



# Wisconsin Alliance for Family Caregiving

Volume 11, May 2006

## Alliance Becomes a Non-profit Organization, Expands Board of Directors

The Wisconsin Alliance for Family Caregiving became a recognized non-profit organization at the end of 2005 and in February 2006 held an informational meeting of individuals invited to serve on the Board of Directors. At a meeting in Neenah this month they will formally elect officers. Please congratulate our new Board members:

### President

Linda (Linn) Dreyer  
Southeastern WI Area Agency on Aging

### Vice President

D'Anna Bowman  
AARP Wisconsin

### Secretary

Paula McNeil  
Kimberly-Clark Corporation

### Treasurer

Melanie Ramey  
The HOPE of WI

- Dr. Jon Bowman, Volunteer
- Mary Brintnall-Peterson, UW-Extension
- Abhilash K. Desai, MD, Theda Care Behavioral Health
- Christie Gonwa, Lutheran Social Services of Wisconsin and Upper Michigan, Inc.
- Nancy Holtz, ABC Connections
- Robert Kellerman, WI Assoc of AAAs
- Barbara Lawrence, Wisconsin Alzheimer's Institute
- Kim Marheine, Alzheimer's Assn-Greater WI Chapter
- James Schroeder, Respite Care Assn of WI
- Donna McDowell, WI Bureau of Aging & Disability Resources
- Julie Murphy, WI Geriatric Education Center

## Alliance Adds New Curriculum, Schedules First Training for Class Leaders

### *Elder Care & Work: Finding the Balance*

Over fourteen million employees today face the challenge of balancing job responsibilities with the responsibility of caring for an older relative - and their numbers are growing as America ages.

*Elder Care & Work* is a fast-paced, interactive curriculum that focuses on gaining perspective on the elder care/work balancing act, using specific strategies to successfully cope, and learning about resources available in the local community that can aid the employed caregiver and his or her older loved one. There is a companion workbook. Topics covered are:

- **Healthy Caregiving is Effective Caregiving:** Understanding the nature of the job of caregiving and the role of caregiver; the four principles of caregiver self-advocacy and how to apply them; effective caregiving – what it is and how it can be achieved.
- **Work Place Strategies That Work:** Specific techniques for effective communication around work/life balance issues; defining solutions for your specific situation; making use of resources in the workplace.
- **Caregiving and the Law:** Provisions of the federal Family and Medical Leave Act (FMLA) and Americans with Disabilities Act (ADA) as they apply to employed caregivers.
- **The A, B, C's of Elder Care Resources:** An introduction to the range of community services available – and how to access them.
- **Getting What You Need:** Tips for negotiating the elder care and medical systems to obtain the information and services you need to maintain your own health while enhancing the care of the older relative for whom you care.

The Alliance is offering the first training for class leaders for this curriculum on May 24 in Stevens Point. To register go to the Alliance web site for registration information at <http://www.uwex.edu/ces/flp/caregiving/> **The deadline to register is May 8.**

## *Strengthening the Delivery of Family Caregiver Education through Partnerships “Listening Session report”*

The Wisconsin Alliance for Family Caregiving held twelve listening sessions across the state to assess Wisconsin's strengths and weaknesses in meeting the educational needs of family caregivers. 168 professionals from 33 counties attended the sessions, sharing information on:

- existing caregiver resources and support,
- gaps in caregiving resources and support and
- ideas on how the Alliance can fill some of those gaps.

During listening sessions caregiving professionals identified six major concerns:

- family caregivers not identifying themselves as caregivers and consequently not participating in educational programs;
- family caregivers' reluctance to accept help and thus not recognizing education as a potential coping strategy;
- gaps in family caregiving education;
- lack of visibility of existing community services;
- overall lack of adequate services and funding; and
- lack of community support for family caregivers.

The Alliance will use data gathered during these listening sessions to develop a strategic plan to meet the educational needs of family caregivers throughout Wisconsin. They have developed ten recommendations for the board of directors to use when developing a strategic plan. The recommendations address the organization's operational needs and the need to continue providing training on family caregiving educational resources. They also encourage the development of additional partners to reach family caregivers throughout Wisconsin. To review the report and the recommendations go to the Alliance's web site at <http://www.uwex.edu/ces/flp/caregiving>

The Wisconsin Alliance for Family Caregiving would like to thank the many dedicated, caring individuals who participated in the listening sessions. Their willingness to share their knowledge, insight and ideas will enable us to fulfill our vision of helping family caregivers maintain their health and well-being throughout Wisconsin.

## **Alliance Debuts New Web Site Design**

The Alliance's web site was recently re-designed to help professionals working with family caregivers find resource materials, research, training and networking opportunities. Family caregivers will also find the site helpful for locating family caregiving classes and resources that address everyday needs and concerns of caregivers.

