

Caregiver Chronicles

From Club to Panini: Multigenerational Caregivers Are Under Pressure

Back in 1981 the term “Sandwich Generation” was created by Dorothy Miller, Professor of Social Work, and Elaine Brody, one of the first practitioners to recognize the need for aging specialization in social work. They were describing caregivers “sandwiched” between generations and mostly introduced the term to social workers and gerontologists. Today the sandwich comparison has taken on complexity with additional descriptions including:

Club Sandwich

Adults in their 50s or 60s sandwiched between aging parents, adult children and grandchildren; or adults in their 30s and 40s with young children and both aging parents and grandparents. More than half of Americans in their 40s are sandwiched between an aging parent and their own children.

Panini Sandwich

Caregivers placed under “pressure and heat” with more adults than ever bearing the responsibility of three generations at once with rising costs of living, trying to maintain a life/work balance, long-distance caregiving, pandemic-related struggles, and expenses related to elder care. The squeeze is tighter than ever.

(Continued on page 2)



Jane De Broux

Caregiver Specialist

Debroux.Jane@countyofdane.com



Under Pressure

*And love dares you
to care for
the people on
the edge of the night
And love dares you
to change our way of
caring about ourselves
This is our last dance
This is our last dance
This is ourselves
Under pressure
Under pressure
Pressure*

Under Pressure

Queen and David Bowie ©1981

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Broadening the responsibility for adults caring across generations is **spousal care** which has the potential to push a multigenerational caregiver beyond their ability to meet all the demands on them. There can be a dramatic impact on older caregivers when they have been operating in partnership to maintain their own independent living status while providing care for elderly parents and/or adult children or grandchildren. Removing one of the partners sharing care and adding care needs for that partner can make the care demands impossible to fulfill by one person alone.

No matter what the situation, we can only control so much in life and one of the best ways to manage care burdens is to plan the best you can.

Information is Power

Money and time are the greatest struggles for any type of intergenerational caregiving. Whether juggling child care and elder care or college costs and expenses for their own healthcare, caregivers are under increasing pressure that—if not balanced with self-care and support—takes a toll on their own health.

Discussing finances with family can be challenging but talking together ahead of time can help you face any future events with a plan in place. For example, if you anticipate helping elderly parents, grandparents, or other older adult family members, make sure you all understand the medical and legal decisions that must be made and the wishes of any older adult family members who are future care recipients. Go over accounts together so you know what is already in place and how to access other available resources. Include children as appropriate to their age level and do not forget to budget for your own future and make your own wishes known. Younger

working caregivers can check into benefits from life insurance to long-term care insurance to family leave. Meet with a financial manager and set aside savings if at all possible, or consult an eldercare attorney if your situation is more complicated.

Self Care with Clear Boundaries

Despite what anyone else in the family may think, you alone are not responsible for everyone else. Consider your own health and wellbeing as an important part of your caregiving role. Ask for help early and often, whether from siblings, neighbors, friends, adult children, or other parents. Sharing responsibilities with others in the same situation can lighten your load. Practice communicating your needs to make relationships more balanced.

If you plan ahead, you can also greatly help the next generation so they will not face the struggles you may be facing now.

Whether you are just beginning to plan or if you are in immediate need, these agencies and organizations are available to help and connect you to resources:

[Dane County Caregiver Program](#)
[Aging & Disability Resource Center \(ADRC\) of Dane County](#)
[Respite Care Association of Wisconsin](#)
[Rainbow Project](#) (Grandparent Raising Grandchildren Support Group)
[Generations United](#)

References:

[The Sandwich Generation is Pressed: Here's How to Manage the Burden of Dual Care](#), by Katherine Fan, January 2023, Accessed 7/24/23.
[Sandwich Generation Explained: Caught in the Middle](#), by Phoebe Ochman, July 28, 2022, Accessed 7/24/23.
[More Than Half of Americans in Their 40s are "Sandwiched" Between an Aging Parent and Their Own Children](#), by Juliana Menasce Horowitz, April 8, 2022, Accessed 7/24/23.

