



First Quarter 2023
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Caregiver Chronicles

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Adapting to Change

Although many of us are living more as we did before the COVID-19 Pandemic—meeting with people and attending events in person once again—there have been significant and lasting changes for caregivers and they have affected the process for Dane County Caring for Caregiver Grants.

Direct Care Workforce Challenges

Before the pandemic there were challenges with the direct care workforce. A shortage of available workers due to low wages, long hours, and the difficulty of the work made the turnover rates and vacancies historically high. Then the pandemic hit with serious impact on the direct care workforce exacerbating challenges with recruitment and retention.

States are looking for ways to address these issues from the practical to the creative. Some are using American Rescue Plan Act funding to increase pay for home and community-based services to help retain workers. Others are implementing programs from special license designations to innovative training opportunities. Last November, Wisconsin Health Services provided \$12 million in grant funding to 43 organizations across all 72 counties in the state to improve home and community-based services for older people and people with disabilities.

Finding service providers can be more challenging and more expensive than in the recent past. Dane County Caring for Caregivers Grant recipients may select an individual unaffiliated with an agency (including a family member or friend) to provide their selected service. We work with caregivers to help find a way to facilitate respite for them.

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Family Caregiver Visibility

According to the Rosalynn Carter Institute for Caregivers, an estimated 18 to 22% of US workers provide care for an elderly, sick, or disabled family member. While caregiving in the workplace had been largely focused on parents caring for children pre-COVID, the needs of caregiving for other family members became more visible during the pandemic. Overall, there are more than 53 million family caregivers and more than 2.7 million grandparent and kinship caregivers.

Because older people and those with health vulnerabilities were at the highest risk, caring for their wellbeing came to the forefront during the pandemic. It shone a light on the reality for many caregivers caring for spouses, parents, grandparents, siblings and other significant older or disabled family and friends and sparked a trend for more flexibility in the workplace and the beginnings of greater support for caregivers in general.

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The [2022 National Strategy to support Family Caregivers](#) was developed jointly by the advisory councils created by the [RAISE Family Caregiving Act](#) and the [Supporting Grandparents Raising Grandchildren Act](#).

The strategy proposes to:

- Increase awareness and outreach (to underserved communities in particular)
- Build partnerships and engagement with family caregivers
- Strengthen services and supports
- Ensure financial and workplace security
- Expand data, research, and evidence-based practices

The Dane County Caring for Caregivers Program is working toward these goals through action and advocacy. Watch for more in future newsletters.



Monthly MIPPA Moment: Medicaid Unwinding from the Public Health Emergency (PHE) & Medicare

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

During COVID-19, temporary rules were put in place to protect the health and safety of members of BadgerCare Plus and Wisconsin Medicaid programs.

Normally, the Wisconsin Department of Health Services (DHS) asks members to provide updated information about themselves once a year and renew their participation in Medicaid if they still qualify. Because the federal government required states to NOT remove people from their Medicaid programs unless they die, move out of state, or request to leave during the PHE, we have not been asking for this information. The Consolidated Appropriations Act, 2023 decouples the Medicaid continuous enrollment provision from the PHE and terminates this provision on May 11, 2023.

IMPORTANT: starting April 1, 2023, states can resume Medicaid disenrollments.

DHS should have already communicated with affected members when things will change. Members should make sure DHS has their up-to-date contact information. Members who may have moved since 2020, gotten a new mobile phone, or started using a new email address should log in to access.wi.gov or myaccess.wi.gov or the mobile app, MyACCESS, and make any changes.

For Medicare eligible individuals who did not enroll into Medicare because they had Medicaid coverage and will lose it from this situation, there will be a new Medicare "Special Enrollment Period" (SEP) to enroll into Medicare outside of the usual time frames (Initial enrollment period/General Enrollment Period). This SEP is called to "Coordinate with Termination of Medicaid Coverage" ([Original Medicare \(Part A and B\) Eligibility and Enrollment | CMS](#)). It is:

- For individuals whose Medicaid eligibility terminated. A person may be eligible if they have lost Medicaid entirely.
- Missed a Medicare enrollment period and their Medicaid coverage was terminated on or after January 1, 2023.
- The SEP begins when an individual is notified of an upcoming termination of Medicaid eligibility and ends six months after the Medicaid termination (from DHS).

