



*A Bi-Monthly Newsletter for  
Family Caregivers*

**Sauk County ADRC:**

**(608)355-3289**

**[www.co.sauk.wi.us/adrc](http://www.co.sauk.wi.us/adrc)**

**f @adrcsauk**

## WELCOME!

The ADRC is excited to launch our FIRST issue of Well Connected - a bi-monthly newsletter for Family Caregivers! Establishing this newsletter is part of the ADRC 2022-24 Aging Plan with the goal of increasing caregiver access to and knowledge of caregiver support services in order to reduce caregiver stress and burden. We hope this newsletter serves as another piece to your caregiving journey. Welcome to Well Connected!

*Sincerely,*

*Marina Wittmann*

*Aging Program Coordinator*

*Caregiver Support Program Coordinator*



## WHAT'S INSIDE?

**ADRC SUPPORTS FOR  
FAMILY CAREGIVERS**

**DEAR KURT**

**CAREGIVER BOOT CAMP  
DATE & REGISTRATION**

**SUPPORT GROUPS &  
LOCAL RESOURCES**

**FOR GRANDPARENTS &  
RELATIVE CAREGIVERS**

# ADRC Caregiver Support Program



## National Family Caregiver Support Program

The National Family Caregiver Support Program (NFCSP) provides respite and supplemental funding to eligible caregivers. The purpose of the National Family Caregiver Support Program (NFCSP) is to assist families and other informal caregivers in caring for loved ones at home for as long as possible.

### Eligibility

- Any caregiver who provides unpaid care to a person age 60 or older, or to a person of any age who has Alzheimer's disease or related dementia. The older adult receiving care **MUST** need assistance with multiple activities of daily living - such as bathing, dressing, meal prep, etc.
- Grandparents or relatives age 55 and older who are the primary caregivers for a child under age 19
- Relative caregivers age 55 and older who care for a person age 19-59 with a long-term disability

### How to Apply

- Caregivers must fill out an application and submit it to the ADRC office. For an application, call the ADRC office (608)355-3289 or go to the ADRC website: [www.co.sauk.wi.us/adrc/caregiver-resources](http://www.co.sauk.wi.us/adrc/caregiver-resources)

### What can the Funding Pay For?

- Respite can include any of the following tasks:
  - Chore services such as yard work, snow removal, lawn care
  - Personal cares such as dressing, bathing, toileting
  - Daily homemaking tasks such as meal prep, shopping, cleaning
  - Companionship and general supervision for safety purposes.
- Supplemental services that complement care:
  - Assistive devices such as weighted silverware, door locks, bed alarms
  - Minor home modifications like wheelchair ramps, grab bar installation
  - Consumable supplies such as incontinence supplies
  - Technology - like iPads, tablets, Amazon Echo (Alexa)
  - Safety equipment like personal emergency response systems



### How does Respite Work?

- Caregivers are free to choose a family member or friend to provide respite. The ADRC will reimburse the family caregiver for the payment made to the paid respite provider. It's a very simple process!

Contact Marina Wittmann at the ADRC for any questions about the National Family Caregiver Support Program funding: ADRC (608)355-3289, [marina.wittmann@saukcountywi.gov](mailto:marina.wittmann@saukcountywi.gov)

## Dear Kurt,

Kurt Goeckermann

*Dementia Care*

*Specialist*



## Dear Kurt,

“How do I get my dad to understand that he can’t do many of the things that he used to do?”

- Daughter Debbie

Dear Daughter Debbie,

Your question is common to many family and caregivers of people living with dementia. Perhaps we could frame it differently, however? Maybe the question could be “What can dad do and how can we assist him to do it?”

Dementia involves losses. From driving to dressing to forgetting the names of family members these losses are difficult for all. The individual with the diagnosis and their loved ones have a whole life of them being able to do these common tasks and relating to each other in a certain way. Dementia changes this. Each will face significant emotional and practical challenges navigating these changes.

There is however an important difference between the person with dementia and their family/caregivers. The person with dementia is losing both the ability to evaluate, remember and understand that there are losses and the memory and problem solving necessary to make and maintain adaptations. In early stages natural human denial can be a factor, but they may soon not remember that they are forgetting to turn off the stove or got lost last week coming home from the store. This makes your very natural inclination to try to convince your father problematic as, due to his dementia, he doesn’t have the same comprehension of the situation as you.

