

November 2022

Caregiver Chronicles



[#CaregivingHappens](#)

National Family Caregivers Month

AREA ON AGING OF DANE COUNTY • 2865 N SHERMAN AVE, MADISON, WI 53704

608-261-9930 • [HTTP://AAA.DCDHS.COM](http://AAA.DCDHS.COM)

November Notes

November is National Family Caregivers Month

National Family Caregivers month is celebrated each November as a time to recognize and honor family caregivers across the country. Bringing attention to family caregivers enables all of us to raise awareness of family caregiver issues; celebrate the efforts of family caregivers; educate family caregivers about self-identification; and increase support for family caregivers.

The Caregiver Action Network is the organization that sets the theme for National Family Caregivers Month and coordinates with the Administration for Community Living and organizations across the field. The first proclamation to recognize the day was signed by President Bill Clinton in 1997, and every president since has followed suit. This year's theme is [#Caregivinghappens](#). (Click on the hashtag in the article on pages 3 and 4 for additional resources.)

Provide Your Input on the National Strategy to Support Caregivers by November 30.

The 2022 National Strategy to Support Family Caregivers is available for public comment through November 30. Comments received from the public will influence the strategy, which is intended as the national road map for better supporting family and kinship caregivers (see pages 6 & 7).

Thank You Dane County Caregivers

Thank you Dane County Family Caregivers for all you do!



Jane De Broux
Caregiver Specialist
Dane County Area Agency on Aging

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[#Caregivinghappens](#) National Family Caregivers Month

When I gave one of my first presentations on caregiving several years ago, a man paced at the edge of the room. He stayed after to ask a question. He explained his mother wasn't safe from falls in her current multi-level home and he wanted her to move to a more practical house or apartment. "How do I make my mom move?" he asked.

I asked him if she had any type of diagnosed cognitive decline or dementia. "No," he said, "She just wants to stay in her house. But she can't. She's not safe." With that I explained he could do his best to present his concerns to her and, with his family members, try to facilitate a discussion. However, his mother was allowed to make her own choices even if he strongly disagreed.

I understood this man's feelings well. I call caregivers in his position "caregivers in waiting." It's my way of describing that difficult period of anticipation when you know that one day there will be an issue that presses you into service. But when you focus on what you cannot control it can also cause a lot of unnecessary stress. All you can do is express your concern and take action for things that are under your control. If the older adult loved one in your life resists any suggestion you make, you can do some research for your own information. Learn all you can about community resources, longterm care options, and your own family leave policies if you are employed. Practice good self-care habits knowing that it will be what sustains you. When your life suddenly presents new demands on your time, energy, and emotions it will be very difficult to begin new practices that support you in the midst of all that's happening. Making sure your social and community ties are strong and taking care of your physical and mental health will provide immediate benefits in addition to helping you cope with added responsibilities and stress.

If his mother was insistent on remaining in her house there were also ways for him to address some of his concerns without simply demanding she move—he could do his best to promote safe living for her. He could look into a medical alert device to provide a way for her to call for help easily should she need it. He could suggest an evaluation of her house for fall risks, help make changes like moving a basement laundry upstairs, adding lighting and removing throw rugs to help prevent falls, and adding grab bars in the bathroom. He could suggest a medication evaluation to ensure there were no interactions that might cause light-headedness resulting in a fall. He could share information on classes to help her maintain strength and prevent falls. He could encourage her to set up a Healthcare Power of Attorney, make her wishes known about end-of-life decisions, and engage her in a discussion on longterm care resources.

[#Caregivinghappens](#) *I Just Realized I'm a Family Caregiver Now*

Next-level Caregiving

Perhaps you have been helping a loved one function at home in their community and all has been running quite smoothly. Your care partner has been able to manage with many activities of daily living and requires little assistance with personal cares. You do things for them like running errands, helping with home maintenance and yard work, accompanying them to medical appointments, and checking in more often to spend some time socializing. You may help them coordinate services like house cleaning or yard work.

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(continued from page 3)

Next-level caregiving could come in the form of a fall, life-changing diagnosis, or accident. This is the time when any preparation in the form of research, connections to resources, and community support comes into play. While nobody can see into the future, it will make all the difference if you can begin with some foundation and knowledge of where to start.

