



Caregiver Institute

Authors Vicki Schmall, Marilyn Cleland, and Marilyn Sturdevant are coming to Wisconsin!!

A Caregiver Institute will be held in Wisconsin Dells on January 22, 2004. Their keynote presentation, "*Putting the Care in Caregiving*" will discuss the emotional aspects of caregiving.

Leah Dobkin, who worked on the National Council on Aging employer and family caregiver project, will close the conference. The conference is planned so everyone will have an opportunity to share - look for the registration materials on the Alliance Web site at: <http://www.uwex.edu/ces/flp/caregiving/classldr/institregis.pdf>

Powerful Tools Description

By Corrie Potter

In response to class leaders requests, we've written a one-page informational piece on *Taking Care or You: Powerful Tools for Caregiving*. Use this piece to share information about Powerful Tools with organizations and businesses in your community, or with local media. You can download the one-page informational piece from the WI Alliance for Family Caregiving web site in the section on class-leader tools:

<http://www.uwex.edu/ces/flp/caregiving/classldr/promo2.pdf>

We hope you find it useful!

Powerful Tools Featured in Upcoming Wisconsin Public Television Program

by Judy Rank

Instructors Mimi Stangel and Arlene Kunesh welcomed the camera crew from Wisconsin Public Television on Friday, November 21, to tape a portion of their "Powerful Tools for Caregiving" class to be used in the airing of "The Forgotten Disease" on January 21 at 8:00 p.m. The class focused on stress and methods of relieving the stress that comes with the task of being a caregiver.

Prior to the class, WPT visited and interviewed John Becker in his home in Two Rivers. John is a caregiver for his wife who has Alzheimer's. Immediately following the class, an interview was held with Clarence Raymond, who also cares for a wife with Alzheimer's. Both women still reside in their own homes with their husbands. Becker and Raymond are participants in the "Powerful Tools" class.

The half-hour segment that will follow the national show "The Forgotten Disease," will feature resources in Wisconsin that are available for family members caring for someone with Alzheimer's. The "Powerful Tools" class is a resource that educates caregivers on the necessity of taking care of themselves, so that they are able to provide better care.

The Manitowoc classes offer adult day services for care receivers while their caregivers participate in the six-week class. WPT filmed a small segment at the Adult Day Center in Manitowoc where many participants take their loved ones during the class period.

Dementia Caregivers-Need a Quick 15-minute Break?

by Barb Lawrence

Caring for someone with memory loss problems is difficult. Finding activities and making sure they are safe is a full-time commitment. Often there just never seems to be any time for yourself. Sometimes, just a 10 or 15 minute break would be wonderful.

The Alzheimer's Early Recognition Telephone System (ALERTS) is a free, automated telephone system that might give you that break! Within ALERTS is a pleasant "activity call" that can engage people with dementia in a telephone conversation for about 15 minutes. The activity call can give your loved one something interesting and enjoyable to do, and it can give you a breather too.

To see if the ALERTS activity call is something that you and your loved one would enjoy, call **1-800-289-4974**. Select the "I am a caregiver" option from the system Main Menu, and then choose the Caregiver tools and special features option. The activity call will be one of the options available to you. When you select it, listen to the instructions. When asked to press a key to start the activity call, just give the telephone to your loved one and let him or her enjoy a phone conversation about the things Wisconsin residents love, like the beautiful capitol building, cheese heads, sailing, brats, and football. ALERTS will listen while they talk and continue with pleasant topics when they stop. At the end of the activity (15 minutes if they don't talk much), the system says good-bye and hangs up.

In addition to the activity call, ALERTS offers extensive information on a wide range of topics - tips about day-to-day care, current dementia treatments, and things to consider for future planning. You can complete assessments that measure your mental health and caregiving burden, hear ideas about coping with stress, and find information about local and national caregiver resources. ALERTS is available 24-hours a day. It is free and completely confidential.

Memory Loss Information and Screening is Just a Phone Call Away

by Barb Lawrence

The Wisconsin Alzheimer's Institute (WAI) and Healthcare Technology Systems launched an automated telephone system that provides general information about memory loss, a screening tool for memory loss, and support and advice for caregivers of those with Alzheimer's disease and related disorders. This system, the Alzheimer's Early Recognition Telephone System (ALERTS) can be accessed by all Wisconsin residents and will link interested callers to their local community services that can assist them. The call is completely anonymous, totally free, and available 24 hours a day, 7 days a week. Call **1-800-289-4974** today to take advantage of this free service. Please share this information with caregivers and the public in general. Brochures and posters are available from Barbara Lawrence at the WAI, 608-829-3302 or blawrence@wisc.edu

Marketing Ideas

Lisa Wells, Power Tools Class Leader from Eau Claire, suggests creating a flyer for the class and taking it to grocery or convenience stores to be inserted into bags or to companies to be inserted into employee paycheck envelopes.

Upcoming Powerful Tools Class Leader Training

- February 12, 13, 26 and 27 at UW-Superior Continuing Education credits. Contact Donna Sislo, U.W. Superior at (715) 394-8469 or dsislo@uwsuper.edu for a brochure.

- March 9, 10, 16, and 17 in Verona, WI Contact Claire Culbertson at (608) 224-3668 or culbertson@co.dane.wi.us
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