

Caregiver Chronicles

November 2020



Caring for Caregivers

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

November is National Family Caregiver Month

#CAREGIVING IN CRISIS: Facing the New Realities
with loved ones during these uncertain times



National Family Caregivers Month

Administration for Community Living

Click graphic on left for Family Caregiver Toolbox

Crisis, Resilience, and Hope

November is National Family Caregiver Month and this year's theme acknowledges, that in addition to all caregivers do already, they have also been doing it during a crisis. We are facing what public health officials have warned will be a difficult winter when a spiking number of COVID-19 cases converge with flu season and cold weather that drives people indoors. At the same time, there is reason to be hopeful and strength to be found in the resilience that has been evident in our families and communities. We are assured that a vaccine is coming and in the meantime a number of creative supports and technologies give us a way to connect with one another that wouldn't have been available less than two decades ago. This issue of *Caregiver Chronicles* is filled with resources to help caregivers weather the upcoming Winter and adapt to what will be, for most of us, a very different kind of holiday season.

While it is critical to focus on what is positive, I don't want to underplay the challenges caregivers face. If we are not allowed to talk about how hard this has been, to ask for help with the additional stressors, or to find supports for our mental, physical, and emotional health, we may find ourselves in a situation where we are no longer coping. Although it is a transitional time of year related to Caring for Caregiver grants, do not hesitate to call for support or just someone to listen. The Caregiver Action Network highlights five areas of additional challenge for Caregivers during COVID-19. In response, I have numbered each on the graphic with listings of resources for Dane County caregivers (pages 4 and 5).

Two of the most useful tools I've seen are *Best Practices for In-Home Visitors During COVID-19* from the UW-Madison Geriatric Health Services Research Lab and the *COVID-19 Decision Aid* from the Gerontological Society of America (page 7 and the first link on that page). Both can reduce the stress in making decisions about having essential help in-home and other activities you want to consider taking on during this time. [The COVID-19 Decision Aid](#) takes you through a process of considering both your quality-of-life priorities as well as your concerns about risk. As you go through the questions it can help you make a thoughtful decision.

Equally important to the ability to acknowledge stress and crisis is to make a daily plan and practice self-care. You can take the Caregivers Pledge (page 6) to commit to action. One tool for supporting your self-care practice is available in the caregiver education platform, *Trualta*, available to Dane County caregivers (page 9). For more caregiver education opportunities see *Caregiver Teleconnection* (page 10) and the *2020 Virtual Caregiver Summit* (page 11). Take a look at this month's *Caregiver Chronicles* cover for a link to the *Family Caregiver Toolbox* from the Caregiver Action Network.

For caregivers of persons with dementia, check out the *Living Well with Dementia Virtual Community Resource Fair* presented by Dementia Friendly Middleton and Dementia Friendly West Madison (page 14), and the resources available through the Wisconsin Alzheimer's Disease Research Center including a *Dementia Matters COVID-19 Special Series* hosted by Dr. Nathaniel Chin (page 15). Gaining a better understanding and learning new techniques to make caregiving easier for both you and your loved one can reduce stress for everyone. To help increase positivity by shifting your perception of the world, join the online event, *Kindness Culture Jumpstarted!* (page 12). Take a moment to relax and enjoy a musical performance by the *Stand in the Light Memory Choir's Fall Virtual Showcase* (page 13).

I also want to encourage you to take some time to plan how you want to approach a very different holiday season. For those of us who cannot join family or friends in person, it is important to find ways to connect and celebrate. I come from a large family of enthusiastic sports fans. None of us live near the city where my

(continued on page 3)

(continued from page 2)

mother lives alone in her home. One of my brothers came up with the idea to watch Packer games together. Every game he sends us a Zoom link. We each have our TVs on, grab our snacks, and chat with one another during commercials and lulls in the action. Grandchildren periodically wander in and out and it has been casual and fun for everyone. Similarly, I've heard of friends and family who make dates to eat dinner and play games together. In December's *Caregiver Chronicles*, I'll gather more ideas for getting through the holiday season so look for them in the next issue.

