

# Respite Care Association of Wisconsin

To promote, support, and expand quality statewide respite care across the lifespan.



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608-222-2033

# October 2022 Webinar Wednesday: Memory Camp

## Guest Speakers



**Gary Glazner**  
**Executive Director**  
**Alzheimer's Poetry Project**

[www.alzpoetry.com](http://www.alzpoetry.com)



**Carrie Esselman**  
**Grant Manager**  
**Fox Valley Memory Project**  
**Camp Co-Director**

[www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)



**Annie Lamers**  
**Camper & Family Caregiver**



**RCAW**  
Respite Care Association  
of Wisconsin

# ABOUT RESPITE CARE ASSOCIATION OF WISCONSIN

- We serve all **72 counties & 11 tribes** in Wisconsin.
- **Promote** respite by advocating for, sponsoring, and promoting educational programs and outreach opportunities for respite care providers,
- **Support** through the utilization of our multiple grant programs,
- **Expand** the pool of trained respite care providers with our Respite Care Provider Training, and connect them to primary caregivers who need respite via the Wisconsin Respite Care Registry,
- **Lifespan** – regardless of age, from birth to end of life.

# What is respite care?

- Respite care provides short-term relief for primary caregivers.
- Allows primary caregivers an opportunity to rest, refresh, and recharge.
- It can be arranged for just an afternoon or several days or weeks.
- Care can be provided at home, in a healthcare facility, or at an adult day center.



# Why is Respite Important?

- **Fifty-three million** family caregivers are providing unpaid care, an economic value totaling more than **\$470 billion** in the United States\*.
- Respite care is a critical public health intervention as the effects of round-the-clock caregiving often make the caregiver feel isolated, fatigued, depressed, and anxious.
- The mental health toll on primary caregivers often exacerbates physical health conditions.
- Data shows that caregivers report chronic health conditions, including heart attack/heart disease, cancer, diabetes, and arthritis, at nearly twice the rate of non-caregivers.

\*Administration on Community Living (ACL)



# MORE DATA

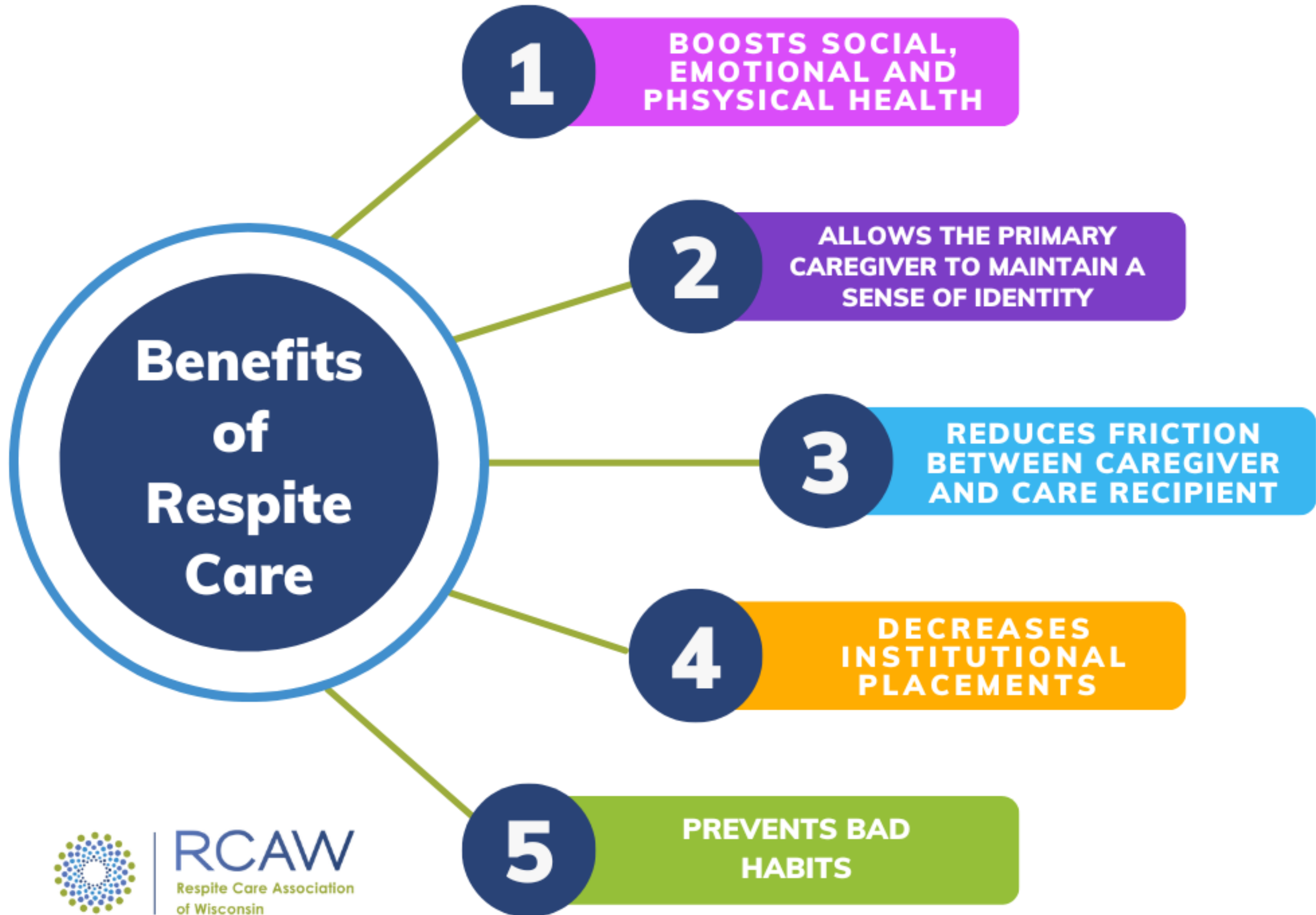
An estimated 580,000 informal caregivers in Wisconsin provide more than 490 million unpaid hours of care annually to individuals with disabilities and older adults. Family caregivers help loved ones with meals, bathing and dressing, medications, doctor appointments, and more.

