

JULY 2023

CAREGIVER CHRONICLES

BULLETIN

Dane County Caregiver Program

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Support for Grandparents and Relative Caregivers

For generations, grandparents, aunts, uncles, cousins, and siblings have supported their young relatives. When there are times of crisis and parents are unable to provide care, relatives step up to care for the children in their families. Placement with relatives lessens the negative effects and promotes a child's permanency and well being.

The Dane County *Caring for Caregivers Program* has resources for caregivers who provide care for both young and old. Funded by the National Family Caregiver Support Program, Older Americans Act, and Dane County, the program provides help to **those caring for:**

- Frail older adults ages 60 plus
- Persons with Alzheimer's disease and related disorders regardless of age
- Children (under 18) being raised by their grandparents or other relatives (age 55+)
- Severely disabled adults (age 18—59) living with and receiving care by their parents or other relatives (age 55+)

In addition to [Dane County Caregiver Program](#) *Caring for Caregivers Grants*, resources for Grandparents and Other Relative Caregivers include:

[Dane County Department of Human Services Kinship Care Program](#)

is a federally-funded, county-administered program that provides a small monthly payment to an adult caring for a related child. For more information on the program contact Sarah Kasel at kasel@countyofdane.com or Carolyn Fatsis at fatsis@countyofdane.com.

[Wisconsin Kinship Navigator](#) is a resource designed to help you find resources for medical care, support payments and more for the children in your care.

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[The Rainbow Project, Inc.'s](#) "Grandparents & Other Relatives as Parents Support Group" provides a place to turn for the comfort and support they need and to provide a nurturing and educational place for those individuals to come and discuss issues they face. Topics covered include guardianship, custody and adoption, rights of grandparents and other relatives, grief & loss, relieving stress, child development, and financial resources. The group meets the second Saturday of every month from 10:00 am—12:00 pm. Professional childcare and food is provided. Contact Serena Pelosa at sbreining@therainbowproject.net. Registration is required.