The onus therefore falls on you to adapt and to help your dad manage his new circumstances. This is not easy, but it is usually much easier and less frustrating than trying to elicit change from someone who is not capable of making or maintaining those changes on their own. If I ask a person with no arms to pick a large object up off the floor that would be unreasonable. While not as visually evident, asking the person with dementia to remember and adapt to their new circumstances is usually no less unrealistic.

We are then back to our original question, “What can dad do and how can we assist him to do it?”. Perhaps the person can maintain driving longer if someone is with them. Perhaps someone can continue to do familiar tasks, but now just needs verbal or written cues. Perhaps it really does not matter if the clothes are folded perfectly as long as the person is still able to participate in a familiar activity. Maybe they don’t remember cousin Fred’s name, but still recognize them and enjoy visiting. We want all to be as independent for as long as we can be. Real challenges will arise. Driving may become completely unsafe. Behaviors such as wandering and getting lost or care resistance may need to be addressed. These are difficult, but you are not alone. There is support and information available through many sources such as the Alzheimer’s Association, The Alzheimer’s and Dementia Alliance of Wisconsin and your ADRC Dementia Care Specialist. The experiences and expertise of many, expressed through these and other resources, can help you address the tough challenges and answer the question, “What can dad do and how can we assist him to do it?”.

*Sincerely, Kurt*

**Submit to Dear Kurt:**

**[kurt.goeckermann@saukcountywi.gov](mailto:kurt.goeckermann@saukcountywi.gov)**

# Alzheimer's & Dementia Alliance

## Online Virtual Programs



**Understanding Behavior Changes:** Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

**Friday, September 16 | 10:00 - 11:30AM**

Register and attend here: <https://bit.ly/Behavior-Changes>



**Making the Decision about Facility Care:** Review things to consider when deciding to move to facility care including the difference between facilities and services they offer.

**Tuesday, September 27 | 1:00 - 2:30PM**

Register and attend here: <https://bit.ly/facility-care>

Find the Alzheimer's & Dementia Alliance Support Groups and Memory Cafe's on Page 5 of this issue.

For other programs, visit the ADAW website:  
[www.alz.wisc.org/program-calendar](http://www.alz.wisc.org/program-calendar)

### **SCHEDULING NOTE:**

The Memory Cafe's at the Sauk Prairie Community Center & Fusch Center will be on HOLD in October. The support group in Spring Green will also be on HOLD in October. All programs will resume in November!

**Janet Wiegel**

Dementia Outreach Specialist

[janet.wiegel@alzwisc.org](mailto:janet.wiegel@alzwisc.org)

(608)697-2838





# Caregiver Support Meetings Around Sauk County

\*Please call contact person first for specific details about support meetings\*

## General Family Caregiver Groups

- **First Congregational Church** in Baraboo, 2nd Monday @ 2pm | Contact Mary Larson, 254-7002
- **VA Clinic\*** in Baraboo, 4th Monday @ 1:30pm | Contact Meghann Schmitt, 256-1901 ext. 12308  
\*caregiver of enrolled veteran or enrolled veteran who is a caregiver

## Parkinson's Specific Groups

- **First Congregational Church** in Baraboo, 3rd Monday @ 2pm | Contact Sylvia Kriegel, 356-7096

## Dementia Specific Groups

- **Maplewood** in Sauk City, 4th Tuesday @ 3pm | Contact Theresa Grimes, 643-3383
- **Virtual Morning Coffee Connect**, Every Monday @ 10am | Contact Pam Kulberg, 548-3954
- **Reedsburg Library**, 3rd Wednesday @ 12pm | Contact Janet Wiegel, 697-2838
- **Spring Green Library**, 4th Monday @ 1pm | Contact Janet Wiegel, 697-2838\* see note on Page 4

## Huntington's Disease Specific Groups

- **Monk's Restaurant** in Sun Prairie, 3rd Saturday @ 10:30am | Contact Deb Zwickey, 414-257-9499  
\*All are welcome - those with HD, family and friends
- **Virtual Huntington's Disease** Group, 3rd Tuesday @ 6:30pm | Contact Deb Zwickey, 414-257-9499, dzwickey@hdsa.org

## Memory Cafe's\* see note on Page 4

A safe space where caregivers and loved ones with dementia can socialize, listen to music, and have fun!

