

Caregiver E-Visit

October 2017

The Importance of Activity

Jake is a 67-year-old retired carpenter who lives with Multiple Sclerosis. His wife Susan is his caregiver. Susan has just finished getting Jake dressed for the day, and it is way past midmorning. Susan is exhausted and frustrated. She had planned to do so much this morning, but Jake seemed stubborn and unwilling to let her help him get into his clothing. He seemed so slow and unmotivated. Susan feels anger and resentment. Next, she helps him into his lift chair, where he will do nothing but watch TV for long periods of time. That's how every day seems to go. Susan is concerned that Jake doesn't move around enough or have any activities to engage in. "I'll ask around at the next Caregiver Support Group," she decides.

People who need help with their daily cares do benefit from movement and engagement with the world around them.

Watching an active, curious child or animal reminds us that this is how we all begin to interact with our world. As we mature, we develop the desire to feel needed and become contributing members of a group. This remains an important component in our activities as we grow older. So Jake might be more willing to leave his easy chair for an activity he can share with



someone else. Something with an element of woodwork may bring back some of his feelings of being useful and productive.

Daily household chores could become activities for Jake, too.

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Folding laundry, drying dishes, sorting utensils, and other tasks give him a chance to use some dexterity and be of help to Susan as well. Some families keep

towels handy in a basket just for this purpose. Sometimes a task has to be redone later, but the benefits movement and feeling useful far outweigh any inconvenience.

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

Even the chore of dressing can become an activity that care partners share. The tasks involved need to be broken down into very small steps. These are known as “kind cues.” An example of this is, suggestions given in an unhurried manner that don’t draw attention to the person’s deficits or mistakes. Here are some tips to help this task seem less urgent:



- ◆ Plan on more time for daily tasks and give yourself credit for making them activities as well.

- ◆ Add easy-to-manage clothing to your care partner’s wardrobe and drop difficult button-ups, etc. Loose pull-on pants are available in retail stores. Adaptive clothing with features like Velcro can be ordered online or through a medical supply store.
- ◆ Never underestimate a respectful sense of humor!

On those days when a medical appointment or other time constraint is looming, it would be ideal for Susan to have someone else help Jake with his self-care tasks. In fact, some caregivers get such help a few times a week. This takes the edge off anger, impatience, and the feeling of everyday drudgery.

When Susan talks about her concerns for Jake’s activities, several caregivers encourage her to enroll him in Our Harmony Club, low-cost respite program. Guests are provided companionship and activities while their caregivers have some time to call their own. Susan enrolls Jake in Our Harmony Club once a week.

Inside Story Headline

On those days she hires a Personal Care Worker to help Jake get dressed and ready to go. Soon he comes home with a birdhouse he has helped assemble and paint while telling guests and volunteers about his career as a carpenter.

Susan and Jake both begin to feel less stressed and more interested in their everyday lives.

Resources:

Our Harmony Club
Call 262-880-5301
Various location around the community

Check in your copy of the ADRC's Community Resource Directory for information on In-Home Assistance or call for a copy and a chat.

There is possible financial assistance to hire help through certain programs. Call the ADRC 262-833-8777.



Coming Events:

Kudos for Caregivers "Finding Joy"

11/8/2017

Veterans Terrace
Burlington. Contact
Felicia at 262-833-8761

"Communication Strategies" class

presented by the Alzheimer's Association
At Gateway Racine.
Details will be available in November. Call them at 800-272-3900

Caregiver Opportunities

Alzheimer's Association— Area Programs:

Memory Café

Share your stories and socialize with others who have worries about their memory. Third Thursday of each month 1:30—3:00 pm Old Settlers Bowling Center 1500 15th Ave, Union Grove. Potential new members RSVP to Wendy Betley at 414-479-8800.

Available in other areas as well.

E-Learning available 24/7

Courses that allow individuals to learn valuable information on their own schedule. Especially beneficial for working caregivers or family members. All courses are free of charge and can be accessed at: <http://training.alz.org/>

Caregiver Consultations: to arrange an appointment with Alzheimer's Association staff to meet locally, contact Felicia at 262-833-8761.

AGING AND
DISABILITY
RESOURCE CENTER
OF RACINE COUNTY

14200 Washington Ave
Sturtevant, WI 53177

Phone: 262-833-8777

Email: adrc@racinecounty.com

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

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

Oct 6 Nov 3 Dec 1

Second 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)

Oct 10 Nov 14 Dec 12

Second Saturday

10:30 am- 12:00 Noon

Atonement Lutheran Church
2915 Wright Ave, Racine

Oct 14 Nov 11 Dec 9

Third Wednesday

1:30-3:00 pm

Burlington Senior Center
209 N. Main St, Burlington
Eppers Room

Oct 18 Nov 15 Dec 20

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)

Oct 5 Nov 7 Dec 7

Second Thursday

6:00 – 7:30 PM

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

Oct 12 Nov 9 Dec 14

