

Caregiver Chronicles

April 2022



Caring for Caregivers

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



If you change the way you look at things,
the things you look at change.

—Dr. Wayne Dyer

Caring for Ourselves as Caregivers: Changing Our Perspective

Caregiving demands much of us, physically, psychologically, and emotionally, and can turn our world upside down. The focus of the relationship is on the person who needs your care, but the cost to the caregiver can be high. A skill that can help caregivers is the ability to change perspective as the person who needs care (your care partner) may now be in a place that requires a shift in your relationship with them.

If your care partner has been diagnosed with Alzheimer's or dementia, they are going through changes that may make them appear to be different than the person you'd known before. You can shift your perspective by becoming informed. Learn about your care partner's condition and the care that will be needed. Educating yourself will help you make sound decisions.

Resource: Trualta is a personalized, skills-based training platform for family members caring for aging loved ones living at home and it is a free online educational tool for family caregivers across the State of Wisconsin. It helps caregivers learn about health issues, care techniques, and managing care for loved ones during flu season and the COVID-19 pandemic.

Wisconsin caregivers can register here at no cost. <https://wisconsin caregiver.trualta.com/login>.

If you are caring for aging parents, you may find yourself in a role-reversal—they always took care of you, and now you take care of them. You can shift your perspective by learning to let go of the past and accept the status of your relationship in the present. When you focus too much on the past, you can miss out on what is good today. Cherish your happy memories and make new ones where possible.

Resource: <https://www.sageminder.com/Caregiving/Relationships/RoleReversal.aspx>

If your parents were never able to take care of you, and now you are caring for them, you can shift perspective by talking about your feelings with someone you trust. Seek out professional help if you are getting overwhelmed so you can devote more energy to self care and hire help or ask others who can handle tasks that are not healthy for you to take on. In circumstances like these, what you *can* do is good enough. Enlist help as you need to.

Resource: *DailyCaring*, "Caring for Parents Who Didn't Care for You; 5 Ways to Handle the Situation." <https://dailycaring.com/caring-for-parents-who-didnt-care-for-you-5-ways-to-handle-the-situation/>

If you're caring for a spouse or partner, they may relate to you differently than they have in the past. Perhaps they handled the finances or the social calendar and all the things they once did have now landed squarely in your lap in addition to caring for their needs. Shift your perspective by developing a support system that includes friends, relatives, and professionals. By relying on others to help, you can avoid being overwhelmed. Seek out a support group with others who understand what you're going through and help you create your new normal.

Resource: Caregiver support groups

<https://dcdhs.com/documents/pdf/Aging/Dane-County-Caregiver-Support-Groups.pdf>

(continued next page)

If you are parenting grandchildren later in life you may be adjusting to a role you never expected to be in. There are resources available for relative caregivers to shift perspective to parenting roles and responsibilities and to navigate family relationships. You can find local and statewide Grandparent and Relative Caregiver Resources here: <https://wisconsincaregiver.org/relative-caregiver-resources>.

If you need more information or resources for family and other non-paid caregivers—including how to get support and care for yourself or another in the role of caregiver—contact me at the Dane County Caregiver Program.



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

Jane De Broux
Caregiver Specialist
Dane County Area Agency on Aging

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

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**ONE'S DESTINATION
IS NEVER A PLACE,
BUT A NEW WAY OF
SEEING THINGS.**



Monthly MIPPA Moment: Medicare Coverage of Preventive Services

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

Preventive care is the care you receive to prevent illness, detect medical conditions, and keep healthy. Medicare Part B covers many preventive services, such as screenings, vaccines, and counseling. To find out if Medicare covers your test, service, or item, you can contact your local [State Health Insurance Assistance Program](#), or SHIP. You can also visit www.medicare.gov, call 1-800-MEDICARE, or read your 2022 *Medicare & You* handbook for more information. Note that Medicare does not cover certain preventive services, like routine foot care and most genetic testing.

You pay nothing for most preventive services if you see the right type of provider. If you have Original Medicare, you should receive preventive services from providers who “accept assignment” or take Medicare as insurance. These providers accept Medicare’s approved amount as payment in full. For *preventive services* that Medicare covers at 100%, you owe no deductible or coinsurance when you see a provider who accepts assignment. Also, if you receive services that do have a cost, these providers cannot charge you more than the Medicare-approved deductible and coinsurance.