In in some cases, life-changing decisions must be made. The caregiver may need to take a leave from their employment. Or, the status of the relationship may be dramatically altered (for example, if one member of a couple has a severe stroke, their spouse may be faced with taking over all the contributions their loved one made to the household in addition to providing personal care). Adult children may need to begin planning for the long term differently when a parent receives an Alzheimer's or dementia diagnosis. A fall could mean that an older adult is no longer able to remain in their current home. Serious changes in vision, like those caused by macular degeneration, may end the older adult's ability to drive, changing their level of independence.

[#Caregivinghappens](#) *Defining a New Normalcy*



Grandparents and Other Relative Caregivers Raising Children

I'm not sure what can prepare you for the eventuality that you may one day, as an older adult, be in the position of raising and caring for your grandchild or the child of another relative.

[#Caregivinghappens](#) for grandparents and other older adults raising children due to a number of factors, including addiction, mental or physical illness, or the incarceration of the child's parent.

If you need assistance with caregiver planning, support, resources or referrals; or would like to apply for Caring or Caregivers grants* for respite and supplemental services, contact me at the Dane County Caregiver Program by phone 608-381-5733 or email: debroux.jane@countyofdane.com.

—Jane De Broux, Caregiver Specialist
Dane County Caregiver Program

*If you are interested in a Caring for Caregivers grant in 2023, call or email beginning on December 19, 2022.

All sessions are available by telephone and on Zoom

**Wednesday
November 2** 11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific **What Caregivers Can Do: Tips for Caregivers of Alzheimer's & Related Dementia Patients with Dr. Elliot Montgomery Sklar and Lucy Barylak, MS** *Caregivers often feel like so much is out of their control, but that's not always the case. This program will focus on the positive aspects of caregiving and ways to take control of what is possible.*

**Thursday
November 3** 2:00 pm Eastern
1:00 pm Central
12:00 pm Mountain
11:00 am Pacific **Ask Dr. Tam with Tam Cummings, PhD** *In this session we will take audience questions on dementia and discuss methods to work with that particular issue or care need.*
****Sponsored by VITAS Healthcare****

**Monday
November 7** 11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific **Modern Caregiving for Modern Millennials with Dr. Elliot Montgomery Sklar and Samara Yesovitch, MS** *The number of Millennial caregivers is growing, and the characteristics of these caregivers are unique which will be explored in this program. Sometimes, generational differences in perspective can make caregiving more challenging, which this program will discuss. Specific resources for this segment of caregivers will also be shared.*

**Tuesday
November 8** 1:00 pm Eastern
12:00 pm Central
11:00 am Mountain
10:00 am Pacific **"Cómo prepararnos en el tiempo de celebración y frío para estar sanos" con Ilan Shapiro, MD, MBA, FAAP, FACHE** *El Dr Shapiro hablara de tips prácticos para ayudar a disfrutar cómo se debe los festejos que vienen. La prevención es la mejor medicina.*

**Monday
November 14** 1:00 pm Eastern
12:00 pm Central
11:00 am Mountain
10:00 am Pacific **Managing the Holiday Challenges of Family Caregivers with Sue Wallace, CSA** *How can family caregivers balance the stressful demands on time and energy during the holidays? Learn practical tips to help caregivers enjoy the best of the holidays and still provide the best care.* ****Sponsored by the North Central Texas Caregiver Teleconnection Program****

**Tuesday
November 15** 11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific **Dear Lucy: Dementia and Inappropriate Sexual Behavior with Lucy Barylak, MSW** *Lucy Barylak, MSW will discuss why some persons with dementia exhibit inappropriate sexual behavior. She will also provide tips for caregivers on how to respond to a loved one who displays inappropriate sexual behaviors.*



A program of the WellMed Charitable Foundation
Register online at www.caregiverteleconnection.org
call 866.390.6491 Toll Free



FOR PUBLIC INPUT

ACL Now Accepting Comments on the National Strategy to Support Family Caregivers

Comment period will remain open through November 30

The [2022 National Strategy to Support Family Caregivers](#) (the strategy) is now available for public comment for a period of 60 days. Comments received from the public will be used to inform the ongoing work of two Congressionally mandated caregiving advisory councils, as well as to inform future updates to the strategy. [Click here](#)

The strategy is intended to serve as a national roadmap for better recognizing and supporting family and kinship caregivers of all ages, backgrounds, and caregiving situations. It includes nearly 350 actions the federal government will take to support family caregivers in the coming years and more than 150 actions that can be adopted at other levels of government and across the private sector to build a system to support family caregivers.