This November will surely bring ups and downs with an emotional election that could take longer to be settled, turning our clocks back which can adversely affect those with dementia or mental illness, and an upcoming holiday season with very limited gathering. We will all need one another. Be kind when you can and don't hesitate to reach out when you need support.



A handwritten signature in black ink that reads "Jane De Broux".

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

The logo for "Caring for Caregivers" features a red heart outline to the left of the text "Caring for Caregivers" in a serif font.

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CAREGIVING IN CRISIS

During National Family Caregivers Month, we address the new realities family caregivers face with their loved ones during these uncertain times.



Video appointments are great, but they come with **their own challenges.**



It was hard enough to **cover dad's added costs** and now I'm on unemployment.



I want to keep grandma **at home** and out of the nursing home.



Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all that was before COVID. The pandemic brings even more challenges as family caregivers handle

Caregiving in Crisis.

With COVID, **how much risk is too much?**



It's just so hard **not to be with mom** and she's worse because of it.



The Big Picture



[Listen in on a discussion](#) on the state of our family care system with writers, activists, and caregivers.

Discussion topics include a universal social-insurance system that would cover care needs across the lifespan for families; caregiving during the pandemic; elder domestic workers caring for other elders; and models for caregiving around the world.



Click on the photo to watch the video presentation.

Dane County Caregiving in COVID-19 Resources & Links

1

- Help the ones you care for use video tech more easily with these [guides](#) from the UW-Madison Geriatric Health Service Research Lab
- Contact your local [Dane County Senior Focal Point](#) to see which activities are scheduled for safe attendance in person
- Find [worksheets](#) for hiring, training, and retaining providers from the Respite Care Association of Wisconsin (RCAW)
- [Caregiving and Telehealth in the World of Coronavirus](#), Physician-Patient Alliance for Health & Safety

2

- Contact the [Dane County Caregiver Program](#) to see if you are qualified for National Family Caregiver Support Program (NFCSP) grants and to learn about other grant and caregiver support programs and resources (See page 2)

3

- Contact the [Aging & Disability Resource Center \(ADRC\)](#) to learn about long-term care programs and community supports, and for information, referrals, and help accessing resources for older adults and people with disabilities ages 18—59 (See page 8)

4

- Contact [Dane County Senior Focal Points](#) to inquire about loan closets for assistive devices, volunteer chore programs, home-delivered meals and other programs to support older adults including case management
- Nutrition Education and Wellness Social Calls are available to learn about nutrition and wellness. AAA Dietitian, Alyce Miller, facilitates the calls. Dial 888-363-4734 and use access code to join 9400768. Calls begin 12.08.20 at 10:30 am and continue every other Tuesday.
- [Caregiver Grief Comes in Many Forms](#) from Caregiver Action Network

5

- [A COVID-19 DECISION AID: How Do I Choose When to Interact with People or Take Part in Activities Outside My Home during the Pandemic?](#) The Gerontological Society of America
- [Who Decides How Much Risk is Too Much Risk?](#) The Beryl Institute

Celebrate Caregiving by Pledging to Care for Yourself

November is **National Family Caregiver Month**, a time to recognize the many hard working and devoted people who make it their mission to keep a loved one happy and safe. There are thousands of caregivers across Wisconsin who are selflessly putting their own lives on hold to make sure their loved ones are being cared for. But who will care for the caregiver? Ideally relatives, friends, and neighbors are there to help but in order to truly be a healthy caregiver, there must be a promise to care for oneself. The Family Caregiver Alliance laid the groundwork for caregivers to do just that. Please read A Caregiver's Pledge and take the pledge to not only care for your loved one, but to care for YOU.

A Caregiver's Pledge

I understand that I can't care for anyone else if I also don't care for myself.
I will keep an image in my mind of putting the oxygen mask on myself first.

I will remember that the only person I can change is myself.
I cannot change my loved one who is ill, nor my family members.

