

# Caregiver Chronicles

June 2021



Caring for Caregivers

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




## Creating Our New Normal

The [May 16th announcement from the CDC](#) stated that fully-vaccinated individuals could resume activities without wearing a mask or physically distancing (except where required by federal, state, local, tribal, or territorial laws). On its heels came the [May 18 announcement from Public Health Madison & Dane County](#) that Dane County's extremely high number of vaccinated residents allows for the lifting of public health orders on June 2, when they estimate that 75% of those eligible for vaccine will have received their first dose.<sup>1</sup>

Of course this is incredible news as vaccines have been extraordinarily successful and vaccination rates in Dane County impressive. At the same time, the relatively quick shifting of gears is challenging. For some, the transition from viewing contact with others as a potential danger requires time to reset. Now we hug our family members and loved ones after a long and difficult separation and must decide how to proceed in a changed world—considering our own risks, preferences, and opportunities. Caregivers, in particular, emerge from the past year and some months having experienced difficulties that can easily lead to burnout. [The Carer Well-Being Index](#), a global research study conducted in the Fall of 2020, included 750 family caregivers in the US. Respondents reported increased pressure resulting in shouldering heavier burdens; a higher cost in terms of the caregivers' wellbeing (physical, mental, financial, and social); and harsher inequities for women and racial/ethnic minorities.

From a positive standpoint, disruption on the scale of a global pandemic creates an opportunity for a reset. During the anxiety of Stay at Home Orders, we had time to contemplate what matters most to us. Many of us realized during the pandemic that some of the things we had been doing before COVID-19 weren't helping us thrive and it became clear which aspects life could benefit from change. Caregivers learned relatively quickly that self-care was essential, and that if they continued to neglect it, burnout was the likely result. The ability to work remotely allowed some caregivers to be present with their care partner at home, and for others to travel to be with them while still keeping up with their employment. Other caregivers are now re-thinking planning for the long term and are giving serious consideration to aging in place after finding loved ones in facilities were isolated for long periods. Still others are exploring technology as a means to keep in closer touch on a more frequent basis.

As you think about how you would like to make changes in your personal life, Dane County would appreciate your thoughts and ideas to help improve programs and services for older adults, including the Caregiver Program. Beginning on June 1, 2021, please follow the link to a survey that will help develop a plan for 2022—2024. Make your voice count! (page 3).



Jane De Broux  
Caregiver Specialist  
Dane County Area Agency on Aging



Caring for Caregivers

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[debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com)

<sup>1</sup>Businesses and organizations may choose to enforce their own policies and, in order to protect children younger than 12 along with others who are unable to be vaccinated or have compromised immune systems, unvaccinated people should continue to wear masks in public spaces.

Survey opens June 1, 2021

Got 5 minutes?

# Make Your Voice Count!

Dane County is looking for your thoughts and ideas that will help improve programs and services for residents as you age. Your responses will help develop a plan for 2022-2024 that will guide our work & funding of existing and needed programs. Please take this survey before July 31st:

[https://www.surveymonkey.com/r/DCAging\\_2022\\_2024](https://www.surveymonkey.com/r/DCAging_2022_2024)





## Is It Time for a Transition to a Care Facility?

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are two main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important to look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding:

- Are your care partner's needs being met at home?
- Is constant care required beyond your physical capability?
- Is always it safe in the home?
- Is there a concern that your care partner may harm themselves or others?
- Does your care partner need specialized care not available or affordable at home?
- Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- Would moving your care partner to a long-term-care facility allow you to devote needed time to your family/job/self?
- Are you healthy and physically strong enough to take care of your care partner?
- Is there a care facility in the area that you trust?

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.

Consider this—your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include getting up several times during the night. The caregivers' own health may also be at risk.

When the person lives at a care facility, the time and energy spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

If you are considering long-term care placement, contact the Dane County Caregiver Program for resources, support, information, and referrals at 608-261-5679 or [debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com).

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



**#MadisonDaneDaysofReflection**  
**#2021DaysofReflection**



**AN INVITATION.** On Friday, June 18th through Friday June 25th, we invite you to take some time to pause, remember and reflect on our collective trauma. The past 15 months have been like none other in recorded human history. They have taken their toll in ways we have yet to truly acknowledge, articulate and sometimes even allow ourselves to feel. None of us has been untouched by the twin pandemics of COVID-19 and widespread systemic injustice and violence toward Black, Indigenous and people of color.

