

Family Caregiver Newsletter

Newsletter Date November 2014

The Powerful Caregiver

This column is named after the class "Powerful Tools for Caregivers," a six-session workshop on helping caregiving families thrive (not just survive). It is offered in Racine County several times a year.

November's Hero

November is National Family Caregivers Month, started by the National Family Caregivers Association in 1994. In a recent NFC Month Proclamation, President Obama said: "Family members, friends, and neighbors devote countless hours to providing care to their relatives or loved ones. (This month) we recognize and thank the humble heroes who do so much to keep our families and communities strong."

And heroes you are! When people lose the ability to take care of themselves, someone needs to help with daily hygiene, prepare meals, run errands, go along to medical appointments, keep house, see that financial affairs are in order, and provide supervision to ensure safety, and so on. This is called non-medical long term care.

It's usually not covered by Medicare or most insurance, and studies show that **at least 80%** of the long term care in America is provided by unpaid Family Caregivers like you.

Research studies have placed an estimated monetary value on what Family Caregivers provide.

Five years ago this was estimated at \$11.64 per hour in Wisconsin. Multiply that by the number of hours you are providing long

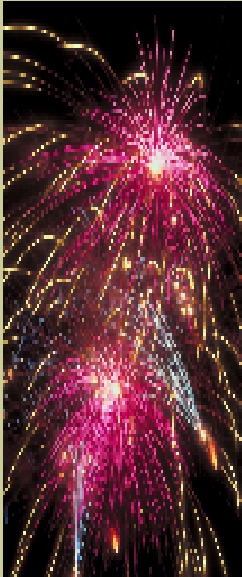


term care each week (sometimes virtually every waking hour), and you will have some idea why you deserve to be honored during National Family Caregivers Month and always.

Jane Mahoney, a consultant and

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guide to those of us who provide Family Caregiver Support, wrote the following:

“In hopes of making the lives of caregivers a little easier, here are eight tips to read and follow to help you on your caregiving journey. **Anyone who helps an older adult with something he or she used to do without help is a caregiver.**”

1. Taking care of yourself is just as important as caring for your loved one. You will be able to provide better care for a longer period of time if you yourself are healthy.

2. Involve the person being cared for in making decisions regarding his or her care. Sometimes this is not possible, but keeping the person’s wishes in mind is very important.

3. If someone offers to help, allow them the opportunity to help! It is good for everyone when friends or other family members help. Keep a wish list nearby of things you could use help with. When someone offers to help, let them choose off the list.

4. Planning ahead will make caregiving easier in the future. Talk with the person you are caring for about money, medical care and legal issues – complete Power of Attorney forms. Keep

doctors’ names, medication list, insurance information and social security card where you can find them in case of emergency.

5. Learning as much as possible about the person’s illness or disease will help you be a better caregiver. Get information from your doctor, books, the internet or local Aging and Disability Resource Center.

6. It is normal to feel overwhelmed at times. If you become overwhelmed a lot or if you feel angry or lose your patience frequently you should seek help from your doctor or a counselor.

7. It is critical to develop a support system. Talking about your feelings with family or friends is important. Sharing with others who are going through similar experiences can be especially helpful. Consider attending a support group.

Caregivers who get help are more likely to provide better care for a longer period of time. They also “burn out” less often. Consider hiring someone to assist with household chores, meal prep, personal cares or respite care.

There ought to be a parade with floats honoring Family Caregivers’ courage, compassion, and dedication. There ought to be a sculpture depicting, perhaps, a loving spouse leading a team of

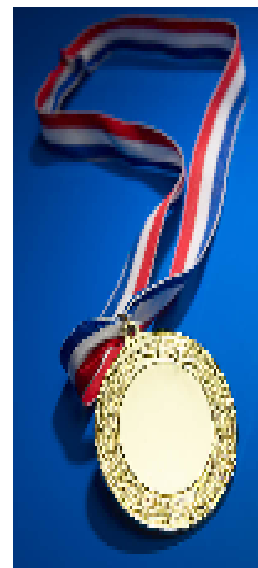
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family members and other helpers to ensure that his or her loved one has the best quality of life possible. There ought to be discounts and free stuff and entertainment opportunities for Family Caregivers. Hopefully more such honors will happen sometime soon.