- One in Five Wisconsinites are Family Caregivers
- Families provide 80 percent of all care in Wisconsin
- Half of the caregivers report cutting back their employment or quitting
- Lost income due to family caregiving is estimated to be \$522 billion each year nationally
- 85 percent of people needing care say they cannot find workers to help

Source: The Arc Wisconsin



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# Interesting Data:



Improving Lives Through Research®

Final  
Report

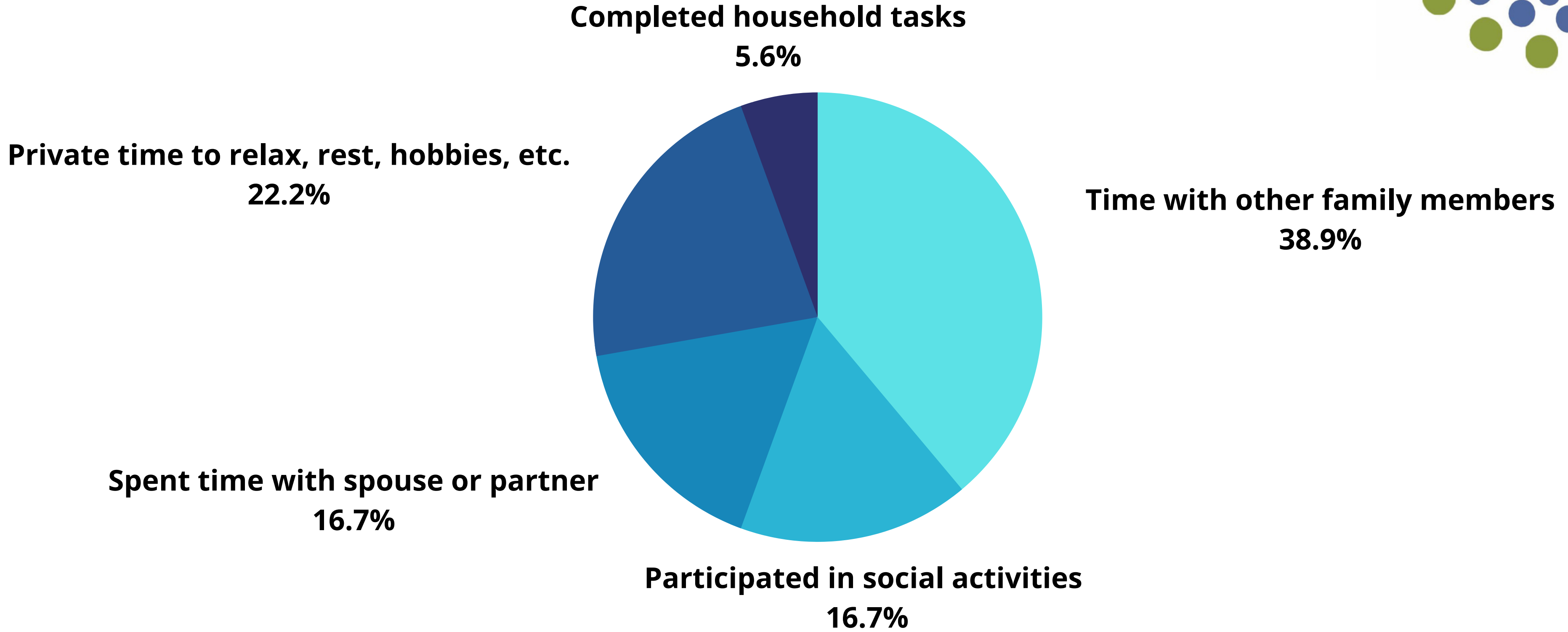
## Outcome Evaluation of the National Family Caregiver Support Program



