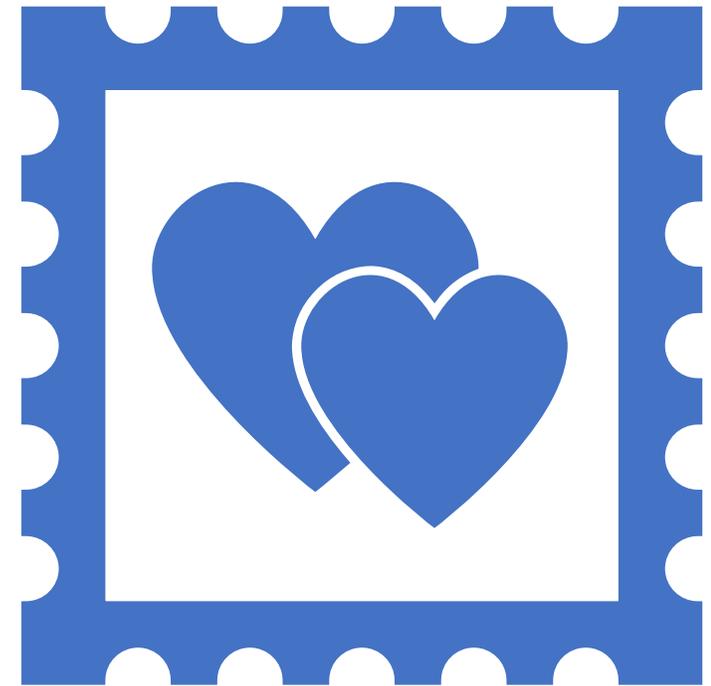
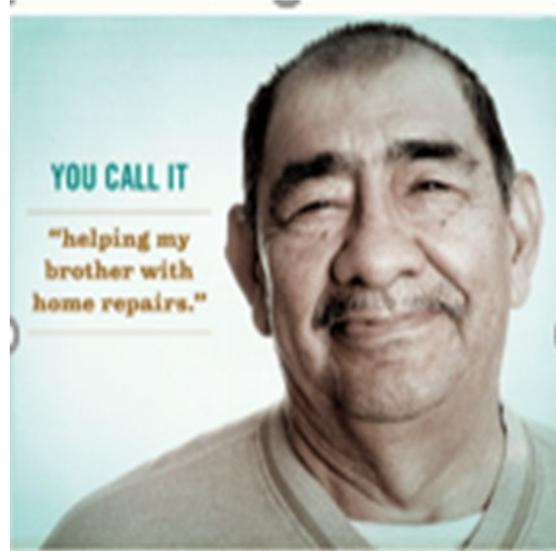
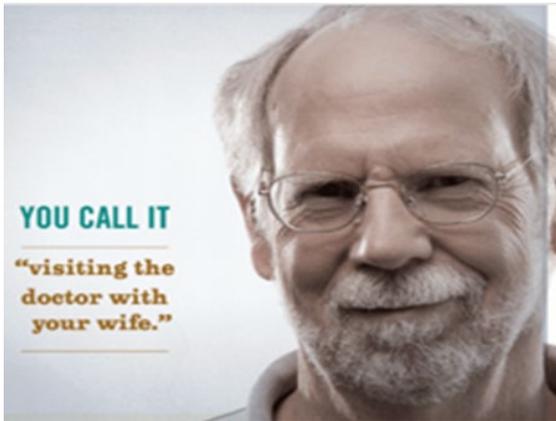


Teri Bradford

Caregiver Specialist with Brown County Aging and  
Disability Resource Center (ADRC)

