

August 2024

CAREGIVER CHRONICLES

BULLETIN



Dane County Caregiver Program

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July is National Wellness Month: Prioritize Your Wellbeing

The intention of National Wellness Month is to bring awareness to different ways you can prioritize your health. The best way to begin is to reflect on what will enhance your quality of life and to introduce those positive activities into your life. Since self-care is often heavily promoted, particularly for caregivers, it is important to think about what it means. Far beyond burning candles, bubble baths or mani-pedis, true self-care gets to the heart of significant and lasting change.

Recently a local caregiver group requested a presentation on self-care. In discussing what I might have to offer, I had a conversation with the group's coordinator. I told her I'd come to view self-care differently than I had when I began working with caregivers nine years ago—both for myself and for the caregivers I support through the Dane County Caregiver Program.

Recently, I had been noticing promotion for a book called, *Real Self Care* by Pooja Lakshmin, MD. Dr. Lakshmin, a board-certified psychiatrist, has asserted that the current cultural version of self-care is “incomplete at best and manipulative at worst.” Given what I've learned working with caregivers, particularly in the wake of the COVID pandemic, I agreed. There is no quantity of bubble baths, candles, or soothing music that will change an unsustainable situation. Dr. Lakshmin describes what we often refer to as self-care this way:

It's always gonna be something that's prescribed from the outside. It's usually a noun, so it's usually describing some sort of activity or a product. It's something to buy or something to do. And it usually maintains the status quo in your relationships or in your family life or in your workplace, and it doesn't actually do anything to change any of these larger systems.

Healthy lifestyle changes are very important but you can't exercise or massage the problem away without addressing the core stressor. If you are caregiving 24/7 with little respite you don't just need self-care or “wellness,” you need support. Clean eating, a meditation practice, and exercise can't make a person healthy in an unhealthy environment. Community support and adequate respite will do much more for caregiver's health.

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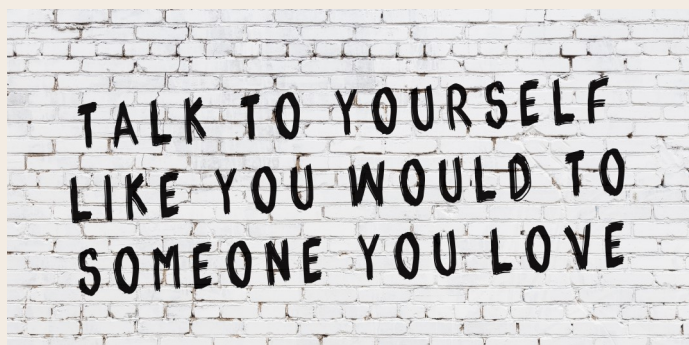
Dr. Lakshmin's definition of "real self-care" includes these principles:

Set boundaries with others and learn to deal with guilt.



Be clear with your loved one about what you are able to do and how you need to care for yourself. Don't make promises that you cannot keep—particularly something far into the future like, "I will always make sure you can live in your [current] home." If you are caring for someone with high expectations of what you can do for them, have a discussion about resources they may have that would provide you with a break. Discuss financial resources that would allow them to hire in some help or enlisting other family, friends, and community members to share some of the care. Investigate and apply for community and government programs that fit your circumstances.

Change the way you talk to yourself.



Develop self-compassion. Use tools like journaling to help you identify your self-criticism; talk to someone you trust to help you identify negative patterns; or seek a professional counselor for expert guidance.

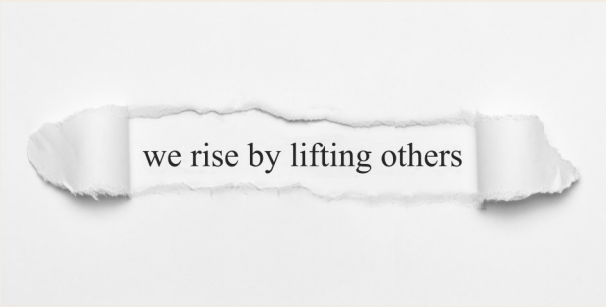
Bring in what matters most to you.



Get clear on your values so you can make big choices in your life. These include your own hopes, goals, and dreams and how much of yourself you are willing or able to devote to caregiving. This can be particularly important for caregivers sandwiched between multiple generations—frail older adult parents *and* children for example. You are not expected to sacrifice one for the other. Nor are you required to sacrifice yourself.

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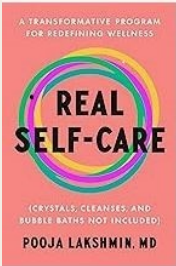
This is power, use it for good.



Advocate for other caregivers along with yourself. Write letters to your representatives in local and national government, join an advocacy group, and donate if you are able.

Participate in *Community Care* – those of us who hold privilege (by virtue of our majority status, financial resources, and/or ability) must share the power we build with our own self-care. “This may mean giving up opportunities, convenience, or status so that resources can be distributed to those who are lacking.”

