

Human Services Director's Report
To the Health & Human Services Board
November 2019

Activity	Program/ Section	Brief Description	Contact Person	Attach- ment
Caregiver Support	Aging & Disability Resource Center (ADRC)	November is National Family Caregiver Awareness Month, a time to recognize those who care for a loved one at home. More than 65 million individuals in the United States are taking care of a vulnerable loved one, many of which do not even consider themselves a caregiver. As a family, friend, neighbor, coworker and/or employer of a caregiver or perhaps a caregiver yourself, it is important to understand the impacts of caregiving. By doing so, you can better support the caregivers you may know and/or take better care of yourself as a caregiver. For an overview of some of the impacts of caregiving, please refer to the attachment, <i>2019 Family Caregiver Survey</i> , which provides feedback from 612 WI family caregivers.	Carissa Pagel-Smith 785-6172 cpagel@lacrossecounty.org	Yes
Brain Health Awareness	Aging & Disability Resource Center (ADRC)	The ADRC, in collaboration with the La Crosse County Health Department, are hosting a Brain Health Awareness Day on November 19, 2019, from 8 am to 12 pm in the basement auditorium of the La Crosse County Administrative Building. Participants will learn how to care for their brains and about local opportunities that support brain health through presentations on nutrition and physical fitness. Free brain checks (no registrations required) and \$10 cholesterol and diabetes screenings will also be offered (to register call 785-9872).	Carissa Pagel-Smith 785-6172 cpagel@lacrossecounty.org	No
Dementia Awareness Training	Aging & Disability Resource Center (ADRC)	Experience what it is like to live with dementia by attending Dementia Live, an evidence-informed experiential training opportunity, on November 15, 2019, at Gundersen Health System's Integrated Center for Education. Simulations will be offered every hour beginning at 9 am with the last session starting at 2 pm. This event is free and open to the public, but registration is required. To register, go to: www.signupgenius.com/go/70a0a4ba4ab2aabf49-community .	Carissa Pagel-Smith 785-6172 cpagel@lacrossecounty.org	No
WREA Consortium's Annual All-Staff Training Day	Economic Support (ES)	The Western Region for Economic Assistance (WREA) Consortium held its annual all-staff training day on October 23. The event provides an opportunity to bring Economic Support staff from all eight counties together one time per year to receive training. Under its contract with the Department of Health Services (DHS), consortia are only permitted to close their Call Center for training two days a year. With Economic Support staff across the eight counties working on cross-county teams to provide regional services across the eight-county consortium service area, the annual all-staff training day also provides an important opportunity for team-building.	Lorie Graff 785-6061 lgraff@lacrossecounty.org	No

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Foster Care Event	Family & Children's (FC) – Child Protective Services	<p>This year's foster care banquet was held at Features in West Salem. The event included dinner, bowling, and awards. We recognized those foster parents that have been with us for 5, 10, and 15 years. We recognized one foster parent who is retiring after 25 years of providing foster care! Everyone had a wonderful time and there were many thank you notes after the event letting workers know how much it means to be recognized for the work that they do.</p> <p>The next big foster care event is our Holiday Party on December 5, 2019. This event will be held from 5:00-7:30 pm at the Journey Lutheran Church on Sand Lake Road in Onalaska. There will be games, caroling, dancing, and even a visit from Santa Claus! All board members are invited to attend and meet the dedicated foster families that make the La Crosse Foster Care Program a caring and healing place for children.</p>	Lila Barlow 785-5539 lbarlow@lacrossecounty.org	No
Comprehensive Community Services (CCS)	Integrated Support & Recovery Services (ISRS)	Emily McGonigle (Western Region Integrated Care CCS Service Director), Ryan Ross (Mental Health Professional), and Marie Rezin (CCS Service Facilitator) are presenting at the State of Wisconsin's Mental Health and Substance Abuse Conference October 29-30 in Wisconsin Dells. They will be presenting "Wraparound Across the Lifespan: A Philosophy Shift". The wraparound philosophy has been shown to be effective in supporting youth and families to integrate back into their communities successfully. Emily, Ryan and Marie will be presenting the stories of La Crosse County CCS consumers whose adult teams currently use the wraparound approach, as well as data the CCS program has gathered over the past year. This supporting data begins to show us how using a wraparound approach throughout one's lifespan is truly assisting individuals in creating lasting change, recovery, and a reduction of dependency on systems.	Christin Skolnik 785-6019 cskolnik@lacrossecounty.org	No
Shelter Inspection	Justice Support Services (JSS) – Western Region Adolescent Services	An impromptu inspection of our Shelter facility on 10/1/19 resulted in full compliance.	David Steinberg 785-5542 dsteinberg@lacrossecounty.org Mandy Bisek 785-6216 mbisek@lacrossecounty.org	No
One Year Celebration	Justice Support Services (JSS) – La Crosse Area Family Collaborative	On 10/17/19 the Hintgen/Huber project celebrated one year of successful service and collaboration to the Huber neighborhood. A unified effort between La Crosse County, La Crosse School District, the City of La Crosse and the Boys and Girls Club, neighbors, staff and stakeholders gathered to celebrate this successful collaboration.	Isaac Hoffman 792-1617 ihoffman@lacrossecounty.org Mandy Bisek 785-6216 mbisek@lacrossecounty.org	No