Caregivers who receive 4 or more hours of respite care per week had a decrease in self-reported burden over time, while the Comparison caregivers experienced an increase in self-reported burden.



# From a recent survey of CRGP awardees conducted by RCAW





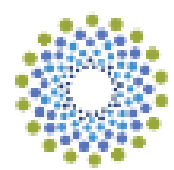
## Barriers to receiving respite care:

- People don't know what respite care is,
- Caregivers don't identify as caregivers,
- They might not understand the value of respite care,
- Lack of respite care providers,
- Affordability,
- Potential lack of trust.



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# Free Online Training Courses



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Respite Care Provider Training

KIT for Respite Providers

KIT for Caregivers

Monthly Mini Courses

Specialized Trainings

## Respite Care



## Provider Training

- The Respite Care Provider Training (RCPT) is for people interested in providing respite care to individuals with varying disabilities and ages across their lifespans. Learners can work to complete the ten required online courses at their own pace.
- There is no cost for any of the courses. Upon completion of The RCPT, learners will have the opportunity to be added to The Wisconsin Respite Registry, which is available to primary caregivers to search for respite care providers in their community.
- The RCPT Courses meet the respite training requirements for Wisconsin Medicaid Home & Community Based Waiver Programs.

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## **RCPT COURSES:**

- **101: WHAT IS RESPITE?**
- **102: DISABILITY BASICS FOR RESPITE PROVIDERS**
- **103: CLIENT CARE FOR RESPITE PROVIDERS**
- **104: MEDICATION AWARENESS FOR RESPITE PROVIDERS**
- **105: SAFETY PROCEDURES FOR RESPITE PROVIDERS**
- **106: CARING FOR CHALLENGING MOMENTS FOR RESPITE PROVIDERS**
- **107: WELLNESS, HOUSEHOLD, AND RESPITE ACTIVITIES**
- **108: PROFESSIONAL ETHICS AND INTERPERSONAL SKILLS FOR RESPITE PROVIDERS**
- **109: MEETING WITH THE CAREGIVER AND CARE RECIPIENT**
- **110: NEXT STEPS IN BECOMING A RESPITE PROVIDER**



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# Continuing Education for Providers on the Wisconsin Respite Care Registry

RCAW knows how important it is to continue to learn and build your skills in caring for people with disabilities. We also know how expensive conferences, workshops, and continuing education opportunities can be. RCAW is excited to offer funds for active people on our registry to access a variety of continuing education experiences. Individuals can request more than one continuing education opportunity, but there are limited funds, so RCAW will try to meet as many requests as possible.

RCAW can offer these educational opportunities for current providers on the RCAW Wisconsin Respite Registry because of funding through the Federal Lifespan Respite Program Grant ACL #90LRLI0032-01-00.