The strategy was developed jointly by the advisory councils established by the [Recognize, Assist, Include, Support, and Engage \(RAISE\) Family Caregivers Act](#) and the [Supporting Grandparents Raising Grandchildren \(SGRG\) Act](#), with extensive input from family caregivers, the people they support, and other stakeholders. [RAISE Family Caregivers Act](#) [SGRG Act](#)



Each year, around 53 million people provide a broad range of assistance to support the health, quality of life and independence of a person close to them who needs assistance as they age or due to a disability or chronic health condition. Another 2.7 million grandparent caregivers – and an unknown number of other relative caregivers – open their arms and homes each year to millions of children who cannot remain with their parents. Millions of older adults and people with disabilities would not be able to live in their communities without this essential support – and replacing it with paid services would cost an estimated \$470 billion each year.

While family caregiving is rewarding, it can be challenging, and when caregivers do not have the support they need, their health, wellbeing and quality of life often suffer. Their financial future can also be put at risk; lost income due to family caregiving is estimated at \$522 billion each year. When the challenges become overwhelming and family caregivers no longer can provide support, the people they care for often are left with no choices except moving to nursing homes and other institutions or to foster care – the cost of which is typically borne by taxpayers.

ACL is requesting comments on:

- The most important topics/issues for the advisory councils to focus on moving forward; and
- Issues that were not covered by the initial strategy that should be addressed in future updates.

Comments can be submitted via [an online form](#). Respondents have the option to comment on each individual component of the strategy or provide feedback on the strategy as a whole. [Click here for the online form](#)

For additional information about the strategy, contact [Greg Link](#).

[Submit a Comment](#)



Monthly MIPPA Moment: Long-Term Care Awareness

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

November is National Long-Term Care (LTC) Awareness Month in the United States. The number of people in need of long-term support services in the United States is already at 14 million and estimated to grow to 27 million by 2050. It is important to know what our LTC options are as we age. It is also a good time to check on loved-ones in LTC to ensure needs are being met. While care often falls onto family and friends, good planning can prevent stress, poor outcomes and excess costs.

Often times, people mistakenly believe that Medicare will cover nursing home care for the long run. Outside of Medicare coverage for limited rehabilitation coverage in a Skilled Nursing Facility with certain other requirements being met after a hospital stay, Medicare does *NOT* cover "custodial" LTC. This is traditional nursing home care, not meant as rehabilitation. In Wisconsin, an average cost of a private nursing home room is over \$9000 per month. Private funds, nursing home insurance, or Medicaid typically pays for this custodial LTC.

Medicaid, a needs-based healthcare program, can cover the cost of LTC for seniors and disabled *individuals who meet their state's eligibility requirements*. If people meet certain financial and functional requirements, they may qualify for LTC Medicaid. An applicant must:

- Be a resident of the state in which one is applying for Medicaid benefits.
- Be 65 years of age or older, permanently disabled, or blind.
- Have monthly income and countable assets under a specified level.
- Have a functional need for long-term care.

You can learn about Wisconsin LTC Medicaid programs [here](#) and apply at [access.wisconsin.gov](https://www.access.wisconsin.gov).

Information on functional screens can be found through your Aging & Disability Resource Center (ADRC); call 608-240-7400 in Dane County.

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.



Gabri

**STAND UP
AND
MOVE MORE**



STAND UP AND MOVE MORE

Sit more than 6 hours per day?
Join a *Stand Up & Move More* class to learn:

- How too much sitting time affects you and your health
- The benefits of standing
- Strategies to stand up and move more
- How to set and stick to goals
- How to identify and address barriers

This program helps you add more standing time into your day so you feel better and improve your health.

Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

When: Thursdays @ 2-3:30 pm
January 12, 19, 26 & February 2, 2023
Refresher Session on March 2, 2023

This is *not* an exercise class

Where: Virtual—Zoom
Cost: Free (option to donate \$15 to cover class materials)

Register by: 1/4/23 by contacting Shannon at 608-261-5678 or Gabriel.Shannon@countyofdane.com

MOVE MORE ... Even during these cold winter months. YOU CAN DO IT!



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

<https://www.daneadrc.org/documents/pdf/Newsletter/Resource-Wise-Fall-2022.pdf>

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

(608) 240-7400

Website: www.daneadrc.org

Email: ADRC@countyofdane.com



3RD ANNUAL AGING WELL SUMMIT

DATE: NOVEMBER 12TH & 13TH 2022

Please join us for the 3rd Annual Aging Well Summit, with a focus on brain health and healthy caregiving, organized by Cairasu All Things Alzheimer's. It is an opportunity to learn, share, and connect with others in the senior care industry and community members interested in optimizing and maintaining a healthy brain.

