

Caregiver Chronicles

June 2022



Caring for Caregivers

AREA AGENCY ON AGING OF DANE COUNTY
2865 N SHERMAN AVE, MADISON, WI 53704
608-261-9930



In early June the world of leaf and blade and flowers explodes and every sunset is different.

—John Steinbeck, *The Winter of Our Discontent*

June: Building Awareness

Those years when Spring comes late—rainy and cold, too—June’s promise of Summer and its lead-in to the longest day of the year lifts our spirits. It’s a good time to tune in and become more aware of life outside and around us. Perhaps this widening view is why we observe so many awareness events and hold celebrations during the month of June.

June 15 is **World Elder Abuse Awareness Day** when we focus on building strong support for elders. Elder abuse includes physical or sexual abuse, neglect, unreasonable confinement or restraint, and financial exploitation. Dane County Adult Protective Services (APS) noted that of all reports of elder abuse, reports of financial exploitation accounted for 41.3% of substantiated reports—the highest category in the county. The problem is a growing one in Wisconsin overall, and it merits boosting awareness with caregivers in particular. Increased isolation and loneliness from the pandemic has increased fraud and the number of scams that target older adults. The Wisconsin Department of Financial Institutions’ Division of Securities provides tips to avoid investment fraud in recognition of the day along with ways to safeguard personal financial information. Find these tips and information on *Senior Shred Fest* on June 17 at the Northside Town Center parking lot in **pages 4 – 6**.

Caring for an older adult is rewarding for many caregivers, but it can also be stressful, demanding, and difficult. It is critical for caregivers to make sure to rest and take care of their own needs. The Dane County Caregiver Program has grant funding through the National Family Caregiver Support Program (NFCSP) to provide caregivers with respite in the form of time off, self-care, or supplementary services to help alleviate stress and provide support. Contact me (Jane De Broux) at 608-381-5733 or debroux.jane@countyofdane.com for resources or to apply for a *Caring for Caregivers Grant*.

For more information and resources on elder abuse awareness, visit the Dane County website page for Adult Protective Services: <https://www.danecountyhumanservices.org/Disability-and-Aging/Protective-Services>.

Principles

- *Adults have the right to be safe.*
- *Adults retain all their civil and constitutional rights, i.e., the right to live their lives as they wish, manage their own finances, enter into contracts, marry, etc. unless a court adjudicates otherwise.*
- *Adults have the right to make decisions that do not conform with societal norms as long as these decisions do not harm others.*
- *Adults have the right to accept or refuse services.*





The month of June is also **Pride Month** for the LGBTQ+ community. See **page 7** for free Caregiver Teleconnection Sessions for caregivers and professionals. Sessions include discussion of challenges unique to LGBTQ+ older adults. For local LGBTQ+ Senior Resources, contact OutReach: <https://www.outreachmadisonlgbt.org/lgbtseniorresources>. Information for caregivers can also be found at SAGE USA: <https://www.sageusa.org/resource-category/caregiving/>.

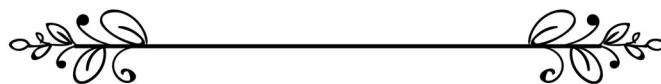


This month's *MIPPA Moment* features information on PTSD (Post Traumatic Stress Disorder). **PTSD Awareness Month** also falls in June (June 27th is PTSD Awareness Day) and this month's article on **page 8** identifies Resources for Medicare Part B recipients to help pay for screening and outpatient mental health services. PTSD doesn't always immediately occur following the traumatic event and, if not identified and treated, can be part of the sufferer's life indefinitely. Veterans with PTSD are not the only ones who have suffered trauma, and this often goes unspoken by the person experiencing symptoms. People who have experienced or witnessed traumatic events may also suffer. For more resources and information on PTSD, visit the website for the US Department of Veteran's Affairs National Center for PTSD: <https://www.ptsd.va.gov/index.asp>.