To receive Continuing Education Funds, you must be listed on our Wisconsin Respite Registry for at least 30 days and have completed the Respite Care Certificate Program. RCAW will offer these opportunities through August 2023.

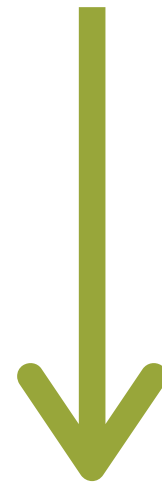


Conferences, Webinars,  
and Workshops





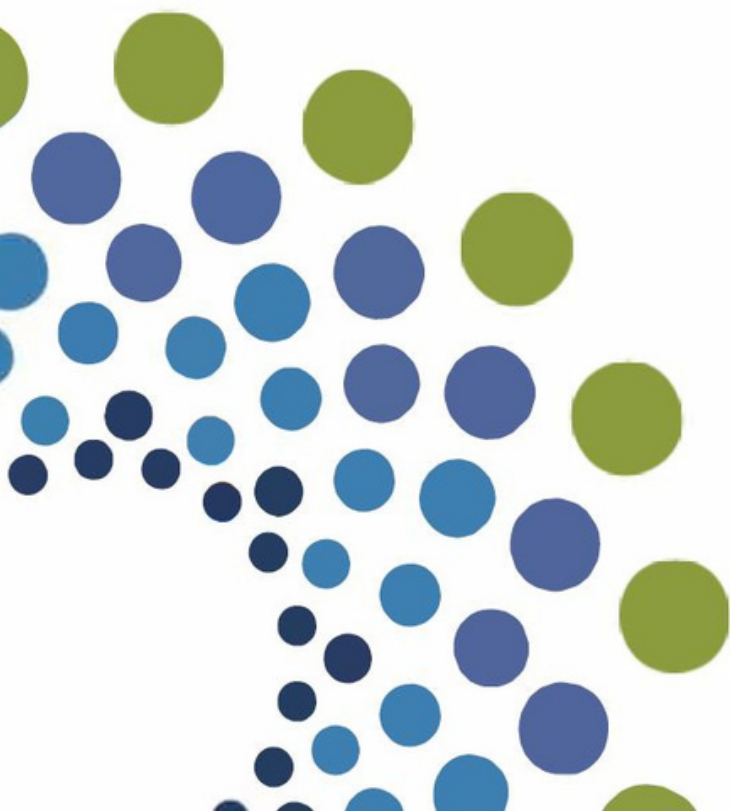
RCAW's KIT for respite providers offers a collection of free online courses, discussion topics, files, and worksheets that cover a variety of topics.



Becoming an Independent Respite Provider

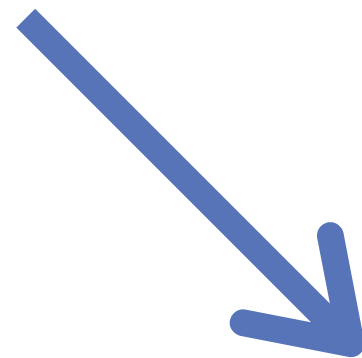


How to Market Yourself as a Respite Provider





RCAW's KIT for (primary/family) Caregivers offers a collection of free online courses, discussion topics, files, and worksheets that cover a variety of topics.



How to Hire,  
Train, and Retain  
Respite Providers





# Specialized Training

Learners who complete RCAW's RCPT, or primary caregivers, can further their education by requesting a coupon code and taking the following courses at NO COST:

Dementia Generalist  
for Family & Friends  
(unpaid caregivers)



Dementia Generalist  
for Healthcare  
Providers



Dementia  
Specialist



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- This Wisconsin Respite Care Registry is a consumer-based platform that connects those who need respite care to those who provide respite care.
- Direct care professionals and respite care providers who've completed the RCPT can create a profile.
- Primary caregivers can search this database for in-home or agency-based respite care providers that most closely meet their needs.



