

Theodore wasn't open so I knocked.

The End

Please call us at 920-386-3580 if we can do anything to help you in your caregiving journey.



Aging & Disability Resource Center
of Dodge County

To all family caregivers
“Did you ever know that you’re my hero?”



It's not the hard part of caregiving.



Caregiver Handbook

for Caregivers in Dodge County, WI

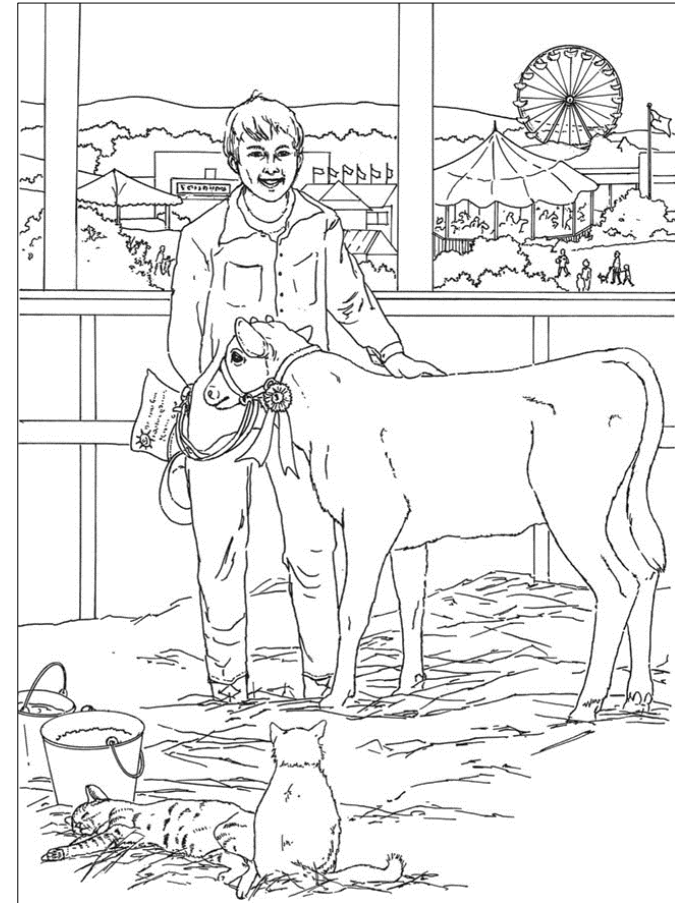
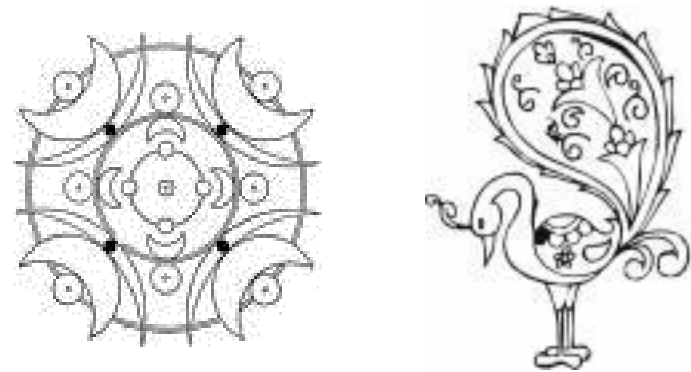


Be there for
others, but
never leave
yourself
behind.
-Dodinsky

WWW.LIVELIFEHAPPY.COM

Facts About Caregivers

- * Most Americans will be informal caregivers at some point in their lives. The majority will be “unexpected caregivers”.
- * Six in ten caregivers report that their eating and exercise habits are worse than before.
- * 40-70% of caregivers have clinically significant symptoms of depression.
- * 60-70% of caregivers are women. Female caregivers report higher levels of depressive and anxiety symptoms and lower levels of well-being, life satisfaction, and physical health than male caregivers.
- * Women who spend nine or more hours per week caring for an ill or disabled spouse increase their risk of heart disease two-fold.
- * *Caregivers have diminished immune responses, a 23% higher level of stress hormones, and a 15% lower level of antibodies. Caregivers also suffer from slower wound healing.*
- * A caregiver's world becomes narrower and narrower leading to loneliness. Lonely people are around 30 per cent more likely to suffer a stroke or heart disease.
- * *30% of caregivers die before the person they are caring for. If they are over 70, that percentage rises to 70%.*
- * Caregivers in rural areas are at the greatest disadvantage for having their own medical needs met.