In addition, other agencies and organizations that support caregiving curriculums are being invited to provide a link to their curriculums. The form that should be completed to provide the link can be found on the web site at: <http://www.uwex.edu/ces/flp/caregiving/education>

Resources that will be found on the web site include:

- **Caregiving Education**, for class leaders and master trainers, complete with ready-to-use marketing materials and evaluations, as well as a calendar of events listing upcoming conferences, institutes, focus groups and other events;
- **Caregiving Collaborations**, including end-of-life coalitions, dementia networks and caregiving alliances, along with tools for building, maintaining and evaluating collaborations;
- **Caregiving Resources**, including a county-by-county report on Wisconsin caregiving demographics, caregiving fact sheet, newsletters and organizations; and
- **Caregiving Research**, featuring articles and research projects, including a UW-Milwaukee and UW-Extension effort called the League of Experienced Caregivers, with information on how family caregivers can get involved in research.

Check out the site and let us know what you think!

Alliance site: <http://www.uwex.edu/ces/flp/caregiving>

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

Wisconsin Alliance for Family Caregiving  
Room 301 Extension Building  
432 N. Lake Street  
Madison, WI 53706  
Email: [flp@uwex.edu](mailto:flp@uwex.edu)

## Third Caregiver Institute To Be Held in 2007

Caregiver Institutes conducted in 2004 and 2005 were funded and planned by representatives of the Wisconsin Alliance for Family Caregiving, University of Wisconsin Extension, AARP, Area Agencies on Aging, Wisconsin Alzheimer Chapters, and the Wisconsin Dept. of Health & Family Services, Division of Disability & Elder Services, Bureau of Aging & Disability Resources. Here are some highlights....

In 2005, family caregiver stories of hardship, hope and healing were read by Connie Goldman, author of *The Gifts of Caregiving*, an award winning independent public radio producer, author and public speaker formerly on the staff of National Public Radio. The keynote speaker was Denise M. Brown, Professional Caregiving Coach and author, who offered ideas on reaching and engaging family caregivers. Many noteworthy presentations were also made including "Creative Approaches to Reaching Family Caregivers," the "Making the Link" program, and "Connecting With a Parish Nurse."

The institute has proven to be a tremendous opportunity to share information and ideas with those who work with caregivers around the state. There were exhibits telling of programs that assist caregivers and care recipients. Evaluations received indicate that all of the presentations were well received, the sign of a well-balanced program that answered the needs of most of the people who attended.

The next institute will be held in 2007; the date and location are to be determined. Volunteers are needed to help plan this statewide event. Planning will occur via the phone and your participation on the planning committee will be rewarded! Come and join us in planning this worthwhile event. If you are willing to help, please contact Mary Brintnall-Peterson, UW-Extension, at (608) 262-8083 or [mary.brintnall-peterson@uwex.edu](mailto:mary.brintnall-peterson@uwex.edu) or Linda Marty Schmitz, Alliance Project Coordinator, at (608) 850-5400 or [lschmitz@chorus.net](mailto:lschmitz@chorus.net)

## Class Leader Trainings Conducted



A two and one-half day training for class leaders of the *Powerful Tools* curriculum was held in Stevens Point in November 2005. The sixteen class leaders who were trained at this session were:

- Donna Doll-Yogerst, UW Extension-Oconto County;
- Karen Ehle-Traastad, UW Extension-Vernon County;
- Linda Fike, Washburn County;

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## A Class Leaders' Story of How Teaching Benefited Everyone!

In March, Lynn Scheinoha from the Manitowoc County Aging Resource Center facilitated a *Caregiving Near Life's End* curriculum training and provides the following comments about the session and curriculum:

*"Wanted to let you know we had a WONDERFUL experience with the Caregiving Near Life's End curriculum, here in Manitowoc. We had six people (five of which were bi-lingual Latinos) participating. Four of them were actually local pastors. We used module #9 because most of them were in need of information to facilitate support groups for people dealing with loss and bereavement. We scheduled the session for fours and didn't even use 1/10 of the activities and handouts! I realized that there are hours and hours and hours of material in that curriculum! The session was SO touching and SO much was shared! We, as facilitators, learned from the participants as well about how a different culture deals with bereavement issues and the loss of a loved one. It was a wonderful experience for us all. We plan to schedule additional sessions in the near future and open them up to all of our family caregivers. This curriculum is a great follow-up to *Powerful Tools* and would certainly compliment any support group activity.*

*I feel truly blessed to have been able to be a part of a milestone here in our county! The experiences I have had using the curriculums available to us are invaluable! They are planted in my heart forever and will always provide beautiful memories for me. These experiences have touched me so deeply. I am so proud to be able to assist the Alliance in their mission and would like to thank you for providing me with the tools to reach out to caregivers in our community."*

The Alliance is hoping to provide training on the curriculum *Caregiving Near Life's End* in the near future. A survey of individuals trained at the 2004 class leader training is being distributed to gather feedback on what should be offered at the next training. Stay tuned for the next training dates!

### Do You Help an Adult Family Member?

Researchers at UWM need your wisdom!



Join the **League of Experienced Family Caregivers**. Become part of a research team. Share your experience and knowledge about providing care to a spouse, parent or other adult relative.

