

# Caregiver E-Visit

April 2017

## Plan B – A Real Stress Reducer for Family Care Teams

*Mary has always been a devoted wife and dependable mother and grandmother. When her husband Rob was diagnosed with Parkinson's Disease, she took extra chores in her stride. At first it was mainly taking him to medical appointments and gradually taking over the outdoor chores and house maintenance tasks that Rob could no longer do. Then there was the ever-changing medication schedule to keep track of.*

*As Rob's abilities declined, Mary helped him in and out of bed, his lift chair, the car, and later a wheelchair. She helped him shower and use the toilet. She served him food and fluids carefully prepared to avoid the risk of choking. She's cleaned up after "accidents," and has done mountains of laundry. Mary was beginning to feel overwhelmed, but she kept smiling and told her family, neighbors, and others who asked, that she was "managing just fine".*

*Now, without warning, Mary is seriously ill and needs surgery and*

*weeks of recovery. She is in a great deal of distress and pain, made worse by worry and fear. Her uppermost thought is: "Who will take care of my dear husband?"*



Family caregivers are 67% more likely to suffer life-threatening illness and early death than non-caregivers their age. That's why **your family needs a Plan B.** If you should need a break from caregiving for any reason, you want your family to have the information they need to fill your role. This takes planning, effective communication, and decision making. Mary and Rob's family may be surprised

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*For more information or if you wish to make comments on this E-Visit, contact Marilyn Joyce 262-833-8764 or email [marilyn.joyce@racinecounty.com](mailto:marilyn.joyce@racinecounty.com)*



## **Plan B** ...Continued from Front page

at the amount of information and arrangements that are necessary to deal with this crisis. Being unprepared can contribute to medication errors, unnecessary discomfort, unsafe care techniques, missed work and lost wages, irritability and disagreements among family members, and undue stress throughout the extended family down to the smallest child. It's much better for your family to be well informed and ready to work as a team while you recover (or even take a vacation).

A family or team meeting can be helpful for planning and team building. Attached is a form to get you started. A family member, even one who lives at a distance, can record the information needed by a substitute caregiver, and keep the information updated and in an accessible place.

*Even though this is a difficult time, with everyone pulling together, Rob and Mary can receive the care they need. Perhaps help will come from family, friends, day programs, and/or in-home services. Mary*

*will hopefully accept more help from now on so she can be Rob's loving, healthy wife for as long as possible. From now on this family care team will want a workable Plan B for their future together.*

### **Some Respite Care options in approximate order of cost (from least to most):**

- A care team of family and friends who are able to meet the needs of the care receiver.
  - Adult Day Care or social day options (like Our Harmony Club) which are available daytime, usually week days.
  - Part-time services from an in-home assistance or personal care agency or from a private provider. (See the Community Resource Directory for help with decision making– or call the ADRC 262-833-8777)
  - Live in caregiver (agency or private)
  - Around-the-clock services from an agency
  - A respite stay at an Assisted Living or Skilled Nursing Facility
- See the separate Plan B document online, or request a copy.**

## Powerful Tools for Caregivers

**Wednesdays**  
**April 26 – May 31**  
**5:30-7:30 p.m.**

Class will be held at the Aging and Disability Resource Center located at 14200 Washington Avenue (Just west of I-94).

This class focuses on helping caregivers to thrive (not just survive) during the caregiving journey.

Powerful Tools for Caregivers is an educational program designed

to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions

- Locate helpful resources
- Cost: \$10 for textbook and snacks

Call **262-833-8764** to register



## Alzheimer's Association Offers Local Classes

Upcoming classes offered by the **Alzheimer's Association**  
Call 800-272-8800

**May:**  
**Understanding Dementia** 3 Day,  
Gateway 5/16, 5/23,  
and 5/30

**June:**  
**Living with Moderate Dementia for Family Caregivers**  
Thursdays 6/6, 6/13,  
and 6/20



AGING AND  
DISABILITY  
RESOURCE CENTER  
OF RACINE COUNTY

14200 Washington Ave  
Strutevant, WI 53177

Phone: 262-833-8777

Email: [adrc@racinecounty.com](mailto:adrc@racinecounty.com)

[www.adrc.racinecounty.com](http://www.adrc.racinecounty.com)

## Support Groups for Family Caregivers

For caregivers who are over 60 or are caring for someone over 60 and caregivers (of any age) for people who have dementia. Contact: Marilyn Joyce, 833-8764, or [marilyn.joyce@racinecounty.com](mailto:marilyn.joyce@racinecounty.com)

Sometimes we are able to make reminder calls to former attendees about an upcoming Support Group. However, this is not always possible. These groups nearly always happen at the scheduled time and place. If you haven't gotten a call, and you have doubts, please call 262-833-8764 or 262-833-8777. See you there!!

### General Caregiver Groups

**First Friday**  
**12 Noon-1:00 pm**

Caregiver Connection

Telephone Group

Call 833-8762 for call-in

Information

**Apr 7 May 5 June 2**

**Second Tuesday**

**1:30-3:00 pm**

Yorkville United Methodist  
Church

17645 Old Yorkville Rd

(Just off of Highway 20, 3 miles  
West of I-94)

**Apr 11 May 9 June 13**

**Second Saturday**

**10:30 am- 12:00 Noon**

Atonement Lutheran Church

2915 Wright Ave, Racine

**Apr 8 May 13 June 10**

**Third Wednesday**

**1:30-3:00 pm**

Burlington Senior Center

209 N. Main St, Burlington

Eppers Room

**Apr 19 May 17 June 21**

### Alzheimer's Association Support Groups:

*For families dealing with any  
type of dementia*

**First Thursday**

**10:30 am -12 Noon**

Bethania Lutheran Church

4120 Wright Ave, Racine

(Park and enter in the back of the  
building)

**Apr 6 May 4 June 1st**

**Second Thursday**

**6:00 – 7:30 PM**

Bethania Lutheran Church

4120 Wright Ave, Racine

(Park and enter in the back of  
building)

**Apr 13 May 11 June 8**

