

# Caregiver E-Visit

August 2018

## The Caregiving Rollercoaster

*Since it's summertime, here is a rollercoaster story from a caregiver's point of view. Not as much of a thrill as such things may have been in bygone days, but with a good life lesson attached. Enjoy this article written by one of the leaders of Caregiver Support Program in Wisconsin:*

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are filled with joy and pride as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Guilt often follows. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur during the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all the benefits of

caregiving.:

- Growing closer to their loved one as they spend time together
- Feeling enhanced self-worth for coping with a difficult situation
- "Repaying" their loved one who used to care for them
- Having an increased sense of purpose in their life and a sense of achievement



But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear and guilt. Some early warning signs of these feelings may be tension, headaches and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over.



**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)**



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The following techniques can be helpful in keeping negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for a while.
- Remember the good times.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group or to distribute tasks to family members.

Negative emotions may not be pleasant, but they don't have to leave you full of anger and frustration. Learn to recognize the warning signs, calm yourself and initiate change to prevent it from happening again.

Life for a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources

## **Living With Dementia: Middle Stage( Caregivers)**

This three-part program includes many topics for caregivers of individuals with moderate Alzheimer's disease or a related form of dementia. Topics to be covered include understanding the symptoms and care needs, understanding relationship changes, learning ways to maximize safety, preparation for emergencies, and learning how to get respite care. Effective strategies regarding personal care and managing challenging behaviors will also be discussed. Classes will be held at Racine Gateway Technical College. For information and registration, please call the Alzheimer's Association at: 1-800-272-3900.

## **Save The Date:**

Recipe for Healthy Caregiving, 10th annual Kudos for Caregivers, our annual event for National Family Caregivers' Month will take place on Friday, November 2<sup>nd</sup> from 9:00 am to 2:00 pm at Grace Church 3626 WI Hwy 31 in Racine. See further information on the ADRC website at: [https://www.adrc.racinecounty.com/site/456/senior\\_services.aspx](https://www.adrc.racinecounty.com/site/456/senior_services.aspx)

September is Fall Prevention Month. We're getting a head start by offering Racine County folks the popular and proven effective Workshop **"Stepping On"** beginning **August 10<sup>th</sup>**. See the Flyer next page. There is also a Burlington session in September. Call for further information.

# One in four people age 65 or older has a fall each year.



## Don't be one of them!

### Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been researched and proven to reduce falls by 30%!**

### Join Us for Stepping On!

**Where:** Aging and Disability Resource Center of Racine County - Auditorium  
14200 Washington Ave.  
Sturtevant, WI 53177

**When:** Fridays for 7 weeks  
August 10 – September 21  
2:00pm – 4:00pm

**To register:** Call Elizabeth at:  
262-833-8762

\$10 fee for class Must be 60+



AGING AND  
DISABILITY  
RESOURCE CENTER  
OF RACINE COUNTY

14200 Washington Ave  
Sturtevant, WI 53177

Phone: 262-833-8777

Email: [adrc@racinecounty.com](mailto:adrc@racinecounty.com)

[www.adrc.racinecounty.com](http://www.adrc.racinecounty.com)

## 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

**Aug 3 Sept 7 Oct 5**

**Second Saturday**  
**10:30 am- 12:00 Noon**  
Atonement Lutheran Church  
2915 Wright Ave, Racine  
**Aug 11 Sept 8 Oct 13**

**Third 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)  
**Aug 21 Sept 18 Oct 16**

**Third Wednesday**  
**1:30-3:00 pm**  
Cross Lutheran Church  
126 Chapel Ter, Burlington  
**Aug 15 Sept 19 Oct 17**

### 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)  
**Aug 2 Sept 6 Oct 4**

**Second Thursday**  
**6:00 – 7:30 PM**  
Bethania Lutheran Church  
4120 Wright Ave, Racine  
(Park and enter in the back of  
building)  
**Aug 9 Sept 23 Oct 11**

