

CAREGIVER CHRONICLES

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Thank you Dane County Caregivers!

Families are the primary source of support for older adults and people with disabilities in the U.S. This month we recognize and honor family caregivers.

From managing medications, meals, and transportation to performing nursing and medical tasks, family caregivers provide compassionate care. Research shows that when caregivers receive support, their rates of depression, stress, and anxiety decrease, which improves the lives and health of their care partners as well as their own.

The month-long observance aims to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification, increase support for family caregivers, and reduce feelings of isolation.

The theme for this year's National Family Caregiver Month is **#CaregiversConnect**. Follow the hashtag along with **#NationalFamilyCaregiversMonth**, **#NFCMonth**, and **#familycaregivers** on social media to participate in events and activities by organizations like the [Caregiver Action Network](#).



Watch for a flyer coming soon with upcoming **caregiver appreciation** events and activities for Dane County Caregivers from the AAA and the ADRC!

Effective, Patient-Centric, and Mentally Stimulating Cognitive Stimulation Therapy

In conversation with Ingrid Gruett, MMT, MT-BC, WMTR, CDP a Neurologic Music Therapist and Certified Dementia Practitioner.

What is Cognitive Stimulation Therapy?

Cognitive Stimulation Therapy (CST) involves participation in activities that improve cognitive and social functioning and is particularly helpful for persons with mild-to-moderate cognitive decline and dementia. Cognitive training is the guided practice of specific standardized tasks designed to enhance particular cognitive functions.

In a client-clinician relationship, the evidence-based therapy includes activities like reading or recalling current events, number and word games, word association, categorization, and more. First developed in the United Kingdom by Dr. Aimee Spector and other dementia experts, professional training in the U.S. has been available at [St. Louis University's Cognitive Stimulation Therapy Institute](#) since 2015.

Research indicates that people who participate in CST significantly benefit in the areas of memory and orientation as well as naming, word-finding, and comprehension. Participants also benefit from the one-on-one approach provided by a clinician. Studies in both the U.S. and the U.K. have shown CST to be equally effective as some dementia drugs. (This is not to suggest CST as a replacement for medications but as an effective option for persons with dementia whether or not they take medications.)

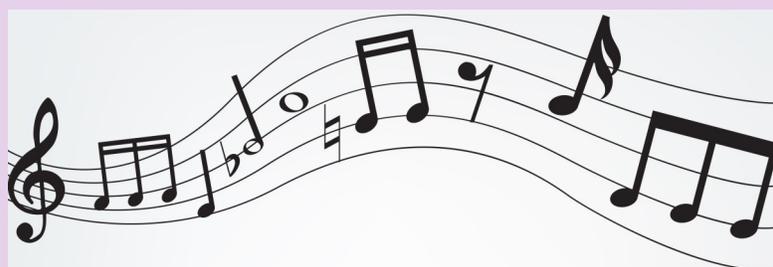
How do you practice CST?

Ingrid approaches CST using the techniques mentioned above as well as through music in interaction with clients by recalling songs, reading song lyrics with or without melody and rhythm, learning new songs, improvising with hand-held instruments, learning new instruments, music theory, and even song writing for clients who have interest. Music, particularly rhythms, transfer back to a functional goal for a client. It engages different parts of the brain and is beneficial for naming, word finding, and comprehension. From that perspective, it can be useful for wide applications in brain health. She also practices person-centered care, which is care delivered in response to individual clients and their goals, values, and preferences facilitating communication and empowering the client receiving care to make effective care plans with the therapist.

What are the Benefits of Cognitive Stimulation Therapy?

CST is especially beneficial for persons with mild- to mid-stage cognitive impairment. Not all mild cognitive impairment progresses to dementia, so it can be useful in helping to maintain function. Music therapy in general is beneficial at more advanced stages and, because hearing is the last sense we lose at the end of life, it can be engaged as long as a client finds it a positive experience.

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CST can also benefit caregivers who may participate in the therapy and continue to practice with their care partner. Because this type of therapy has been shown to improve quality of life, social interaction, communication, and cognitive abilities in persons with dementia, caregivers can benefit from improved communication and interactions with their loved ones. It may also, in some cases, help minimize aggressive or challenging behavior.

Where does CST take place?

CST is typically conducted in adult memory care facilities, hospitals, or clinics that provide the treatment.

May I select CST for my Caring for Caregivers Grant service?

Recipients of **Dane County Caring for Caregivers Grants** may select CST as the service for their grant funding. *The Dane County Caregiver Program neither endorses nor recommends specific agencies, facilities, or programs.*

Assessment scheduling for 2024 opens on December 18, 2024. Call Jane De Broux, Caregiver Specialist, at 608-381-5733 or email debroux.jane@countyofdane.com for more information.