# Caregiving for the Caregiver

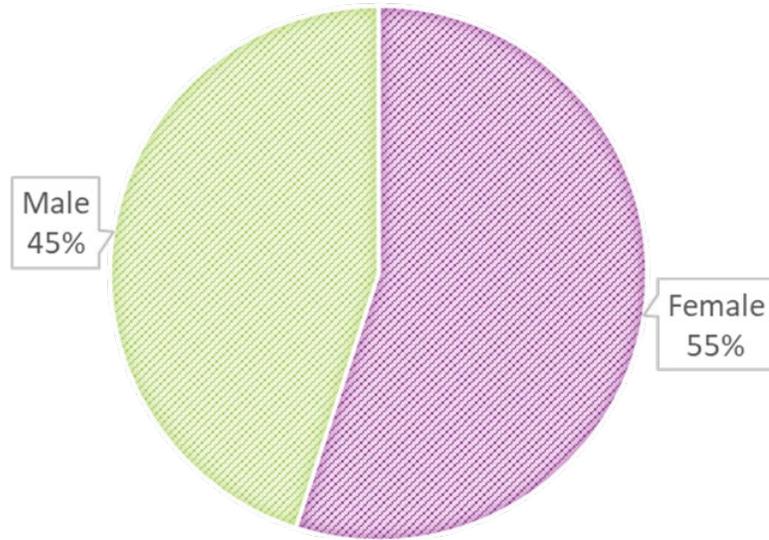




What does a family caregiver look like?

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## CAREGIVERS



1 in 6 of all employees are caregivers

Wisconsin family caregivers

# Identify and Recognize stress/burnout in a patient's family

- **Risks to Caregiving**
- Caregiver Burnout
- Higher Stress
- Poor health if not practicing self-care
- Isolation
- Mental Health concerns/emotional well-being
  - Stemming from unresolved/unrecognized emotions such as guilt, anger, resentment or lack of sleep

# Symptoms of caregiver burnout

- Withdrawal from friends, family and other loved ones.
- Loss of interest in activities previously enjoyed.
- Feeling blue, irritable, hopeless and helpless.
- Changes in appetite, weight or both.
- Changes in sleep patterns.
- Getting sick more often.
- Feelings of wanting to hurt yourself or the person for whom you are caring.
- Emotional and physical exhaustion.
- Irritability.

# The impact of a chronic illness on the caregiver

## **Stress**

- Headaches
- Digestive Problems
- High blood pressure
- Irritability
- Frustration
- Depression
- Frequent crying
- Significant weight loss
- Increased negative self-talk
- Difficulty thinking, concentrating or making decisions

## **Depression**

- Withdrawal from Friends and loved ones
- Loss of interest in activities previously enjoyed
- Change in appetite, weight or both
- Change in sleep patterns
- Getting sick more often
- Feelings of wanting to hurt self or others
- Emotional / Physical Exhaustion

## **Anxiety**

- Headaches
- Rapid heartbeat
- Shortness of breath
- Sweating
- Muscle tension, twitching or tics
- Rapid speech

## **Behavioral Problems**

- Anger
- Resentment
- Abusive behavior (physical/verbal)
- Over-use of addictive substances or activities

Causes of  
caregiver  
burnout

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**Role confusion**

---

**Unrealistic expectations**

---

**Lack of control**

---

**Unreasonable demands**

---

**Other factors**

### **Physical self-care**

Exercises, eating well, getting enough rest.

### **Emotional self-care**

Taking time for your emotions. Recognize them, acknowledge them, validate them and take the time to do things that bring you joy.

### **Spiritual self-care**

Depending on your spiritual beliefs might include meditation, going to church or prayer.

### **Mental self-care**

Activities that mentally stimulate your mind.

Playing games, journaling, talk to a friend or go to a beautiful place that gives you peace.

### **Practical self-care**

What areas or tasks can you do to streamline your process?