Schedule Of Events

**10:00 AM – 4:00 PM,
Saturday: Online, Keynote Speakers**



CARL V. HILL, PHD, MPH
Chief Diversity, Equity and Inclusion Officer
Alzheimer's Association National Office
Keynote Speaker

Title: *Unforgettable: The Power of Partnership in the Pursuit of Justice and Equity.*



MARTY SCHREIBER, Former Wisconsin Governor, Business Owner, and Author of My Two Elaines
Keynote Speaker

Title: *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*

In this two-day summit, on Sunday, we are partnering with Center for Aging Research and Education at UW- Madison to train family and professional caregivers. Certificates will be provided. Please note Sunday caregiver training will be hybrid (In-person and virtual). Please let us know if you are attending in person on Sunday, so we have materials and food for everyone.

Sunday: CARE U Training

10:00am -4:00pm

Online or In-Person

Email- Info@cairasucare.com

[REGISTER](#)

Venue

Online Saturday, November 12 and hybrid on Sunday, November 13. In-Person venue is Cairasu Home Care on 437 S Yellowstone Drive, Suite 110, Madison WI 53719

For online Registration visit-

<http://event.allthingsalz.org/>

OR SCAN THE QR -



IT'S OUR 5 YEAR ANNIVERSARY

of

MADISON VA

Being Dementia Friendly

Meet our Panelists of Dementia Experts!



Bonnie Nuttkinson

Outreach Specialist
Alzheimer's Disease Resource Center



Joy Schmidt-Quincey

Dementia Crisis Program Specialist
Dane County ADRC



Ellen Wanninger

Dementia Care Coordinator WI
Madison VA



November is National Family
Caregiver Support Month

Wednesday - November 2, 2022

Panel of Dementia Experts Madison VA Auditorium
10:00 am - 11:00 am

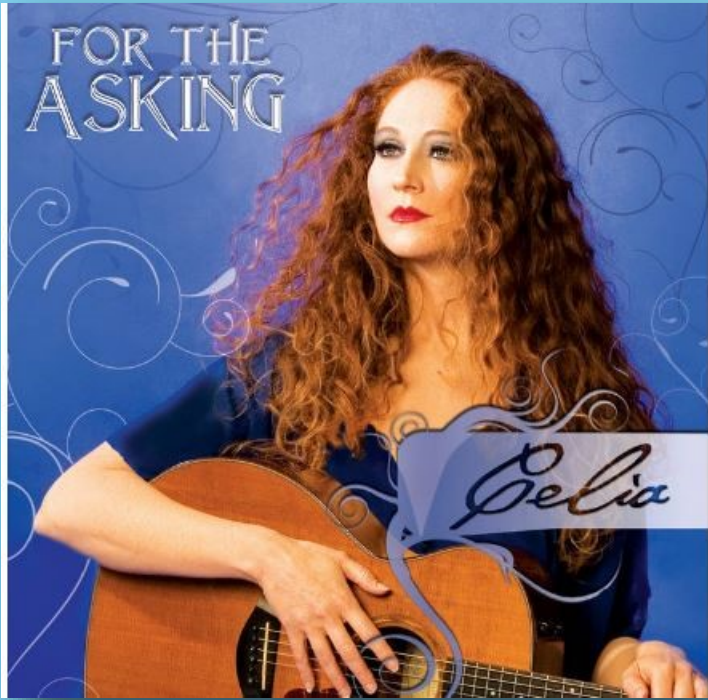
Resource Fair Madison VA Lobby
9:00 am - 12:00 pm

Open to all! Learn about caregiver support, dementia care and aging services, and much more!

The presentation is restricted to the first 50 in-person attendees and will be available online at

www.facebook.com/MadisonVAHospital

This event is being presented by the Dementia Friendly Committee and the Caregiver Support Program.



The Caregiver's Song
from For The Asking by Celia Farran

00:00 / 05:29

To listen, click the play button above or go to:

<https://celiaonline.bandcamp.com/track/the-caregivers-song>

From The Caregiver's Song

by Celia Farran

Thank you. Thank you.

For carrying me

For when your hope becomes your grief

I get all the sympathy

But I need this world to see

To see you. And how you have cared

For me.