



Caregiver Connection
of Ozaukee County

Caregiver and
Care Partner
Information and
Resources

Common Concerns of Caregivers

There may be times when you as a caregiver feel alone in your experiences but there are similar concerns among caregivers, even though their loved one's conditions may be entirely different. If you have questions or concerns about anything related to caregiving, including any of the following topics, please contact the ADRC for more information, assistance and resources.

Here is a list of some of the most common caregiving concerns we hear: Check those you need more information or have questions about:

- _Adult Day Care
- _Dealing with Stress
- _Helping with self-cares, i.e. bathing
- _In-home care
- _Agitation and aggressive behavior
- _Support groups
- _Residential placement and facility types
- _Communication
- _Respite/help
- _Sleep problems, fatigue
- _Financial strains
- _Depression, anxiety
- _Resources-location/information
- _Finding help/support
- _Making Healthy meals
- _Transportation
- _Coordination of helpful services
- _Training/education
- _Dealing with guilt, anger, resentment
- _Wandering
- _Working and caregiving
- _Medication management
- _Home modifications
- _Driving issues
- _Financial options
- _Legal issues/
legal documents
- _Dementia
- _Family issues/
family meeting
- _Power of Attorney for Health Care
- _Lack of privacy
- _Loss of time for self
- _Transferring/ moving a
loved one
- _Uncertainty about the future
- _Guardianship
- _Incontinence management
- _Guardianship

Caregiver Coffees

Family Caregivers need time to relax, regroup and find caring compassionate people on a similar journey. Hosted by family caregivers and held at various locations and times throughout the county, our coffee break time is supportive and informal. Come for a few minutes or the entire time to enjoy a cup of coffee and chat. Join us! Here are the times and locations:

1st TUESDAY OF EVERY MONTH, 6 P.M. - 7:30 P.M.

The Providence Place, 815 Washington Street, Grafton

RSVP: Barbara Lindholm at 262-376-4328

2nd TUESDAY OF EVERY MONTH, 10 A.M. - 11:30 A.M.

County Administration Building, 121 N. Main Street, Port Washington
RSVP: Ruth Ellen Zach at 414-702-7246

3rd TUESDAY OF EVERY MONTH, 9:30—11 AM

American Legion—Rose Harms Post 355,

1540 13th Avenue, Grafton

MEN'S COFFEE!

RSVP: Barbara Lindholm at 262-376-4328

4th WEDNESDAY OF EVERY MONTH, 9:30 - 11 A.M.

St. John Lutheran Church, 1193 Lakefield Rd, Grafton

(on the corner of Port Washington and Lakefield Rd)

RSVP: Barbara Lindholm at 262-376-4328

Caregiver Services—Your First Stop:

Aging and Disability Resource Center of Ozaukee County

Caregiver Services

The Aging and Disability Resource Center (ADRC) of Ozaukee County is the first place to call to help you learn about community resources that are available to you, programs that can help fund services and educational opportunities to help you care for the people you love.

Supportive Services

Whether caring for an elderly family member, a loved one with a disability or raising a grandchild as the primary caregiver, the ADRC's caregiver support program specialist and information and assistance specialists can assist you in connecting to resources in the community that can help you in caring for your loved one. The ADRC has funding sources which can be used to provide a variety of services to support caregivers as they care for their family members.

Respite Care

Need a break from your caregiving duties? Have you considered respite? We can help provide a companion for your loved one so you can continue to stay involved in those activities that bring you happiness and keep you connected to your friends and social activities.

Caregiver Lending Library

The ADRC houses a wealth of resources and handouts available to caregivers at no cost..

The specialists at the ADRC can help caregivers in a number of ways, starting with a simple phone call.

Please call 262-284-8120

or email us at: adrc@co.ozaukee.wi.us

We are located at:

121 W. Main Street, Port Washington, WI 53074

The Caregiver Connection:

Social and Educational Resources

The Caregiver Connection is affiliated with the Aging and Disability Resource Center. Our members are local citizens and concerned area businesses that have a heart for the crucial role family caregivers perform in caring for others. Our volunteers want to help you care for yourself while you care for others through education, support and advocacy. We understand how rewarding yet stressful caregiving can be, but there is hope and we are here to help!

Caregiver Connection Website Check the website for calendars of various supportive, fun and educational events by the Connection and its partners; caregiver resources; food for thought; and more to help caregivers stay healthy and thrive! Go to <http://www.ozccc.org>.

Tours of Care Facilities When the difficult decision must be made about moving from home to a care facility, we can accompany you in touring various facilities and can help you ask the right questions to get the information you need to make the right decision.