### **Social self-care**

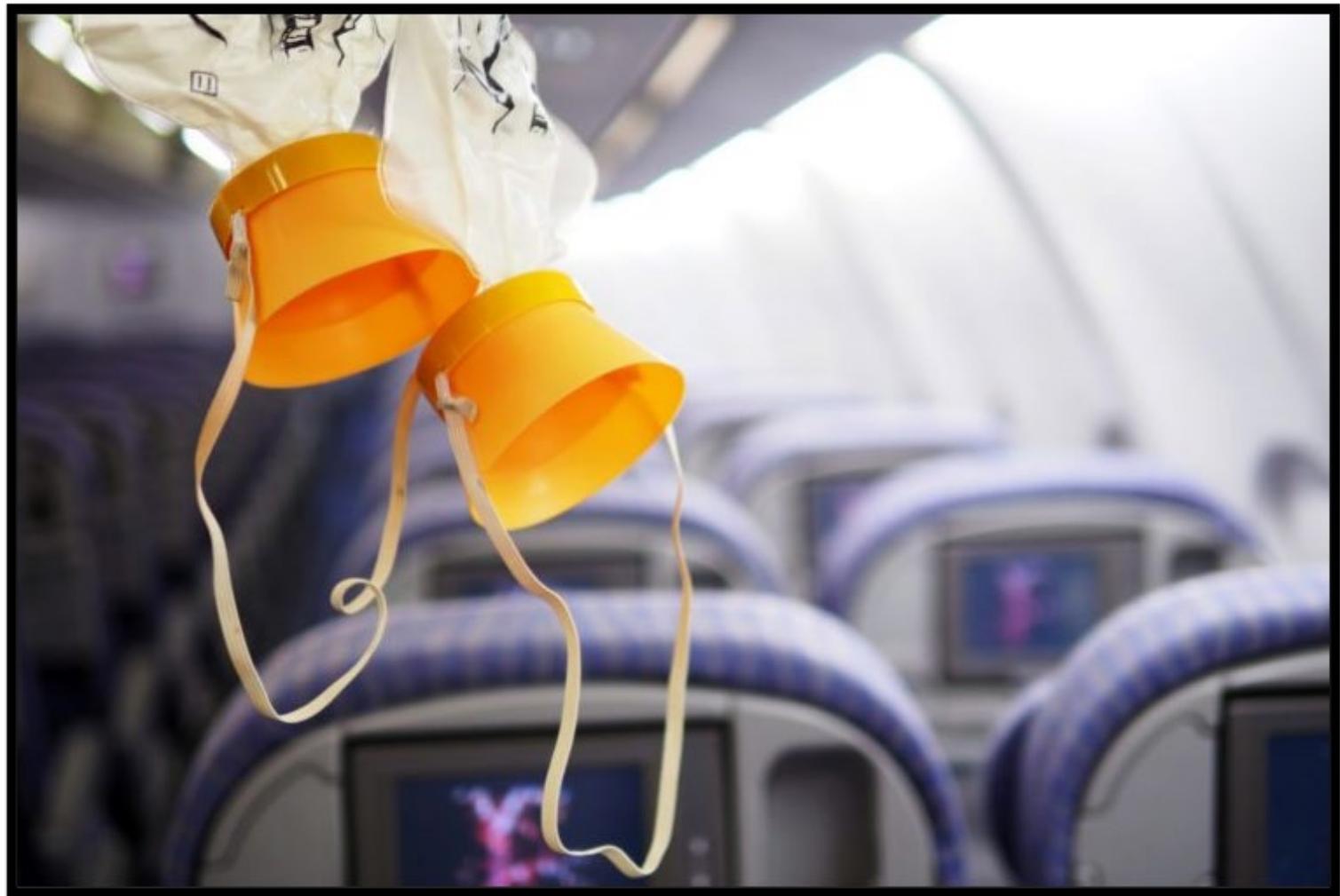
These activities keep you engaged with friends and loved ones.

The importance of self-care / respite for caregivers

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Flight attendants say it best.....

**IF the oxygen mask drops down, put your mask on first before you try and help others**



# Powerful Tools for Caregivers

- Powerful Tools for Caregivers is:
- Evidence based
- Designed specifically to support the family caregiver and improve **their** well-being
- It does not teach hands-on care or focus on disease or other conditions.

- **Powerful Tools for Caregivers: For Parents of Children with Special Needs** is a separate program adapted from PTC and is designed to support a parent or parents who are caring for a child of any age (minor or adult) who has special health or behavioral needs.



