

CAREGIVER CONNECTION

October 2026 Edition

Caring Better and Braver Conference 2026

When: Saturday, October 24, 2026

Time: 9:00 AM to 3:30 PM

Where: Health Science Building on the
UWL Campus (free parking behind the
building)

1300 Badger St
La Crosse, WI 54601

Cost: FREE!!!!

Register by calling the ADRC of La Crosse County 608-785-5700
Registration Closes October 12, 2026

What to Expect:

9:00 AM to 11:00 AM Vendor Fair

9:30 AM to 10:30 AM Welcome and Keynote Speaker

Kris Bjerke- Ulliman, Chaplain from St. Croix Hospice

10:45 AM to 11:45 AM Morning Breakout Sessions:

- For the working caregiver: Using FMLA for Caregiving Activities
- For the caregiver who is considering long term care: The State of Wisconsin's Ombudsman Program
- For the stressed out caregiver: Stress Reduction

11:45 AM to 12:45 PM Lunch and the opportunity to socialize with other
caregivers

1:00 PM to 3:00 PM



From Executive Producer Bradley Cooper, this is the story of paid and unpaid caregivers navigating the challenges and joys of this deeply meaningful work. Intertwining intimate personal stories with the untold history of caregiving, the documentary reveals the state and the stakes of care in America today.

3:00 PM to 3:30 Debriefing and Wrap-Up



Sponsored by:
La Crosse County
Caregiver Coalition
&
ADRC of La Crosse County



Upcoming Caregiver Events

Caregiver Education

October 15 1-230 PM

Location: DASH Center 515 Quincy St., Onalaska, WI

Please register by calling 608-785-5700

Family Caregiver Support Group

October 8 and November 12 1:30 PM to 2:30 PM

Location: Franciscan Spirituality Center 920 Market St La Crosse, WI

No registration needed

At Your Limit? Make A Safety Plan

Reprinted from Trualta

Burnout and compassion fatigue negatively affect both caregivers and care recipients. Factors like living with a care recipient, exposure to prolonged stress, relationship conflicts (as well as several others) are associated with increased risk of elder abuse. Elder abuse can include neglect, emotional abuse, and psychological abuse, among others.

When you hit your limit emotionally, mentally, and physically, it can be hard to access the mental resources that help you stay calm and keep going. You might feel completely depleted and want to give up or walk away, or you might feel so overwhelmed or upset that you behave angrily towards your care recipient.

Your care recipient will still require care when you hit this limit. Their safety is still the top priority. That's where your safety plan comes in. It's your go-to resource that tells you who you can ask for help, what kind of care needs to happen, and what you need to do to help yourself. Review the questions below to help you make a safety plan.

What Needs To Happen To Make Them Safe?

Consider important factors about your care recipient's safety needs, including:

- » Do they have dietary restrictions or allergies? Do they follow a specific diet plan?
- » What medications do they need to take? What is the schedule, and where are they kept?
- » Do they have any mobility restrictions? For example, if they've just had surgery, are there certain movements they aren't allowed to do while they heal, like pushing or pulling with their arms?
- » Do they engage in unsafe behaviors? For example, are they at risk for wandering? Do they hurt themselves when agitated?
- » Do they have their own emergency plan? For example, if they have a chronic condition like heart failure, are there warning signs to watch out for where they'd need to go to the hospital?

Expert Tip: Consider making a care plan where all of this information can be kept in one place. Include emergency plans, allergies, and contact information for healthcare team members and other important people.

Who Can You Call For Backup?

Ask yourself the questions below and consider contacts in your life who could help, like:

- A spouse or partner
 - Family members
 - Friends
 - Neighbors
 - Paid caregivers like home care
 - Respite care organizations
 - Other
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- Who has the skills and abilities to care for my care recipient? Consider factors like physical strength, chronic illnesses or pain, and dependability.
 - Who has knowledge about my care recipient's needs? Do they know your care recipient well or have caregiving experience?
 - Who is physically closest and could get to us the quickest? Depending on the level of urgency, this may be an important factor. Consider how they will get to you—do they have a reliable source of transportation?
 - What is their availability generally like? Do they work night shifts at their jobs? Do they have children to care for? Are they retired?
 - How long are they generally able to help? Can they help for a few hours or days at a time?
 - Do you have the resources to ask for their help? For example, if they're a paid caregiver, do you have the financial resources or insurance coverage?
 - Do they know they're on your safety plan? It's important to ask this question so that they can be prepared.