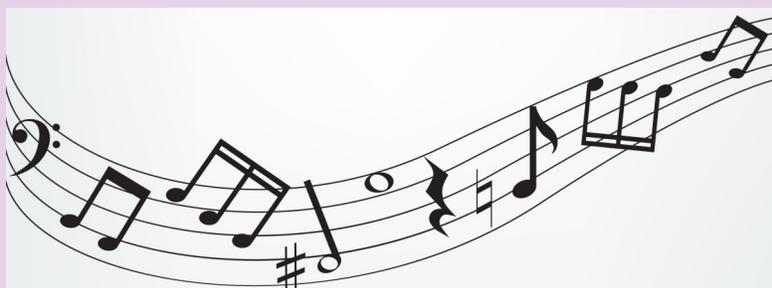
Ingrid Gruett, MMT, MT-BC, WMTR, CDP is a board-certified Neurologic Music Therapist, Certified Dementia Practitioner and Owner and Director of Middleton Music Therapy Services. Her offices are moving to the Wisconsin Youth Symphony Orchestra's new home which will be located on East Wisconsin Avenue in Madison. You can reach Ingrid at 608-215-0416 or visit her website at middletonmusictherapy.com.

For References and to learn more about CST see:

["The Acceptability and Usefulness of Cognitive Stimulation therapy for Older Adults with Dementia: A Narrative Review," International Journal of Alzheimer's Disease](#), published online 2016, accessed 10/23/2023

[International Cognitive Stimulation Therapy \(CST\) Centre at University College London](#), accessed 10/23/2023

["Cognitive Stimulation Therapy," Psychology Today](#), accessed 10/23/2023





Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
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All sessions will be available on Zoom and/or just the telephone. Your choice!
You may log in or call in to participate

Wednesday November 1	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	How Illness Affects Others with Elliot M Sklar, PhD and Lucy Barylak, MSW <i>It is often said that when a family member is sick, the whole family is sick. This program will address how illness and caregiving affect those around us</i>
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Tuesday November 7	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Planning for the Holidays with Elliot M. Sklar, PhD and Lucy Barylak, MSW <i>For some caregivers, the holidays can feel even more isolating- or more stressful. This program will focus on these emotions and will examine some practical ways to make this a wonderful holiday season!</i>
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Tuesday November 7	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Ask Dr. Tam Questions with Tam Cummings, PhD <i>What kind of questions do you have about dementia? As a caregiver, how do you survive the journey? Dr. Tam Cummings will cover quick stress relief tips and answer any questions you have about dementia. **Sponsored by VITAS Healthcare**</i>
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Wednesday November 8	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	What you need to know about medication - The Benefits and Risks for Seniors and Caregivers with Lucy Barylak, MSW <i>The session will cover a variety of topics around medication safety. Also, a workbook will be provided for those who request one. At the end of this session, Lucy will stay on the line and offer personal support.</i>
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Friday November 10	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Como celebrar cuando eres un cuidador con Leticia Guzman Sanchez, BS; Q.D.C.P <i>Para algunos cuidadores de familia, las fiestas de fin de año pueden ser un momento alegre en el que los ánimos son mayormente positivos. Las expectativas, responsabilidades, y falta de tiempo agrega al estrés y puede hacer de estas fiestas un caos. Se proporcionará consejos prácticos para planear mejor.</i>
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Monday November 13	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Caregiving and the Holidays with Paula Hill <i>This session is a good reminder. Tips include redefining and changing family traditions, what needs to be communicated about holiday celebrations and the care receiver, and planning for your care receiver's health and well-being (doctor appointments and pharmacy refills).</i>
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Tuesday November 14	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Managing Holiday Stress with Dr. Nestor H. Praderio <i>The holidays are here! A time for joy, happiness, and good cheer. But for many, it can be a time of feeling immense pressure and deep despair. N. H. Praderio, M.D. will facilitate a discussion on how to recognize and address the effects of stress during the holiday season.</i>
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Wednesday November 15	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Who Decides When I Can't with Brennen Boze, Attorney <i>Please join Brennen Boze, Attorney, as he leads a discussion about the importance of having powers of attorney, medical directives, and wills/trusts in place when incapacity strikes, and how legal guardianship may be the only alternative if no advance planning was done.</i>
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Monday November 27	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Create a Plan to Feel Secure About Your Future with Evalyng Greb, LCSW <i>This session will discuss the basics and process of assembling a long term care plan with links to many new official tools available. The earlier the planning starts, the better! Let's talk about it!</i>
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Wednesday November 29	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	I Love You-I Don't Want to Hurt You with Dr. Natalee Oliver, DSW <i>One in 10 Americans aged 60+ have experienced some form of elder abuse. Join gerontologist, Dr. Natalee Oliver, DSW as she talks about types of abuse, warning signs and strategies to avoid taking stressors out on the ones you love so dearly.</i>
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4TH ANNUAL AGING WELL SUMMIT

HEALTHY BRAINS, HEALTHY CAREGIVING

- NOV, 11TH AND 12TH
- 10:00 AM TO 4:30 PM

Email- Info@cairasucare.com

Website- www.event.allthingsalz.org



Dr. Benedict C.
Albensi, PhD, BCMAS, CRQM

Keynote Speaker

Title: Are We Missing the Boat with
Alzheimer's Disease Research and Care



VENUE

- Online Saturday
- Sat, Nov 11 - Zoom
- Sun, Nov 12 - Hybrid (Zoom or Cairasu Home Care)
- 437 S Yellowstone Dr, Suite 110,
Madison WI 53719



First Lady, Kathy Evers

Title: Welcome Remarks



REGISTER NOW !