#### What is the purpose?

Researchers at UWM are gathering information from a large number of caregivers to help create better services to support family caregivers.

#### What will you do?

Members of the League will complete one or more short questionnaires about their experiences as caregivers for family members.

#### What is the benefit?

By sharing your wisdom you can help the research team create and advocate for new and better services to help families like yours.

Find more information about the league and available support services at:

[www.familycaregivers.uwm.edu](http://www.familycaregivers.uwm.edu)

**Join Today!**

Contact us at toll-free at 1-800-410-2586 or [lefc@uwm.edu](mailto:lefc@uwm.edu)

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- Angela Flickinger, UW Extension-Rock County;
- Angela Hite, Harbor House Memory Care;
- Judy Knudsen, UW Extension-Brown County;
- Tracy Lampman, Bethel Home & Services;
- Susan Larson, La Crosse County CMO;
- Judy Laude, Shawano County DSS,
- Brenda Olson, Vernon Manor;
- Heidi Olson, Bethel Home & Services;
- Marjorie Papendorf, Support Group Facilitator;
- Pat Peterson, Vernon County;
- Tracy Porath, Shawano County DSS;
- Pat Rychter, UW Extension-Portage County and
- Dianne Weber, UW Extension-Washburn County



Three trainings were conducted around the state (Waukesha, Oshkosh and Eau Claire) in February and March for class leaders of the *Caregiving Relationships* curriculum. Fifty-five people participated. Comments from the class included the indication that they would use the curriculum and its brochures in a large variety of settings. Those participating were impressed by the flexibility of the materials the curriculum provides and that helpful information was provided in a user-friendly manner. They also appreciated the fact that there were very few constraints in how the materials could be used. Those trained as class leaders are:

- Penny Andrews, UW Hospital;
- Nan Baumgartner, UW Extension-Fond du Lac County;
- Karen Beyer, Lutheran Social Services Adult Day Services;
- Gail Brooks, Colonial Club, Sun Prairie;
- Sherry Brusda, Kewaunee County Human Services;
- Heidi Burden, Dodge County HHS;
- Julie Casper, Stockbridge-Munsee Elderly Program;
- Nancy Crevier, UW Extension-Marinette County;
- Kathleen Czarniecki, Family Caregiver Support Network;
- Donna Doll-Yogerst, UW Extension-Oconto County;
- Lori DuBenske, University of Wisconsin-Madison;
- Julie Dunbar, Lutheran Social Services-Adult Day Services;
- Erica Eul, North/Eastside Senior Coalition, Madison;
- Shannon Finger, Rainbow Hospice Care;
- Shelley Fredson;
- Karen Goebel, UW Extension-Madison;
- Christie Gonwa, Lutheran Social Services;
- Molly Haak, UW Extension-Green Lake County;
- Katherine Halaberda-Hinks, Aging & Disability Resource Center;
- Sarah Hammond, Lutheran Social Services-Adult Day Services;
- Kathie Hausknecht, Sheboygan County HHS;
- Vicki Holden, Eau Claire County DHS;
- Chrisie Jeske, Sheboygan County Office on Aging;
- Marilyn Joyce, C.A.R.E. Center;
- Mary Kapke, The Caring Place;
- Shirley Kaufman, UW Extension-FNP;
- Ann Keller, Buffalo County DHHS;
- Sarah Kester, Community Health Partnership;
- Barbara Kopplin, Lutheran Social Services;
- Karen Krupa, Interfaith Caregivers-Polk County;
- Judy Kucharski; OMH Adult Day Services;
- Marybeth Kurzynske, Lutheran Social Services-Adult Day Services;
- Janet Logan, Creative Care Options;
- Diane Lohse, St Francis Terrace;
- Geraldine Long, First Lutheran Church;
- Lola Longyhore, Buffalo County DHHS;
- Kristy Malone, Stockbridge-Munsee Elderly Program;
- Gayle Rose Martinez, UW Extension-Clark County;
- Jennifer McAlister, Curative Care Network;
- Midge McDermott, Lutheran Social Services;
- June Meekma, The Caring Place;
- Andrea Mitchell, Lutheran Social Services;
- Sharon Olson, Jefferson County Human Services;
- Pam Peterson, UW Extension-Door County;
- Michelle Pike, Waukesha County Department of Senior Services;
- Erin Reismann, Next Stage Planning;
- Mary Jo Ruleau, Marinette County Elderly Services;
- Lynn Stanton, Lutheran Social Services;
- Jennifer Sterling, Alzheimer's Association;
- Amy Swanson, Community Health Partnership;
- Luann Teige, Douglas Co Aging Resource Center;
- Kerri Tyler, Family Caregiver Support Network;
- Dianne Weber, UW Extension-Washburn County;
- Jenny Wehmeier, UW Extension-Walworth County;
- Mark Ziemer, Bay Area Agency on Aging and
- Lori Zierl, UW Extension-Pierce County.

Congratulations and thank you to all who participated in these classes and who will help to provide these curriculums to caregivers around the state!