If you are in a Medicare Advantage Plan, you should not be charged for preventive care services that are free for people with Original Medicare, as long as you see providers who are in-network for your plan. If you see other types of providers, such as one who is out-of-network or one who does not accept assignment, then charges may apply to preventive care services that otherwise would not have cost you anything.

Adapted from shiptacenter.org. 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.



FREE Virtual (Online) Welcome to Medicare Seminars

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

May 21, 2022
Email aaa@countyofdane.com to register by 5/14/22

This seminar will be offered via Zoom.

Additional Dates:
(Location: TBD)

July 16, 2022

September 17, 2022
November 12, 2022



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

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

<http://www.daneadrc.org/documents/pdf/Newsletter/Resource-Wise-March-2022.pdf>





CAREGIVER TELECONNECTION



www.caregiverteleconnection.org

Telephone Learning Sessions
WELLMED

Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Thursday April 7	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Online - ABC's of Vascular Dementia with Tam Cummings, PhD <i>Join Dr Tam Cummings as she discusses what Vascular Dementia is. She will explore what the signs of Vascular dementia are as well as the causes and how it is different from other types of dementias. **Sponsored by VITAS Healthcare**</i>	
Monday April 11	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Ambiguous and Anticipatory Grief with Hollie Glover, LPC, NCC <i>Learn about ambiguous and anticipatory grief and the emotional impact? How does it relate to individuals and families of people with a diagnosis of dementia? Learn how to cope with grief, loss, and the bereavement of ambiguous and anticipatory grief. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>	
Tuesday April 12	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Online-Dementia Diagnosis and Treatment with Dr. Nestor H. Praderio, MD <i>Nestor H. Praderio, MD will review the dementia diagnosis process and explain the types of dementia including symptoms and stages. He will also outline intervention and treatment options.</i>	
Thursday April 14	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	What caregivers need to know about hallucinations and paranoia in persons with dementia with Lucy Barylak, MSW <i>Join Dear Lucy for this interactive discussion focusing on the different behaviors that occur when someone with dementia is experiencing hallucinations or paranoia. She will share tips on why this happens as well as how to manage and cope with the behaviors.</i>	
Tuesday April 26	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Online - Guiding Principles to Remain Positive During Caregiving with Barry Jacobs, PsyD <i>Family caregivers often benefit from developing guiding principles to help them remain positive even when mired in day-to-day caregiving details. In this interactive workshop with Barry J. Jacobs, Psy.D., a psychologist and co-author of AARP Meditations for Caregivers, we'll discuss 5 possible principles, including reflecting on the many good things caregivers do, being grateful for what they're learning, and aiming for daily joy.</i>	
Tuesday April 26	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Online - ¿Que es el hospicio y que es el cuidado paliativo? con Gilbert Cortez, RN <i>¿Cuáles son las diferencias y los beneficios entre los dos, que califica a un paciente para hospicio/cuidados paliativos? Únase a esta presentación con Gilbert Cortez, RN-enfermero registrado con la agencia de hospicio Guiding Light, el hablara sobre lo que necesita saber sobre estos diferentes tipos de atención.</i>	
Thursday April 28	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Online - Five Transformational steps to trusting others you while trusting yourself with Dr. James Huysman, PsyD, LCSW <i>Since Caregivers provide over 400 Billion dollars of in-kind care, it is so important to address how a caregiver can create psychological safety with a loved one for the best outcomes. In almost no other relationship we have will intimate issues arrive and relying on the relationship be so critical. Join Dr Jamie and the ESR Team to understand how we can use our most important strategy, "To take our Oxygen First" as a way to enhance and enrich the essential foundation for caring for a loved one.</i>	



WELLMED
CHARITABLE FOUNDATION

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, April 6	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? <i>What led to the increased mortality of seniors in long-term care facilities? What are the lessons learned?</i>
Wednesday, April 13	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? <i>What resources are required? How to evaluate your home for the feasibility of aging-in-place? What modifications will be required?</i>
Wednesday, April 20	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? <i>What questions should you be asking? What do you need to consider? We'll also discuss the ongoing staffing shortage in long term care.</i>
Wednesday, April 27	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	When is it absolutely necessary for a caregiver to place their loved one? <i>What should seniors consider and explore before deciding to live with relatives? How do family dynamics play a role? What should relatives know?</i>



A program of the WellMed Charitable Foundation
Register online at www.caregiverteleconnection.org

or call 866.390.6491 Toll Free

Make a difference in your community. Become a respite care provider.