Monthly MIPPA Moment: August is National Immunization Awareness Month

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



For Medicare beneficiaries, If your medical provider recommends a vaccine, in most cases it is covered by your Part D plan, which must include most commercially available vaccines on their formularies. **The exceptions are (Influenza) flu, H1N1 (swine flu), pneumonia, hepatitis B, and COVID-19 vaccinations, which are covered by Part B.**

Remember, Medicare Part B covers one flu shot every flu season, which runs from November through April. Part B

also covers vaccines after you have been exposed to a dangerous virus or disease, such as a tetanus shot if you step on a rusty nail, or a rabies shot if you are bitten by a dog. As of January 2023, due to the Inflation Reduction Act, if you are enrolled in Medicare, all appropriately scheduled Medicare-covered vaccines should be free to you. See how services should be covered here:

<https://www.medicare.gov/coverage/preventive-screening-services>

In addition to Medicare coverage, **if you are enrolled in SeniorCare** in Wisconsin, vaccines that you get **at a pharmacy** are now covered 100% (not including vaccines that you get at a doctor's office or clinic). Vaccines SeniorCare covers when you get them at a pharmacy include: Chickenpox/shingles, COVID-19, Flu, Hepatitis A and B, Meningitis, Pneumonia, and Tdap (tetanus, diphtheria, pertussis).

(<https://www.dhs.wisconsin.gov/seniorcare/index.htm>),

Adapted from CMS.gov. 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.





CAREGIVER TELECONNECTION

www.caregiverteleconnection.org



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**

Tuesday August 1	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>
Wednesday August 2	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	When Caregiving Ends with Elliot M. Sklar, PhD and Lucy Barylak, MSW <i>This session focuses on dealing with anticipatory grief, caregiver isolation, how to replace time spent on caregiving tasks and moving on. At the end of this session, Elliot and Lucy will stay on the line and offer personal support.</i>
Tuesday August 8	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	La Agitación en la Demencia con el Dr. Nestor H. Praderio <i>Nestor H. Praderio, MD presentará el espectro de comportamientos y el deterioro progresivo de la función cognitiva de la agitación en la demencia. También explicará el diagnóstico diferencial de la agitación en la demencia y presentará las intervenciones clave para tratar y controlar estos comportamientos.</i>
Thursday August 10	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Why Does Dementia Cause Hallucinations, Delusions, and Paranoia with Lucy Barylak, MSW <i>Join Lucy as she discusses what the symptoms of hallucinations, delusions and paranoia are and what causes the behaviors that can happen during these episodes. At the end of this session Lucy will stay on the line and offer personal support.</i>
Monday August 14	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	The Other Dementias with Dr. Samuel Brickman <i>Alzheimer's disease is the most common type of dementia, but other types of dementia each have a unique pattern of impairment and clinical course. This discussion will cover the most common of these other types of dementia **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday August 15	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Anxiety and New Science of the Brain with Evalyn Greb, LCSW <i>Join us for a little brain update and some good discussion. Today, we know we can create new brain cells and we can change the way our brain sends and receives messages from different parts of the brain and from the body!</i>
Thursday August 17	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Dementia, Stigma and Caregiving with Dr. Natalee Oliver, DSW <i>How can we stop the stigma so that others will get the help they need as caregivers of someone living with dementia? Join Dr. Oliver as she discusses why it's important to share what you are going through as a caregiver and how you can talk to others about it.</i>
Thursday August 24	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Moving Away from the idea of Co-Dependency with Dr. Jamie Huysman, PsyD, LCSW <i>Caregivers for so many years, have been givers and after giving and sacrificing often walk away from the situation feeling that their energy has been "taken." Join Dr. Jamie as he explores ways to find some self-love for ourselves which in turn will be the best medicine for those we care for.</i>
Tuesday August 29	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	What To Know About the New Treatment for Alzheimer's Disease with Elliot M. Sklar, PhD <i>The FDA recently approved a second treatment that addresses the underlying biology of Alzheimer's and changes the course of the disease for people in the early stages. This program will explore what is known about this new treatment – Leqembi: how it works, what it does, how much it costs, where to get it -- and answering all your questions!</i>



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

≡ **FREE Welcome to Medicare Seminars**

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, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? **Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit.**

Want easy to understand answers to all of these complex questions? Sign up to attend one of the following **Free Welcome to Medicare Seminars**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.