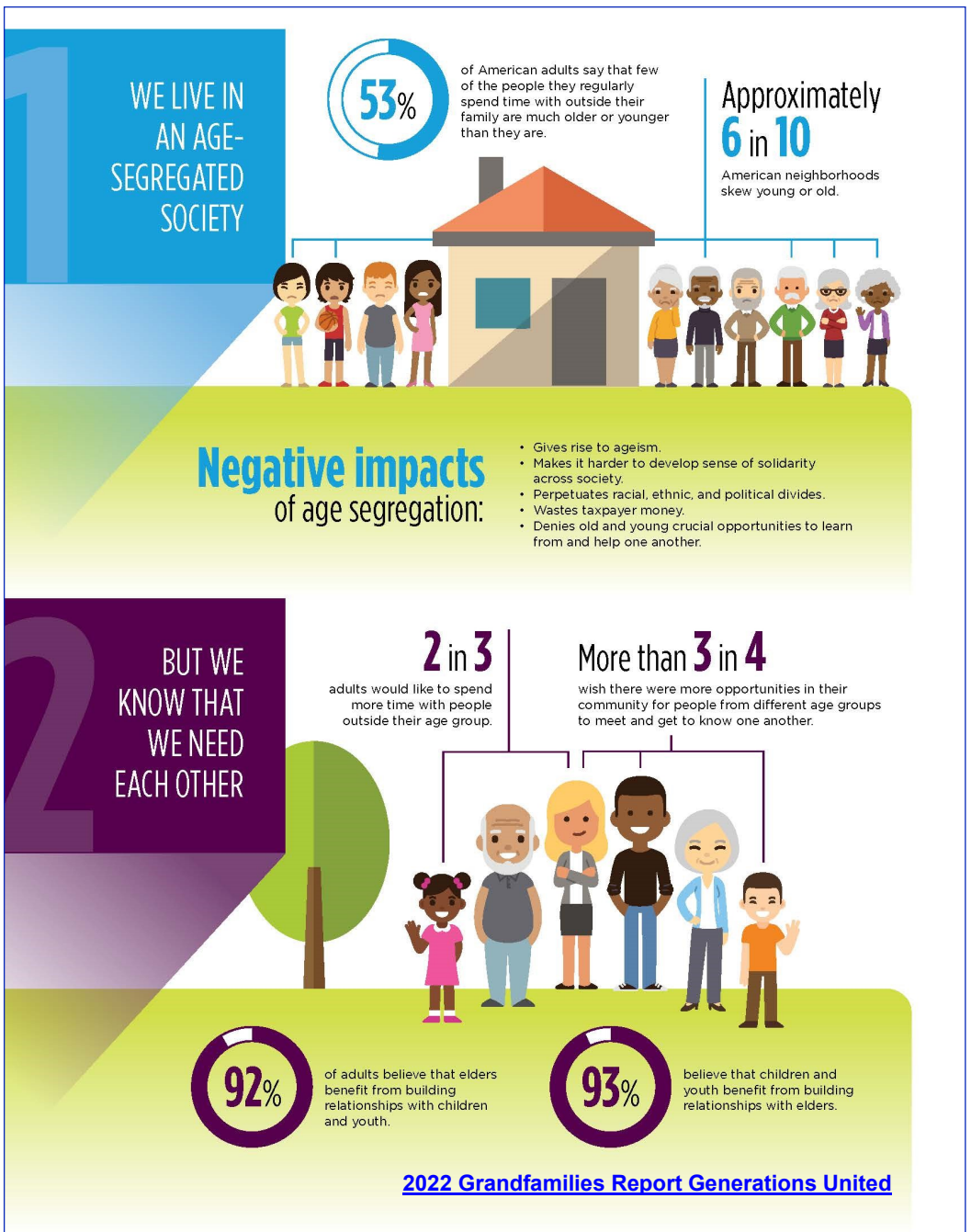
[Respite Care Association of Wisconsin \(RCAW\)](#) provides Lifespan Respite Care, which is care across the lifespan to individuals with various special needs. A non-profit group contracted by the State of Wisconsin to coordinate respite care services across local and state levels, they provide [Respite Care Grants](#), a [Respite Care Registry](#) for families searching for care providers, and [training for Respite Care Providers](#). RCWA has identified kin and grandparent (relatives) caregivers as a specifically underserved population that qualifies for federal grant funding.

79,512 Children living in homes where a relative is head of household

22,426 Grandparents responsible for their grandchildren

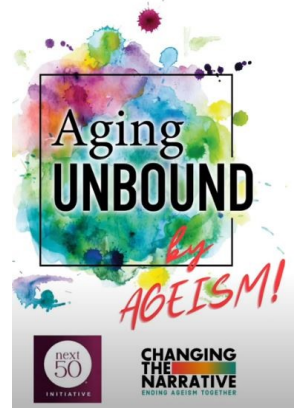
Source: [Wisconsin GrandFacts State Fact Sheet](#)

Fighting ageism is important for grandfamilies and other older adults raising children. They need consideration and support in our communities to provide for the children in their care.



[What would it look like if aging was unbound by ageism?](#)

Leanne Clark-Shirley, PhD, Vice President, Programs & Thought Leadership, American Society on Aging



Monthly MIPPA Moment: Help with Prescription Costs



“Extra Help” is a federal program through the Social Security Administration that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as the “Part D Low-Income Subsidy” (LIS). Extra Help can:

- Pay for your Part D premium
- Lower the costs of your prescription drugs
- Let you switch Part D plans more often
- Eliminate your Part D late enrollment penalty if you have one

If your monthly income is up to \$1,843 in 2023 (or \$2,485 for couples) and your assets are below certain limits, you may be eligible for Extra Help. Also, know that if you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you separately meet Extra Help’s eligibility requirements. You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance. If you do not choose a plan and you apply and qualify for Extra Help, you will in most cases be enrolled into one. If you think you may be eligible, I recommend that you apply through the Social Security Administration. You can apply online (<https://www.ssa.gov/medicare/part-d-extra-help>) or call SSA at 1-800-772-1213 (national)/866-770-2262 (local) or visit your local office to get a paper application.