I will find opportunities to laugh, daily.
They might come in movies, jokes, television, or with friends who can see the humor in my situation and remind me to do the same.

I will get away from my caregiving duties on a regular basis, even if it is just to walk around the block.
But I will also find ways to have lunch with a friend, go to a movie, window shop, breathe in fresh air, watch the sunset, or eat a hot fudge sundae.

I will visit a support group, either online or in person in my community I know that I am not alone.
If a support group isn't right for me, I will find a friend to talk to, call my family consultant, or attend a workshop.

I will learn as much as I can about my loved one's illness so I can better care for them with understanding.
I will learn techniques that will make caregiving easier for both of us.

I will say *yes* when people offer to help.
I will make a list of things they can do and post it on the refrigerator, so that when those offers come, I'll be ready. When there are not offers, I will ask for help, even though it might be hard to do so.

I will use community resources such as Meals on Wheels, paratransit, adult day care programs, and volunteer respite programs to help make my caregiving duties easier.

I will find something I really like to do and make sure I find time to do it on a regular basis.
Just because I am a caregiver, doesn't mean I have to give up everything that is meaningful to me. I will engage in a favorite activity for a designated period of time every week.

I will remember that I am loved and appreciated, even when my loved one can't tell me.
I will honor the nurturing, responsibility, caring and support that I provide to my loved one as a gift I give.

—Jane Mahoney, Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources

BEST PRACTICES FOR IN-HOME VISITORS DURING COVID-19



Need help determining when to interact with people or take part in activities that occur outside your home during COVID-19? (Use this decision aid by clicking [here](#)).

FACTORS TO CONSIDER

- Have you been exposed to COVID-19 in the last two weeks?
- Have you and your visitors recently gotten tested to ensure you are COVID negative?
- Could this visit be held virtually? (Setup Zoom, Facetime, and Skype by clicking [here](#)).



BEFORE THE VISIT

- Establish a socially distanced space for your visitors (chairs 6+ feet apart). Utilize outdoor spaces when possible.
- Ensure you and your visitors are communicative regarding comfort and COVID safety.
- Prepare essential equipment for yourself and visitors:
 - Disposable face masks for indoor use
 - Hand sanitizer
 - Sanitizing wipes for surfaces and door handles
 - If serving snacks, prepare individualized or pre-packaged portions to limit spreading germs
- Be sure you and your guests take temperatures before arriving (99.5 degrees or above is considered a low-grade fever).
- Ask your visitors to wash their hands for at least 20 seconds with warm water and soap upon arrival.

AFTER THE VISIT

- Disinfect your surfaces.

5 steps to disinfecting surfaces

1. Pre-clean surfaces with soap and water prior to disinfecting to remove excess dirt or grime.
2. Use the disinfecting spray or wipe as directed.
3. After disinfecting, let the surface air dry, making sure it stays wet for as long as recommended on the product label. This is critical in ensuring that the proper germ or virus kill takes place as intended.
4. If disinfecting food contact surfaces or toys, rinse with water after they air dry.
5. If using a disinfectant wipe, throw out after using. Do not flush any non-flushable products.

Source: American Cleaning Institute

- Wash your hands frequently.
- Monitor your health and let visitors know if you present with any COVID-19 symptoms.

SOURCES

Gerontological Society of America: https://survey.col.qualtrics.com/jfe/form/SV_1HbFmEZvF0tyz7T

AARP: <https://www.aarp.org/caregiving/home-care/info-2020/cleaning-during-coronavirus.html>

Red Cross: <https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html>



GERIATRIC HEALTH SERVICES
RESEARCH LAB

Monthly MIPPA Moment: November is Lung Cancer 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.

Lung cancer is the leading cause of cancer death in the U.S. among both men and women. In fact, each year more people die of lung cancer than of colon, breast, and prostate cancers combined. Medicare Part B covers one lung cancer screening per year and up to 8 smoking cessation counseling visits in a 12-month period if you haven't already been diagnosed with an illness caused or complicated by tobacco use. You pay nothing for these counseling sessions, as long as you get them from a qualified doctor or another Medicare provider who accepts assignment.