Alzheimer's and Brain Awareness Month falls in June as well. In Wisconsin alone (2021) there were 198,000 caregivers providing 206,000,000 hours of unpaid care valued at more than \$3.4 billion. Caregivers of a loved one with Alzheimer's need support as 57% have chronic health conditions and 10.7% are in poor physical health. Another 17.8% suffer from depression, and that number continues to grow due to the extraordinary stress of caring for loved ones during a global pandemic. Both the Alzheimer's & Dementia Alliance of Wisconsin and the Alzheimer's Association offer support groups for caregivers. See **pages 10 – 13** for more information and statistics.

For additional resources on caring for older adults with Alzheimer's and dementia, you may enroll with **Trialta**, an online education portal free to Wisconsin caregivers. You'll find videos from Teepa Snow, articles on the latest research, an *Introduction to Aging and Dementia* course, *Care Stories* from caregivers, and more. You can view on your web browser, tablet, or phone and play audio or print tip sheets. Sign up for an account here: <https://wisconsin caregiver.trialta.com/login>.



While building awareness is very important, so is balance in our lives. As we approach the longest day of the year, make sure you take some time to get out in the sun and enjoy the flowers and few sunsets, too.



Jane De Broux
Caregiver Specialist
Dane County Area Agency on Aging

 **Caring for Caregivers**

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Mobile phone: 608-381-5733
debroux.jane@countyofdane.com

#WEAAD Report Elder Abuse
in Dane County.
**STOP ELDER
ABUSE!**

**JUNE
15th**

WORLD ELDER ABUSE
AWARENESS DAY
Building Strong Support for Elders

PLEASE CALL
608-261-9933

DEPARTMENT OF HUMAN SERVICES
DANE COUNTY

The Wisconsin Department of Financial Institutions' Division of Securities Offers Tips for Avoiding Investment Fraud in Recognition of World Elder Abuse Awareness Day

Seniors have worked hard all their lives to build up a safe nest egg that they can depend on through retirement. Unfortunately, this makes them prime targets for fraudsters who try to scare them into believing that their retirement savings are in peril due to volatile financial markets or global conflicts. Fraudsters take advantage of current events and financial fears by trying to sell seniors “guaranteed” or “safe” investments, or by tricking them into giving out personal information or passwords. Unfortunately, these scam investments are far from safe, and once a senior is scammed it is extremely unlikely that any money will be recovered.

Regardless of what’s happening in the world, the Wisconsin Department of Financial Institutions’ Division of Securities cautions all investors to be aware of the increasing frequency and sophistication of financial scams. Consider these tips for protecting your financial investments:

Avoiding investment fraud

Be wary of investment opportunities linked to the headlines. Delete unsolicited emails and social media messages offering investments with limited or no risk, or with significant or guaranteed returns.

Beware of bitcoin and cryptocurrency investments advertised as “safe” or “guaranteed income.” These are volatile, high-risk assets that are not regulated by any government agency. They are also more susceptible to fraud and hacking than traditional investments.

Do your homework. Ask questions! Understand what you are investing in.

Find out if the person selling the investment is registered. Use BrokerCheck (brokercheck.finra.org) to do a quick online background check on a salesperson, or call us at the Division of Securities: (608) 266-2139.

Safeguarding personal financial information

Be cautious about sharing personal financial information, such as your bank account number, Social Security number or credit card number. Limit the personal information you share online.

Keep operating systems on your phone and computer up to date.

Create strong passwords for your online accounts and, if possible, use two methods of verification when logging in.

Check your account statements and credit reports regularly.

Do not click on links in texts or emails from people you don't know.

Visit the Wisconsin Department of Financial Institutions' Division of Securities' Investor Education (wdfi.org/fi/securities/investor_education) webpages for more information on investment products and professionals, resources for seniors, and tips for avoiding investment fraud. You can also download our new Wisconsin Investor Guide (wdfi.org/resources/indexed/site/fi/securities/2022WisconsinInvestorGuide.pdf), an easy-to-use resource packed with strategies for investing wisely and avoiding financial fraud.