Conversation Tip: Here's an example of how you could ask and let someone know you'd like them to be a part of your safety plan: "I've had days that started great and went downhill fast. When that happens, I feel better when I can get even just a 30 minute break. Would it be okay if I call you to help for 30 minutes when I'm having that kind of day? I'll leave instructions so you'll have everything you need to be okay with my care recipient until I return."

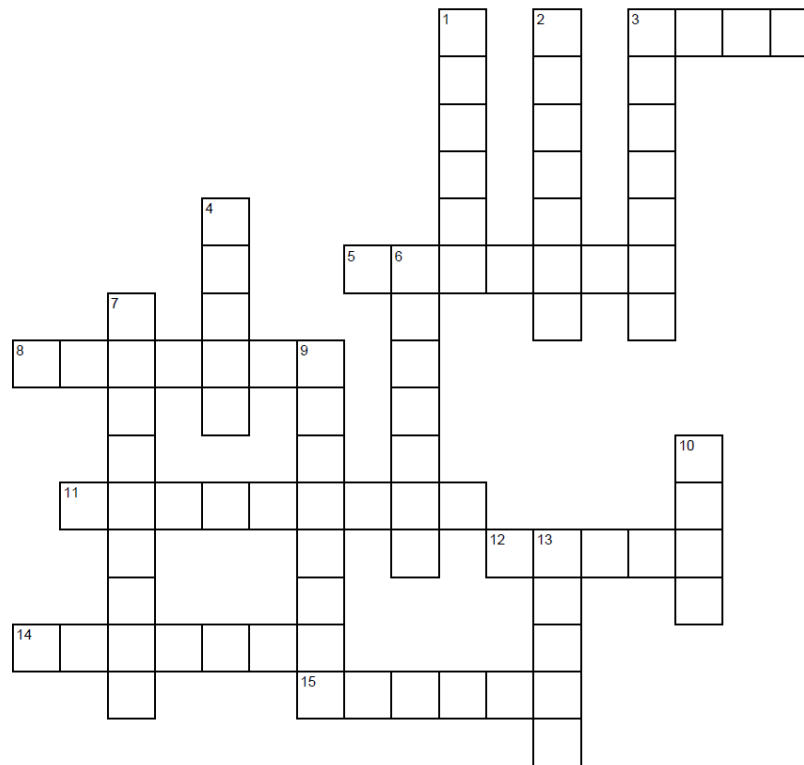
When You Need a Break

- Who can you call for Support?
- What can you do to rest and recharge? Consider what makes you feel better on a tough day.
- How long do you typically need?
- Where can you go to get some space and recharge?
- What do you need to take with you? Consider necessities like medications.

Expert Tip: Write this safety plan in a way that's easy for you to follow in a time of urgent need. For example, use a simple bulleted list or make a chart. Print it out and keep it somewhere accessible to you.

Fall Crossword Puzzle

Solve the crossword using the clues. Each numbered clue matches the numbered square where the answer begins.



ACROSS

3. Storage tower; also a word for a department that will not talk to anyone (4)
5. From the Middle English for bone fire, when bones were the fuel (7)
8. Deep red whose name traces to an insect once used as a dye (7)
11. Fruit harvested by flooding bogs so the berries float to the top (9)
12. Tree whose leaf is on the Canadian flag (5)
14. What leaf peepers drive to New England to see (7)
15. Soft dry sound; also, to steal cattle (6)

DOWN

1. Season whose name came to English from Latin via French, replacing harvest (6)
2. Cucurbit grown in the Americas for thousands of years before contact (7)
3. Garment; the ugly kind belongs to a later month (7)
4. Adjective for the air, an apple, and a baked fruit dessert (5)
6. Fruit-tree grove; from the Old English for garden yard (7)

7. Press house that becomes a weekend outing every October (2 words) (9)
9. Month whose name means ninth; the Romans were consistent, at least (8)
10. Slow-cooked dish; also, to worry about something at length (4)
13. Golden color named for fossilized tree resin (5)