It is our hope that people, organizations, and businesses across Madison and Dane County choose to intentionally mark the week in some way in shared **Days of Reflection**. This could range from journaling or taking some moments of silence by yourself or with friends, family and colleagues to hosting a small, appropriately distanced gathering, candlelight vigil or walk of some sort. It could be through art or through demonstration. The choice is yours. We simply invite you to stop and shift your gaze to all we have been through together.

If you're interested in organizing events or registering ideas please go to <https://www.namidaneconomy.org/>. We'd like to get an idea of what sorts of things people are planning. Thank you.

*Humbly offered by participants of the City of Madison's Neighborhood Resource Teams*

**Join Us: June 18-26**  
**Days of Reflection**  
*Reflect in a way that is  
meaningful for you*



**#MadisonDaneDaysofReflection**

**#2021DaysofReflection**



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Wednesday, June 2nd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Frontotemporal Degeneration: What it is, What it isn't and What are the Signs and Symptoms with Sharon Hall</b> <i>This dementia is highly misunderstood, even in the medical community, and takes families up to 4 years to get a proper diagnosis. She will explain what signs show up first, how to get an accurate diagnosis, and what to do after you receive the diagnosis.</i>	
Monday, June 14th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Maximizing Medication Management with Becky Mahan, Pharm.D., BCGP, BCACP</b> <i>Discuss the importance of having a comprehensive and current medication list, including prescriptions, over the counter supplements, creams, etc, for doctor appointments, adherence aids to integrate medication schedules in to your day, and provide resources to identify and discuss medications which may not be the best choices for older adults. <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b></i>	
Tuesday, June 15th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>ZOOM - How to Stage Your Loved One with Tam Cummings, PhD</b> <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. <b>**Sponsored by VITAS Healthcare**</b></i>	
Monday, June 21st	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>ZOOM - Caregiver Heal Thyself.....When the last 10 years of your life trigger the first 10 years, what do you do? Dr. James Huysman</b> <i>Are you feeling anxious, stressed or is your Autonomic Nervous system on "high alert?" Not only can Covid drive this feeling but so can PTSD. June is (Post Traumatic Stress Disorder) PTSD awareness month and you could be feeling the after effects from PTSD or even CPTSD. It's possible that your Coping skills you normally use which have helped you in the past may be harder to practice during the pandemic. This month, we will look at PTSD with special emphasis on driving specific awareness around CPTSD which, through the Centers for Disease Control's ACE Studies (Adverse Childhood Events).</i>	
Tuesday, June 22nd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Las señales indicadoras del estrés del cuidador con Gloria Miranda, BA</b> <i>El estrés de cuidar a un ser querido o familiar puede causar problemas emocionales y físicos. Usted aprenderá que las experiencias tanto buenas como malas pueden causar el estrés y cómo reconocer las señales de advertencia para tomar las medidas necesarias.</i>	
Tuesday, June 29th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Long Term Care Planning with Evalyn Greb, LCSW</b> <i>It is never too early to think about aging and your last years or those of a loved one. Join us in learning the steps to a plan for the future that includes progressive conditions and caregiver emergencies. Having a dynamic plan, which includes your circle of support, and can be updated at each twist and turn, will leave you with less stress and anxiety regarding the future. The presenter will touch on having difficult conversations, involving family and professionals, legal and financial planning, placement, and caregiver well-being.</i>	



**The Pride of Caring: Issues for LGBTQ Caregivers & Professionals**

<p>Thursday, June 3rd</p>	<p>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</p>	<p><b>How has COVID-19 affected the LGBT community? with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> <i>Join us as we discuss how COVID-19 has impacted LGBTQ caregivers and seniors. We'll discuss discrimination in health care, and some surprising lessons learned from the pandemic</i></p>
<hr style="border-top: 1px dotted #000;"/>		
<p>Thursday, June 10th</p>	<p>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</p>	<p><b>How to Find LGBT-friendly Aging Resources with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> <i>This session will focus on navigating the health system as an LGBTQ caregiver. We'll also identify important health care planning documents specific to LGBTQ seniors and caregivers.</i></p>
<hr style="border-top: 1px dotted #000;"/>		
<p>Thursday, June 17th</p>	<p>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</p>	<p><b>Caregiving Wasn't on My Bucket List! with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> <i>Are you feeling unprepared for your caregiving role? We'll focus on caregiver self-care and support networks, LGBTQ-friendly aging programs and long-term care.</i></p>
<hr style="border-top: 1px dotted #000;"/>		
<p>Thursday, June 24th</p>	<p>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</p>	<p><b>The Pride of Professionals with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW</b> <i>Join this important conversation about cultural competence in health care. What can LGBTQ patients teach providers about their health care experiences? What should providers know?</i></p>