Are you or the person you are caring for a veteran?

Call the Dodge County Veterans Service Officer at
920-386-3798

for more information on services available to veterans

More Favorite Caregiving Tips

- ♥ **Laugh**
- ♥ **List things you are thankful for**
- ♥ **Live in the moment - Don't be so caught up in the "what's got to get done" that you don't have time to enjoy this time when you have your loved one's undivided attention**
- ♥ **Coloring/journaling**
 - **Adult coloring is very popular now because it is so relaxing. Many free pictures to color can be found on the internet including those at <https://www.colorpagesformom.com/> and Dover (see examples next page).**
 - **Journaling is a great way to express your feelings both good and bad (you can always throw the bad ones out later). Supplies and ideas to get started are available at the ADRC.**

Get a Good Night's SLEEP

Tips from sleep experts include:

- Get some sunlight to help set your sleep clock
- Exercise a bit during the day but not close to bed
- Avoid caffeine drinks and alcohol in the late afternoon and evening
- Avoid long naps – if you must nap, keep it to 20 minutes
- Set a sleep routine, going to bed and waking at the same time each day
- Make your bedroom a cozy haven, and at night it should be dark, quiet, and the temperature cool
- Use your bedroom only for sleep (no TV)
- Drink a warm beverage before bed to relax
- Meditate, pray, or engage in a relaxation exercise

Who Is a Caregiver?

A caregiver is a person who is doing something for someone else that contributes to their ability to remain living in the community.

Such as:

- Taking over the yard work
- Helping out with the grocery shopping
- Taking off work to take Mom to the doctor
- Worrying about Mom who lives in another city
- Running to pick up prescriptions for father-in-law or a neighbor who has no one else close



Examples of caregivers:

- A wife who has taken over paying the bills because her husband is no longer able to manage the checkbook due to dementia.
- A husband who has stopped participating in his favorite recreational activity because of the time he spends caring for his wife.

What kind of help might you receive?

Learn the next steps after a diagnosis

Find support groups that work for you, someone to talk to

Find information on:

- Available resources
- Disability and elder benefits
- Progression of dementia
- Items and activities to *make caregiving fun*
- Items to make caregiving easier
- Assisted living, long term care options
- Caregiver training **AND MORE!**

Just need some help with showering or maybe someone to take over for a couple of hours? Apply for a *Family Caregiver Support Grant* (see next page)



Help available through the Family Caregiver Support Program

Family Caregiver Grant Programs

Small grants are available to help get respite for the caregiver who qualifies.

Support is geared to what will help the caregiver the most: *this can be someone to sit with a loved one while the caregiver goes out, cooking, cleaning, bathing, adult day care facilities, caregiver training and more.*

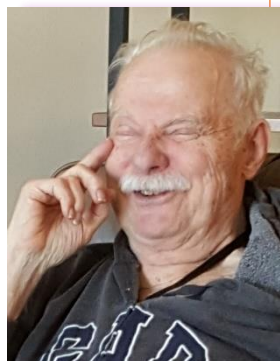
National Family Caregiver Support Program

Alzheimer's Family Caregiver Support Program

- Diagnosis of any type of dementia
- Joint income of \$48,000 or less *after dementia related expenses are subtracted*
- Over 60 and need help with activities of daily living
- Grandparents caring for grandchildren
- Diagnosis of dementia even if under 60 years old
- Individuals with disability

Certified in the  **Music & Memory** program, the ADRC of Dodge County is available to come to your home and work with you to make a playlist of music that is special to your loved one. Music brings back special memories, sparks conversations, changes behavior, and may even get you both dancing.

This *personalized* music is then put on an iPod or MP3 player and loaned to you.