- **Sauk Prairie Community Center**, 3rd Thursday @ 9:30am | Contact Janet Wiegel, 697-2838
- **Fusch Community Center**, 2nd Friday @ 10am | Contact Janet Wiegel, 697-2838

## Alzheimer's Association Virtual Statewide Groups | call 800-272-3900 to register

- **For Persons Living with Mild Cognitive Impairment**, 2nd Wednesday @ 10am
- **Family Caregivers for Loved One with Dementia Living at a Facility**, every other Friday @ 10am
- **Family Caregivers for Loved One with Frontotemporal Degeneration**, 3rd Wednesday @ 6pm
- **Family Caregivers for Loved One with Dementia in the Early Stages**, 4th Tuesday @ 10am
- **Grief & Bereavement Group** | contact Shai Wise 414-775-7578

## Additional Resources

- Alzheimer's & Dementia Alliance Educational Programs and Support Groups: [www.alzwise.org](http://www.alzwise.org)
- Alzheimer's Association of Wisconsin Education and Resources: [www.alz.org/wi](http://www.alz.org/wi)

## ADRC Support for Caregivers

- Powerful Tools for Caregivers, Caregiver Lending Library, Respite Funding and more available!

Contact Marina Wittmann at the ADRC: [marina.wittmann@saukcountywi.gov](mailto:marina.wittmann@saukcountywi.gov) | ADRC (608)355-3289



# CAREGIVER DEPRESSION

Article by: Alzheimer's Association (alz.org)

**Many caregivers experience depression. If you are experiencing symptoms, know that you aren't alone and that help is available.**

**Depression is a serious condition, but one that is treatable.**

## Symptoms of depression

Caregiving is hard — and can lead to feelings of stress, guilt, anger, sadness, isolation — and depression. Depression affects different people in different ways and at different times. For example, someone may experience depression right after their family member has been diagnosed with Alzheimer's. Other caregivers may experience it as Alzheimer's progresses and the cognitive abilities of the person with Alzheimer's diminish.

## Signs and symptoms of depression include:

- Becoming easily agitated or frustrated
- Feelings of worthlessness or guilt
- Feelings of hopelessness
- Thoughts of death, dying or suicide
- Disturbed sleep
- Fatigue or loss of energy
- Loss of interest or pleasure in usual activities
- Difficulty thinking or concentrating
- Changes in appetite and weight
- Physical symptoms that do not respond to treatment, such as headaches, digestive disorders and pain
- Source: American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders



## See your doctor

If you are concerned that you might be depressed, see your doctor as soon as possible. Certain medications and some medical conditions can cause the same symptoms as depression. A doctor can rule out these possibilities by doing a medical exam and lab tests.

If depression is left untreated, it can lead to emotional and physical problems. It can also affect the quality of care you're able to provide the person with Alzheimer's or dementia.

Article continued...

## **Treatment**

**Depression can be effectively treated. And the earlier treatment begins, the earlier you'll feel better. Treatment commonly involves a combination of medication, therapy and support.**

## **Medication**

**Feeling better takes time. If you are prescribed an antidepressant, talk with your doctor about how long it will take to feel the full benefit. In some cases, it may take six to eight weeks. Never stop taking an antidepressant without consulting your doctor first. Abruptly stopping antidepressants can cause unwanted side effects.**

## **Counseling**

**Your doctor may refer you to a mental health professional, such as a counselor, psychologist, psychiatrist or social worker. Counseling can be very effective in the treatment of depression, and can help you deal with the problems you are facing. It's important to be comfortable with the professional you seek treatment with, so consider interviewing several to find a good fit. Your primary care physician, insurance provider or community mental health clinic may be able to provide referrals.**

## **Coping**

**In addition to seeking help from a professional, you can take steps to help yourself.**

**Let family and friends help you.**

**Take others up on offers to help and ask for help when you need it**

**Seek out caregiver support.**

- **Consider respite services, a local caregiver support group or our online community. Building a support network can keep you from feeling isolated.**
- **Try journaling.**
- **Expressing your emotions (both negative and positive) in a journal may boost your mood.**
- **Learn ways to relax and manage stress.**
- **Try meditation or yoga to help reduce caregiver stress.**
- **Take time for yourself.**
- **Participate in activities that you enjoy.**

# For Grandparents and Relative Caregivers

## The Emotional Journey of Relative Caregiving

Many relative caregivers have said they just didn't know how hard everything would be until the day came when they realized that they were now the "parent" to their relative's children.