**To register please call:  
(866) 390-6491 Toll Free or go to [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)**



## Monthly MIPPA Moment: Medicare Preventive

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

It may surprise you to know that June 28th of every year is *National Insurance Awareness Day*. This day in June encourages us all to be aware of and review our insurance policies, including health insurance annual enrollment Timelines, and checking to make sure you are not over or under-insured in addition to utilizing cost-saving measures. One benefit to be aware of with Medicare is that there are various preventive services and screenings it may cover.

Starting in 2011, Medicare began covering more preventive services and screenings—all at low or no cost. Preventive healthcare focuses on preventing disease and maintaining proper health which allows beneficiaries to live a longer, healthier life. Medicare Part B covers many preventive services such as screenings, vaccines, and counseling. If you meet the eligibility requirements and guidelines for a preventive service, you must be allowed to receive the service. This is true for Original Medicare and Medicare Advantage Plans. However, your Advantage plan's coverage rules may apply. Be aware that follow up needs based on these screenings will have different coverage rules under Medicare.

Please see this [guide](https://www.medicare.gov/Pubs/pdf/10110-Medicare-Preventive-Services.pdf) of preventive services Medicare can cover and the schedule at which it may be covered. (<https://www.medicare.gov/Pubs/pdf/10110-Medicare-Preventive-Services.pdf>)

For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.



# 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 15, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 5/6/21

**July 17, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 7/8/21

**September 18, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 9/9/21

Seminars will  
be offered  
via Zoom.

Email for more  
information.



1<sup>st</sup> Wednesdays

1-833-558-0712

Access Code:

199 641 6875 ##

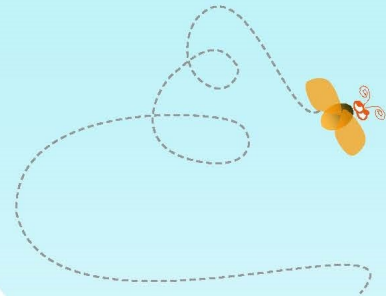
3<sup>rd</sup> Wednesdays

1-833-558-0712

Access Code:

199 195 6932 ##

# Let's Connect!!



Dane County agencies are partnering to provide educational and entertaining FREE programs by phone in an effort to reduce feelings of isolation.

**1st & 3rd**

Wednesdays at 10 a.m.  
Throughout 2021

Topics available here:

<https://dcdhs.com/Covid-19>

or by calling **608-240-7400**



**Toll**

**FREE!!!**



**Connecting People with the Assistance They Need**

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

**(608) 240-7400**

Website: [www.daneadrc.org](http://www.daneadrc.org)

Email: [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com)

Click on the button to follow the ADRC on facebook.



# COVID-19 VACCINATION ASSISTANCE



Are you a **Dane County resident** having difficulty leaving home to obtain the COVID-19 Vaccine?



We can help you get vaccinated!

Contact the ADRC of Dane County for more information at **(608) 240-7400**.

*The ADRC is your place for Information and Assistance related to Aging or Living with a Disability.*

Email: [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com)

Website: [www.daneadrc.org](http://www.daneadrc.org)

Facebook: [ADRC Dane CO](https://www.facebook.com/ADRC Dane CO)







## BEHAVIORAL HEALTH RESOURCE CENTER

**The BHRC is a community resource available to any Dane County resident**

### REGARDLESS OF:

- INSURANCE STATUS
- FINANCIAL STATUS
- LEGAL STATUS
- IDENTITY
- ABILITY
- AGE

**Do you need assistance accessing mental health and/or substance use services in Dane County?**

**Phone: (608) 267-2244**

**Email: [BHRC@countyofdane.com](mailto:BHRC@countyofdane.com)**

**Website: [danebhrc.org](http://danebhrc.org)**

Interpretation services are available.