More information about the preventive benefits covered by Medicare can be found in the *Medicare and You* 2020 handbook or on the Medicare website at www.medicare.gov. Visit Smokefree.gov, or call the National Network of Tobacco Cessation Quitline at 1-800-QUITNOW (1-800-784-8669).

**For more information on MIPPA Programs call MIPPA Program Specialist
Leilani Amundson at 608-240-7458.**



**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

Click on the button below to follow the
ADRC on facebook.



Support Your Self-Care Using Trualta

We've all heard by now that making sure we are taking time for self-care and doing things for ourselves in the midst of caregiving is very important. Healthcare professionals and community agencies agree that self-care makes family caregivers stronger and more resilient. Incorporating self-care into your routine can help you manage stress, reduce burnout, and ultimately help you provide better care for your loved one.

However, practicing self-care is often easier said than done. There are many things that can stand in the way of prioritizing self-care. Perhaps it's feeling like there isn't enough time in the day, or a lack of energy needed for what can sometimes feel like yet another task. Some caregivers may feel uncertain or guilty about taking time for themselves at first, and feel they should be prioritizing their loved one instead of themselves. All of these thoughts and feelings are valid and a normal part of beginning to practice self-care. Incorporating and emphasizing self-care in your life takes time, and it's okay to take it in small steps. Self-care is not one-size-fits-all. It should be something that works for you and your unique situation.

If you are unsure of where to start or need some fresh ideas to continue what you are already doing, Trualta offers useful resources for caregivers who are looking to incorporate more self-care into their lives in several areas:

Physical Self-Care: eating regularly, getting enough sleep, going for walks

Mental and Emotional Self-Care: reflecting on your own thoughts and achievements, writing in a journal, finding reasons to laugh

Social and Relationship Self-Care: calling or writing to friends and family far away, joining a virtual caregiver support group (listed under "events" on Trualta), having stimulating and meaningful conversations

Spiritual Self-Care: spending time in nature, recognizing things that give meaning to your life, meditating

Consider this a note of encouragement, and grant yourself permission to find some ways to put yourself first. Knowing that by doing this you will ultimately feel more balanced and be able to provide even better care for your loved one.

—Sarah Schupbach, AAA Intern

Already signed up for Trualta?

To learn more about developing a self-care plan go to the Trualta site, find the *Caregiver Wellness Badge*, and click on *Effective Self-Care*.

Interested in signing up for Trualta?

If you would like to register for Trualta, contact [Sarah Schupbach](#) (608-335-6506) with the Dane County Caregiver Program to learn more about this resource. The Dane County Caregiver Program has many other resources available for caregivers, and please reach out if you have any questions or need support to [Jane De Broux](#) (608-26-15679).