Many also didn't know that parenting again would bring them on a roller coaster of emotions and change the way they feel about everything, including their own definition of family.

### Change is Hard

Often children are placed in the homes of relative caregivers because of safety concerns for the children or concerns about the parent's ability to provide appropriate care for their children.

Maybe you are hoping that your relative will turn things around and come to see how her behaviors are affecting her children's lives. Maybe the children were only supposed to be with you for a few months and those few months have now turned into a couple of years.

When the children were first placed, you probably worried more about the children. But as more and more time passes, you may be beginning to understand the amount of loss and stress this family change has brought you.

### Journey of Feelings

The feelings that you experience are probably total opposites and range from being happy one moment to angry and sad the next. You're not alone—many caregivers feel like this.

**Emotional Ups** Not everything is stressful, however. Or, if they are stressful, many families thrive in spite of it. Jeff and Cindy Ziegler are an aunt and uncle in southern Wisconsin who took in their niece. Jeff Ziegler says, "It was fun to see her meld into the family and be just another part of it. I also enjoyed the candid conversations of what her life was like and how she helped to improve it."

He goes on to say, "She seemed to appreciate that we were home with our children and cared what they were up to.

She had a chance to be a kid instead of being the care giver in the family." Other caregivers have had similar feelings that include:

Comfort that you're able to provide a safe, nurturing environment.

**Pride** and accomplishment when the children learn a new skill, like tying a shoe.

**Patience** in learning how to parent your relative's children and navigate systems like foster care, energy assistance, or Women Infants and Children (WIC).

**Inspiration** from other relative caregivers who are doing the same thing as you everyday. How do they do it and why don't the news shows talk about this more?

**Encouragement** from your family and friends that you are really doing the right thing—even when it feels like nothing is going right.

**Happiness** when you see the smiles on the faces of the children or hear their laughter.

**Love** from the hugs and kisses you get.

**Compassion** for the children when they cry because they miss their parent(s).

**Hope** for the children, your relative, and yourself as you all go through a time of big change.

**Emotional Downs** About the emotional struggles, Ziegler says, "The lows were a while in coming but they came. She did start to resent the fact that she was one of the family and that she needed to live up to the same standards as the rest of the children in the house. Bed times, permission, her share of the duties, homework schedules, and someone that made her be accountable were things she was not used to and was quite unhappy about it." Ziegler says, "After a couple of months, she forgot about all the 'stuff' that was happening at her house and defended those who had caused her all that pain."



“Being compared to those who gave her no limits was also a problem for me,” he says. “I felt bad when she would lash out at me. I also thought I was taking away from my own children to spend so much time on her problems.”

Other caregivers have lows that include:

**Fear** that you do not have enough resources to provide for the children like you desire.

**Anger** that the child’s parents are not doing all that they can or should be doing to make the situation better for the children.

**Guilt** when feeling angry and responsible for your relative’s poor choices or inability to parent.

**Sacrifice** of your time, energy, financial resources, and role as the grandfather or cousin or uncle to be the parent instead—so many sacrifices yet so little appreciation.

**Loss** and disappointment of everything that was familiar, including your goals and future plans. Your world has turned upside down, yet few acknowledge your personal loss. What you had planned in this stage in your life now looks completely different.

**Frustration** if the reunification plan isn’t working out like you hoped.

**Sadness** for yourself—that you’re giving up a piece of yourself and your established role to parent these children. Confusion. Some days it can feel like you don’t know which way is up or down.

**Embarrassment** that your relative isn’t able to be the parent due to many possible reasons like mental health issues, incarceration, drugs, alcohol, violence, or abandonment.

**Isolation** when you feel like you’re the only one in this situation.

These losses can also leave you without very many people to talk to because of the stigma, fear of judgment, lack of social recognition, understanding, and support of others. Your feelings do matter and if your support system doesn’t understand, your emotional journey can seem that much more difficult.

Find out if there is a local support group or find a couple of close adults who understand your situation. Find a counselor if you are having difficulty finding a neutral support network or need professional help. Talking about things and finding others who have experienced similar situations can really help.

### You’re Not Alone

So how can you recognize your feelings in order to deal with them? You can start by recognizing that the behaviors of your adult relative are not necessarily a reflection on you, your family, or your parenting (if you’re a grandparent).

