

Caregiver Chronicles

October 2022

AREA AGENCY ON AGING OF DANE COUNTY
2865 N SHERMAN AVE, MADISON, WI 53704
608-261-9930
[HTTPS://AAA.DCDHS.COM/](https://aaa.dcdhs.com/)



*I'm so glad I live in a world where there are
Octobers.*

—Lucy Maud Montgomery, author
Anne of Green Gables

October Resources

September 15 - October 15 is National Hispanic American Heritage Month

For a variety of resources and services available to the Hispanic Community at NewBridge, Contact Katia Vine, Coordinator of the Diversity and Inclusion Program at 608-512-0000, Ext. 3009 or Katiav@newbridgemadison.org.

The [Family Caregiver Alliance](http://caregiver.org) has a number of resources available in Spanish. Their website is available in Spanish (caregiver.org/spanish/) and includes fact sheets on self-care, depression, caregiving with siblings, and more. They recently translated a number of new fact sheets into different languages including Spanish. FCA also produces videos on topics including hands-on caregiving skills, relaxation exercises, and publishes an online newsletter, ¿Que Pasa?, that covers topics and information focusing on the needs of Spanish speaking family caregivers..

October 10 is World Mental Health Day

The goal of World Mental Health Day 2022: make mental health and well-being for all a global priority. Many aspects of mental health have been challenged and even before the pandemic in 2019 an estimated one in eight people globally were living with a mental health disorder.

See the MIPPA Moment (page 6) for Medicare Resources.

The 988 dialing code provides free and confidential support to people in suicidal crisis or emotional distress.

The [Behavioral Health Resource Center](http://bhrc.org) (BHRC) is a voluntary person and family-centered service to help all Dane County residents access behavioral health services. Call the BHRC at 608-267-2244 or email at BHRC@countyofdane.com.

October is LGBT History Month

[LGBT History Month](http://lgbthistorymonth.org) celebrates the achievements of lesbian, gay, bisexual, and transgender icons. Each day in October features a new individual. Read about the history of LGBT rights in Wisconsin [here](#).

[OutReach Madison](http://outreachmadison.org) is the LGBTQ+ Community Center. Reach them at 608-255-8582 or info@lgbtoutreach.org. Find [LGBTQ Senior Resources](#) including a [Senior Advocate](#), the [Am I Welcome Here](#) project, the [LGBTQ 50 Plus Senior Alliance](#) sponsored by OutReach and the Madison Senior Center, and a [Resource List](#) for LGBT older adults and their families.

[SAGE USA](http://sageusa.org) is a national advocacy and services organization that's been looking out for LGBTQ elders since 1978.

Jane De Broux
Caregiver Specialist
Dane County Area Agency on Aging

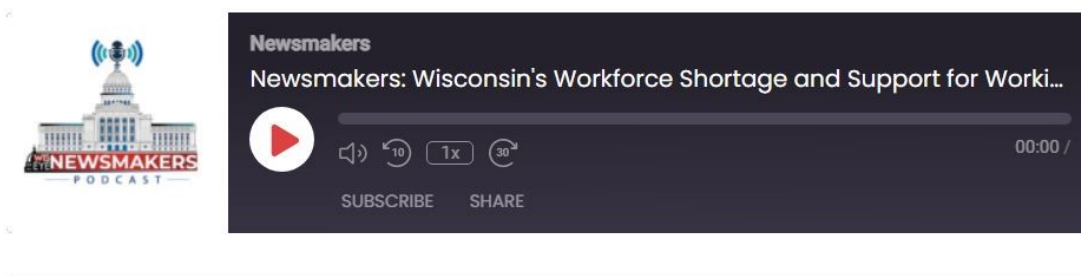
Phone: 608-381-5733
debroux.jane@countyofdane

Support for Working Family Caregivers

Support for caregiving is the most overlooked gap in employee benefits today. The past 2 1/2 years, followed by the [Great Resignation](#), has prompted employers to assess how to better address work/life balance for their employees. Paid family leave and flexibility for working parents have moved to the forefront and the needs of family caregivers—who contribute \$470 billion in unpaid care nationally—require similar attention and consideration. In many cases caregivers are sandwiched between caring for children and their parents or older adult relatives.