CAREGIVER TELECONNECTION

www.caregiverteleconnection.org



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Tuesday, November 3rd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Isolation: The Curse of Caregivers with Evalyn Greb <i>Exhaustion and depression among caregivers has often led to decreased socialization, which is as an important part of self-care. Today, recommendations for the Covid-19 response call for even greater isolation. At the same time, Public Health experts are beginning to call isolation a national epidemic. Join us in discussing attitudes and responses to help caregivers, loved ones, and family members informed and ready to fight this curse!</i>	
Thursday, November 5th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Good Grief! with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW <i>Covid-19 has resulted in a lot of grief- loss of loved ones, or a life we miss. Many of us are dealing with unexpressed grief which will be addressed in this session.</i>	
Monday, November 9th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning with Dana Zachry <i>Tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team.</i> ***Sponsored by North Central Texas Caregiver Teleconnection***	
Tuesday, November 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	¿Será posible que la depresión en la madurez de la vida esté relacionada con el deterioro cognitivo o incluso la demencia? con el Dr. Néstor H. Praderio <i>El Dr. Néstor Praderio hablará sobre los riesgos, el diagnóstico y las opciones de tratamiento. Infórmese sobre los síntomas comunes de la depresión y entienda los factores desencadenantes de esta enfermedad común que afecta a un número de adultos de 60 años y mayores.</i>	
Thursday, November 12th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Safe use of Medication for Seniors and their Caregivers with Lucy Barylak, MSW <i>Dear Lucy will talk about how to best manage your loved one's medications, especially during the pandemic. Caregivers need to understand and be vigilant about medication side effects, as well as how new medications may affect someone with dementia. If you have a question for Dear Lucy, please submit it to caregiversos@wellmed.net</i>	
Tuesday, November 17th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Guilty as Charged - Guilt and Dementia Caregiver with Tam Cummings, PhD <i>Dementia caregivers have a very real risk for overwhelming feelings of guilt. Let's talk about guilt, types of guilt, the effects of caregiving and steps to take to survive.</i> **Sponsored by VITAS Healthcare**	
Wednesday, November 18th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Celebrating Holidays During COVID-19 with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW <i>With our biggest holidays ahead, this session will discuss ways to be together safely, tips for travel and what precautions to take during our ongoing COVID-19 pandemic.</i>	



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

SAVE THE DATE

NOV 13 2020

2020 Virtual Caregiver Summit

*Caregiving:
Accepting the Challenge*

SPONSORED BY:

WellMed Charitable Foundation
& Bexar Area Agency on Aging



Family Caregivers and Professionals are invited to join us at this exciting event at no cost:

Accessible using smart phone; computer and or call in.

CEU's available

November 13, 2020
9:00-Noon CT

REGISTER@

www.wellmedcharitablefoundation.org

for Zoom conference link or call-in phone number



photo by
Torben Eskerod

KEYNOTE SPEAKER
Dr. Arthur Kleinman
Author of *Soul of Care*



SPEAKER
Lucy Barylak, MSW

Virtual Caregiver Summit in Spanish Nov 20, 2020 | For Assistance Call: 866-390-6491



KINDNESS CULTURE JUMPSTARTED!

Online Event with Don Carter

Thursday, Nov. 19, 1pm

Register online: tinyurl.com/KindnessCulture

Join this online event to learn more about how you can shift your perception to see that the world is not as hostile as it may seem.

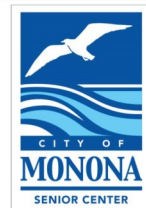


“If you want the world to change, first, change how you see it, then change how you see yourself in it.”

–Don Carter

Learn more about Don at doncarter.co

Sponsors:



Questions: Contact Diane at 608-222-3415



Stand In The Light Memory Choir
Where Words Fail, Music Speaks



Please join us for
**Stand in the Light Memory Choir's
Fall 2020 Virtual Showcase**



Date: November 19, 2020 Time: 6:30 p.m.

Stand In The Light Memory Choir YouTube Channel

Stand in the Light Memory Choir Eau Claire, WI

Where: <https://www.youtube.com/channel/UCaQ-bQa5EQrySz61lu3d3aQ>



Living Well with Dementia



Free Virtual Community Resource Fair

Cooperative Event of Dementia Friendly Middleton and Dementia Friendly West Madison

Live Presentations with Q & A

**Nov.
9th**

3PM "Senior Scams" Presented by: Tiffany Bernhardt Schulz with the Better Business Bureau
4:45PM "Improving Alzheimer's Disease and other Dementia Care through Health Literacy" Presented by: Caitlyn Mowatt with the Wisconsin Health Literacy

**Nov.
10th**

3PM "ABC's of Dementia" Presented by: Dr. Kenneth I. Robbins with Agrace HospiceCare
4:45PM "7 Financial Tips during Covid19" Presented by: Barbara Boustead with Mary's Daughter LLC

