



# Wisconsin Alliance for Family Caregiving

Volume 10, April 2005

## Respite and Caregiving Have Close Ties

By Kathy Miller and Deanna Yost

Respite, a temporary break in caregiving duties, provides a valuable service to caregivers. When Deanna Yost, Coordinator of the Lifespan Respite Network of Ashland & Bayfield Counties, learned about the opportunity to further support caregivers by becoming



Deanna Yost

a class leader for the course "Taking Care of You: Powerful Tools for Caregiving," she jumped at the chance.

In the spring of 2003, Deanna attended a Class Leader Training

taught by UW-Extension Family Living Educators Kathy Miller and Lucia Patritto. Since then, she has co-facilitated one six-week class series, and plans to teach another in September of this year. Even more beneficial than becoming trained as a class leader, Deanna participated through the eyes of a caregiver. She has had many years of first-hand personal experience with caregiving, in addition to the attention that she gives the topic in her professional life.

"When I took the course, and when I learned the curriculum as a class leader, it reaffirmed everything I felt and everything I knew about the caregiving journey. It was 'right on target.' I wanted to share this empowering experience with others."

Recently a local caregiver, whose husband returned home from a nursing facility, told Yost that she "learned" how to ask for help as a result of "Powerful Tools." Other testimonials from past participants indicate that caregivers are using the tools learned in classes, thereby making life better for

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## Regional Listening Sessions

The Wisconsin Alliance for Family Caregiving was awarded a one-year planning grant from the UW Medical School's Partnership Fund for a Healthy Future. This grant, Strengthening Family Caregivers Through a Statewide Coalition, will be used to gather information that will guide the Alliance in developing a statewide strategic plan to support family caregivers. To assist in developing this plan, the Alliance is presenting regional listening sessions to identify organizations, educational programs, resources and supports for family caregivers in Wisconsin, and seek ideas on ways the Alliance can support work with family caregivers. Regional listening sessions are being held from April 15 to June 16. There is still time to register for one of these important sessions!! There is no cost to attend, and lunch is included. To find sites, agenda, and registration information, go to the Alliance website or call Linda Marty Schmitz at 608-850-5400 or email [lmrschmitz@chorus.net](mailto:lmrschmitz@chorus.net)

## League of Experienced Family Caregivers

The League of Experienced Family Caregivers (LEFC) is a registry of family members who care for their spouses, parents, or other elderly relatives and who want to help other families by sharing information about their experiences as caregivers.

Family caregivers who enroll in the registry will be part of a research program that is working to help create better services and resources to support family caregivers throughout the county. Caregivers can participate in the research program by completing a series of questionnaires about their caregiving experiences, either by telephone, a mailed questionnaire or on-line.

Information collected from these questionnaires

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themselves, as well as for their family members who require care.

Yost, who also implements the National Family Caregiver Support Program for Bayfield County, finds that supplementing respite services with the "Powerful Tools" course helps her more fully support caregivers in the two county area. Deanna is also a member of the Ashland and Bayfield Counties Caregiver Support Network, a collaborative whose mission is to advocate for and support the role of family caregivers. The CSN Network sponsors an annual regional conference on caregiving, as well as heightens the general public awareness about caregiving needs, issues, and resources. Deanna's hard work, energy and enthusiasm to improve life for caregivers is held in high regard by many families in Ashland and Bayfield County communities. We are grateful for the dedication, time and talent that she devotes daily to family caregiving!

### Save the Date!

#### Caregiving Institute: Promoting the Gifts of Caregiving - August 8

The Caregiving Institute will be held August 8 from 8am to 4pm at the Hotel Mead in Wisconsin Rapids. The topic is "Promoting the Gifts of Caregiving."

Keynoter Denise M. Brown is Executive Director and Founder of The Center for Family Caregivers and owns and operates Tad Publishing Co., both based in Park Ridge, IL. Denise publishes *Caregiving!* newsletter, maintains the [Caregiving.com](http://www.caregiving.com) web site, authors books, and gives presentations about the caregiving experience.

Connie Goldman, speaker, author, and public radio producer, is an authority on age, growth, and spirit. She'll offer encouragement and inspiration throughout the conference by sharing excerpts from her book *The Gifts of Caregiving*.

Watch the Alliance web site, [www.uwex.edu/ces/flp/caregiving](http://www.uwex.edu/ces/flp/caregiving) for upcoming registration information.

### Welcome Linda Marty Schmitz!

The Wisconsin Alliance for Family Caregiving welcomes Linda Marty Schmitz as the Alliance's Grant Project Director. Linda has worked in the field of aging since 1987, with a couple years off when she worked in a pre-school setting. She truly has covered

the spectrum of aging issues. Her experience in the aging network was at the Center for Public Representation and then at the Coalition of Wisconsin Aging



Linda Marty Schmitz

Groups where she served as the Elder Law Center's Administrative Assistant for eight years and as the coordinator of CWAG's annual convention for eight years. She oversaw all arrangements for the convention, which attracted 500-800 seniors, working with members of the aging network all over the state.

Linda and her husband, Jim, live in Waunakee. He is retired as president of the former First Wisconsin bank in Waunakee. He raised his three children there and now their eight grandchildren live nearby. Linda's parents, Lincoln and Maxine Marty, are in their eighties and live in Belleville, where Linda grew up. Maxine suffers from mid-stage Alzheimer's disease and Linda and her brothers assist Lincoln in caregiving responsibilities.