2019 Family Caregiver Survey

Purpose: To collect information on how family caregivers find and utilize resources to help care for self and the loved one they are caring for.

Caregiver Overview



Family caregiver respondents:

- 612 respondents
- 68% are age 45+
- 91% are female
- 74% never ask for help for themselves
- 66% have been caring for loved one for greater than 5 years



Family member being cared for:

- 25% are a parent or in-law
- 37% are a son/daughter
- 13% are a spouse/partner
- 30% caring for someone age 60+; 6% for age 45-59; 22% for age <18
- 46% have I/DD; 20% have Alzheimer's Disease or Dementia



Caregiving difficulties:

- 73% not meeting their own personal needs
- 63% not balancing caregiving and work
- 60% not balancing needs of their other children and family members
- 53% not understanding government programs such as Medicaid, Medicare, SSI, etc.



Personal impacts:

- 72% tired/worn out a lot of the time
- 64% social life has decreased
- 90% indicate their emotional and/or physical health has worsened
- 53% relationships with friends and/or family have suffered



Employment:

- 70% are employed outside the home
- 28% indicate caregiving has had no effect on employment
- 23% quit or changed their job
- 21% have decreased work hours

Positive highlights include:

- 51% say their employer/supervisor is accommodating when they have to leave work unexpectedly.
- 56% indicate they have gained empathy about others' situations.
- 42% have become an active advocate.
- 34% made new friends with people in similar situation.

"It's very difficult, stressful, rewarding, challenging, learning experience, gratifying, emotional roller coaster"...Family Caregiver

2019 Family Caregiver Survey

Data comparison of family caregivers caring for someone under 30 years of age = **<30**;
and caregivers caring for someone age 30 and older = **30+**

The data below is broken out into key issue areas mirroring the larger caregiver survey summary and highlights the top issue as reported by family caregivers.

Care-giving Difficulties

- < 30: 81% not meeting their own personal needs.
- 30 +: 70% not meeting their own personal needs.
- **Greatest disparity: Finding reliable care workers (<30 = 60%; 30+ = 30%)**

Service use in past year

- < 30: 40% inquired about services but they were not available.
- 30 +: 30% inquired about services but they were ineligible or did not quality.
- **Greatest disparity: Waiting list for services (<30 = 30%; 30+ = 9%)**

Information sources

- < 30: 52% report getting information from other families in similar situation.
- 30 +: 60% report getting information from doctors or healthcare providers.
- **All report biggest challenges is not knowing what it is they need.**

Respite care utilization

- < 30: 56% report using respite care services.
- 30+: 22% report using respite care services.
- **Greatest disparity: Lack of available workers (<30 = 35%; 30+ = 9%)**

Impacts of Care-giving

- < 30: 78% report being tired/worn out a lot of the time.
- 30+: 68% report being tired/worn out a lot of the time.
- **Greatest disparities: Making new friends w/people in similar situations (<30 = 52%; 30+ = 20%)**

Impacts on employment

- <30: 30% report having to decrease their hours at work.
- 30+: 40% report caregiving has had no effect on their employment.
- **Greatest disparities: Changing or quitting jobs (<30 = 41%; 30+ = 16%)**

"It is a blessing to be able to be a caregiver, but one must ask for help. Thankfully, help is available."...Family Caregiver