For now, please accept the help offered by Caregiver Support Specialists. This includes individual counseling, support groups, classes, and the monthly

newsletter. Accept the concern and admiration of all of us at the Aging and Disability Resource Center of Racine County. Take a deep, relaxing breath, and honor **Yourself** for a moment now and whenever you think of it. Accept all the **Help** you can get (call us for information at 262-833-8764.) Take Good Care of Yourself! Find ways to keep **Fun** in your life because...

You Are November's Hero!



Community Resources

This column highlights some of the many resources in our community. For more, see the Community Resource Directory available from the Aging and Disability Resource Center (262-833-8777) or www.adrc.racineco.com.

The following workshop could be a part of your plan for self care:

Living Well—Put Life Back in Your Life
Are you 60 or above with an ongoing health condition?

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Well Workshop can help you take charge of your life.

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Join Us !

Nov 3rd – Dec 8th
Every Monday for 6 weeks
Snacks are provided

Time
1:00 p.m. – 3:30 p.m.

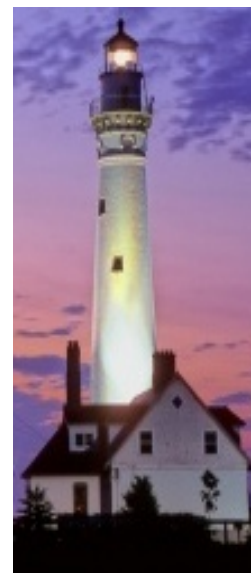
ADRC Office
14200 Washington Ave.
Sturtevant 53177

To Register Call:
Ruth 262-833-8762

The Aging and Disability Resource Center will be at community locations offering free blood pressure screening and health topic information, stop by and see us at:

- **Piggly Wiggly**, in Racine at 5201 Washington Ave on the First Thursday of the month 8 am to 11 am.
- **Richter's Marketplace** in Burlington the second Friday of the month 10 am to 2 pm.

*May I have...
Serenity to
accept the things
I cannot change,
Courage to
change the things
I can, and
Wisdom to know
the difference.*





14200 Washington Ave
Sturtevant, WI 53177

Caregiver Opportunities

Conversations Between Generations

How do you talk with your mom and dad about their driving, dating, and independence? And when do you start?

Tuesday November 4th
5:30 to 7:00 pm
Reefpoint Marina
2 Christopher Columbus Causeway, Racine

Call to reserve your spot - 262-833-8777



Support Groups for Family Caregivers

First Thursday 10:30 am-12 Noon Alzheimer’s Association Group

November 6th

For Families Dealing with Alzheimer’s and other Dementias
Lincoln Lutheran Office Bldg, 2000 Domanik Dr 4th Floor

First Friday 12 Noon-1pm “Caregiver Connection” Telephone Group

November 7th

Call 262-833-8762 to pre-register

Second Tuesday 1:30-3:00 pm

November 11th

Yorkville United Methodist Church
17645 Old Yorkville Rd. (3 Miles West of I-94, Just N of Highway 20)

Second Saturday 10:30 am–12 Noon

November 8th

Atonement Lutheran Church
2915 Wright Ave
Park and enter in back of building (on South side)

Third Wednesday 1:30-3:00 pm

November 19th

Burlington Senior Center, Eppers Room
209 N Main St

Third Thursday 6:00-7:30 pm Alzheimer’s Association Group

November 20th

For Families Dealing with Alzheimer’s and other Dementias
Atonement Lutheran Church, 2915 Wright Ave
Park and enter in back of building (on South side)