

Caregiver News



Fall 2023

November is
**NATIONAL FAMILY
CAREGIVERS MONTH**

#CaregiverAnd

Caregiver Statistics: A Data Portrait of Family Caregiving in 2023

According to studies within the United States

- 41.8 million people in the U.S. provide care to seniors. That's nearly 17% of the adult population in the United States.
- Most family caregivers are unpaid. Unpaid versus paid caregiver statistics show that most family members aren't compensated for providing care.
- Family caregiving is almost a full-time job. Caregivers who live with their senior relative receiving care spend an average of 37.4 hours per week on direct caregiving duties.
- Alzheimer's caregiver statistics differ from those of non-dementia caregivers. People caring for relatives with dementia experience more burnout, as well as physical and emotional stress.

Care providers and care recipients: Relationships

89% of unpaid caregivers are related to their care recipients by either blood or marriage.
11% care for a friend, neighbor, or other non-relative.

- 48% care for a parent
- 11% care for a spouse or long-term partner
- 11% care for a friend, neighbor, or other non-relative
- 10% care for a grandparent or grandparent-in-law
- 9% care for a parent-in-law
- 5% care for a sibling or sibling-in-law
- 5% care for another relative
- 1% of caregivers of people over 50 care for their adult child



An estimated 580,000 informal caregiver's in Wisconsin provide more than 490 million unpaid hours of care annually to individuals with disabilities and older adults.

Aging and Disability Resource Center of Dodge County
199 County Road DF
Juneau, Wisconsin
(920)386-3580 or (800)924-6407

THAT ONE HABIT

Bet you thought I meant that one habit you should break – ‘cause we all have those bad habits we know we should do something about. But no, this is about that one habit you should try to cultivate.

Good self-care has been called “the habit that gives back”.

Self-care is especially important for caregivers. Think about it – if something happens to you, who will take over your caregiving duties? Caregiving is a stressful job. The argument for taking care of yourself is the same one you hear on an airplane – “put your own oxygen on first”. You are a less stressed, more healthy caregiver if you take care of yourself first. This makes sense when you see statistics like the one that says that 30% of all caregivers will die before the person they are taking care of.

Making self-care a habit is not as time consuming as you may assume. Here are some tips to get started (or encouragement to continue if you already have this habit):

- Learn to say “no”. You may not be able to continue doing all the things you used to do and that is ok. Your life has changed. But it will change again. Decide what things you need to do for you.
- Stretch every morning. Grab 10 minutes later in the day to jog in place or some other exercise you enjoy.
- Schedule regular 10-15 minute breaks. Remind yourself that this is for you AND your loved one. Some things to try:
 - A quick walk around the block or just around your yard. Get some sun!
 - 15 minutes in a bubble bath or do a hand massage
 - Read one chapter of a book while your loved one is napping or watching TV or just light a candle in a scent you enjoy and relax with feet up. (the laundry can wait)
 - 15 minutes after lunch for an activity you enjoy – knit, do a puzzle, play solitaire
 - Call a friend for a quick update. Invite them over for coffee break.
- Count your blessings every day.
- If someone asks if they can help and you don’t need help (yet) ask if they would be willing to have you call them when you do need help. Then if they say yes, don’t hesitate to call if you really want someone to pick up a pizza and bring it over, or clean while you take a quick nap – whatever other small thing you need help with.

Join Kaelan the Caregiver Program Coordinator and Rob
the Dementia Care Specialist for the annual

Holiday Party!

Join us for this **FREE** fun even!

Lunch will be provided, activities for all also bring gifts you have bought for you loved ones. We will wrap them while you and the loved one you care enjoy the event. Gift wrap will be provided.

For more information contact
(920)386-3580

Reservations are limited

Register by November 27th

December 5th, 2023
Old Hickory- Beaver Dam
11 am- 2pm

Join Kaelan the Caregiver Program Coordinator and Rob
the Dementia Care Specialist for the annual

Caregiver Day of Respite!

