

# THE GUIDED LIGHT

LA CROSSE COUNTY'S DEMENTIA NEWSLETTER  
FOR HOPE, SUPPORT, AND RESOURCES

## "CAREGIVERS"

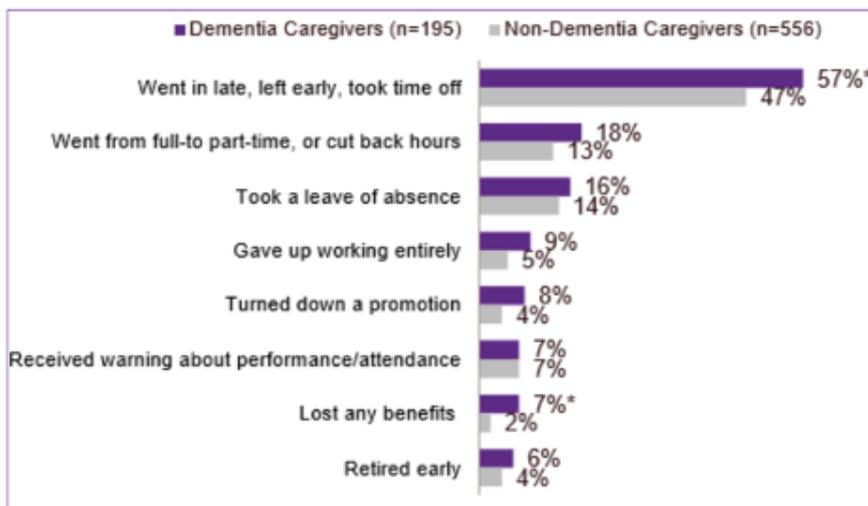
### WHO IS A CAREGIVER?

1 in 5 adults is a caregiver. A caregiver can be a spouse, child, or loved one. Did you know many caregivers do not even realize they are a caregiver? In Wisconsin there are currently 549,000 caregivers providing 588 million hours of care. This care is valued at \$5,837 million. Caregivers balance many tasks for themselves and for their loved which can make life stressful and difficult at times.



### AWARENESS

Did you know dementia has an impact on employees and employers? This is due to the fact that most dementia caregivers are either spouses or children who still work. The picture below shows the differences in a workplace between a dementia caregiver and a non-dementia caregiver. Caregivers are the backbone to successful dementia care. There are many local resources available to you. Greater awareness in the community about caregivers is vital for increasing compassion and supports.



### ACTIVITY CORNER

Affirmations are the practice of positive thinking and self-empowerment. These can be a helpful tool to caregivers to help keep a positive mindset and make you feel confident that you are doing the best job you can. Check out this great video and see if affirmations can help you!

[https://www.youtube.com/watch?v=btDOo9M6NqE&feature=emb\\_lo](https://www.youtube.com/watch?v=btDOo9M6NqE&feature=emb_lo)



# CAREGIVER TRAINING

Savvy Caregiver is an educational workshop series designed to provide tools to caregivers of people with dementia. Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach and confidence to set and achieve caregiving goals.

Call the Aging & Disability Resource Center if interested in the next upcoming class! For dementia caregivers of all stages and diagnoses. 608-785-5700.

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## WHY IS CAREGIVER TRAINING IMPORTANT?



**Empowers you as a caregiver**



**Helps you take better care of your loved one**



**May help you find ways to help manage your loved ones dementia symptoms**

## SUPPORT GROUPS DESIGNED FOR YOU

The La Crosse Aging & Disability Resource Center has connections to support groups made for caregivers just like you. These groups are a safe and confidential environment where you can connect with others about your situation. Group discussions vary from planned topics around caregiving or consist of topics brought up by the participants. It can be comforting to talk to people who know exactly what you are going through when others simply do not understand the daily difficulties of being a caregiver. Contact the ADRC to find what support group would work best for you!

**“ Each Alzheimer caregiver needs to come to the simple understanding -- your accomplishment is wonderful and amazing. ”**  
**-Bob DeMarco**  
**Alzheimer's Reading Room**



# WHERE CAN I GO FOR HELP?

Keeping up with home, work, and caregiving responsibilities can feel overwhelming. The Wisconsin Department of Health Services has put together a great list of tips for caregiving's including self-care, information on where you can go for help, and tips specifically for working caregivers. Check it out! Chances are you may find a something that will be helpful to you and your loved one.