If you believe you are a victim of investment fraud, please report it right away to the Wisconsin Department of Financial Institutions' Division of Securities by emailing DFISecurities@dfi.wisconsin.gov or calling (608) 266-2139. Do not be embarrassed—many intelligent, wealthy and famous people have been victimized (just think of the Madoff case), and scam artists are good at what they do. The sooner a scam is reported, the better the chance it can be shut down while there is still money to repay victims and prevent the scammer from defrauding others. We work closely with local law enforcement and other state and federal agencies, including the Office of the Wisconsin Commissioner of Insurance (OCI), the FBI and U.S. Securities & Exchange Commission. If we cannot handle a matter, we take steps to direct you to the appropriate agency to review your case.

June 15 is World Elder Abuse Awareness Day. Elder Abuse encompasses a range of behaviors including physical abuse, emotional abuse, sexual abuse, neglect, unreasonable confinement or restraint, and financial exploitation. In 2021, Dane County Adult Protective Services (APS) investigated 378 reports of elder abuse, 71% of those cases were substantiated. Of those reports, financial exploitation was the highest category, accounting for 41.3% of the investigations. The second highest category was self-neglect, at 28.2%. In 2021 in Dane County alone, victims of financial exploitation lost over \$2.4 million. The Wisconsin Department of Financial Institutions' Division of Securities opened approximately 103 cases in 2021 and issued 22 orders against 33 perpetrators of investment fraud, with over \$500,000 in restitution and disgorgement ordered returned to investors. Senior victims can be found in at least one-third of those cases.

Financial exploitation of seniors is a growing problem in Wisconsin, and we all need to work together to stop it. That is why, partnered with our colleagues at the Dane County APS, the Elder Rights Project at Legal Action of Wisconsin, the Wisconsin Department of Justice (DOJ), and the Wisconsin Department of Health Services (DHS), we recognize the importance of World Elder Abuse Awareness Day and share these important tips with you.





WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

SENIOR SHREDFEST

JUNE 17, 2022 11:00AM -1:00PM

Northside Town Center Parking Lot—1865 Northport Drive, Madison

OPEN TO THE PUBLIC— Come and safely shred your confidential documents at a Shredfest hosted by Dane County Elder Abuse Coordinated Community Response Team, Northside Town Center, & Pellitteri Waste Systems.

Maynard, the Mallard Mascot, will be there as well!



Pellitteri
WASTE SYSTEMS



ZOOM PRESENTATION

The Pride of Caring: Issues for LGBTQ+ Caregivers & Professionals



Thursday, June 2nd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<p>The Pride of Innovative Programming with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</p> <p><i>Join us as we talk with Kate Spelman of AgeOptions, the Area Agency on Aging of Suburban Cook County, IL – one of few such agencies nationally to have earned the highest level of SAGECare credentialing to discuss their LGBTQ+ program – Thrive with Pride.</i></p>
Thursday, June 9th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<p>The Pride of Aging with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</p> <p><i>Join G.J. Hodson and DR Mann Hanson with the Coalition for Aging LGBTQ+ as we discuss aging within the LGBTQ+ community, and some of the unique challenges that LGBTQ+ seniors and caregivers face.</i></p>
Thursday, June 16th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<p>The Pride of Community with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</p> <p><i>Join World Famous *BOB* and Richard Bondi of the Austin LGBT Elder Task Force as we discuss the importance of LGBTQ+ community engagement across all ages to support LGBTQ+ seniors and caregivers.</i></p>
Thursday, June 23rd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<p>The Pride of Keeping Active with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</p> <p><i>Join Bruce Williams, Active Aging Manager at The Pride Center at Equality Park in Fort Lauderdale, Florida as we discuss the importance of active aging for LGBTQ+ seniors through engagement, enlightenment and entertainment!</i></p>



To register please call: (866) 390-6491 Toll Free or go to www.caregiverteleconnection.org