According to the [Wisconsin Employer and Family Caregiver Survey](#) (see pages 4 and 5 for a summary and additional resource) by the [Wisconsin Family and Caregiver Support Alliance](#) more than 8 in 10 caregivers reported having their work life interrupted with 56 percent indicating their current situation is unsustainable, a reality compounded by a shortage of professional care workers to provide critically needed help.

For further discussion on the workforce shortage and support for working caregivers, listen to the Newsmakers Podcast featuring Patti Jo Becker of Community Living Alliance, and Lynn Gall, Wisconsin Department of Health Services - Family Caregiver Support Programs Manager (click picture below to listen):



If you are a working caregiver in Dane County who needs resources and support, contact Jane De Broux, Caregiver Specialist at 608-381-5733 or debroux.jane@countyofdane.com.



Wisconsin Employer and Family Caregiver Survey

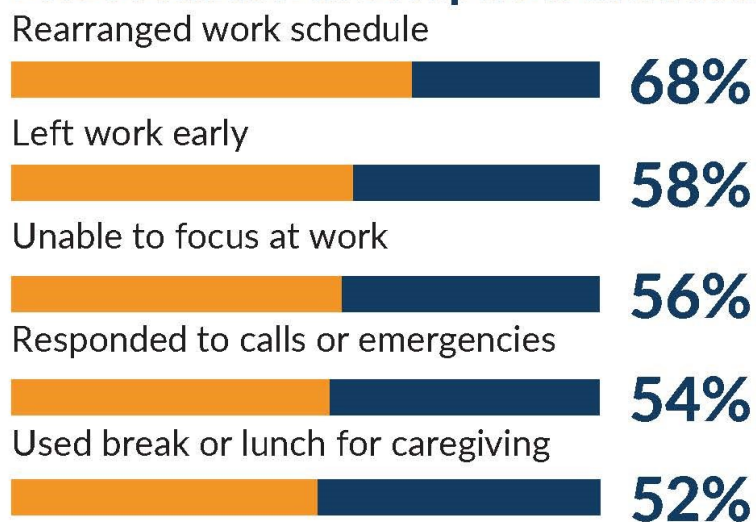


From June through October of 2021, the Wisconsin Family and Caregiver Support Alliance (WFACSA) and UW-Madison Division of Extension asked employers and working caregivers to tell us how Wisconsin businesses and families are being affected by family caregiving responsibilities. Someone is a caregiver if they are providing care or financial assistance to an older family member, an adult child, a loved one with a disability, or a spouse with a long-term illness. A total of 564 employees responded, of which 447 (79%) had a family caregiving role.

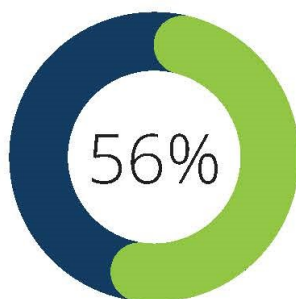


More than **8 in 10** caregivers reported having their work life interrupted

Most common interruptions included:



"[I] always feel like I have to make a choice of which is more important. My [care recipient] or my job."



56% of caregivers indicated that their current situation is **unsustainable**

Factors that promote caregiver well-being:

- A positive supervisor relationship
- Work from home capabilities
- Resources offered through employers
- Flexible hours

Giving caregivers resources can promote a healthy work-life balance

Caregivers reported being most receptive to information about:

Legal, financial, and/or health care planning (46%)

Coping with caregiving responsibilities (43%)

Strategies to approach hard decisions (41%)

COVID-19 has put a strain on caregivers

54% of caregivers said their caregiving responsibility **increased**

40% of caregivers said the pandemic made it **more difficult** to balance caregiving and job-related work

40% of caregivers said that time to themselves had **decreased**

When asked how they wanted resources to be distributed, caregivers most preferred:

Email (50%)



Online (45%)



Fact Sheet (39%)



"Calling to make appointments, transporting to and from day services, doctor appointments, and general care all need to be done during the hours I typically work. Missing any amount of work, doubles up the work I need to complete when I return."