Medicare should be applied for through the Social Security Administration: <https://www.ssa.gov/medicare/sign-up>, or call 1-800-772-1213 (federal) or 1-866-770-2262 (locally). Benefits start the month *after* Medicare enrollment unless the individual elects a start date back to the first day of the month the individual lost Medicaid and agrees to pay all prior premiums. NOTE: Individuals who still are eligible for Medicaid, including a Medicare Savings Program, and have not received notice of an upcoming Medicaid termination are not eligible for this SEP.

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.



Interactive Rider Training

Board a bus and learn about:

- How to ride info
- Bus accessibility features
- Trip planning & Network Redesign
- Customer Service tools
- *and more!*

March 9, 2023 | 8:30am-10:30am

at UW South Madison Partnership - 2238 S Park St.

Hosted by Metro Transit and South Regional Center
Children and Youth with Special Health Care Needs



Southern Regional Center
Children and Youth with
Special Health Care Needs

 **metro transit**

NEW Service Starts
Sunday, June 11!



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

(608) 240-7400

Website: www.daneadrc.org

Email: ADRC@countyofdane.com



Join Us

2023 Virtual Conference

UNDERSTANDING ALZHEIMER'S DISEASE, DEMENTIA, AND MEMORY LOSS

Thursday, March 16th and Friday, March 17th

Made for family caregivers and professionals to discover the latest on dementia risk factors, prevention, self-care and preserving hope through the dementia journey.

Register today at alzwissc.org/2023-dementia-conference



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

The classes give caregivers tools to help

Reduce stress

Improve self-confidence

Manage time, set goals, and solve problems

Better communicate your feelings

Make tough decisions

Locate helpful resources

Wednesdays April 12th - May 17th 12:00-1:30 pm via Zoom

Enroll At:



Empowered Caregiver Community

www.EmpoweredCaregiverCommunity.com

[Click Here](#)

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.



CAREGIVER TELECONNECTION



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

All sessions are available by telephone and on Zoom

Thursday March 2	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Beginning the Dementia Journey with Tam Cummings, PhD <i>This is the second session in a two part series. Please join Dr. Tam Cummings as she reviews the steps and challenges encountered by the family caregiver as it becomes apparent the loved one has cognitive issues. **Sponsored by VITAS Healthcare**</i>
Tuesday March 7	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Cuidando a un Adulto Mayor con Mal Carácter con Leticia Guzman <i>Cuidar a un adulto mayor es un reto diario. Y a veces, no solo se trata de lo relacionado con su salud, sino también con el mal carácter. ¿Sabe a qué se debe? Y sobre todo, ¿tiene idea de cómo tratarlo? Aprenderá estrategias para mejorar esta situación</i>
Thursday March 9	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: The Dangers of Addiction with Lucy Barylak, MSW and Jenna Labell <i>Please join Lucy Barylak, MSW and Jenna Labell as they share research that explores why caregivers are at high risk for addiction. They will identify signs of addiction and provide tips you need to know on how to get the support you need. At the end of this session Lucy will stay on the line and offer personal support.</i>
Monday March 13	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Healthy Brain Aging: Normal VS. Not Normal Aging; Understanding Your Risk & Aging Optimally with Hollie Glover, MA, LPC, NCC <i>Discover the difference in normal vs. abnormal aging and learn 6 key influencers of brain health. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday March 14	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Behavioral Disturbances in Dementia with Dr. Nestor H Praderio <i>Nestor H. Praderio, M.D. will lead a candid discussion on the potential for escalating dangers associated with behavioral problems as well as the havoc it may create for caregiver burnout and the overall welfare of the patient. The session will conclude with a question and answer period.</i>
Thursday March 16	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Suicide and Aging: What You Need to Know with Dr. Natalee Oliver <i>Did you know that persons aged 65 and over account for 18% of the suicides in the United States? Join Dr. Natalee Oliver, DSW as she discusses the signs, symptoms and basics of understanding suicide in the aging population.</i>
Tuesday March 21	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Combating Compassion Fatigue with Mindfulness with Cynthia Hazel, MA <i>As a human being, sensing what others feel can at times get the best of you, and deplete your physical, emotional, and even spiritual reserves. In this class, you will learn when and how to renew your sense of purpose and connection.</i>
Thursday March 23	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Caregivers: Time to Say Goodbye! How to Eliminate Toxic People From Your Life with James Huysman, PsyD, LCSW <i>Join Dr. Jamie as he discusses how to facilitate your growth, self-improvement and mental health by offering an important strategy for your emotional wellbeing and life's journey</i>
Tuesday March 28	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Understanding Grief and Loss with Esther Pipoly <i>Let's have a conversation about how caregivers are impacted by grief and loss. Join Esther Pipoly as she discusses what you need to know and is there anything you can do now to be prepared? LOLA will provide guidance and resources for you and your family.</i>



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



Recruiting Care Partners and their Family Members/Friends Living with Dementia for a Study!