To find more information about Medicaid and the various programs in Wisconsin you can look at the Wisconsin Department of Health Services website at <https://dhs.wisconsin.gov/medicaid/index.htm>.

To determine if you qualify for Medicaid coverage, apply at access.wisconsin.gov or call your local Medicaid Agency. In Dane County that is the Capitol Consortium 1-888-794-5556.

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.



Date Time Topic A LEADING VOICE FOR CAREGIVERS

**All sessions will be available on Zoom and/or just the telephone. Your choice!
You may log in or call in to participate**

Thursday July 6	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Ask Dr. Tam Questions with Tam Cummings, PhD <i>What kind of questions do you have about dementia? As a caregiver, how do you survive the journey? Dr. Tam Cummings will cover quick stress relief tips and answer any questions you have about dementia. **Sponsored by VITAS Healthcare**</i>
Monday July 10	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Family Diplomacy -- Strategies to Align and Balance Your Care Team with G. J. Hodson <i>Participants will learn how to compartmentalize and delegate responsibilities, how to work around disruptive family members, and how to break the patterns of old family assumptions. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday July 11	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Behavioral Disturbances in Dementia with Dr. Nestor H Praderio <i>Cognitive decline in Dementia patients is progressive and creates significant psychological distress. Nestor H. Praderio, M.D. will lead a candid discussion on the potential for escalating dangers associated with behavioral problems as well as the havoc it may create for caregiver burnout and the overall welfare of the patient.</i>
Thursday July 13	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	What can caregivers do when the person with dementia refuses personal daily care Lucy Barylak, MSW <i>The session will address different methods on how to deal and cope with these difficult situations. Lucy will also provide helpful tips on bathing, dressing, mouth care and grooming. At the end of this session, Lucy will stay on the line and offer personal support.</i>
Friday July 14	12:00 pm Easter 11:00 am Central 10:00 am Mountain 9:00 am Pacific	La diferencia entre cuidados paliativos y el hospicio con la Dra. Lilitana Oakes <i>La doctora Lilitana Oakes compartirá las definiciones y diferencias entre los servicios de hospicio y cuidados paliativos (cuidados de apoyo). Utilizará historias reales para demostrar estos conceptos y equipar y alentar a los pacientes y cuidadores a beneficiarse de estos servicios de manera oportuna.</i>
Tuesday July 18	12:00 pm Easter 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Why Family Caregivers Should Say "No" with Barry J. Jacobs, PsyD <i>Family caregivers often feel uncomfortable setting limits and saying "no" to the family members they are caring for because they don't want to feel guilty. Psychologist and author Barry Jacobs will lead a conversation about how to say "no" to improve the well-being of the caregiver and care receiver and therefore avoid all guilt.</i>
Thursday July 20	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Help, I am a "people-pleaser" and it's killing me! Dr. Natalee Oliver, DSW <i>How many times have you put others' needs before your own? Successful caregiving involves balancing your loved one's needs and other family members' needs with your own needs. Join Dr. Oliver as she shares strategies on how to learn to say "no" and how you can become a recovered "people-pleaser."</i>
Tuesday July 25	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Current Issues in Long Term Care with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW <i>This session addresses current hot topics in long term care, and data that caregivers should know about concern long term care facilities. We'll discuss caregiver and staff concerns. At the end of this session, Elliot and Lucy will stay on the line and offer personal support.</i>