## Jolene Ostman

[Click to Collapse](#)

**Full Name** Jolene Ostman

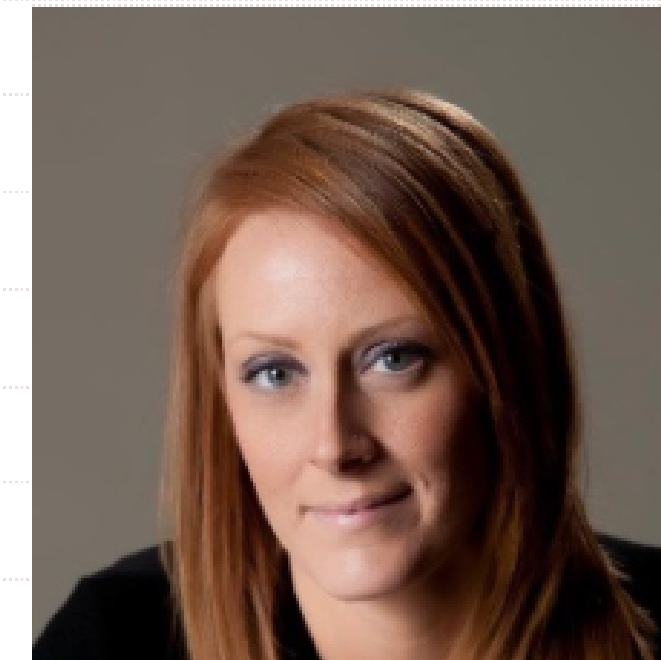
**Email** [ostmanjolene@gmail.com](mailto:ostmanjolene@gmail.com)

**Phone** (715) 790-2462

**Address** Barron, WI, 54812-1308

**Counties Available to Work In** Barron, Rusk, St. Croix, Washburn

**Age(s) Willing to Work With** Children, Adults, Elderly



### Hours Available to Work

Starting in June I will be available during the daytime. I am available some overnights during the week and every other weekend.

**Type of Respite** in-home, facility-based, camp

### Experience / History

I am currently employed in an adult family home and have been there for the last 8 years. My clients are or have all had special needs from Down syndrome, autism, developmental delays to physical disabilities. I specialize in challenging behaviors. I have cared for individuals of all ages.

### Education / Certifications /

#### Licenses

I competed high school then went to school to be a Certified Massage Therapist. I am certified in CPR, medication administering and a mandated reporter. I have also completed the Respite Care Certificate Program.

**List any other trainings you have completed** I do continuing education every few months that range from nutrition to dementia.

**Last Registry Access Date** 2021-03-27 13:59:00

**Provider Region(s)** Western

**Added to Registry** 2021-03-27 00:00:00





**GRANTS**

**Caregiver Respite Grant Program (CRGP)**

**Supplemental Respite Grant Program (SRGP)**

**CORE Grant Program (CORE)**

**Group Respite Grant Program (GRGP)**



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CAREGIVER RESPITE  
GRANT PROGRAM  
(CRGP)



Our **Caregiver Respite Grant Program (CRGP)** provides financial support for family caregivers for up to five days of respite care within 30 days. Approved applicants can hire the respite care provider of their choice. Applicants can reapply every 90 days.

Supplemental  
Respite Grant  
Program  
(SRGP)



Our **Supplemental Respite Grant Program (SRGP)** provides \$250 for supplemental services. The grant helps pay for home modifications, assistive technology, meal prep, lawn care/snow removal, housekeeping, laundry, and transportation. Applicants can reapply every 90 days.



# SRGP & CRGP ELIGIBILITY CRITERIA

**Applicants must have the applicable Aging and Disability Resource Center (ADRC) complete the Supporting Documentation Form county showing:**

- You've applied for Long-term Care Waiver support and are not expecting to receive services or approval within thirty (30) days of the application.**
- You've been denied Long-term Care Waiver support that provides respite services.**
- You've been approved for Long-Term Care Waiver support that provides respite services and have exhausted funding from those programs.**
- You've applied for Long-Term Care Waiver support and need the flexibility to hire a friend or family member not covered by current funding support.**
- You have not applied for Long-Term Care Waiver support because you are not eligible.**





The purpose of the CORE Grant Program is to:

- 1.) Expand the pool of trained respite care providers by hosting recruitment and outreach events,
- 2.) Educate family caregivers about long-term care resources, including respite care,
- 3.) Collaborate with agencies that support family caregivers, including but not limited to ADRCs, County CLTS, and CCOP staff, Tribes.



## Group Respite Grant Program (GRGP)



GRGP can help cover the costs of a one-time event or regularly recurring activities such as a support group and is not limited to non-profit or 501c3 organizations.