Resources:

The **"Massachusetts Employer Toolkit to Support Working Caregivers"** offers specific recommendations for how to implement a positive caregiving culture into your workplace. Visit <https://macaregivercoalition.org/sites/mtc/files/documents/MeHI/MAEmployersToolkit.pdf> [Click here](#)

Wisconsin's Family Caregiver Support Programs offers many resources for caregivers and employers. They also have a map that will connect you to resources by county and tribe. You can find more information at <https://wisconsincaregiver.org/> or on Facebook at <https://www.facebook.com/WisconsinFamilyCaregiver>. [Click here](#) [Click here](#)

The **Wisconsin Department of Health Services** offers articles, resources, and services for caregivers. Information about **Wisconsin Aging and Disability Resource Centers (ADRCs)** is available at <https://www.dhs.wisconsin.gov/adrc/index.htm>. [Click here](#)

The **Respite Care Association of Wisconsin** offers respite resources, training and a statewide respite care registry. You can find information at <https://respitcarewi.org/training-courses/kit-for-caregivers/>. [Click here](#)

Want to see the full results of our survey? Go to: <https://wisconsincaregiver.org/employer-engagement-workgroup> [Click here](#)

Monthly MIPPA Moment: World Mental Health Day is October 10th

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

The World Health Organization recognizes “World Mental Health Day” on October 10th of every year. Depression affects older people differently than younger people. As people age, we often find ourselves spending more time alone. Loneliness and social isolation are associated with higher rates of depression. Also, fear of death or dying as well as anxiety over financial problems, health issues, abuse or neglect, recent bereavements, death of friends, family members, and pets, or the loss of a spouse or partner are common causes of depression in older adults. Without treatment, depression can also lead to higher risks with medical health outcomes. Unfortunately, the stigma associated with mental health issues can get in the way of people accessing the care they need for a better quality of life. Let's remove the stigma!

Medicare Part B helps pay for some mental health benefits including screenings (deductibles and coinsurance may apply to treatments) (<https://www.medicare.gov/Pubs/pdf/10184-Medicare-and-Your-Mental-Health-Benefits.pdf>). This includes one covered depression screening per year. The screening must be done in a primary care doctor's office or primary care clinic that can provide follow-up treatment and referrals. You pay nothing for your yearly depression screening if your doctor or health care provider accepts assignment. Visit [Medicare.gov/coverage/depression-screening](https://www.medicare.gov/coverage/depression-screening) for more information.

If you or someone you know is in crisis and would like to talk to a crisis counselor, call the free and confidential National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255). TTY users can call 1-800-799-4889.

Adapted from Medicare.gov. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608240-7458. 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 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.

November 12, 2022, 9-11:30 am

**McFarland Senior Outreach
5915 Milwaukee St, McFarland, WI**

Email: aaa@countyofdane.com to register by **11/4/2022**



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

[https://
www.daneadrc.org/
documents/pdf/
Resources/Summer-
2022.pdf](https://www.daneadrc.org/documents/pdf/Resources/Summer-2022.pdf)

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

(608) 240-7400

Website: www.daneadrc.org

Email: ADRC@countyofdane.com

ADRC
Aging & Disability Resource Center of Dane County

Resource Wise
"Connecting People With The Assistance They Need"
JUNE 2022 DANE COUNTY ADRC NEWSLETTER

On Grace...

Our newsletter previously declared that we were back, like a phoenix! We weren't. We've suggested we've arrived on the other side of the pandemic - like Evel Knievel jumping over the Snake River Canyon on his rocket motorcycle. We're not. We've touted our resilience, beating the blues, and hoped Hygge (if you recall our last edition, Hygge is a concept of enjoying the simple pleasures that bring you comfort).

But we're still feeling anxious, to be honest. It seems like each day brings about something unexpected, in some not-so-pleasant ways. COVID-19 remains unpredictable, with over one million deaths. War in the Ukraine. Heartbreaking mass shootings. Racial injustice. Politics. Global warming. The worldwide economy. Things are undeniably difficult right now.