**Powerful Tools for Caregivers**

**Upcoming Workshop**

**Take care of yourself**  
*While caring for a loved one*

**Call ADRC for upcoming workshop dates (920) 448-4300**

**Learn to:**

- Reduce stress
- Boost self-confidence
- Communicate your feelings better
- Increase your ability to make tough decisions
- Deal with guilt, depression, or anger
- Identify helpful resources that support you
- Share ideas and problem solved with other family caregivers

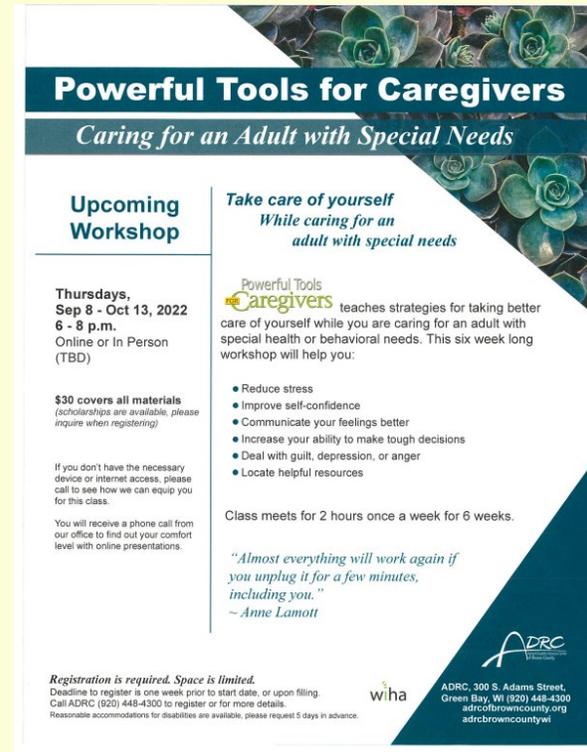
*"It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It's neither good for you nor your loved one."*  
- Dana Reeve

**\$30 suggested donation**  
Includes all learning materials

**Registration is required. Space is limited.**  
Deadline to register is one week prior to start date, or upon filling.  
Call ADRC (920) 448-4300 to register or for more details.  
Reasonable accommodations for disabilities are available, please request 5 days in advance.

**ADRC**  
ADRC, 300 S. Adams Street,  
Green Bay, WI (920) 448-4300  
adrc@browncounty.org  
adrcbrowncountywi

**wiha**



**Powerful Tools for Caregivers**

**Caring for an Adult with Special Needs**

**Upcoming Workshop**

**Take care of yourself**  
*While caring for an adult with special needs*

**Thursdays, Sep 8 - Oct 13, 2022 6 - 8 p.m.**  
Online or In Person (TBD)

**\$30 covers all materials**  
*(scholarships are available, please inquire when registering)*

If you don't have the necessary device or internet access, please call to see how we can equip you for this class.

You will receive a phone call from our office to find out your comfort level with online presentations.

**Class meets for 2 hours once a week for 6 weeks.**

*"Almost everything will work again if you unplug it for a few minutes, including you."*  
- Anne Lamott

**Registration is required. Space is limited.**  
Deadline to register is one week prior to start date, or upon filling.  
Call ADRC (920) 448-4300 to register or for more details.  
Reasonable accommodations for disabilities are available, please request 5 days in advance.

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Green Bay, WI (920) 448-4300  
adrc@browncounty.org  
adrcbrowncountywi

**wiha**

# Insight from Caregivers who completed Powerful Tools

I found this program to be very effective, with usable, easy to understand information. **I've been at this for about six years and could have used this much sooner. It's definitely given me more tools to use.** Participant, Green Bay.



**This class was a great opportunity to learn about new resources,** especially the textbook that comes with the class. It was also great to be able **to talk and connect with other caregivers.** Those conversations confirmed my feelings and **helped me realize that I am NOT alone.** Participant, Green Bay

The Powerful Tools for Caregivers workshop provides perspective on various challenges and **has helped me give myself permission to balance my own care with my son's so that I can be there for the long haul.** " Participant, Green Bay.