Whether it's a group of siblings of special needs children, parents of adult children with disabilities, or a group of senior citizens with a handicap, these group activities can bring together people with common life situations for much-needed recreation, bonding, or support!





## Memory Camp | Moon Beach UCCI | August 15-18, 2022

Memory Camp is a supported summer camp experience for those with mild to moderate dementia, their care partners, and their families.

Hosted and directed by:

Carrie Esselman, Fox Valley Memory Project

Rachel Watkins-Petersen, Respite Care Association of Wisconsin

Experience the best parts of camp and be part of a community where we leave the dementia stigma behind.

We will sing, sit by the campfire, savor s'mores, work on jigsaw puzzles, ride a pontoon boat, do beach yoga, swim, go fishing and relax on the shore of a gorgeous lake!

Camp is supported by caring and trained volunteers and will provide respite for caregivers. Lodging is in modern, well-equipped cabins with private bathrooms. Meals are delicious and nutritious. You will feel joy and hospitality in this warm and welcoming community.

Thanks to a Group Respite Grant from RCAW, scholarship funds are available!



**Q & A with Carrie Esselman**  
**Grant Manager, FVMP**  
**Memory Camp Co-Director**





# Memory Camp 2022

MOON BEACH

Volunteer Squad





**RCAMW**  
Respite Care Association  
of Wisconsin







# Memory Camp 2022

MOON BEACH

	Monday	Tuesday	Wednesday	Thursday
6:30 AM		Coffee, Toast & Fruit Available	Coffee, Toast & Fruit Available.	Coffee, Toast & Fruit Available
8:30 AM	Breakfast	Breakfast	Breakfast	Breakfast Buffet
9:00 AM	Volunteer Training	Morning Devotional and Songs	Morning Devotional and Songs	Saying Goodbye!
9:30 AM		Poetry with Resident Poet-Gary Glazner	Loon Talk & Bog Paddle with Carrie & Rachel	
11:00 AM		YOGA	"Music in the Woods" hike	
12:30 PM	Volunteer Lunch	Lunch	Lunch	
1:30 PM	Break Time	FOB	FOB	
2:30 PM		FREE TIME! <i>Waterfront, Canteen &amp; Arts and Crafts Open!</i> 2:30 hike/tour	FREE TIME! <i>Waterfront, Canteen &amp; Arts and Crafts Open!</i> 2:30 Resource Sharing for Care Partners	
3:00 PM	Camper Check In & Settle In 3:00-5:30 PM	3:00 Pontoon ride	3:00 Pontoon ride	
5:30 PM	Dinner	Cookout Dinner	"A Dinner Out at Moon Beach"	
6:30 PM	Vespers	Vespers	Talent Show & Closing Time by Fire	
7:00-8:30 PM	S'Mores, Getting Acquainted and Welcome Info, Beach Singalong	Game Night & Movie (Including Popcorn!)		

**Q & A with Gary Glazner  
Executive Director  
Alzheimer's Poetry Project  
Memory Camp Poet in Residence!**





# Love Poem

**Created by the poets of Memory Camp on August 16th, 2022, at Moon Beach. We recited “Red, Red Rose” by Robert Burns and sang the Tin Pan Alley jazz song, “Baby Face.” Which inspired us to hug, kiss and cup each other’s faces. We created the poem by asking a series of open-ended questions around our theme of love and writing down the group’s answers.**