# Virtual Book Club

Featuring

## *Creating Moments of Joy Along the Alzheimer's Journey*

By: Jolene Brackey (5<sup>th</sup> Edition)

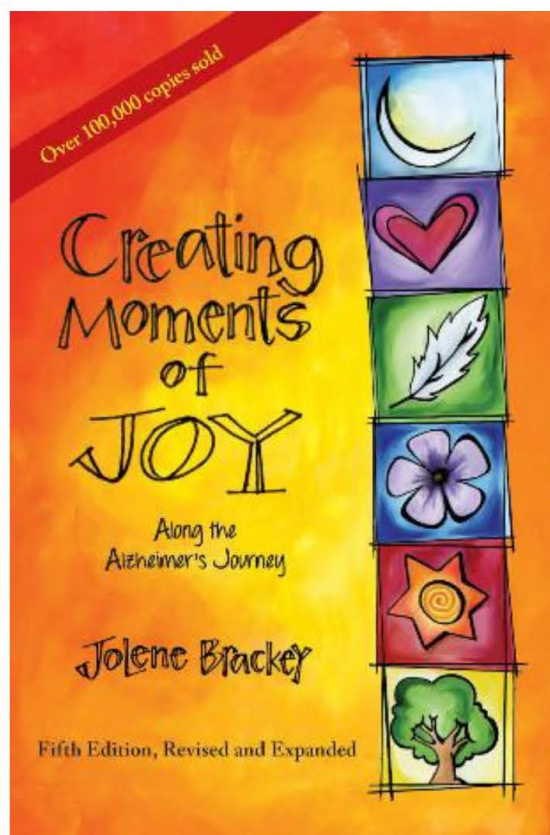
**Wednesdays in June 11:00-12:00**

**June 2, 9, 16, 23, 30**

Join other caregivers, family & friends of people living with dementia to discuss the book, learn, & support one another.

We will focus on finding joy in everyday moments, as the person with dementia may not remember the words or actions, but can remember the feeling.

*Creating Moments of Joy* helps us learn what we can do to create these moments for people with dementia.



Register with Amy Warner 608-240-7443 or [Warner.amy@countyofdane.com](mailto:Warner.amy@countyofdane.com)

Please register or request book by May 27<sup>th</sup>





## Virtual Dementia Programs Serving Southwest Wisconsin – June 2021

### **Dementia Webinar Series 2021:**

#### **Safety Planning**

June 9 12:00-1:00

Virtual registration:

[dhs.wi.gov/dcs-webinars](https://dhs.wi.gov/dcs-webinars)

OR Join by phone: Dial 1-301-715-8592 Webinar ID: 896-6397-3120#

#### **Boost Your Brain & Memory Workshop**

June 23-Aug 11, Wednesdays 10:00-11:30

Teresa Gander 608-637-5201

Pam Kul-Berg 608-548-3954

#### **Savvy Caregiver**

June 8-July 20, Tuesdays 10:00-12:00

Cori Marsh [cori.marsh@co.rock.wi.us](mailto:cori.marsh@co.rock.wi.us)

Kelsey Flock [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

#### **ABCs of Dementia with Dr. Motl**

June 18 10:00-12:00

Cori Marsh [cori.marsh@co.rock.wi.us](mailto:cori.marsh@co.rock.wi.us)

Register here by June 10th so program packet can be mailed

<https://us02web.zoom.us/j/9209831540>



### **Dementia Friendly Week Events**

June 14-June 19

Kelsey Flock 608-785-5700 or

[www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc)

Call Alzheimer’s Association 1-800-272-3900 to register for virtual phone

Call 608-785-5700 with questions

#### **Book Club**

*“Loving Someone Who Has Dementia”* By Pauline Boss, PhD

June 1-22, Tuesdays 12:00-1:00

Teresa Gander 608-637-5201

Pam Kul-Berg 608-548-3954

#### **Book Club**

*“Mom’s Gone Missing”* By Susan Marshall

June 3-July 15, Thursdays 1:00-2:00

Heather Janes 920-675-4035

[heatherj@jeffersoncountyiwi.gov](mailto:heatherj@jeffersoncountyiwi.gov)