Powerful Tools  
FOR Caregivers

Class 1:

Taking Care of YOU

Class 2:

Identifying & Reducing Personal Stress

Class 3:

Communicating Feelings, Needs and Concerns

Class 4:

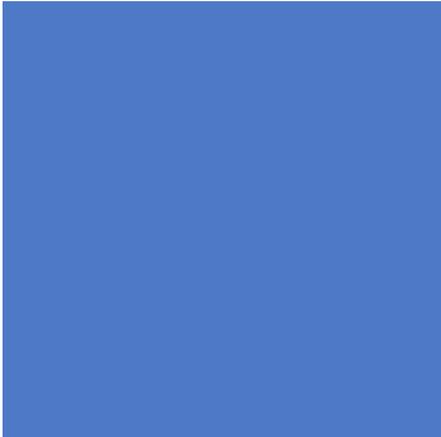
Communicating in Challenging Situations

Class 5:

Learning from Our Emotions

Class 6:

Mastering Caregiving Decisions



Powerful Tools for Caregiver Topics Include

- Your local ADRC (Aging and Disability Resource Center) or Agency on Aging
- Home health services
- Adult day care
- Nursing homes or assisted living facilities
- Professional in-home supports
- Caregiver support services
- Your local chapter of the AARP for services
- National organizations
- Your local ADRC (Aging and Disability Resource Center) or Agency on Aging



**Resources available to caregivers to allow respite and/or prevent caregiver burnout.**

How does  
the ADRC  
help  
families?

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Help finding services

---

Money Matters

---

Stay Health, Stay Active

---

Food – Meals

Help finding  
services:

Information  
& Assistant  
Specialist

---

Want to stay independent & live  
where you would like?

---

Looking for help with housekeeping,  
bathing or transportation?

---

Need to understand a dementia  
diagnosis?

---

Helping care for a loved one and  
need answers & stress relief?

Money  
Matters:

Elder &  
Disability  
Benefit  
Specialist

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Medicare / Medicaid

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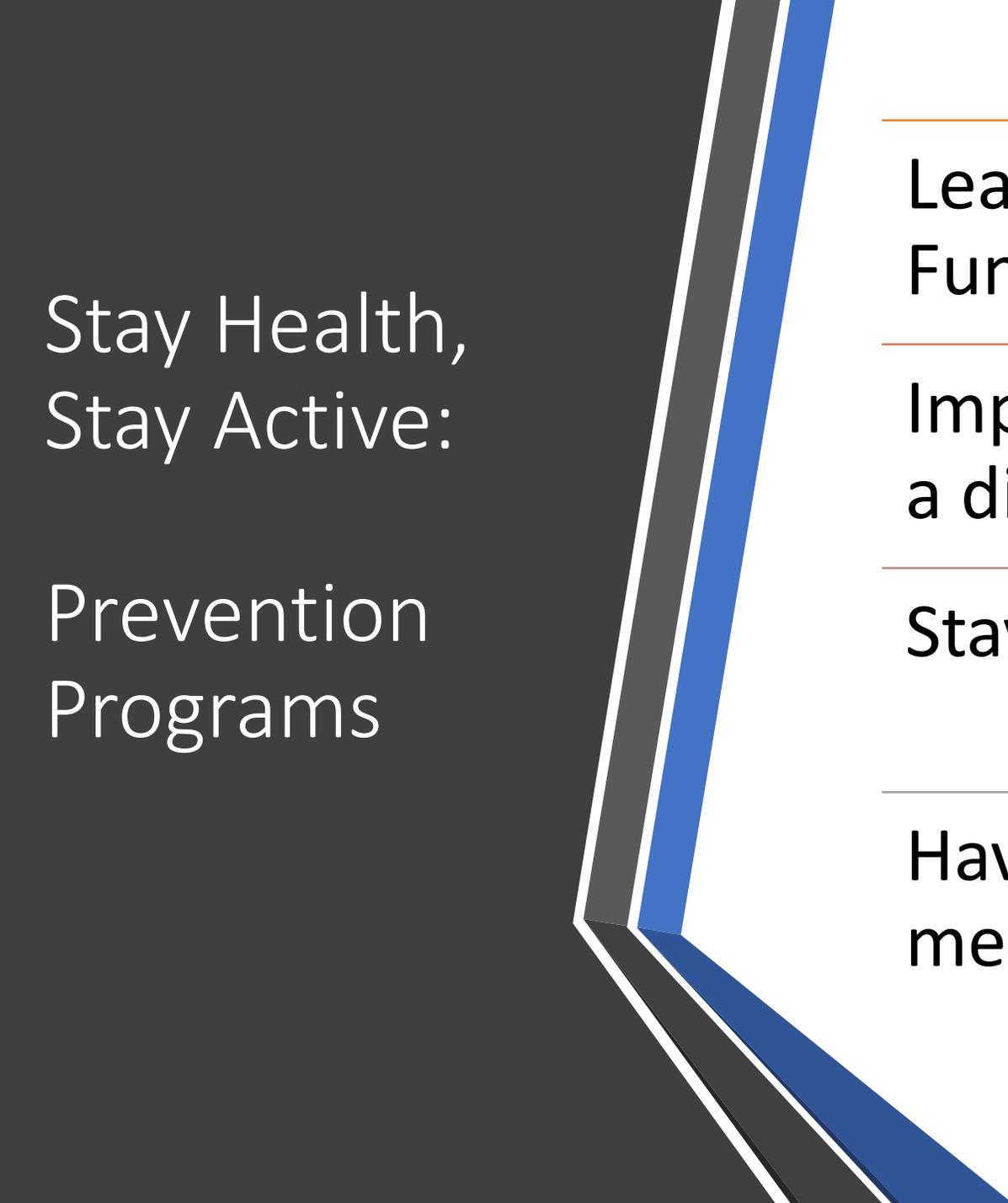
Prescription drug assistance