Favorite Caregiving Tips

- * Learn as much as you can about the condition
- * Dance/sing and get outside at least once a week
- * Connect with other caregivers as well as old friends
- * Make plans for the future – get help doing so if you don't know what to do
- * *Just leaving the house is linked to longevity in older adults*
- * Do something fun that's just for you every day – even if you can only do it for 10 minutes
- * Visit your own doctor regularly
- * Ask for help if you need it
- * Breathe deeply
 - ♥ Get and give at least one hug per day



Take just 10 minutes for yourself

- Do easy stretches
- Crossword or word search puzzles
 - Look at family pictures
- Go for an indoor jog (with music?)
 - Write a note to a friend
- List things you are thankful for
 - Make up a poem or a song
- Listen to the sounds of waves
 - Try a flame free candle
- Make your favorite cookies or tea
 - Learn something new

Some Ways that People Use to “Relax and Refresh”

Walk in the park	Take a drive	Read a book
Have a manicure or a massage	Singing (in the shower? ☺)	Watching sun rise or set
Spend time with children	Go to an outdoor market	Call a friend
Watch a movie	Cry at a movie	Play tennis
Journaling	Exercise	Take a bath
Breathe deep	Buy yourself flowers	Watch the birds
Have coffee or tea	Take a nap	Listen to favorite music
Sit or garden in the backyard	Knit or crochet	Sing or dance while cleaning
Give a hug (get one back)	Spend time with family	Eat by candlelight
Watch a travel video	Watch a video of a museum or zoo	Watch a funny video
Go for a drive	Tell jokes	Bake bread
Meditate	Try yoga	Do genealogy



**Ask for help. Not because you are weak,
but because you want to remain strong. --Les Brown**

Help available through the Family Caregiver Support Program



Support 2 Stay at Home

is a comprehensive program incorporating many proven activities to help caregivers so that those with dementia stay active and happy at home.

- Personalized music
- Games
- Reminiscing activities
- Adult coloring and other specialized activities
- Books and brochures designed to inform the caregiver
- Quarterly Caregiver Newsletters

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers

is a proven educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

**Please call!
This is great!**

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for 90 minutes once per week for 6 weeks.

Call to find out when the next class starts.



Other help available through the ADRC

ADR Specialists to help find resources
Dementia Care Specialist
Elder Benefit Specialist
Disability Benefit Specialist

Call 920-386-3580

Help for Caregivers is Available in Many Different Ways:

Just need to talk:

- * Call Institute on Aging Friendship Line: 800-971-0016
- * AARP Friendly Voices Line: 888-281-0145

For all caregivers:

- * Phone in Caregiver Support Group: last Tuesday of every month - register by calling 715-861-6174
Call 855-227-3640 to talk to a caregiving specialist
- * **Free telephone learning sessions:** (register ahead by calling 866-390-6491) different subjects each time. <http://caregiverteleconnection.org>
- * Visit **Caregiver Connection** on Facebook
- * Online help from **AARP**: <http://www.aarp.org/home-family/caregiving/>
- * Online videos from **Home Alone Alliance**: <https://www.aarp.org/ppi/initiatives/home-alone-alliance.html>
- * Online videos from Caregiver Action Network: <https://www.caregiveraction.org/resources/videos>

For those caring for someone with dementia:

- * 24 hour call in line - **Alzheimer's Association** (always answered by a person) 800-272-3900
- * National helpline - **Alzheimer's Foundation** 866-232-8484

For those caring for a veteran or veteran's spouse:

- * **Veterans Caregiver Support** Line: 855-260-3274

Pass the time in a safe, happy way. We have books, games, and other items to assist you and for you to enjoy with your loved ones.



Help for Caregivers is Available in Many Different Ways: Some ways to find a support group

<http://wisconsincaregiver.org/virtual-events-for-caregivers>



<https://www.facebook.com/Dodge.County.ADRG/>

Local support groups are available through many sources – check with your physician or on the internet for *disease specific* or grief support groups. Your  also has information on some of them. The Dementia Care Specialist runs and knows about many events and groups for those with all stages and types of dementia.

For more information on current groups, request or pick up a copy of our latest directory - 920-386-3580

What's in a Basic Caregiver **EMERGENCY PLAN?**

The person's full name and any nickname they like to be called
Name and contact info for caregiver and alternate caregiver(s)

Name and contact info of Primary Care Physician

Complete list of **current** medications

Power of Attorney (POA)

POA for Health Care/Advanced Directives

Diagnoses and any allergies

Favorite foods/treats

If the person has dementia, what techniques usually calm them
Any other information that would help someone else care for the person

(It's a good idea to keep one copy of this plan in a folder on your refrigerator – be sure to keep it current)