**When I hear the word love, I think of...**

**Hugs, red hearts, and nature.**

**Love is babies, puppies, children, and family.**

**I think of flowers, chocolate, and friends.**

**"You've got the sweetest little baby face..."**

**The sound of love is Linda singing a lullaby to my son.**

**The fragrance of love is roses, laughter, and old spice.**

**Orchids on prom night corsage.**

**Did you say massage?!**

**The taste of love is dark chocolate and red wine.**

**Wrapped in bacon!**

**Lobster dipped in butter.**

**Love feels like a soft, warm blanket.**

**A steam shower dripping on your body.**

**Love is holding hands by the gentle ripples of Moon Lake.**

**"There's not another who can take his place..."**

**Love is two people embracing.**

**Love teaches us patience.**

**And understanding.**

**Love is love.**

**Late at night, a loon singing by the lake.**



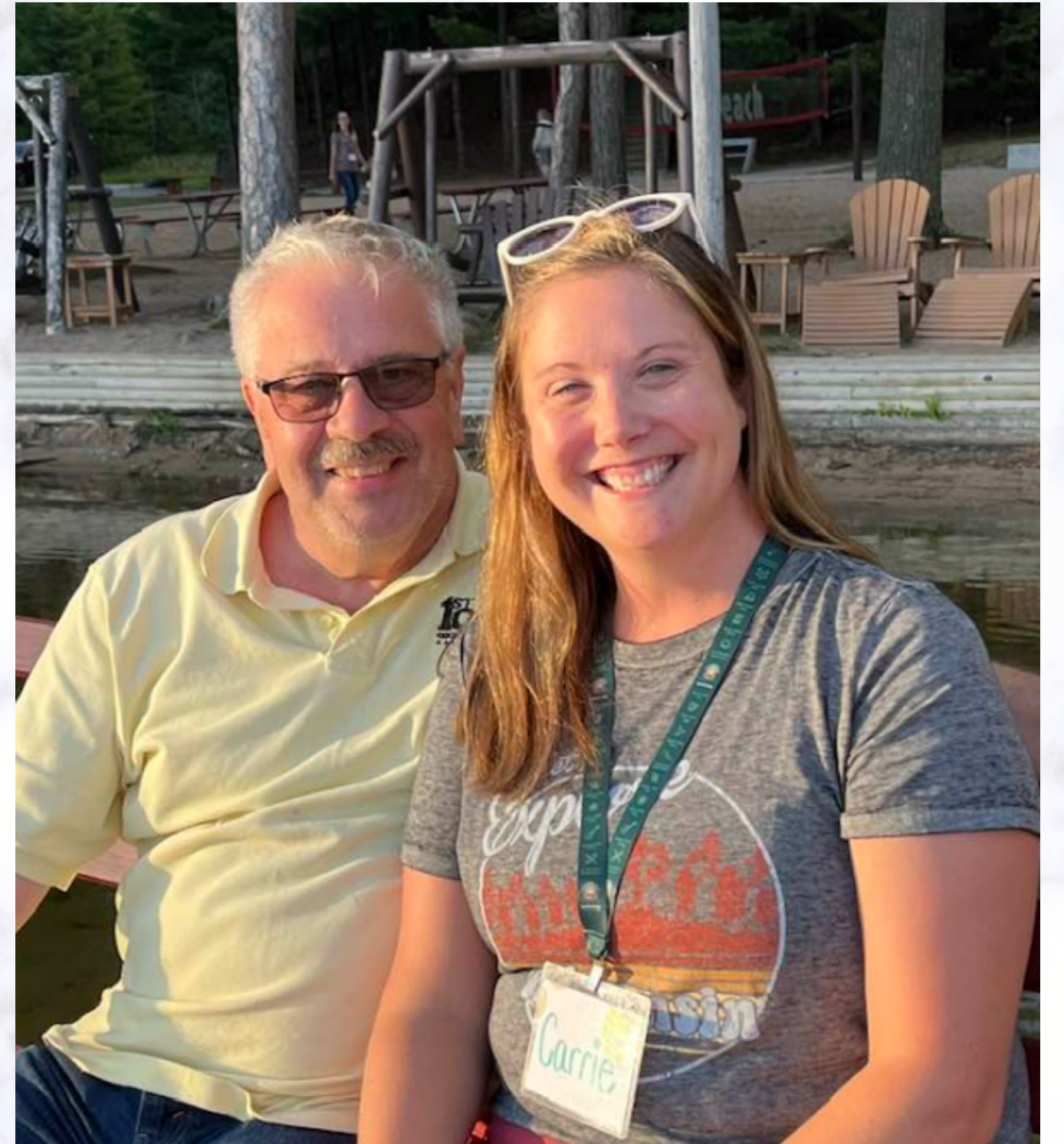


**Q & A with Annie Lamers**  
**Family Caregiver**  
**Camper**



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On the last night of camp, each camper shared one word to describe their experience at Memory Camp.





contact us!

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website: [www.respitewi.org](http://www.respitewi.org)