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Social Security Benefits

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Benefit appeal & denials



Stay Health,  
Stay Active:

Prevention  
Programs

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Learn More, Grow Strong, Have  
Fun

---

Improve your health – understand  
a diabetes diagnosis

---

Stay safe – reduce your risk of falls

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Have fun – try a new hobby or  
meet new friends

Food – Meals  
Nutrition  
Program,  
Community  
Café and  
Homebound  
Meals

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Stay connected with Friends in  
our community cafe

---

Get healthy eating tips at  
educational classes

---

Lunch can be delivered at home  
for those who qualify

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Grounded Café at ADRC



# How to connect the families with the ADRC and the various ways the agency can help the families

## How to connect with us:

- Call (920) 448 4300
- Stop by the office @ 300 S. Adams Street
- Stop by the Grounded Café with a friend
- Stop by during the Saturday Farmers Market
- Email us: [bc.adrc@browncountywi.gov](mailto:bc.adrc@browncountywi.gov)
- <https://adrcofbrowncounty.org/>

## When can we meet with families?

- During the day
- Before business hours
- After business hours
- Saturdays with advance planning

## We can meet with families:

- In Person
- Virtually
- Home visits

# Once connected:



Trualta is an online learning portal designed for families. With articles, videos, tip-sheets, and professional level training, there is something for everyone. Trualta helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.

**"Helpful information while we are making changes in our home. I'm sure I'll be referring back for reminders"**  
- Maureen  
from "What is Dementia-Friendly Interior Design?"

Thousands of family caregivers across North America are using Trualta. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.

Contact us to access Trualta for free today!

ADRC of Brown County  
bc.adrc@browncountyiwi.gov  
(920) 448-4300

© 2020 Trualta Inc. All Rights Reserved

## Family Caregiver Program (AFCSP)\*

The program helps families, like someone with dementia.

### What community supports can AFCSP cover?

Limited, short-term respite, including but not limited to:

- Chore services (yard work, heavy housework)
- Personal care (dressing, bathing)
- Daily home tasks (meal prep, errands)
- Companionship

### Do I qualify for AFCSP?

You are eligible if you and your mentia meet the following criteria:

- An adult age 60 or older needing assistance with daily living activities
- An adult with dementia
- An adult with a disability age 19-59 and you are a relative age 55 or older
- A minor child age 19 and under and you are a relative age 55 or older

\*Funding is limited.

## Mug Club for Caregivers

You are not alone

Create Connections  
Learn Together  
Share Conversations  
Offer Care and Support

In caring for a loved one, do you often feel lonely, isolated, or judged? Participating in a support group provides you with an opportunity to be with people who have a common purpose and understand one another. This support group provides an opportunity for family caregivers to develop a mutual, self-help support system in a comfortable and confidential setting. If you are caring for a loved one, consider joining us!