Monthly MIPPA Moment: June is PTSD Awareness Month

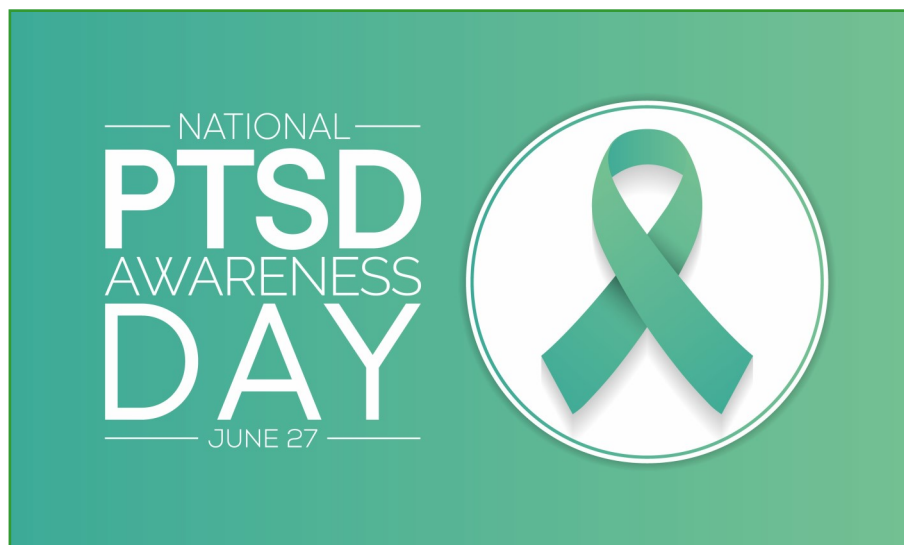
MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits and preventive services.

About 6 out of every 100 people in the U.S. (or 6% of the population) will have PTSD at some point in their lives. This is only a small portion of those who have gone through a trauma. About 12 million adults in the U.S. have PTSD during a given year. About 8 of every 100 women (or 8%) develop PTSD sometime in their lives compared with about 4 of every 100 men (or 4%). According to the Veterans Administration [information](#), women are *more likely* to experience sexual assault and child sexual abuse as a source of PTSD. Men are *more likely* to experience accidents, physical assault, combat, disaster, or to witness death or injury as a source of PTSD. PTSD doesn't always occur immediately following the event and may not always be caused by an event some would traditionally consider traumatic. This can make identifying or diagnosing PTSD difficult. If PTSD isn't identified and treated, it can be a part of the sufferer's life for potentially the rest of their life.

Medicare Part B (Medical Insurance) helps pay for screening and outpatient mental health services, such as testing, to find out if you're getting the services you need; and to see if your current treatment is helping you including psychiatric evaluations, medication management, and diagnostic tests. This includes a yearly *Wellness Visit* to talk to your doctor or other health care provider about changes in your mental health since your last visit. Your provider must accept "assignment" and copayments and coinsurances may apply.

If you have thoughts of suicide or need immediate support, call the National Suicide Prevention Lifeline at 1-800-273-8255. Veterans can access the Veterans Crisis Line by calling 1-800-273-8255 and press 1 for immediate support and suggestions for local resources. Domestic violence survivors can call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). Call 911 if you're in immediate medical crisis.

Adapted from <https://www.medicare.gov/coverage/mental-health-care-outpatient>. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



FREE Virtual (Online) Welcome to Medicare Seminars

Sponsored by Area Agency on Aging of Dane County's
Elder Benefits Specialist Program

What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

May 21, 2022
Email aaa@countyofdane.com to register by 5/14/22

This seminar will be offered via Zoom.