—Jane De Broux, Caregiver Specialist



NOTES: Quotes in this article attributed to:

Real Self-Care by Pooja Lakshmin, MD
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DANE COUNTY DEPARTMENT OF HUMAN SERVICES

DOMESTIC VIOLENCE IN LATER LIFE

Victim-Centered Safety Planning: Key Considerations When Working with Older Domestic Violence Survivors

Domestic violence can occur at any time of life. However, as individuals age, stressors like health issues, inadequate resources or social isolation can make it difficult to gain and maintain safety. This conference is designed to create awareness of domestic violence in later life, provide an introduction to safety planning and inform as to why safety planning is not only important for the older adult but for those of us who want to help.



OUR CONFERENCE AT A GLANCE



Date
Friday, November 1
8 a.m.-12:15 p.m.



Format
Virtual, 4 CEHs/0.4 CEUs



Investment
Free

Keynote Speakers

Kristin Burki & Victoria Ferguson-Young
National Clearinghouse on Abuse in Later Life (NCALL)

NCALL is committed to creating a world that respects the dignity of older adults and enhances the safety and quality of life of older victims and survivors of abuse.



Learning Objectives

- Understanding the dynamics of domestic violence in later life and the issues unique to older survivors.
- Planning for safety, including the opportunities and limitations in enhancing the safety of older victims.
- Developing a victim-centered safety plan relevant to older adults from diverse backgrounds, cultures and identities.

REGISTRATION OPENS SEPTEMBER 3
<https://bit.ly/dane-24>

For more information, please contact Continuing Professional Education.

professionaled@uwgb.edu



Monthly MIPPA Moment: Medicaid Purchase Plan Changes

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

The Medicaid Purchase Plan (MAPP) is a type of Medicaid health care coverage program that offers Medicaid health care coverage to adults with disabilities who work or want to work. MAPP beneficiaries can earn more income and have more assets than other Medicaid programs. Premiums for MAPP were temporarily suspended during the COVID-19 Public Health Emergency in 2020. Those premiums will be reinstated for both existing members and new applicants as of August 1, 2024.

- MAPP members with gross monthly income above 100% of the federal poverty level (FPL) are subject to premiums.
- MAPP members who owe premiums have a minimum premium amount of \$25.
- Premium amounts for members with income above 100% of the FPL are based on a new premium calculation. For most members who had premiums before the policy changes, this will result in lower premiums.
- MAPP members can request a temporary premium waiver due to hardship for up to 12 months for a given hardship reason.

For questions about how these changes may affect you in Dane County, you can call the Capitol Consortium at 888-794-5556. To see if you qualify for the MAPP program, you can apply:

Online using [ACCESS](#).

By mail. Download the [Wisconsin Medicaid for the Elderly, Blind, or Disabled Application Packet, F-10101](#).

By phone or in person at your [local agency](#).

Adapted from www.dhs.wisconsin.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 out if you are eligible for Medicaid programs, see <https://www.dhs.wisconsin.gov/medicaid/older-adults.htm> for more information. Please also visit the Wisconsin Department of Health Service's ACCESS website <https://access.wisconsin.gov/access/> to apply. You can also call the local Income Maintenance (or Economic Support) Medicaid agency in Dane County to apply at 888-794-5556 for information and to apply for benefits.