Join by computer or phone!  
Call Teri Bradford at (920) 448-4320 or email [teri.bradford@browncountyiwi.gov](mailto:teri.bradford@browncountyiwi.gov) if you are

**2nd Wednesday of each Month 6 - 7:30 p.m.**  
In Person at ADRC or Online  
300 S. Adams St.

Sponsored by the Brown County Caregiver Coalition, the Mug Club is a monthly gathering for families, friends, partners, and other informal caregivers.

## Caring for the Caregiver

Thursday, May 19, 2022 - 8:30 a.m. - 12 p.m.  
Ashwaubenon Community Center - 900 Anderson Dr.

### Take time to catch your breath!

Join us for a morning of self-care! We'll start with a light breakfast. Afterwards, get ready to get moving and then listen to a wonderful presentation.

**Dance for Joy with Empowerment Dance**  
Lisa Fritz - 9:15 a.m.  
This class provides a gentle approach to enjoy the benefits that dance provides. Many of the dances are performed seated so to create a safe environment for the dancers. From ballet to ballroom, dancers leave class empowered! No experience is necessary. Dress comfortably and come to have fun!

**Unapologetically Human: Preparing for the Marathon of Lifetime Caregiving**  
Lois Dada-O'Leary - 10:30 a.m.  
Often, caregiving is viewed through the lens of it simply being a season, but how can one mentally prepare oneself for lifetime caregiving in a way that reduces the feeling of being overwhelmed and highlights hope and opportunity?

This event is free and open to family and professional caregivers.  
Registration is required. Register by 5:15.  
[care4u.adrc.org](http://care4u.adrc.org) (920) 448-4300.

## Powerful Tools for Caregivers

### Upcoming Workshop

Take care of yourself While caring for a loved one

Call ADRC for upcoming workshop dates (920) 448-4300

**Powerful Tools for Caregivers** is a six week program designed to provide family caregivers with the tools to take care of themselves while caring for a loved one. You will benefit from this class whether helping a parent, partner, spouse, adult child, neighbor, or friend.

Learn to:

- Reduce stress
- Boost self-confidence
- Communicate your feelings better
- Increase your ability to make tough decisions
- Deal with guilt, depression, or anger
- Identify helpful resources that support you
- Share ideas and problem solved with other family caregivers

\$30 suggested donation includes all learning materials

"It is so important as a caregiver not to become so involved in the role that you lose yourself. It's another goal for you and your loved one."  
- Dana Reeve

Registration is required. Space is limited.  
Classes are subject to change without notice. All classes fill.  
Call ADRC (920) 448-4300 to register or for more details.  
Reservations recommended for all classes. Please report to 15 min early.

ADRC of Brown County  
300 S. Adams Street  
Greenville, NC 27834  
www.adrc.org

# Experiment time

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# The importance of self-care / respite for caregivers

## **Physical self-care**

Exercises, eating well, getting enough rest.

## **Emotional self-care**

Taking time for your emotions. Recognize them, acknowledge them, validate them and take the time to do things that bring you joy.

## **Spiritual self-care**

Depending on your spiritual beliefs might include meditation, going to church or prayer.

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Activities that mentally stimulate your mind.