In hard times, our response to the unexpected and unpredictable is one thing we can control. And showing grace is one of the best responses anyone can decide to have. Have grace with yourself! Remember, no one is perfect. Forgive yourself for mistakes, be gentle with you, its okay if you're feeling anxious, on edge, stressed, traumatized, and exhausted.

Have grace with others. Give your compassion, your kindness and your love to people you know and those you don't know. Have grace - whether someone deserves it or not. To some degree, everyone is stressed, traumatized and exhausted. People are going to be inconsistent in how they think, feel, and behave - but they probably are trying their best. Do your best to respond in a calm, supportive and encouraging manner with one another. It truly helps.

We're going ourselves some grace at the ADRC, too. We will try our best to create a quarterly newsletter this year. We're keeping hope that the doors to our Aging & Disability Resource Center are going to stay open to the public. If not, things will still be okay. ADRC phones and emails are working and we are here for your needs, we're here to help, and listen if you find yourself needing a bit of grace.

Roll out those lazy, hazy, crazy days of summer!

"Everything good, everything magical, happens between the months of June and August" - author Jenny Han. It looks like we may be able to enjoy a few more summertime activities this year, along with a little more togetherness! Here are some suggestions for keeping busy and having fun in Dane County over the next few months (and maybe making a little magic):

Find Fireworks for the Fourth of July! See Page 14. Take a Hike! See Pages 9 and 13.
Gross Something! See Page 5. Festivals, Fairs and More! Check out the events on Page 15. Stay Safe! See Page 11. Want a good book delivered to you? Read Page 10.

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Dementia Friendly Community

Consider joining your local Dementia Friendly Community to participate in community organizing, outreach, education, and other opportunities!

YOU CAN HELP

RAISE AWARENESS OF DEMENTIA AND REDUCE STIGMA	IMPROVE COMMUNICATION
INCREASE ACCEPTANCE AND COMPASSION	PROMOTE INCLUSIVITY AND ACCESSIBILITY

For more information, contact the **Dementia Care Specialist** at the **Aging & Disability Resource Center** at (608) 240-7400.



Facebook: [ADRC Dane Co](#)

Website: www.daneadrc.org

CHANGING SEASONS, CHANGING CIRCADIAN PATTERNS

with Dementia Care Expert, Teepa Snow

THURSDAY, OCTOBER 20
2:00 PM, EST

SENIOR
Helpers



Teepa Snow
MS, OTR/L, FAOTA
Positive Approach to Care

Join us for a Complimentary Online Event with

Dementia Care Expert, Teepa Snow

October 20, 2022

Event Time: 2:00pm-3:00p (EST)

Changing Seasons, Changing Circadian Patterns

When the seasons change and the amount of daylight decreases, these shifts can disrupt our circadian rhythms and patterns. This can be especially true for those living with dementia and other forms of brain change. Less daylight can contribute to major changes in sleep patterns and an increase in late-day patterns commonly known as 'sundowning.' In this webinar, Teepa Snow will address some helpful and practical ways to cope with these shifts and changes.

After registering, you will receive a confirmation email containing information about joining the webinar.

[Register here](#)