Did you recently feel excluded from your loved one's hospital stay?

Help us improve care experiences for other family member or friend care partners supporting people with dementia.

Eligibility

Care Partner:

- 1) Must provide unpaid care to an adult relative or partner to help them take care of themselves because of a dementia diagnosis
- 2) Must be English-speaking
- 3) Must be at least 18 years or older

People with Alzheimer's disease or a related dementia:

- 1) Must be admitted to, or recently discharged (within 72 hours) from the hospital
- 2) Must have an identified care partner
- 3) Must be English-speaking

Participation

- Together, people with dementia and their care partners will attend five, 60-minute, videoconference (Zoom) sessions across 4 months with 2-3 weeks between sessions. Receive a total of \$100 for participating in this study!

Please contact Anne or Katie at the Geriatric Health Services Lab at the University of Wisconsin-Madison to inquire about participation in this study.

ghsrl@education.wisc.edu OR (608) 263-7975



Feel Supported Here



Are you or a family member dealing with Parkinson's disease? Don't go it alone — sign up for our Parkinson's Support Group. When you participate in this monthly event, you'll have the chance to find comfort in connecting with people who are experiencing the same sorts of things you are. Share stories, tips and techniques, and remember that when you want to go far, go together.

Brookdale Madison West

Assisted Living
Alzheimer's & Dementia Care
429 South Yellowstone Drive
Madison, Wisconsin 53719

▶ Last Tuesday of every month

1 to 2 p.m.
To RSVP or for more information, email
Amber at abormann@brookdale.com
or call **(608) 234-2996**.

*May be subject to certain safety precautions in accordance with the authority having jurisdiction over the community. Please contact us for details.

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brookdale.com





FREE In-person 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, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

March 18, 9-11:30am

**Fitchburg Senior Center
5510 Lacy Rd, Fitchburg, WI**

Email aaa@countyofdane.com to register by **3/10/23**

Additional In-person

July 15, 2023

Dates: (Location: TBD)

November 11, 2023



2023 Alzheimer's & Dementia Caregivers Conference: "Building Strength and Resilience"

Hosted by Life Bridges Program of MAC, Inc. in partnership with



**National Family
Caregiver Support
Program**

**Empowering caregivers and health care professionals with
strategies, inspiration and resources**

Conference Topics Include:

- Thoughtful Hospitalization™
- Improving Mobility with Dance and Exercise
- Lecanemab Update
- Dealing with the Loss of a Spouse or Parent
- Managing Money
- Did You Know? Spotlights

Wednesday, April 26, 2023

8:30 am to 2:30 pm

Virtual Conference

4.5 CEU's Available

See webpage for details

To learn more or to register for the event, go to:

macinc.org/alzdementiaconference/

Conference Sponsors:



"This project is supported, in part by grant number 90ADPI10037-01-00 from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201."

DEMENTIA CARE IN A CRISIS

WHEN

April 26, 2023
8:30 a.m.—3 p.m.

WHERE

UW South Partnership Office
2238 South Park St. Madison

FEATURING : **Dr. Nathaniel Chin - UW**
Jeff Hamm — ADAW
Tanya Sutton - Senior Helpers
Marion Chapin - Positive Solutions
Beth Freeman • Joy Schmidt - APS
Officer Michelle Hanson — Madison Police

Sign up here:

schmidt.joy@countyofdane.com

PROGRAM

- **Life Stories**
- **Communication Strategies**
- **Prevention Planning**
- **De-escalation Strategies**
- **Coping with Challenging Behavior**
- **Safety Plans**
- **Writing Behavioral Support Plans**
- **Working with Police**
- **Protective Placement**
- **Guardianship**

SIGN UP TODAY!

FREE with registration
In Person Training
Refreshments and Lunch Provided

SPONSORS

Collaborative Stabilization Coalition
Dane County Human Services
Alzheimer's Dementia Alliance
Senior Helpers
Madison Police