Additional Dates:
(Location: TBD)

July 16, 2022

September 17, 2022
November 12, 2022



Connecting People with the Assistance They Need



Monday through Friday
Call 7:45 am—4:30 pm
(608) 240-7400
Website: www.daneadrc.org
Email: ADRC@countyofdane.com

To read the most recent newsletter from the ADRC copy and paste this link into your browser:

<http://www.daneadrc.org/documents/pdf/Newsletter/Resource-Wise-March-2022.pdf>



Azheimer's and Brain Awareness month: Caregiver Support



SUPPORT GROUPS

ONLINE

Men's Caregiver Support Group:

1st, and 3rd Tuesday of every month • 1:00 - 2:30pm

To participate contact Jeff Hamm at 608-232-3400, ext 112 or Jeff.Hamm@alzwiss.org

Adult Child Caregiver Support Group:

1st and 3rd Wednesday of every month • 6:30 - 8:00pm

To participate contact Rose Kearney at 608-232-3400, ext 115 or RKearney@alzwiss.org

Lewy Body Dementia Caregiver Support Group:

2nd and 4th Wednesday of every month • 1:30 - 3:00 pm

To participate contact Janet Wiegel at 608-697-2838 or Janet.Wiegel@alzwiss.org

"Conversations" Early Stage Dementia Support Group: For those with a dementia diagnosis

1st and 3rd Monday of every month • 1:00 -2:00pm

To participate contact Rose Kearney at 608-232-3400, ext 115 or RKearney@alzwiss.org

"Conversations" Early Stage Dementia Support Group: For those with a dementia diagnosis

Weekly on Wednesday • 10:30 - 12:00pm

To participate contact Rose Kearney at 608-232-3400, ext 115 or RKearney@alzwiss.org

Dane County Caregiver Support Group:

Weekly on Thursday • 1:00 - 2:30pm

To participate contact Rose Kearney at 608-232-3400, ext 115 or RKearney@alzwiss.org

608-232-3400

alzwiss.org



Wisconsin

Alzheimer's Statistics



Prevalence

NUMBER OF PEOPLE
AGED 65 AND OLDER
WITH ALZHEIMER'S

Year	TOTAL
2020	120,000
2025	130,000

ESTIMATED % CHANGE

8.3%



Caregiving (2021)

198,000
Number of Caregivers

\$3,421,000,000
Total Value of Unpaid Care

17.8% % of caregivers with depression

206,000,000
Total Hours of Unpaid Care

57.0% % of caregivers with chronic health conditions

10.7% % of caregivers in poor physical health



Health Care

HOSPICE (2017)

5,086

of people in hospice with a primary diagnosis of dementia

16%

% in hospice with a primary diagnosis of dementia

HOSPITALS (2018)

1,520

of emergency department visits per 1,000 people with dementia

19.9%

dementia patient hospital readmission rate

MEDICAID

\$777M

Medicaid costs of caring for people with Alzheimer's (2020)

18.9%

projected change in costs from 2020 to 2025

MEDICARE

\$23,572

per capita Medicare spending on people with dementia (in 2021 dollars)



Workforce

83

of geriatricians

228.9%

% increase needed to meet the demand in 2050

71,820

of home health and personal care aides

20.4%

% increase needed to meet demand in 2028



Mortality

OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

2,390

More than **6 million Americans** are living with Alzheimer's, and over **11 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$321 billion** in 2022, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century.



For more information, view the **2022 Alzheimer's Disease Facts and Figures** report at alz.org/facts.
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What is an Alzheimer's Association Support Group?

A support group is a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia. Meetings typically take place monthly, and are always free, and are open to the public.

Register: To register for a support group: **Contact the 24/7 Helpline 800.272.3900**

You will receive connection information after you register. For information on Support Groups in Spanish, contact 414.431.8811.