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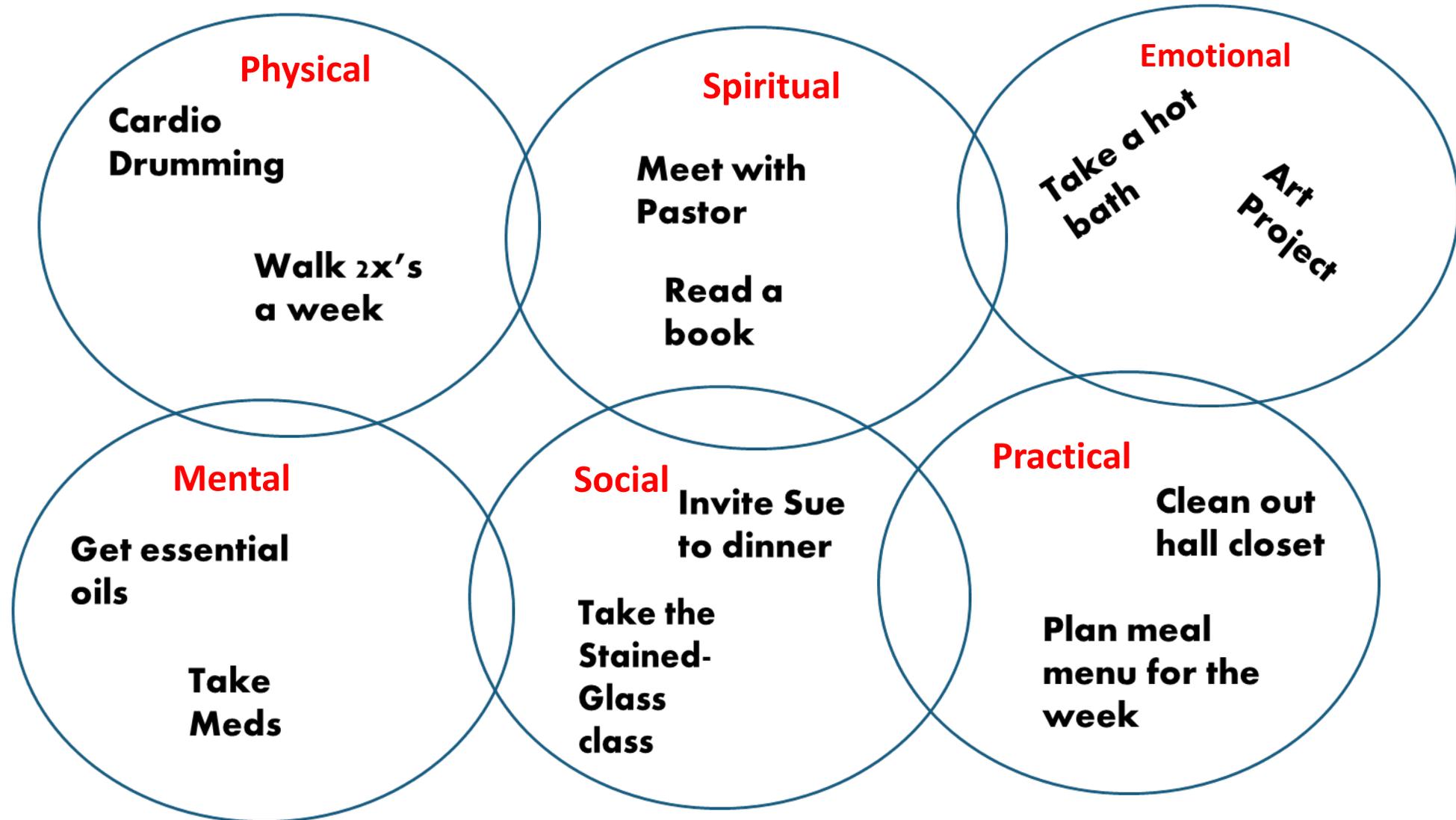
## **Practical self-care**

What areas or tasks can you do to streamline your process?

## **Social self-care**

These activities keep you engaged with friends and loved ones.

# How can you hit the bullseye?



# Respite / Self-Care comes in all shapes and sizes

- Swimming
- Doodle
- Take a walk in the park
- Talking to a friend on the phone
- Make a doctor appointment
- Draw
- Take your neighbor up on the offer to bring over dinner
- Go for a drive

- Read a book
- Paint your nails
- Attend a counseling session or a support group
- Journal
- Enjoy a cup of your favorite tea
- Sing your favorite song
- Take a nap
- Take a class



- Write a short story
- Go to the library; get yourself a book. One to learn from and one just for fun!

# Sources

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Cleland, M., Schmall, V. L., & Sturdevant, M. (2013). Chapter 1, 2 and 5. In *The caregiver helpbook: Powerful tools for caregivers*. essay, Legacy Caregiver Services.

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