**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.





CAREGIVER TELECONNECTION

www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

**All sessions will be available on Zoom and/or the telephone. Your choice!
You may log in or call in to participate**

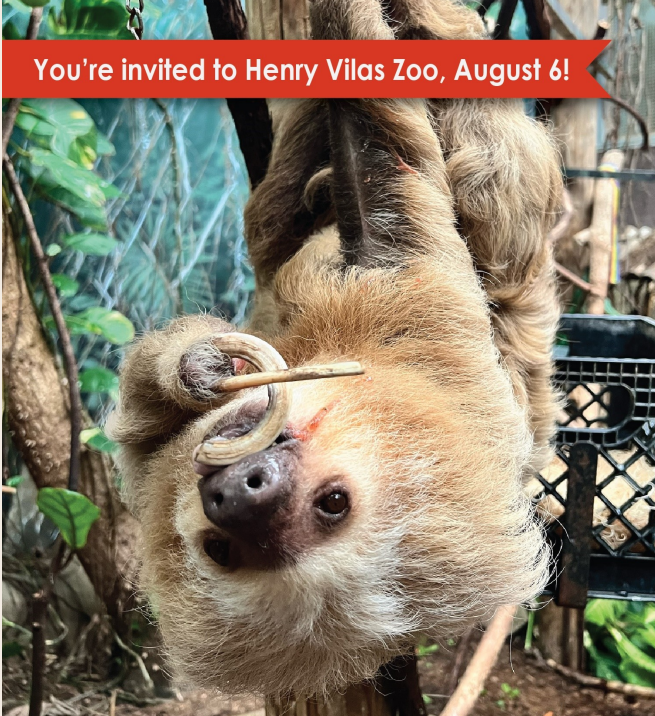
Thursday August 1	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Understanding Amyotrophic Lateral Sclerosis (ALS) with Laurie McFarren, MEdL <i>Please join Laurie McFarren, MEdL as she provides an overview of Amyotrophic Lateral Sclerosis (ALS) also known as Lou Gehrig's disease. In addition to sharing helpful tips on how to best care for someone with ALS. She will also provide an overview of the work of the ALS Association.</i>
Tuesday August 6	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Home Health vs Palliative Care vs Hospice for Alzheimer's and Dementia Patients with Candace Ramos, Sr. Director of Market Development <i>Home health care is curative, intended to help patients recover from injury or illness, or progress toward improved functionality. While the objective of both hospice and palliative care is pain and symptom relief, the prognosis and goals of care tend to be different. We will discuss the appropriate level of care at the right time for Alzheimer's and Dementia patients. **Sponsored by VITAS Healthcare**</i>
Monday August 12	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Understanding The Role of the Ombudsman in Nursing Facilities and Assisted Living with Tina Rider <i>Learn about how Ombudsmen advocate for residents' rights to help protect the quality of life and the quality of care of anybody who lives in a nursing facility or an assisted living facility. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Wednesday August 14	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	When Caregiving Ends, How Do I Move On with Dr. Elliot Montgomery Sklar, PhD, MS and Lucy Barylak, MSW <i>Caregiving is a journey that changes when a care recipient's health declines. This session focuses on dealing with anticipatory grief, caregiver isolation, how to replace time spent on caregiving tasks and moving on.</i>
Wednesday August 21	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Rules of The Road for FTD and Dementia Care with Sharon Hall <i>This webinar will discuss some basic rules of the road when caring for someone with dementia, including FTD. Help keep your person safe and yourself sane by remembering a few rules. They can't change, only you can change how you react.</i>
Monday August 26	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Servicios de salud en el hogar vs. Cuidados paliativos vs. Hospicio para pacientes con Alzheimer y demencia con Nashalis Gonzalez <i>La atención de salud en el hogar es curativa, con el propósito de ayudar a los pacientes a recuperarse de lesiones o enfermedades, o a progresar hacia una mejor funcionalidad. En cambio, el objetivo de los cuidados paliativos y de hospicio es el alivio del dolor y los síntomas, aun cuando el pronóstico y los objetivos de la atención tienden a ser diferentes. Discutiremos el nivel apropiado de atención en el momento adecuado para los pacientes con Alzheimer y demencia.</i>
Tuesday August 27	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Family Dynamics in Caregiving: Coping with Conflict and Engaging Family Members in Care with Hollie Glover, MA, LPC, NCC <i>The impact of a dementia diagnosis is considerable. It impacts a person's ability to communicate, care for themselves, relate to the external world, judgement, and the ability to be reasonable and rational. It will impact, not only the person with the diagnosis, but their family members, friends, co-workers, church members, neighbors, etc. Is this program we will learn how to cope with and better understand the roles in family dynamics.</i>



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



You're invited to Henry Vilas Zoo, August 6!



Join Dane County Human Services
Celebrate Aging
August 6 at the Zoo!



There will be resource and activity stations throughout the zoo. Learn about services available to families and individuals who are aging. Zoo staff will also be helping visitors learn about caring for animals as they age, like Slothra, one of the oldest Hoffman's two-toed sloths in any accredited zoo in the world!



≡ **FREE Welcome to Medicare Seminars**

**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**, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't...how to avoid penalties for late enrollment in Medicare...and how to get the most out of your health and prescription benefit plans? **Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit.**

Want easy to understand answers to all of these complex questions? Sign up to attend one of the following **Free Welcome to Medicare Seminars**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. In-Person seminars have limited space so sign up early.

All dates are on Saturdays, 9–11:30 am

September 14, 2024

Virtual Seminar
Email AAA@danecounty.gov
to register by **9/6/24**

November 16, 2024

In-Person
UW South Madison Partnership
Located in:
The Village on Park Street
2238 S Park St, Madison
Email AAA@danecounty.gov
to register by **11/8/24**



Crossing Bridges

An educational 4-week program for people who have mild memory loss or the early stages of Alzheimer's disease or dementia, and their primary care partner.

Learn coping skills, enhance family communications, and have some guidance toward developing plans for the future.



Time & Location

Wednesdays - 1:00 to 3:00 pm
October 2nd- 23rd

Oregon Senior Center
219 Park St.
Oregon, WI 53575



For questions or registration please contact 608-240-7400 or
danedcs@countyofdane.com

*Registration is required, and program space is limited.

Facilitated by Ellen Taylor, Kayla Olson, and Alison Resch

