benefits of being outside in nature. The [Pheasant Branch Conservancy](#) in Middleton features these programs.



**Right:** [Music Therapist Ingrid Gruett](#) demonstrated the benefits of music therapy sessions for people with dementia and their caregivers. Participants joined in a lively version of “This Land Is Your Land” and were serenaded with a lovely rendition of “Love Me Tender.”



***I go to nature to be soothed, healed, and have my senses put in order.***

**—John Burroughs, naturalist**

## Food Delivery Program to Serve as Critical Resource for Madison Area Older Adults

NewBridge Madison, The River Food Pantry, and RSVP of Dane County have joined together to offer a new service to deliver food to seniors in Madison and Monona who are affected by food insecurity. Older adults struggling with finances may rely on eating cheap or unhealthy food (including expired food). Many older adults with food shortages are often home-bound because of physical limitations and lack of transportation and are unable to get to a food pantry by themselves. For eligibility requirements or information on volunteering see page 9. For a full news report on the program [click here](#).

## Personal Nutrition Counseling Available for Older Adults at No Cost

The Area Agency on Aging of Dane County provides personal nutrition counseling to older adults looking for information on ways to improve their overall health. Registered Dietitian Alyce Miller meets with older adults age 60 plus to discuss nutrition-related questions or difficulties. Common topics include (but are not limited to): diabetic diet; food interactions with medication; severe weight loss; heart-healthy diet; taste and smell changes; difficulties chewing or swallowing; poor appetite; constipation; acid reflux; cooking for 1 or 2; and basic older adult nutrition. To learn more about this *free* community resource or to schedule an appointment, contact Alyce at 608-261-5678 or [miller.alyce@countyofdane.com](mailto:miller.alyce@countyofdane.com).



***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)

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

# Food Bridge

*“Your Connection to Wholesome Groceries”*



NewBridge Madison is starting a program to offer a free monthly food pantry delivery for low-income older adults in Madison and Monona with partners The River Food Pantry and RSVP of Dane County.

## **To Receive Food:**

- Call (608) 512-0000 and become a Case Managed Client
- Be 60 years of age or older
- Live in Madison or Monona
- Fall below 150% of the Federal Poverty Level  
(1 person \$1,561.25 / mo or 2 people \$2,113.76 / mo)
- Homebound and at nutritional risk

## **To Become a Volunteer:**

- Contact RSVP @ (608) 238-7787 <http://www.rsvpdane.org/>
- Pass a background check and participate in one of our monthly orientations
- Get matched with a NewBridge Client in need of food
- Coordinate and schedule with your match one monthly food delivery from The River Food Pantry

## **To Donate:**

<https://newbridgemadison.org/make-a-donation-to-newbridge/>

**Goal:** Serve 60 older adults in 2020 and 300 older adults by 2024  
To make this program a success, donations and volunteers are needed.



**Collaborative Stabilization  
Coalition of Greater Dane County  
invites you to attend an  
OPEN FORUM**

**Help persons with dementia and  
intellectual disabilities reduce risk of  
crisis and hospitalization**

**Attend this forum, and provide  
feedback on service gaps,  
community resources and crisis  
response solutions**

**Community Feedback Forum  
Thursday, November 14, 2019**

**9:00am – 11:00am**

**Aging and Disability Resource  
Center**

**2865 N. Sherman Ave. Room 109**

**Madison WI**

**Free. Refreshments provided.**





# Join us for a free **Thanksgiving Day Meal**

**Thursday, November 28  
Noon to 3:00 p.m.  
First Congregational Church  
1609 University Ave., Madison  
Corner of Breese/University  
608-233-9751**

**HOME DELIVERY AVAILABLE!  
CALL BEFORE 4:00 P.M. NOVEMBER 25 TO ORDER!**

**Home Delivery is limited to the city of Madison.**

**QUESTIONS? WANT TO VOLUNTEER?  
CALL 608-233-9751**

**ALL ARE WELCOME FOR A FREE COMMUNITY MEAL!**

# Caring for the Caregiver Program

AREA AGENCY ON AGING OF DANE COUNTY

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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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