All dates are on Saturdays, 9–11:30 am

September 16, 2023

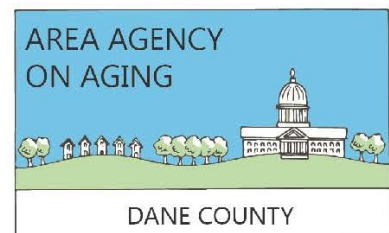
Virtual Seminar

Email AAA@countyofdane.com
to register by 9/8/23

November 11, 2023

In-person

Location: McFarland Senior Outreach Services
5915 Milwaukee St. McFarland
Email AAA@countyofdane.com
to register by 11/3/23





Wisconsin Caregivers may register for a free Trualta account at: <https://wisconsincaregiver.trualta.com/login>

Access free training and resources to help you build skills and confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



Trualta Resources include a Caregiver Toolkit for Healing Caregiver Burnout

Our toolkit provides a fresh perspective on what "good enough" caregiving means, helping caregivers redefine their expectations and alleviate some of the pressure they face. They'll discover how to make room for the activities and relationships they've been missing, creating a more balanced life.

In this toolkit:

- A guide for healing burnout no matter what stage it's at
- Step-by-step plan for re-organizing tasks and recapturing lost time
- Tips for how to create a worry plan

Asking for Help

Everyone needs help from time to time. Sometimes a crisis occurs—an accident, major change in health, or the death of someone close. Other times, we simply find we are unable to do all the things we used to do or we just have a tough week when lots of little things go wrong. But because we are taught that self-sufficiency is the ideal we may also see asking for help as a sign of weakness or failure. We may tell ourselves that it will get better or that there isn't anything anyone else can do anyway. We may believe that no one else can do our job. We may even talk ourselves into thinking we actually don't need help but, deep down, we know we could use some assistance. *Admitting that we need help is the necessary first step to getting help.*

Once we admit the need for help to ourselves, it is important to communicate the needed assistance clearly. When you are ready to ask, be specific in what you need the most. Sometimes you need something tangible like a ride to the store or an appointment, your lawn mowed, your house cleaned, a meal prepared, or a break from caregiving. Other times, you may need someone to talk to or a shoulder to cry on. It may be you just don't quite know what you need. If you can't figure it out, ask a friend, relative, or counselor to help you. Try writing down what you need. *If you allow yourself to name your needs, you can plan to get them met.*

Once you've written them down, review your list to determine the times you need help the most. That way, you can anticipate the situation and arrange for help ahead of time. Next, think about the people you know who might be able to help. Consider asking neighbors and people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked. Contact community resources including the [Dane County "Caring for Caregivers" Program](#), the [Aging & Disability Resource Center of Dane County](#).

The next step is to ask for help directly. The first time is the most difficult but it gets easier. Be sure to be specific in your request. For example, "Would you drive me to the grocery store sometime today or tomorrow?" or "Would you be able to rake my leaves this weekend?" or "Would you like to have coffee with me tomorrow—I need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it makes it easier for the person helping to know exactly what you want. If the answer to your request is no, don't get discouraged. It may take a few tries to find someone who can assist you.

Sometimes an unsolicited offer to help may catch you off guard and you can't think of anything you need right at that moment. To remedy this, maintain a list of the various things you could use help with as you think of them. Then, when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remember the things you would like assistance with and it also provides an opportunity for people to choose something that they feel most comfortable doing.

Build on your progress and continue to evaluate your situation. Needs change over time. The point is to make sure you are getting your needs met so you can be as healthy and happy as possible.

—Jane Mahoney, Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources



Need a break?

Yes, you do.

**Caring for someone
can be a 24/7 job.
Taking time
for yourself
is so important.**

Let us help
you find ways
to care for
yourself.

Dane County Caregiver Program
Caregiver Specialist, Jane De Broux
debroux.jane@countyofdane.com
608-381-5733

Wisconsin's
Family Caregiver
Support Programs