

Family Caregiver Newsletter

October/November 2015 Flyer

Caregiver Support Team Receives Assistance

The *Family Caregiver Newsletter* started as a reminder for support groups, sent to about 20 caregivers each month. Now we send out nearly 700 by mail and over 100 by email. We love reaching so many family caregivers.

Unfortunately, for those of you who are involved in caregiver support beyond the newsletter, sometimes we just don't have enough hours in our days to keep in touch as much as we would like.

That's why we're thrilled that a former caregiver has agreed to make some of our "Checkin' In" calls. Her name is Joan, and she will serve as a Volunteer Caregiver Support Assistant. She will come to our office to make calls and let us know if anyone is having special challenges or would like to meet with a Caregiver Support Specialist. It may be necessary to tell Joan ahead of time some of the details of each situation. Of course that information will only be shared among the Caregiver Support Team. Besides Checkin' In calls, Joan may be asked to gather bits of information we need for our records (e.g. birth-dates or contact info.) If you are uncomfortable with sharing information in this way, please let us know.

Here are some examples of how a caregiver might receive a call from Joan:

- Irene cares for her husband and attends a caregiver support group once a month. She has missed group several times in a row and

Marilyn is concerned. She asks Joan to make a "Checkin' In" call. Irene appreciates the call and says she needs some information about getting help. Marilyn calls back with information and encouragement.

- Felicia is going on vacation. She has been helping Fred, a caregiver for his sister, set up services from several community agencies. She asks Joan to check in with Fred to see how things are going.
- Elizabeth speaks with Melissa, a caregiver for her aunt and a mother to two young children. Melissa recently called the ADRC for the first time, and wanted information on Caregiver Support. Elizabeth would like to know how things are going for Melissa whether materials she mailed were useful, and if anything more is needed at this time.
- The Caregiver Support Specialists receive a list from The Wisconsin Department of Health Services of information that is missing but required to keep records for the National Family Caregiver Support Program and other aging programs. The list comes with a deadline and the team asks Joan to get that information from caregivers.

As a former caregiver for her husband, Joan knows how important listening ears and



**Caregiver
Support Team
Member
Contact
Information:**

Felicia Elias
Caregiver
Support
Specialist
262-833-8761

Marilyn Joyce
Caregiver
Support
Specialist
262- 833-8764

**Elizabeth
Trudeau**
Caregiver
Support
Specialist
262-833-8762



**Aging and
Disability
Resource
Center of
Racine County**
262-833-8777

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encouraging words can be. She will be a valuable asset to our Racine County Family Caregiver Support Program. We are very grateful for her generous willingness to help us reach out to you. We know that caregivers will be grateful too.

National Family Caregivers Month November 2015

November is National Family Caregivers Month. This is a time when we send kudos your way and encouragement to treat yourself especially well and ask for the help you need. The theme this year is “Respite” – which in the caregiving world means getting help so you can get away to do something that brings you joy! We wish we could send you flowers and chocolate and balloons. Please accept our genuine admiration and our offer to support you through your caregiving journey. We sincerely hope that it brings you something good along with all its challenges. We are grateful to be in touch with you.

Respite: Care for Caregivers

R— Is for “Rest and Relaxation”

Everyone needs a little R & R, especially family caregivers. Relaxing is the best way to return refreshed to handle your many responsibilities as a caregiver.

E—As in “Energize”

Caregiving is often round-the-clock 24/7. Respite isn’t simply “getting a few hours off.” It’s necessary to help you reenergize, reduce stress and provide care for your loved one.

S—As in “Sleep”

Caregivers often has sleep problems. Address sleep problems and insomnia before they take too great a toll on your health.

P—is for “Programs that can help you”

Respite—which can be in the home or out of the home—can be hard to find but there are programs available to help you.

I—As in “Imagination”

Let your mind run free; read a book; see a movie. You have been so occupied with the nuts-and-bolts of caregiving that refreshing your mind will actually help you be a better caregiver.

T –As in “Take Five”

...or better yet, take ten. Do you find yourself saying, “I wish I had just ten minutes to myself?” Don’t feel guilty. You need a reprieve—a few minutes to temporarily disengage.

E—is for “Exhale”

A simple breath in and then a long exhale can help you focus and increase your vitality. A few deep breaths can give you more energy, reduce stress, and lift your mood.

“Respite: Care for Caregivers” information courtesy of Caregiver Action Network: <http://www.caregiveraction.org> 202-454-3970.

Resources:

Respite Care Association of Wisconsin

<http://respitewi.org/>
608-222-2033

Contact the **Aging and Disability Resource Center** for information on respite care resources in your community. 262-833-8777 or online at <http://www.adrc.racineco.com>

**Look for the New ADRC Newsletter
coming in December!**