<https://www.dhs.wisconsin.gov/publications/p01174.pdf>

If you are caring for a loved one with Alzheimer's or other dementia this Online Training for Family Caregivers may be for you! The symptoms of dementia include changes in behavior that can be difficult for family members to understand. This presentation discusses basic information about dementia and describes strategies for family caregivers to consider when providing care to someone who has changes in their behavior as a result of dementia. It also includes information on how to support family members who are providing care for a person with dementia, and how to take care of yourself as a family caregiver. You can access the training through the link below.

<https://www.dhs.wisconsin.gov/dementia/families.htm>

If you are in need of more resources the Dementia Care Specialist Program supports people with dementia and their caregivers in order to ensure the highest quality of life possible. In order to accomplish this, the dementia care specialists (DCS) provides free information, assistance, connections, and support in various ways. A majority of counties in the state have a DCS, including La Crosse, Monroe, Jackson and Trempealeau! Contact your local ADRC for more information or go to this website to see how the Dementia Care Specialist Program can benefit you today!

<https://www.dhs.wisconsin.gov/adrc/dementia-care-specialist-program.htm>



## CAREGIVER TIP

Whose reality is it?  
It can be challenging not to correct someone with dementia. However, this may not be the best way to communicate. Would you be upset if someone told you that your parent was dead if you were sure they were still alive? It is important to validate and reassure our loved ones, avoid discounting or ignoring what they are saying and feeling.

Checkout these great tips from the Alzheimer's Association about communicating with a person with dementia!  
<https://www.alz.org/help-support/caregiving/daily-care/communications>



# UPCOMING SUPPORT & EDUCATION

## April & May

### VIRTUAL CAREGIVER SPRING BREAK!

**APRIL 8th 9am-3pm**

Caring for the caregiver, nutritious meal ideas, spousal caregiving, importance of engagement & routines. One act play "Steering Into Skid". Register with Dodge Co. ADRC 920-386-3580

### DEMENTIA SPECIALIST WEBINAR SERIES : 12-1pm

**2nd Wed. Monthly**

Virtual registration:

[https://dhswi.zoom.us/webinar/register/8216051240172/WN\\_313TCKvcSkCPFMw0YBNk3g](https://dhswi.zoom.us/webinar/register/8216051240172/WN_313TCKvcSkCPFMw0YBNk3g)

### BETTER BRAIN FRIDAYS

**May-Aug Fridays 10-11:30am**

Speakers present on various Brain Health bites. Hosted by ADRC Eau Claire. Register: [Public: Better Brain Fridays \(signupgenius.com\)](http://Public: Better Brain Fridays (signupgenius.com))

## June & July

### MOMS GONE MISSING BOOK CLUB

**THURSDAYS starting June 3rd 1-2pm for 7 weeks.**

This is a story of a daughter's experience with a father's decade-long Alzheimer's journey, a mother's lightning-fast dementia decline, and both of their deaths. It takes you inside a family's experience and walks you through the practical and sometimes mundane steps taken to prepare for and ultimately accompany parents in death.

**To Register:** Please call 920-675-4035 or email [HeatherJ@jeffersoncountywi.gov](mailto:HeatherJ@jeffersoncountywi.gov) by May 26. Let her know if you need help getting a book!



**the Memory Café**  
*A place for family, friends, and fun!*

**Drive Thru Café will launch in MAY!**

Brought to you by The ADRC La Crosse County & The Dementia Friendly Community Coalition, The Memory Café will return with a twist: drive thru style from May-Sept. for persons with dementia & their care partners.

**Save the dates:**

- May 18th 10:30-11:30am
- June 15th 10:30-11:30am
- July 20th 10:30-11:30am
- August 17th 10:30-11:30am
- September 21st 10:30-11:30am

Locations TBD. Stay tuned for more information!



**SAVE THE DATE!**

## DEMENTIA FRIENDLY WEEK

**WHAT IS DEMENTIA FRIENDLY WEEK?**

A week of family fun that unites individuals, organizations, and the community with events, games, and information to take action and improve the lives of people living with dementia

**WHEN?**  
June 14th-20th 2021

**EVENTS**

- Memory Cafe
- Movie in the park
- Guest speaker
- Brain health checks

**Additional information coming! Stay tuned to the Dementia Friendly Community La Crosse County Dementia Coalition Facebook Page and the ADRC La Crosse Co. Website & Senior Life paper**



- For up-to-date offerings, check out the La Crosse ADRC Calendar: [www.lacrossecounty.org/adrc/calendar.asp?View=MonthlyView&AppID=3](http://www.lacrossecounty.org/adrc/calendar.asp?View=MonthlyView&AppID=3)
- Find up-to-date listings for virtual caregiver resources and events on the Wisconsin Caregiver website: <http://wisconsincaregiver.org/virtual-events-for-caregivers>