FOR MORE INFO SCAN QR

For online registration visit : www.event.allthingsalz.org

Monthly MIPPA Moment: Medicare Part D Extra Help Program

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

The "Extra Help" program (also called the Part D Low-Income Subsidy or LIS) through the Social Security Administration helps some people pay their Medicare Part D costs, like premiums, deductibles, coinsurance, and other costs if you have limited income. Extra Help income limits for full benefits currently is 135% of the Federal Poverty Level (FPL) (\$19,683 per individual in 2023). Beginning in January 2024, the income threshold for full benefits will increase to 150% of the FPL (\$21,870 per individual, or \$29,580 per married couple). Currently, assets must be below \$16,600 per individual or \$33,240 per married couple. These limits do not include your home, a vehicle, personal possessions, life insurance, burial plots and other exclusions.

You can apply for Extra Help any time before or after you enroll in Part D.

Apply online at <https://secure.ssa.gov/i1020/Ee001View.action> or call the Federal SSA office at 1-800-772-1213, or locally at 1-866-770-2262. Tell the representative that you want to apply for the Extra Help with Medicare Prescription Drug Costs. The application for Extra Help does **NOT** enroll you in a Medicare *prescription drug plan* however, and you have to enroll directly with an approved Medicare prescription drug provider. If you need information about Medicare Prescription Drug plans or how to enroll in a plan, you can call 1-800-MEDICARE (TTY 1-877-486-2048) or visit www.medicare.gov, or reach out to your senior focal point.

**If you receive Medicaid, SSI, or have a Medicare Savings Program, you automatically qualify for Extra Help and may already have it. You would receive a purple-colored notice from CMS indicating that you do not need to apply. If you get Extra Help now, and meet the qualifications for next year, you will get these cost savings automatically and do not need to reapply.*

Adapted from CMS.gov. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

To find more information about Medicaid and the various programs in Wisconsin you can look at the Wisconsin Department of Health Services website at <https://dhs.wisconsin.gov/medicaid/index.htm>.

To determine if you qualify for Medicaid coverage, apply at access.wisconsin.gov or call your local Medicaid Agency. In Dane County that is the Capitol Consortium 1-888-794-5556.

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.

www.dhs.wisconsin.gov/publications/p1/p10062.pdf



Register in advance to receive information and tips to help you improve your sleep habits.

Contact:
ghsrl@education.wisc.edu

A CAREGIVER'S GUIDE ON HOW TO GET A GOOD NIGHT'S SLEEP



Join us for:

- general education on the importance of sleep
- interactive activities
- helpful sleep tips

Thursday
November 30th
12:00-1:00pm
on Zoom

DO YOU:

- **FEEL TIRED DURING THE DAY?**
- **TAKE 30+ MINUTES TO FALL ASLEEP?**
- **WAKE UP FREQUENTLY DURING THE NIGHT?**

IF YOU ANSWERED "YES" TO ANY OF THOSE QUESTIONS, THIS SESSION IS FOR YOU!

Presented by: UW- Madison's Geriatric Health Services Research Lab

CONTACT US IF YOU ARE INTERESTED:

Phone: 608-263-7975

Email: ghsrl@education.wisc.edu



CLICK [HERE](#) FOR THE ZOOM LINK OR SCAN THE QR CODE WITH YOUR SMART PHONE

Dementia Care Techniques & Virtual Dementia Tour



Monday, November 6, 2023

1:00 pm - 3:30 pm



Fitchburg Senior Center

5510 Lacy Road

Fitchburg, WI 53711

FREE

1:00-1:05 pm

Welcome

1:05-1:30 pm

Dementia Care Techniques

Ellen Taylor | Dementia Care Specialist | ADRC

1:30-2:30 pm

The Brain & Positive Approaches to Dementia Care

Marion Chapin | LLC | Trainer

2:30-2:40 pm

Break

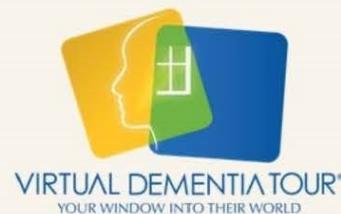
2:40-3:00 pm

Wrap-up and debrief of Virtual Dementia Tour

3:00-3:30 pm

Challenging Behaviors and Crisis Planning

Joy Schmidt | Dementia Crisis Program Specialist | APS



The Tour slots and seating are limited
Reserve your spot today!



To register and for more
information contact
the Fitchburg Senior Center

608-270-4290