**Please send contributions or newsletter story ideas to:**

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Madison, WI 53706  
Email: [flp@uwex.edu](mailto:flp@uwex.edu)

## New Class Leaders

### *Taking Care of You:*

#### *Powerful Tools for Caregiving*

June 2004

Paul Aleven	Brenda Janke
Betty Allar	Joe Murin
Donna Calhoun	Dianne Niggeman
Darcy Dickman	Nancy Olson
Julie Genrich	

September 2004

Karel Bretsch	Susan Robinson
Marilyn Joyce	Dori Schell
Ellen Mutter	Janet Stikel
Laurie Nowak	Janet Westpfahl
Michelle Pike	

### *Caregiving Near Life's End*

August 2004

Lori Ann Allen	Margaret Matter
Debra Anderson	Linda McReynolds
Mary Brintnall-Peterson	Kathryn Miller
Shirley Bungert	Marilyn Miller
Judy Butcher	Joe Muench
Joan Cantlon	Donna Olig
Kenneth Eberhardt	Melissa Olson
Edie Fels-Podoll	Karla Parmentier
Gayle Fisher	Judith Pesz
Nicole Gamble	Jane Redig
Sharon Groschwitz	Lynn Scheinoha
Marit Guse	Susan Schilder
Diane Harrington	Lynn Siedl-Babcock
Nancy Holtz	Sheila Skeels
Maureen Jensen	Renee Stieg
Chris Kniep	Jeanne Van Bronkhorst
Ann LeMere	Susan Wurzer

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will be used to create assessment instruments, educational tools, and care management protocols that will be used by professional service providers to better serve family caregivers.

Family members caring for their spouses, parents, or other elderly relatives can join the League of Experienced Family Caregivers today! Membership is free and the rewards are plentiful.

Enjoy:

- access to caregiver resources
- information about respite programs and support groups
- news in the caregiving community
- the distinct opportunity to share your own caregiving experience

### **Enroll Today!**

On-Line: [familycaregivers.uwm.edu](http://familycaregivers.uwm.edu)

Toll Free: 1-800-410-2586

Metro-Milwaukee: 414-229-3289

To learn more about the League of Experience Family Caregivers (LEFC), please visit the LEFC website, [familycaregivers.uwm.edu](http://familycaregivers.uwm.edu), or contact the project team at:

Applied Gerontology  
Helen Bader School of Social Welfare  
University of Wisconsin-Milwaukee  
P.O. Box 786  
Milwaukee, WI 53201-0786  
Email: [lefc@uwm.edu](mailto:lefc@uwm.edu)



## **Mather LifeWays: Powerful Tools for Caregivers**

AARP has paid the license fee for 11 Master Trainers to teach Powerful Tools for the next three years in Wisconsin. Thanks AARP for that support. Being licensed by Mather LifeWays brings several benefits to us in Wisconsin. Class leaders will receive *Caring With Confidence* monthly via e-mail. This newsletter is designed to be printed and distributed to family caregivers who have participated in the PTC class and reinforces the concepts taught in the 6-week series. Issues of the newsletter will be posted on the Alliance web site so you can access them at anytime. Mather LifeWays has developed a short PowerPoint presentation that would be a great tool to use with other organizations to help them understand the objectives of PTC. They have also developed a promotional flyer for community classes, news releases, and other marketing tools. All of these resources will be on the Alliance web site in the near future so watch for them.



## Caregiving Near Life's End

The goal of this course, a program of The Hospice Institute of the Florida Suncoast, is to help caregivers find purpose and meaning in caregiving at the end of life.

The course is designed in nine modules which can be used individually or in sequential learning experiences:

- The experience of caregiving at the end of life
- Completion & closure for the caregiver & the care-receiver
- Life affairs
- Relationship with community
- Personal relationships
- Experience of love of self & love of others
- Acceptance of the finality of life
- Meaning of life
- Bereavement

Individuals from 19 counties have been trained in this curriculum. They represent hospice organizations, aging offices, UW-Extension, United Way, & non-profit organizations. A five-month follow up survey of the 35 class leaders had 16 responses. Half had facilitated groups to date, with approximately 141 people reached.

The most popular modules used were the experience of caregiving at the end of life, and personal relationships. The average number of consecutive sessions held was 3, and the average number of people in the groups was 12.5. Over half had used an outside resource, and these included Alzheimer's Association, clergy, hospice, and a nurse.

Respondents were split on whether the curriculum needs to be more "Wisconsinized." One commented, "I used Wisconsin-based information when I presented a module but followed the outline presented in the material. That's the beauty of this curriculum as it can be used and changed to the audience it is being presented to."



## Caregiving Relationships

*Caregiving Relationships for People Who Care for Adults* is a curriculum designed to strengthen relationships between the caregiver and the care-receiver by adding emotions. The program contains discussion guides and brochures for use in groups or individually. The topics of the discussion guides are: Mixed Emotions, Relationships in Caregiving, Loss and Grief, Speak Clearly Listen Carefully, Caregivers Need Care Too, and Maneuvering the Through Social Service Maze.

As of January 2005, there are 75 trained class leaders/facilitators from 35 counties, representing aging departments, UW-Extension, senior centers, respite services, non-profit organizations and Alzheimer's chapters. A six-month follow-up survey was sent to these individuals, who were trained in March, 2004. There were 26 respondents, a 35% response rate.

Half of the respondents had used the discussion guides, reaching 173 individuals, with 72% being family members. The most popular topics were Mixed Emotions, Loss & Grief Issues for Caregivers, and Caregivers Need Care Too. One respondent commented, "They are easy to pick up and use without a tremendous amount of preparation time."

Fourteen individuals (54%) used the brochures, reaching 471 individuals with 79% being family members. The most popular topics were making frustration work for you, using guilt constructively, coping with loss, and grief in caregiving.

Comments included:

- I like the brochures. They are easy to read, not too lengthy, good ideas, and I like that I can put my own resource info in them.
- They are very useful in a one-on-one situation. When I make home visits, I take some along and discuss the prevalent issue with the client, then give it to them for future reference.