Journey Series Educational Program In cooperation with our Caregiver Connection Partners and the ADRC, the Caregiver Connection is pleased to offer this free educational series on a number of topics aimed at helping caregivers in their journey. Watch for more information on dates and locations.

Powerful Tools for Caregivers A six week community program in which caregivers meet once a week for about two hours with a trained leader to learn tools that help them better care for themselves – and ultimately their loved one. Held in the spring and fall, respite can be arranged.

Checklists and Other Helpful Resources

Please visit the Caregiver Connection website to download any of the following resources. You will also find a number of helpful articles about caregiving at www.ozccc.org.

Aging and Disability Resource Center Directory of Services

What to look for when touring care facilities

Respite checklists

Wanderer's registry

"I am a caregiver" wallet card

Guide for caregivers of family members with dementia

Caregiver Connection of Ozaukee County Community Partners=Community Resources

Our Caregiver Connection Partners are organizations and businesses committed to enhancing the work of the Caregiver Connection by sharing their expertise and providing resources in the community to support, educate and advocate for caregivers. Please see the Community Partners page of our website for more information about each community partner at <https://www.ozccc.org/community-partners>.

Take Care of Yourself as you Care for Someone Else!

According to the National Institute on Aging (NIA), taking care of yourself is one of the most important things you can do as a caregiver. That's often easier said than done.

The ADRC is here to offer resources to help you in your caregiving role in order to offer some relief and maybe even keep you from getting physically ill or depressed:

- Ask for help when you need it. You don't have to do everything yourself. Although it may be difficult, it's OK to ask for help. Look at it this way: by allowing someone to help you, you are making that person feel happy they could make a difference for you! Don't have anyone to ask for help? The ADRC can help locate assistance for you.
- Join a caregivers' support group. The Ozaukee County Caregiver Connection offers several Caregiver Coffees at various times and locations throughout the county. These are led by volunteers who are or have been caregivers themselves. You may be surprised how helpful it is to talk to others in similar situations who understand what you're dealing with and can offer support and words of wisdom.
- Take breaks each day, even if they are only a couple minutes long. Also, take advantage of *respite care*; extended time for YOU...to do what makes you feel happy and reenergized. Respite is short-term care provided by someone other than yourself in order to give you a break, and can last anywhere from a few hours to a few weeks. Respite can be provided in the home or at a local health care facility. The ADRC has programs and resources to assist you in planning and funding respite care.
- Eat healthy foods. The ADRC can help by providing nutritious home delivered meals, or meet new friends and possibly learn a new hobby by having lunch at one of the local dining sites!
- Get exercise as often as you can, and see your doctor on a regular basis.
- Manage daily frustrations. Gain a greater understanding of your loved one's condition and about various caregiving issues through the Journey Series, Powerful Tools for Caregivers and other educational programs offered through the ADRC. If you are caring for a loved one with dementia, talk with the Dementia Care Specialist about the resources available for you. The ADRC houses a caregiver library and a wealth of resources to help caregivers.
- Attend one of the evidence-based health promotion classes offered in the county to learn about managing and improving your overall health; Healthy Living with Diabetes, Powerful Tools for Caregivers, Stepping On Falls Prevention, Living Well with Chronic Conditions.

CAREGIVING: ARE YOU UP TO IT?

Caregiving is hard work. It can be extremely satisfying, but it can also be demanding, both physically and emotionally. It can cause additional stress within a relationship and can result in financial hardship. Caregivers often put their needs on hold and unintentionally begin neglecting themselves and others in their families.

In order to continue to provide the best care possible, caregivers need to take care of themselves first. If you are a caregiver, there are many things that you can do:

- Get enough sleep
- Take a break every day
- Exercise
- Eat a balanced diet
- Drink plenty of water
- Communicate your needs to others
- Get regular medical care for yourself
- Connect with other caregivers
- Recognize the signs of stress early
- Talk to your family about what you need
- Develop a support system
- Continue to do things that interest you
- Learn more about your loved one's health issues
- Keep a log to jot down concerns you need to discuss with home care or medical providers
- Make a list of things that you could use help with
- Keep humor in your life
- Acknowledge that you are human, have limitations and make mistakes
- Ask for & accept help

FINANCIAL & LEGAL CONSIDERATIONS

As a caregiver you may be faced with making medical and financial decisions about your loved one. Long-term financial planning is very important for all parties involved and is crucial for many reasons; however, first and foremost, early planning offers you the opportunity to be involved in helping your loved one make plans for their own future. Following are some things to consider:

Advanced Directives: Health & Finances

- **Power of Attorney for Health:** This document authorizes other individuals (called health care agents) to make health care decisions on another persons behalf should they become incapacitated
- **Power of Attorney for Finances** allows individuals to plan for future financial decision-making even if you are unable to make your own decisions
- **Declaration to Physicians—Living Will** allows individuals to state their preferences about life sustaining procedures in the event of terminal illness or if in a persistent vegetative state.