Date **Time** **Topic** **A LEADING VOICE FOR CAREGIVERS**

All sessions are available by telephone and on Zoom

Monday October 3	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Student Caregivers: Is The Work Ever Done? with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>About 11% of caregivers are students, who face unique challenges with multiple demands upon them. This program will focus upon the experiences of caregivers who are students, and will provide tips on how to best manage time and competing priorities. We'll also share some unique ways in which being a student can actually help you in your caregiving role.</i>
Thursday October 6	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Safe use of Medications for Seniors and their Caregivers Series with Lucy Barylak, MSW <i>Modern Medicines have contributed to longer life spans. However, for older adults, any form of medication, prescription or over the counter, can be a double edge sword. Please join Lucy Barylak, MSW, as she discusses what caregivers and seniors need to know about medication safety. This is the second session in a two part series. Participants will receive a free Safe Use of Medications Workbook.</i>
Thursday October 6	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Ask Dr Tam about Staging your loved one with Tam Cummings, PhD. <i>This session will share how to use the Dementia Behavioral Assessment Tool, the FTD Staging Tool, ADL and IADL Staging Tools to assist your doctor in understanding how advanced your loved one's disease process is and to help the family caregiver prepare for the dementia journey. **Sponsored by VITAS Healthcare**</i>
Monday October 10	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Avoiding Medicare Schemes During Fall Open Enrollment with Melinda Gardner <i>October 15 – December 7 is Medicare Annual Enrollment Period, this is prime time for scammers to be at work but it is also a time for us to be on high alert. We will discuss information important for you during this enrollment period to help reduce your chance of being a victim of fraud, errors, or abuse. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday October 11	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Brain Health for Older Adults with Dr. Nestor H. Praderio, MD <i>Dr. Praderio will review the evolution of our brain and how significant changes in our lives impact its function. He will highlight how genetics, diet and nutrition, medication, stress and other factors such as creating a neuroenhancing environment relate to a healthy brain.</i>
Thursday October 13	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: How to handle hygiene challenges for persons with dementia with Lucy Barylak, MSW <i>Does your loved one with dementia refuse to bathe, dress or brush his or her teeth? Join Dear Lucy as she explores the reasons behind the behavior, as well as provides tips on how to handle hygiene problems.</i>

Date**Time****Topic****A LEADING VOICE FOR CAREGIVERS*****All sessions are available by telephone and on Zoom***

Tuesday
October 18
11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific

“Conceptos básicos de Medicare” con José Díaz *¿Ha oído hablar de la inscripción abierta de Medicare? Únase a José Díaz que explicara los conceptos básicos de Medicare para que haga un decisión informada para su ser querido.*

Thursday
October 20
12:00 pm Eastern
11:00 am Central
10:00 am Mountain
9:00 am Pacific

Talk with Doc - Hospice Q & A with Dr. Heather Veeder *Does hospice mean my loved one is dying? Is hospice really a place sick people go and never come back? Won't hospice withhold nutrition and/or hydration? Isn't hospice giving up? Will hospice stop all medications/treatments and make death come sooner? Dr. Heather Veeder will provide a Q & A on Hospice Myths and Facts.*

Tuesday
October 25
12:00 pm Eastern
11:00 am Central
10:00 am Mountain
9:00 am Pacific

Managing Aging Adults with a Personality Disorder with Barry Jacobs, Psy.D. *Family caregivers caring for aging parent or other older adults who have personality disorders face special challenges. Oftentimes, the people they are caring for are oppositional, critical, and just plain difficult. Barry J. Jacobs, Psy.D., Psychologist, healthcare consultant, and author, will suggest several ways for caregivers to avoid emotional traps and form work partnerships with them.*

Thursday
October 27
2:00 pm Eastern
1:00 pm Central
12:00 pm Mountain
11:00 am Pacific

Taking off your Mask with Dr. James Huysman, PsyD, LCSW *You don't have to be somebody you are not. What if the key to truly enjoying life was to simply be yourself and not be concerned about what you perceive might be your flaws. We are all perfectly imperfect. Join Dr. Jamie to learn how or when you find yourself hiding your true self. What would it look like for you to live openly? And, what are the obstacles and benefits to taking off our mask?*



A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org
call 866.390.6491 Toll Free



Date Time Topic A LEADING VOICE FOR CAREGIVERS

ZOOM PRESENTATION

AGING IN THE 21ST CENTURY: WHAT CAREGIVERS NEED TO KNOW NOW

Presenters

**Dr. Elliot Montgomery Sklar
Lucy Barylak, MSW**



The COVID-19 pandemic revealed many problems in our healthcare system, especially in long term care settings. Many seniors and their families consider the option of long-term care at some point, but the pandemic has made us rethink those options. In addition to long-term care, some are considering aging-in-place, or living with relatives if they can. Our sessions will explore these options and will offer tips and resources that support healthy aging for all in a post-pandemic world.