- Help families in need
- Choose your hours
- Earn extra money
- Change lives

Get free training on how to become a respite care provider! More info at: <https://wisconsin-respitecarewi.talentlms.com>

Everyone needs a break, especially people caring for someone they love.

If you enjoy caring for others, you can give them that break... When you learn how to become a respite care provider.

FREE Respite Care Training

The FREE Respite Care Provider Training program will help you provide respite care as a job or volunteer activity.

You'll learn everything you need to know about working with people with disabilities of all ages and their families.

See what's included—and learn how you can take the program free—at <https://wisconsin-respitecarewi.talentlms.com>

No experience is necessary—anyone can learn!

This FREE training will give you the knowledge and skills you need to provide respite care to others. To learn more, visit <https://wisconsin-respitecarewi.talentlms.com>



Respite Care Association of Wisconsin offers this free training to expand the pool of trained respite care providers to help family caregivers get the break they need.

1835 E. Edgewood Dr. Suite, 105 436 Appleton, WI 54913
608-222-2033 | www.respitecarewi.org

Are You Concerned About Falling?

Only Raindrops Should Fall Fall Prevention Event

Tuesday, April 26

12:30 - 3 PM

Join us on April 26th to learn about falls prevention strategies and to better understand you own potential risk of falling. Leave with tips and resources to prevent a fall.

What: FREE Falls Prevention Program: Lunch Provided

Where: Verona Senior Center, 108 Paoli St., Verona WI

When: Tuesday, April 26, 2022 from 12:30 - 3 PM

To Register: Call the Verona Senior Center at 608-845-7471

Partners: Fox Rehabilitation, Verona Senior Center, Madison College, and Safe Communities' Falls Prevention Task Force

If you have any questions contact:

Ashley Hillman,
Falls Prevention Program
Manager Safe Communities,
608-235-1957



Dementia Caregivers Needed for Research Study



Help Build a Legal & Financial Education System For All Dementia Caregivers

The legal and financial responsibilities associated with caring for someone with dementia can be very challenging. You can help other caregivers by answering a set of questions related to your current caregiving role.

You May Qualify If You

- You are 18 or older
- You are providing care or support to a relative, partner or friend who has cognitive impairment due to Alzheimer's or another form of dementia
- You live in the United States

Participation Involves

- Completing an online questionnaire on legal and financial topics related to dementia caregiving
- Questionnaire will take 15-20 minutes
- **Participants will be compensated with an Amazon electronic gift card**

Potential Benefits

Participating in this study may improve your understanding of legal and financial responsibilities related to dementia caregiving.

Link: tinryurl.com/cvplanner2



FOR MORE INFORMATION

Please contact Dr. Nicole Werner, tel 608-890-2578, email wernerlab@engr.wisc.edu

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

April 12 – May 17, 2022

Where: Over-the-phone | Cost: Free

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

Register by calling either facilitator:

Julie 608-332-1077 or Deanna 608-669-7352



wiha
Wisconsin Institute
for Healthy Aging

West Madison Dementia Friendly Coalition

2022 LIVING WELL WITH DEMENTIA

SPRING VIRTUAL
RESOURCE FAIR

SAVE THE DATES

MAY 24-26

May 24th - 9AM-12PM

May 25th - 2PM-5PM

May 26th - 9AM-12PM



RSVP

608-234-2996

ABORMANN@BROOKDALE.COM



@WESTMADISONDFC

GIFT
BASKET
DRAWINGS
DAILY



Caregiver & Family Resource Fair

Join the Veterans Health Administration (VHA) Caregiver Support Program for an opportunity to learn about the wealth of resources available to caregivers and families of Veterans.

Date, Time, Location:

Daily Monday April 25, 2022---Friday April 29, 2022

2:00-3:30- same time each day!

JOIN BY PHONE: 1- 872-701-0185 meeting ID: 160268815#

JOIN ONLINE: click on the link in the email

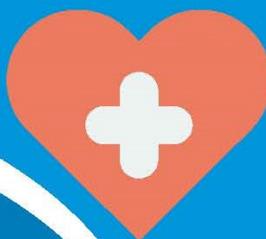
Contact Us @

Caregiver Support Team- Madison VA

608-256-1901 ext. 11576

*You're there to support your Veteran.
We're here to support you.*

www.caregiver.va.gov



VA



U.S. Department
of Veterans Affairs