

# Caregiver E-Visit

July 2019

## Minding Your Own Freedom

**“Help! (insert your name) I need help!”** *That familiar voice crashes through your sleep, which you just drifted into a few minutes ago, it seems. You sit up and slide into slippers, feeling just as tired as you did last night, and yesterday, and last week! Same headache, too. You remember now that yesterday you lost your patience, and you hope that doesn’t happen again. It hurt both of you. By the time you reach the bathroom you’ve noticed three tasks you didn’t get to yet. What you don’t notice is that this could be called a “beautiful morning,” because you aren’t even aware of your senses right now. Caregiver Burnout has set in.*

When Family Caregivers are asked questions like “What are your biggest problems? What losses have you noticed? and What would make your caregiver role less draining? a common July word comes up frequently. That word is freedom.

Having time and space to call one’s own is a basic human need.

Caregivers often find themselves very short on this commodity and begin to think of it as a luxury you only deserve a snip of, maybe in the bathroom or when taking out the garbage. Grabbing such moments to relax and breath is a good habit. It’s part of the practice of mindfulness. However, every caregiver needs a solid chunk of real **respite** on a regular basis. “What is that?” you say. Respite is defined as “a period of relief from something difficult.”



It can be referred to as: rest, space, an intermission, an interlude, time out, a lull, a pause, or **recess!**

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Respite time contributes to better health, happiness, rejuvenation, healthier relationships, less discouragement, renewed capacity for enjoyment, a brighter outlook, and contentment. Indeed, it can save caregivers' lives.

*For more information or if you wish to make comments on this E-Visit, contact Marilyn Joyce 262-833-8764 or email [marilyn.joyce@racinecounty.com](mailto:marilyn.joyce@racinecounty.com)*

Some ways to use respite time: attend a party, have lunch with a friend, go to a movie, relax in a park, go on a bus tour, have a massage, attend a yoga class, visit a museum, library or zoo, go golfing, attend an exercise class, go swimming, catch up on attend a Caregiver Group, tend to your own medical needs, visit your grandchildren....OK you think of some more ideas! Making arrangements for your loved one's care when you're not there can seem daunting. It may seem that there is no one to help. So how would a weary caregiver get this magic "respite time"? One of the goals for Racine County's Caregiver Support Program is to provide more

caregivers with a taste of respite!

Currently there is some funding to make this available to eligible folks. The care receiver's needs can be attended to at home, with a paid in-home caregiver, at day programs and service providers, or at an area assisted living facility.

It has been shown that respite time well-spent results in less Caregiver Burnout, stronger relationships, and better caregiving. When it comes to family caregiving, respite time represents a slice of what we might dub: FREEDOM PIE!

**Take Good Care of Yourself—Call the ADRC about Respite options today!  
262-833-8777**



## Respite Care

*Time away from caregiving for those times when you need a break, a vacation, or to attend to other needs.*

**Respite care** has several forms including in-home respite (a caregiver comes in – call an In-Home Assistance Agency, Palliative Care, or Hospice Agencies), short stays in assisted living facilities, emergency respite, sitter-companion services or adult day care or day programs in the area. Contact individual assisted living facilities or nursing homes about short-term respite stays. Many are willing to accommodate this request if they have space available – this can also be a try out period for a facility you think you may want to use when the time comes.

### **Respite Care options in approximate order of cost (from least to most):**

- A care team of family and friends who are able to meet the needs of the care receiver.
- Adult Day Care or social day options which are available daytime, usually week days.
- Part-time services from an in-home assistance or personal care agency or from a private provider.
- Live in caregiver (agency or private)
- Around-the-clock services from an agency
- A respite stay at an Assisted Living or Skilled Nursing Facility







# Assisted Living Consumer Town Hall

An informational session for those seeking, living, and considering assisted living services

## Get Informed

You will have the chance to interact directly with regulators, managed care organizations, adult protective services agencies, advocates, and other assisted living partners.



Enjoy coffee &  
donuts with us!

## What to Expect

These sessions will give you a better understanding of:

- The difference between assisted living facilities and nursing homes;
- How assisted living facilities are regulated;
- The types of services provided;
- The admission process;
- The funding sources available; and
- How to access regulatory and advocacy resources.

July 30, 2019  
9:30 -11:00 AM

Auditorium  
Racine County Ives Grove Building  
14200 Washington Avenue  
Sturtevant, WI 53177

Please contact us if any accommodations are needed.

1 West Wilson Street  
Madison, WI 53701

Phone: 608-266-5754  
[www.dhs.wisconsin.gov](http://www.dhs.wisconsin.gov)



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

AGING AND  
DISABILITY  
RESOURCE CENTER  
OF RACINE COUNTY

14200 Washington Ave  
Sturtevant, WI 53177

Phone: 262-833-8777

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## Support Groups for Family Caregivers

For caregivers who are over 60 or are caring for someone over 60 and caregivers (of any age) for people who have dementia. Contact: Marilyn Joyce, 833-8764 or [marilyn.joyce@racinecounty.com](mailto:marilyn.joyce@racinecounty.com)

Sometimes we are able to make reminder calls to former attendees about an upcoming Support Group. However, this is not always possible. These groups nearly always happen at the scheduled time and place. If you haven't gotten a call, and you have doubts, please call 262-833-8764 or 262-833-8777. See you there!!

### General Caregiver Groups

**First Friday**  
**12 Noon-1:00 pm**

*Caregiver Connection*

Telephone Group  
Call 833-8762 for call-in  
Information

**July 5 Aug 2 Sept 6**

**Second Saturday**  
**10:30 am- 12:00 Noon**

Living Faith Lutheran Church  
2915 Wright Ave, Racine

**July 13 Aug 10 Sept 14**

**First Tuesday**  
**1:30-3:00 pm**

Yorkville United Methodist  
Church  
17645 Old Yorkville Rd  
(Just off of Highway 20, 3 miles  
West of I-94)

**July 2 Aug 6 Sept 3**

**Third Wednesday**  
**1:30-3:00 pm**

Cross Lutheran Church  
126 Chapel Ter, Burlington

**July 17 Aug 21 Sept 18**

### Alzheimer's Association Support Groups:

*For families dealing with any  
type of dementia*

**First Thursday**  
**10:30 am -12 Noon**

Bethania Lutheran Church  
4120 Wright Ave, Racine  
(Park and enter in the back of the  
building)

**July 11 Aug 1 Sept 5**

**Second Thursday**  
**6:00 – 7:30 PM**

Bethania Lutheran Church  
4120 Wright Ave, Racine  
(Park and enter in the back of  
building)

**July 11 Aug 8 Sept 12**