Register by May 26<sup>th</sup>

#### **Book Club**

*“Creating Moments of Joy Along the Alzheimer’s Journey”*

By Jolene Brackey (5<sup>th</sup> Ed)

June 2-30, Wednesdays 11:00-12:00

Audrey Warrington 608-240-7400

### **Description of events on pages 14 and 15**

Coordinated by Dementia Care Specialists of Crawford, Dane, Grant, Green, Iowa, Jackson, Jefferson, Juneau, La Crosse, Lafayette, Monroe, Richland, Rock, Sauk, Vernon Counties



## Description of Events – June 2021

### **Dementia Webinar Series 2021: Safety Planning**

In partnership with statewide Dementia Care Specialists, the WI Department of Health Services hosts monthly webinars throughout 2021 for people with dementia and their family caregivers. Each presentation covers a different topic and includes practical tools and resources for families.

### **Boost Your Brain & Memory Workshop**

A unique 8 week program taking a whole-person approach to brain health & fitness. Discussions and activities about physical, emotional, intellectual, nutritional, spiritual, and social areas of life. Goals include to live a healthier life, remember things better, be more organized, and pay closer attention. Hosted by ADRC of Vernon County & Eagle Country.

### **Savvy Caregiver**

A 6 week series that provides the caregiver with skills, knowledge, and strategies to provide care to a person with dementia. Topics include how cognitive decline impacts behavior, managing feelings that arise as a caregiver, finding tasks and activities that match a persons' abilities, and other helpful areas. Hosted by ADRC of Rock & La Crosse County.

### **ABCs of Dementia with Dr. Motl**

This informative program - for families, friends and caregivers of persons with Alzheimer's disease or related dementias – is designed to enhance your understanding of the disease; how it affects those who have it; and how to effectively deal with it day-to-day. Presenter Dr. Gregory Motl worked for 33 years at the Sun Prairie Clinic of SSM Health - Dean Medical Group. He focused on the care of older adults and persons with dementia. Hosted by ADRC of Rock County.

### **Dementia Friendly Week Events**

June 14 – 11:00am, Discover Palliative Care

June 17 – 11:30am-1:00pm, Understanding Alzheimer's & Dementia's Discussion with Authors Martin J Schreiber & Susan Marshall

June 18 – 9:30am-11:00am, Health Equity in Dementia Risk Prevalence & Research  
Hosted by ADRC & Dementia Friendly Coalition of La Crosse County.

### **Book Club – “Loving Someone Who Has Dementia”**

*Loving Someone Who Has Dementia* is a new kind of caregiving book. It's not about the usual techniques, but about how to manage on-going stress and grief. The book is for caregivers, family members, friends, neighbors as well as educators and professionals—

Coordinated by Dementia Care Specialists of Crawford, Dane, Grant, Green, Iowa, Jackson, Jefferson, Juneau, La Crosse, Lafayette, Monroe, Richland, Rock, Sauk, Vernon Counties

anyone touched by the epidemic of dementia. Dr. Boss helps caregivers find hope in "ambiguous loss"—having a loved one both here and not here, physically present but psychologically absent. Hosted by ADRC of Vernon County & Eagle Country.

**Book Club – “Mom’s Gone Missing”**

This is a story of a daughter's experience with a father’s decade-long Alzheimer’s journey, a mother’s lightning-fast dementia decline, and both of their deaths. It takes you inside a family's experience and walks you through the practical and sometimes mundane steps taken to prepare for and ultimately accompany parents in death. It invites you in, encourages you to find familiar thoughts and emotions, and provides compassion for your worst moments, your rawest reactions, and your urge to laugh in sometimes inopportune moments. Register by May 26. If you require assistance finding a copy of the book, please note when you call to register. Hosted by ADRC of La Crosse & Jefferson County.

**Book Club – “Creating Moments of Joy along the Alzheimer’s Journey: A Guide for Families and Caregivers”**

Come together with other caregivers of people living with dementia & those wanting to learn more about dementia to discuss the book, learn, & support one another. We will focus on finding joy in everyday moments, as the person with dementia may not remember the words or action, but they remember the feeling. *Creating Moments of Joy* helps us learn what we can do to create these moments for people with dementia. Hosted by ADRC of Dane County.