By knowing this, hopefully you’ll be able to talk about your situation more and ask for help. If you haven’t checked out a support group for relative caregivers, now might be the time to make that call.

After all, it might not be an easy journey that you are on but you are not alone. Many others have walked in your shoes and have felt the same exact way as you.

Finally, sometimes you just need some time to regain some perspective. As Ziegler says about their experiences, “All in all, the experience was quite wonderful. As time went by, we all forgot the ugly parts and revel in all the good times and fun we had. After the fact, my niece was incredibly thankful for the opportunity to have been one of our family and never misses a chance to tell me that.”

Article from: Coalition for Children, Youth & Families; Wisconsin Department of Children & Families



**If you have interest in a grandparent & relative caregiver support group, give Marina a call at the ADRC (608)355-3289. The ADRC hosted a support group pre-Covid and is able to resume the group if there is interest!**

ADRC PRESENTS THE 4TH ANNUAL

# CAREGIVER BOOT CAMP

A PROGRAM FOR FAMILY CAREGIVERS

Lunch &  
"Survival  
Kit"  
Provided!

Caregiver Boot Camp is a FREE educational "survival" program for families coping with Alzheimer's Disease & other dementias. The following topics will be covered: What is Dementia?, Dementia Live Experience, Effective Communication, Caring for the Caregiver, and MORE!

**12TH**  
**NOVEMBER**

**REEDSBURG PUBLIC LIBRARY**

370 Vine Street, Reedsburg, WI 53959

**9:00AM**  
to  
**3:00PM**

Special Guest from the:

**ALZHEIMER'S ASSOCIATION**

**Registration Required and Appreciated:**

 ADRC: (608)355-3289

 [marina.wittmann@saukcountywi.gov](mailto:marina.wittmann@saukcountywi.gov)

# Take 5!

## Benefits of Challenging your Brain:

A workout for your mind

*A sense of control*

New brain connections

*Maintain reasoning skills*

ENGAGE COGNITIVE SKILLS

Solution on page back cover

	1					3		
			7	9				
	8			5	3			1
	3	5	4	7		8	6	
	7				8	4		
		7	8			5		4
1	6				9		8	
	5	8					1	

### Sudoku Rules:

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

**Word Search: Find and circle all the birds hidden in the puzzle. The remaining letters will spell 1 more bird!**

W K D R E K C E P D O O W H  
 O W N R S W A N N F O J A Y  
 R A O U I G M I N G I V M T  
 C H E R L B T B N O U N U I  
 P T G E R R K I U L C R C M  
 E E I O A A M C T D K L O H  
 L E P M S A P U A E G C A U  
 I K O W L T R S Y L K I M F  
 C A L F H E R O N I B E E O  
 A R L C A R D I N A L V D N  
 N A U K C U D G C E S O O G  
 A P G R R O B I N H D D G B  
 R M A G P I E N E K C I H C  
 Y N E W R E N T O R R A P I  
 E R S D D R A V E N A N Y M

- BLACKBIRD
- BUDGIE
- CANARY
- CARDINAL
- CHICKEN
- CRANE
- CROW
- DODO
- DOVE
- DUCK
- EAGLE
- EMU
- FALCON
- FINCH
- FLAMINGO
- GOOSE
- HAWK
- HERON
- JAY
- MAGPIE

- MARTIN
- MOCKINGBIRD
- MYNA
- OSTRICH
- OWL
- PARAKEET
- PARROT
- PELICAN
- PIGEON
- RAVEN
- ROBIN
- SEAGULL
- SPARROW
- SWAN
- TURKEY
- VULTURE
- WOODPECKER
- WREN



ADRC  
505 Broadway St  
Baraboo, WI 53913



## TODAY'S QUOTE

Taking care of myself doesn't mean 'me first', it means 'me too'.

~L.R. Knost



Solution from Page 11 Sudoku

5	1	9	6	8	2	3	4	7
8	2	3	7	9	4	1	5	6
7	4	6	1	3	5	2	9	8
6	8	4	2	5	3	9	7	1
9	3	5	4	7	1	8	6	2
2	7	1	9	6	8	4	3	5
3	9	7	8	1	6	5	2	4
1	6	2	5	4	9	7	8	3
4	5	8	3	2	7	6	1	9

**Tell us what you think!  
Have ideas for Well Connected?**

**[marina.wittmann@saukcountywi.gov](mailto:marina.wittmann@saukcountywi.gov)  
(608)355-3289**