You do not need to go to an attorney to set up an advance directive. Although care should be taken when completing a power of attorney for finances because they can give the individual designated unintended power of an individual's finances.

Estate Planning: Trusts & Wills

These instruments direct how an individual's property will be allocated after they die. Trusts differ from wills in that they can take effect during the owner's lifetime. To establish a trust, you will need to talk to an attorney. It is also suggested that you see an attorney when establishing a will, unless the estate is very small, i.e. few assets or person-al property. Once planning is complete, keep the documents in a safe place and remember where they are kept!

Managing Medical Expenses

The cost of caring for an individual with long term care needs can have a considerable impact on the individual or couple's finances. As a caregiver you will need to:

1. Understand what coverage is provided by medical insurance
2. Investigate the feasibility of Long- and Short-Term Disability Insurance
3. Understand Medicare:
 - Basic Coverage
 - Home Health Coverage
 - Skilled nursing Facility Coverage
 - Prescription Drug Coverage

4 . Review the Medicare Supplemental Insurance Policy;

5. Become familiar with the Medicaid Program;

- Non-Financial Eligibility Requirements;
- Financial Eligibility Requirements;
- Estate Recovery; and
- Reporting Requirements.

The Elderly and Disability Benefit Specialists at the ADRC are experts in this area and are available to answer your questions.

Burial: Why Preplan?

Arranging a funeral or memorial service for a loved one can be a challenging task during an already difficult time. In addition to managing feelings of grief and loss, there are many important decisions that must be made within a relatively short period of time. Family and friends want to honor the wishes of their loved one, but often do not know the best way to do things. Preplanning a funeral or memorial service is something important that your loved one can do for you. It can provide them comfort in knowing that the services reflect their wishes. Preplanning can lessen the stress on loved ones who would otherwise have to make difficult decisions at a time when they may not be best prepared to do so. A funeral director can help you through this process and can also discuss any financial concerns you might have including setting up burial trusts and designating life insurance proceeds toward funeral expenses. Some things to consider:

- Will the costs for your funeral and burial be set and guaranteed at today's prices? • Do you wish a traditional or memorial service? Religious, fraternal, military or secular? • Will your funeral be public or private? Simple or elaborate? • Where will your funeral be held? Day or evening? • Have you chosen a funeral director or presider? Will there be a visitation prior to the service? Photos or other remembrances displayed? What type of casket and clothing do you prefer? Flowers and music? • Who should handle the eulogy and designated readings? Preferred pallbearers? Have you made cemetery arrangements? Memorial and inscription? • Will your remains be buried, entombed or cremated? If cremated, will your remains be saved or scattered? Where? • What charitable organizations should receive memorial donations? Other special wishes?

Alzheimer's Family Caregiver Support Program (AFCSP)

AFCSP was created in 1985 to help provide assistance to caregivers to prevent or delay institutionalization and enhance the quality of life for loved ones with Alzheimer's disease or other dementia.

Here are some of the things funds through AFCSP can help provide:

- Recreation activities and supplies, like puzzles, games, gym memberships, event fees, etc.
- In-home services like help with bathing and other personal cares, i.e. toenail trimming
- Assistance with cleaning, cooking, homemaking
- Out-patient therapies
- Adaptive equipment and safety equipment like bed alarms, door locks, adaptive clothing, and other assistive technology
- Funds can be used to pay for transportation to medical appointments, day programming, social outings, escort services, and specialized transportation.
- Help with home delivered or congregate meals, and transportation to congregate meal locations.
- Nutritional supplements like Ensure
- Counseling
- Respite care including adult day care, overnight respite, in-home respite, short-term facility stay
- Support groups like educational classes, counseling, public presentations, caregiver conferences,
- Contract with service providers to develop new programs or expand services, provide activities/education to enhance public awareness of Alzheimer's Disease/dementia and pay for program administration

To qualify for the funds through this program:

- The annual income of the person with dementia and spouse must be \$48,000 or less. There is no limit for assets.
- The person cannot be enrolled in Family Care.
- The person must be living in home, not in a care facility. However, the caregiver doesn't have to be living with the care recipient.
- The person must have a diagnosis of Alzheimer's disease or related dementia; needs a physician signed diagnosis of dementia (The Aging and Disability Resource Center can help obtain if needed).
- There is no age limit; the person with dementia doesn't have to be 60 or older.