Statewide Virtual Support Groups		alzheimer's  association®
Support Group	Day	Time
For Persons Living with Mild Cognitive Impairment (MCI)	2 nd Wednesday	10:00-11:30 am
Family Caregivers for a Loved One with Dementia Living at a Facility	Every other Friday	10:00-11:30 am
Family Caregivers for a Loved One with Dementia in the Early Stages	4 th Tuesday	10:00-11:30 am
Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD)	3 rd Wednesday	6:00-7:30 pm
Grief & Bereavement Support Group	For persons who have experienced the death of their loved one affected by Alzheimer's disease or related dementia. Family members express they have grieved the loss of their loved one twice. Their initial grief often begins when the person experiencing the disease is no longer the individual that they were and the second time when death occurs. This Support Group will help provide bereaved individuals with a non-threatening atmosphere to explore feelings, emotions and needs. Call Shai Wise at 414.775.7578 for upcoming date and details	



Regional Virtual Support Groups

(while based out of certain counties, anyone is welcome to attend support groups regardless of location)

Support Groups	City	County	Meeting Day	Meeting Time
Virtual Coffee for Caregivers	Middleton	Dane	2 nd Monday	5:30-6:30 pm
Caregiver Support Group	Stoughton	Dane	2 nd Thursday	2:00-3:30 pm
Women's Caregiver Support Group	West Allis	Milwaukee	2 nd Monday	6:00-7:00 pm
Caregiver Support Group	New Richmond	St. Croix	1 st Tuesday	9:00-10:30 am
Caregiver Support Group	West Bend	Washington	2 nd Wednesday	1:00-3:00 pm
Phone In Caregiver Support Group			Last Tuesday	10:00-11:30 am

ALZConnected (alzconnected.org) is a free online message board for caregivers and those who have Alzheimer's or another related dementia. If you cannot locate a virtual support group available during a time that works for you, ALZConnected may be a support solution for you.

To register for any of our Support Groups contact the 24/7 Helpline 800.272.3900

You will receive connection information after you register.

Access Ability Wisconsin will bring 4 outdoor wheelchairs for this event.

If you are interested in reserving one, please reach out to:

Friends of Pheasant Branch at jhdaly@charter.net

For more information on AAW outdoor wheelchairs visit: www.AccessAbility.WI.org



National Trails Day Celebrating the Outdoors

Saturday, June 4, 2022

1:00 pm to 4:00 pm

Orchid Heights Park in Middleton and Pheasant Branch Conservancy

Join us for a community-wide, inclusive, family event with interactive activities and short talks throughout the open lands of the Pheasant Branch Conservancy. We will have many stations and learn-as-you-go activities for all ages and abilities.

Hosted by the Friends of Pheasant Branch Conservancy, the City of Middleton Parks & Recreation and the Dane County Parks.

This is a free event and an open house concept - Come for the entire afternoon or parts of the program schedule. A full program schedule will be posted on host social media websites and in the local media sources several weeks prior to the event.

Come dressed for the weather.

Parking is limited. Consider car pools, biking or walking to the event.



Thanks to Foundation for Dane County Parks and Bader Philanthropies



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- ◆ Information about bladder and bowel control
- ◆ At-home techniques and exercises to help prevent or improve symptoms
- ◆ Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!

This workshop will be held online via Zoom. Fridays at 1 – 3 PM

July 22, 2022

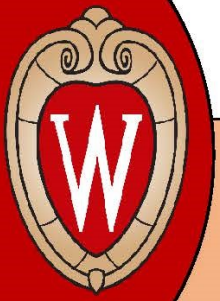
August 5, 2022

August 19, 2022

This workshop is *FREE*.

Suggested donation of \$20 to cover educational materials. All are welcome to join, regardless of your ability to donate.

To sign up, contact Shannon at 608-261-5678 or Gabriel.Shannon@countyofdane.com



Are you the mother of a child with a disability?

- Are you 45 years old or older?
- Do you provide care or support for your child?

Participate in a 90-minute interview to help us understand how parents of children with disabilities think about and plan for their own retirement. This information could help inform policy to better support the needs of parents whose children have disabilities.

Interested?

For more information, call 608-515-8590
Visit go.wisc.edu/qp191s or scan the QR Code



**Participants will
receive a \$75 gift card
after completing an
interview.**