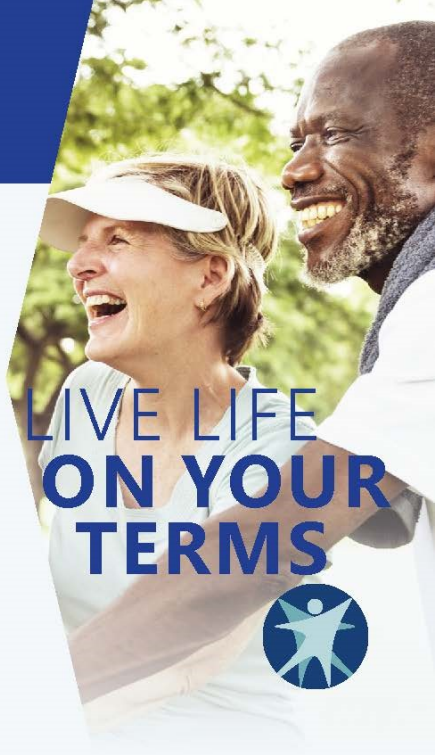


Independent Living Supports Pilot Program

Have a **disability** or are an **older adult** who needs help with daily activities? **Can't get Medicaid?** Apply to get up to **\$7,200** worth of:

- Specialized medical equipment and supplies.
- Home and vehicle modifications.
- Moving services.
- Supportive personal and home care.
- And much more!

Learn more: dhs.wi.gov/ilsp



The Wisconsin Department of Health Services (DHS) is starting the Independent Living Supports Pilot (ILSP) program. This program is paid for by the American Rescue Plan Act (ARPA) and will help Wisconsin residents remain in their homes longer. The program will give short-term, flexible help for older people and people with disabilities who meet certain requirements, allowing them to stay in their own homes longer for better health outcomes.

ADRC of Dane County will run the program in Dane County working to enroll eligible people and helping identify one-time and ongoing services they might need. Examples of assistance include special medical equipment, devices to make life easier, modifications to homes and cars, caregiver education, personal care services, help managing care, home care services, emergency response systems, meals (for people under age 60), internet/Wi-Fi service, help with money and legal problems, and more.

The program will help DHS understand how people look for information regarding assistance and support, identify potential barriers that may prevent people from getting help, and improve the quality of life for those able to participate. For more information about this program and other uses of ARPA funds in our state, please visit the DHS [website](https://dhs.wi.gov).



FREE In-Person Welcome to Medicare Seminar

Sponsored by Area Agency on Aging of Dane County's Elder Benefit 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.

July 15, 2023, 9-11:30 am
DeForest Area Community & Senior Center
505 N Main St, DeForest, WI

Email AAA@countyofdane.com register by **July 7, 2023**

Additional Dates: September 16, 2023 and November 11, 2023



Healthy Living with Chronic Pain Workshop

A 6-week workshop proven to help people with chronic pain better manage their condition.



What is Healthy Living with Chronic Pain? This workshop is designed to help people with chronic pain learn coping skills, increase confidence, and minimize the adverse affects of pain. These small group workshops are led by two trained facilitators and meet one hour per week for six weeks.

**Participate in the comfort of your own home!
Register for the next phone-based workshop:**

Tuesdays 10:00am – 11:00am

September 12—October 17, 2023

Where: Over-the-phone | Cost: Free

(Option to donate \$15 to cover class materials to Area Agency on Aging)

Register by calling either facilitator by Sept. 1st:
Julie 608-332-1077 or Deanna 608-669-7352



Caregiving: What We're Reading Online

["Can We Learn to Embrace Robotic Caregivers?"](#) An Aging Population and Elder Care Shortages Means We May Not Have Choice.

Proto.life Newsletter. Click photo below to view video.



[Six Key Housing Factors to Consider as You Age.](#) Can you age in place, or do you need to move? And ice cream might actually have more to do with making tough housing decisions than you think. If you expect you will be called on to provide support and care for an older adult in your life, these are important issues to consider and discuss. *Kiplinger* Newsletter, May 25, 2023.



The Alzheimer's disease research programs at the University of Wisconsin have released the first installment of their newsletter, **Keep in Mind**. Click [here](#) to read an [here](#) to share.