**Nov.
11th**

3PM "Elder Law & Estate Planning for Families Affected by Dementia" Presented by: Attorney Brenda Haskins with Haskins Short & Brindley LLC
4:45PM "They Want Me to Do What? A Glimpse Inside of an Alzheimer's Research Volunteer Experience" Presented by: Bonnie Nuttkinson with University of Wisconsin School of Medicine and Public Health

**Nov.
12th**

3PM "Keeping Loved Ones with Dementia Safe" Presented by: Heidi Musombwa with Brookdale Senior Living
4:45PM "Dementia 201: Behaviors & Interventions" Presented by: Angie Donovan with St. Croix Hospice

**Nov.
13th**

3PM "Benefits of Music for those with Dementia" Presented by: Ingrid Gruett, MT-BC, WMTR - Middleton Music Therapy Services, LLC
4:45PM "Q + A" with a panel of Professionals with questions from all of you!

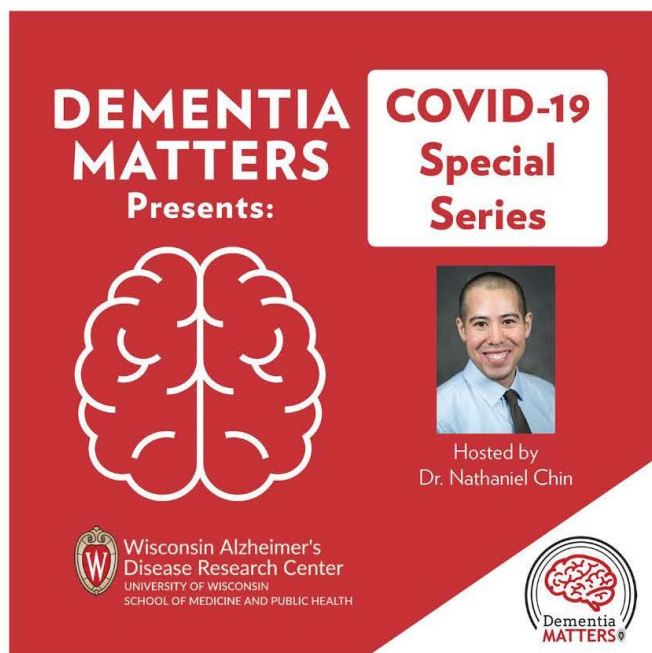
Drawings Daily for Gift Baskets! Please **RSVP** to be entered.

RSVP to Amber – abormann@brookdale.com

Sponsors



Wisconsin Alzheimer's Disease Research Center Updates



DEMENTIA MATTERS
Presents:

COVID-19 Special Series

Hosted by
Dr. Nathaniel Chin

Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Dementia MATTERS®

The graphic features a red background with a white brain outline, a photo of Dr. Nathaniel Chin, and logos for the Wisconsin Alzheimer's Disease Research Center and Dementia Matters.

Listen to the **Dementia Matters COVID-19 Special Series** to learn how the coronavirus has affected:

- research
- caregiving
- the daily lives of those living with dementia

Host Dr. Nathaniel Chin and our experts share tips on how to stay safe and live well during a pandemic.

Find episodes here:

go.wisc.edu/4kvs43

“Headlines” is a monthly e-newsletter from the Alzheimer's Disease Research Center. It delivers:

- research news
- brain health tips
- upcoming events straight to your inbox

Subscribe online:

www.adrc.wisc.edu/newsletter



Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

HEADLINES
News from the Wisconsin Alzheimer's Disease Research Center

SUBSCRIBE
for research news, upcoming events
and brain health tips

The graphic includes the Wisconsin Alzheimer's Disease Research Center logo, the word 'HEADLINES' in large red letters, a 'SUBSCRIBE' call to action, and a photograph of a colorful brain model on a stand.

Please feel free to share these images on your social media accounts. To receive the images, please contact Outreach Specialist Bonnie Nuttkinson at bnuttkin@medicine.wisc.edu or (608) 265-0407.

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:

Jane De Broux

608-261-5679

debroux.jane@countyofdane.com