Enjoy some time to yourself, we have you covered!

Kaelan and Rob will have lunch and many activities for the one you care for while you take care of you. If you care for someone bring them by while you enjoy the day, weather it's relaxing at home, shopping, enjoying time with friends, what ever it may be you deserve it

November 7th, 2003
Mayville Public Library
10am- 2pm

For more information contact
(920)386-3580

Reservations are limited

Register by October 30th

Join us for our next workshop!

MIND OVER MATTER:

HEALTHY BOWELS, HEALTHY BLADDER

When: Tuesdays,
October 3, October 17, & October 31
10:00 am - 12:00 pm

MUST ATTEND ALL 3 SESSIONS

Where: Towne Centre,
The Marquardt
1045 Hill St. Watertown, WI 53098
Cost: FREE! Suggested donation \$10

Mind Over Matter: Healthy Bowels Healthy Bladder is...

A program that helps older women build the skills and confidence they need to avoid or improve symptoms of incontinence

3 sessions, each lasting 2 hours, every other week for one month



Engages women to work together to set and meet personalized goals!



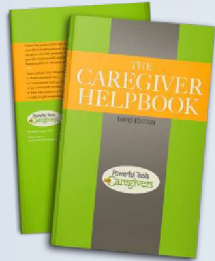
Registration is Required!

Call the ADRC of Dodge County to register:

920-386-3580



Powerful Tools FOR Caregivers



Are you a caregiver looking for additional support? Do you know someone who is struggling with the emotional burden of providing care? Register for this 6 week workshop designed to help caregivers!

Powerful Tools for Caregivers

Powerful Tools for the Caregivers class series help caregivers take better care of themselves while providing for a friend or relative. By taking care of your own health and wellbeing, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders.

Class participants also receive a **FREE** copy of The Caregiver Handbook, developed specifically for this class.

Registration is required!
Contact the ADRC at
hsagingunit@co.dodge.wi.us
OR 920-386-3580 to register

Suggested donations of \$10 for class



Classes meet for 6
consecutive Wednesdays
starting September 27
through November 1
at the
Juneau Public Library
250 N. Fairfield Ave.
Juneau, WI 53039
1:00 pm - 2:30 pm

Help for caregivers is available in many different ways:

For those caring for a veteran or veteran's spouse:

- Veterans Caregiver Support Line: **855-260-3274**

For those caring for someone with dementia:

- 24 hour call in line- Alzheimer's (always answered by a person): **800-272-3900**
- Alzheimer's Foundation of America Helpline: **866-232-8484**
- Dodge County Dementia Care Specialist: **920-386-4308**

For all caregivers:

- Phone in Caregiver's Support Group: last Tuesday of every , month- register by calling: **715-861-6174**
- Virtual events open to anyone anywhere can be found at: **wisconsin caregivers.org/virtual-events-for-caregivers**
- Caregiver Help Desk (7am-6pm CT) call: **855-227-3640** to talk to a caregiving specialist
- Free telephone learning session: (register ahead by calling **866-390-6491**), different subjects each time. **<http://www.caregiver teleconnection.org>**
- Visit Caregiver Connection on Facebook
- Online help from AARP: **<http://www.aarp.org/home-family/caregiving/>**
- Online videos from Home Alone Alliance: **<http://caregiveraction.org/resources/videos>**
- Online videos from Caregiver Action Networks: **<http://caregiveraction.org/resources/videos>**

Just need to talk:

- Call Institute on Aging Friendship Line: **1-800-971-0016**
- AARP Friendly Voices Line: **1-888-281-0145**

Want to Help? We'd love your support

To volunteer, contact:

199 County Road DF, 3rd Floor
Juneau, WI 53039

Office hours: 8:00am- 4:30pm
or by appointment

920-386-3580 or 800-924-6407

FAX: 920-386-4015

hsaging@co.dodge.wi.us