Wednesday October 5	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	How has COVID-19 changed our view on long-term care facilities? What led to the increased mortality of seniors in long-term care facilities? What are the lessons learned?
Wednesday October 12	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	What do caregivers and seniors need to consider to age-in-place? What resources are required? How to evaluate your home for the feasibility of aging-in-place? What modifications will be required?
Wednesday October 19	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	What do caregivers and seniors need to look for in a long-term care facility? What questions should you be asking? What do you need to consider? We'll also discuss the ongoing staffing shortage in long term care.
Wednesday October 26	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Family dynamics: When is it absolutely necessary for a caregiver to place their loved one? What should seniors consider and explore before deciding to live with relatives? What should relatives know?



A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

Save The Date: November 10, 2022

2022 Caregiver Summit :

Caregiver Wellness - Mind, Body, Spirit

In Person or Online

Sponsored By:
WellMed Charitable Foundation
and AACOG-Area Agency on
Aging

Family Caregivers and
Professionals are invited to
Join us at this exciting event at
no cost!



Margaret S. Chisolm,
MD, FAMEE, FACP, FAAP

*Author of From Survive to
Thrive: Living Your Best Life
with Mental Illness*



Jamie Huysman,
PsyD, LCSW

*Author of Take Your
Oxygen First*

- ▶ Thursday, November 10, 2022
- ▶ Time: 10:00 am - 1:00 pm CT
- ▶ Summit accessible by:
 - ❖ Smart Device (phone, computer, tablet)
 - ❖ Call-in only
 - ❖ In-person locations: Please check website for locations
- ▶ CEU's available
- ▶ No cost for the event
- ▶ Registration: 866-390-6491 or scan QR Code attached

Spanish Language Caregiver Summit: November 17, 2022. For Assistance Call: 866-390-6491



WELLMED
CHARITABLE FOUNDATION



The Latest Research: *Insulin Resistance, Diabetes, and Cognitive Decline*



Friday, October 21, 2022

1:00 – 2:30pm

Neville Public Museum
210 Museum Pl
Green Bay, WI 54303

In Person & Virtual



About the Presenter

Dr. Gilda Ennis is a Scientist at the Alzheimer's Disease Research Center, UW-Madison School of Medicine and Public Health. She has always had a passion for studying factors that influence cognition in older adulthood. Dr. Ennis has been involved in research at Georgia Tech and at North Carolina State University, where she received her PhD. She has participated in the Alzheimer's Association International Conference (AAIC) for the last four years with poster presentations.

This is a Hybrid Presentation. The Audience can attend in person or virtual via Zoom.
Stay tuned for Q&A after the presentation.

Dr. Gilda Ennis
Scientist
Alzheimer's Disease
Research Center
UW Madison School of
Medicine and Public Health



PLEASE REGISTER
call the Alzheimer's Association
800-272-3900
Or Visit <https://bit.ly/research1021>

West Madison Dementia Friendly Coalition

2022 LIVING WELL WITH DEMENTIA

FALL VIRTUAL
RESOURCE FAIR

SAVE THE DATES NOV 15TH AND 16TH

Nov. 15 - 9AM-2PM
Nov. 16- 12PM-5PM

Live Presentations with Q & A
Addressing different aspects of
the dementia journey including:

- * Health and wellness
- * Research
- * Holistic Approaches
- * Adult Day Care Centers
- * Caring for the Caregiver
- * Nutrition and exercise



RSVP

608-234-2996
ABORMANN@BROOKDALE.COM



@WESTMADISONDFC

GIFT
BASKET
DRAWINGS
DAILY

McFarland Senior Outreach & E.D. Locke Library Present

Senior Caregiving: Where Do I Begin?

A series of **FREE** informational presentations to improve caregiving knowledge so you can better assist and advocate for your loved ones.



September 20th

Resources for an Aging Parent

September 29th

Navigating Legal Decisions

October 27th

The ABC's of Senior Housing

November 17th

Hospice & Palliative Care Services

Each session is from 6 p.m. to 7:30 p.m. at E.D. Locke Public Library, 5910 Milwaukee Street, McFarland.

Register for a single session or the entire series by calling 608-838-7117.