Please contact the Aging and Disability Resource Center of Ozaukee County (ADRC) at 262-284-8120 for more information.

National Family Caregiver Support Program (NFCSP)

The National Family Caregiver Support Program (NFCSP) offers respite, information, support, and other resources to family caregivers.

How Does the Program Work? Caregiver support services are available to all families caring for a person aged 60 or older or someone with dementia. Grandparents and older relatives caring for minor children or an adult with a disability may also qualify for the program.

What Can the Program Provide?

Limited short-term respite care may be provided in the home, a day program or a temporarily overnight in a residential facility. Respite services for caregivers including:

- Chore services, such as yard work, snow shoveling or heavy housework
- Personal care, such as dressing, bathing or toileting
- Daily homemaking tasks, such as meal preparation, shopping or light housework
- Companionship and general supervision for safety purposes.

Services and items that complement the care given by caregivers including:

- Transportation, including assisted transportation
- Assistive devices (weighted silverware, adaptive clothing, door locks, bed alarms, etc.)
- Minor home modifications (wheelchair ramps, grab bars, etc.)
- Supplies (incontinent supplies, etc.)
- Safety Equipment (emergency response system, Safe Return, etc.).

Who is Eligible?

- Any caregiver who provides unpaid care to a person age 60 or older, or to a person of any age who has Alzheimer's disease or related dementia.
- Grandparents or relatives age 55 and older who are the primary caregivers for a child under age 19.
- Relative caregivers age 55 and older who care for a person age 19 to 59 who has a long-term disability
- Note: The older adult receiving care must need assistance with daily living.
- NFCSP services are not available to persons who are enrolled in Family Care, Partnership, AFCSP, IRIS, or other Medicaid Waiver programs.

How Do I Apply?

There are no fees or income requirements to enroll in this program. Contact the Aging & Disability Resource Center for more information about how to enroll at 262-284-8120.

SPIRITUALITY

*When our eyes see our hands doing the work of our hearts,
the circle of creation is completed inside of us,
the doors of our souls fly open and
love steps forth to heal everything in sight.*

Michael Bridge

5 Ways to Celebrate Spiritual Wellness

Marie Kirkland, The Articles Factory

- Nurture your inner self with an everyday retreat. Take some time away from your busy schedule and create a retreat at a place where you feel peace-filled and connected to your source. This could be at the beach, the mountains or your favorite spa.
- Create or redefine your life vision and purpose statement. A retreat is the perfect place for journaling and looking within. This may be the perfect place to create or redefine your life vision and purpose statements. We are very familiar with the importance of a vision and purpose statement for business, however, creating these statements for your life will help you bring clarity, meaning and direction to every area of your life especially your career or business.
- Connect your vision with your heart by defining your guiding principles. Your guiding principles are the philosophy of how you live your life regardless of changes in your goals, career or relationships. It is a barometer in which to gauge if you are on target with your actions and decision.
- Live in harmony. Decide to live each day in harmony by aligning your vision, purpose and guiding principles with every area of your life to include your career or business.
- Have fun. Do something that you absolutely love doing and that allows you to feel connected to your source and your life purpose.

CAREGIVER'S BILL OF RIGHTS

- Caregivers have the right to appreciation and emotional support for their decision to accept the challenge of providing care.
- Caregivers have the right to protect their assets and financial future without severing their relationship with the care receiver.
- Caregivers have the right to respite care during emergencies and in order to care for their own health, spirit, and relationships.
- Caregivers have the right to expect all family members, both men and women, to participate in the care for aging relatives.
- Caregivers have the right to provide care at home as long as physically, financially and emotionally feasible; however, when it is no longer feasible caregivers have the obligation to explore other alternatives, such as a residential care facility.
- Caregivers have the right to receive sufficient training in caregiving skills along with accurate understandable information about the condition and needs of the care recipient.
- Caregivers have the right to temporarily alter their premises as necessary to provide safe and livable housing for care receivers.
- Caregivers have the right to accessible and culturally appropriate services to aid in caring for aging care receivers.
- Caregivers have the right to expect professionals, within their area of specialization, to recognize the importance of palliative (ease without curing) care and to be knowledgeable about concerns and options related to older people and caregivers.
- Caregivers have the right to a sensitive, supportive response by employers in dealing with the unexpected or severe care needs.

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