

National Family Caregiver Month (NFCM) Statewide Toolkit
Week 3: Monday, November 11 - Friday, November 15, 2024



Goal #3: Strengthen Services and Supports

WFACSA's Toolkit aims to provide comprehensive resources and materials supporting unified messaging and outreach efforts across Wisconsin's 72 counties and 11 federally recognized tribes during November. The Toolkit also aims to equip local organizations, agencies, and relevant parties with tools to effectively promote NFCM in newsletters, social media, and print, engaging target audiences and amplifying the reach of the statewide campaign. When posting on your social media platform, don't forget to use @WisconsinFamilyCaregiver in the text of the posting. Using this generates more views to promote the campaign.

This year, the Toolkit will have weekly themes that showcase the [National Strategy to Support Family Caregivers' Five Goals](#).



Strengthen services and supports

- Increased person- and family-centered, trauma-informed, and culturally competent services
- Flexible and accessible respite care
- Education, counseling, and peer support
- Access to safe homes, nutritious meals, transportation, and technology
- Leverage volunteers for family caregiver support
- Family caregivers' and care recipients' needs addressed in emergency response
- Resources to improve planning for future care needs
- Increased support for the direct care workforce
- A child welfare system that recognizes kin- and grandparent-led families

Monday, Nov 11, 2024 -

Are you a Caregiver Looking for Additional Education and Training to Care for Your Loved One? Then, you might find this training helpful! [You can use the same intro for each resource.]

- What kind of questions do you have about dementia? As a caregiver, how do you survive the journey? Dr. Tam Cummings will cover quick stress relief tips and answer any questions you have about dementia. [Ask Dr. Tam Questions](#)
- Elder law attorney Virginia Hammerle will discuss the seven essential documents for Estate Planning, including Will, Durable Power of Attorney, Medical Power of Attorney, HIPAA Release, Directive to Physicians, Designation of Guardian, and Designation of Agent for Burial. Ms Hammerle will briefly discuss when a trust is appropriate. [The Magnificent Seven: Legal Documents for Older Adults](#)

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Kristin Voss, Center for Caregiving Serenity kristinvoss6@gmail.com


Rachel Watkins-Petersen | RCWA | rwatkins-petersen@respitcarewi.org

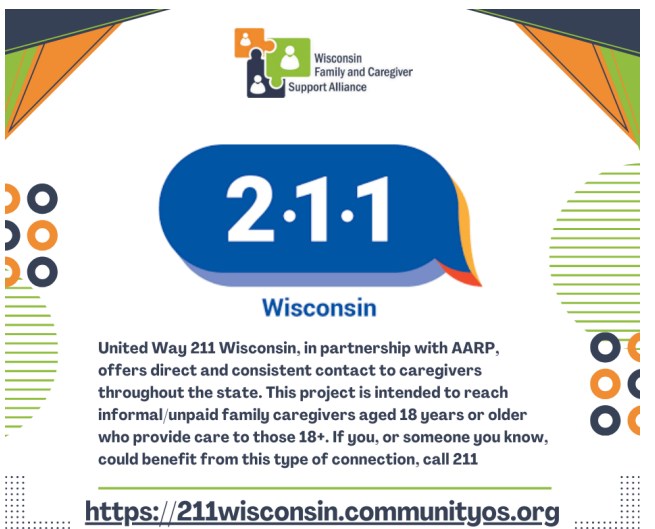
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- WisconsinCaregiver.Org has information about caregiver support groups, Memory Cafes, and local, state, and federal resources. Check out this page to learn about [Virtual, Telephonic, and online Events and Resources](#).

 <p>Wisconsin Family and Caregiver Support Alliance</p> <p>Advanced care planning, or end-of-life and healthcare planning, allows individuals to choose their care when they're unable to speak for themselves. While anyone can start planning, most do so later in life, requiring clear decision-making ability to sign legal documents like a power of attorney, living will, or DNR. But what happens when no plans are in place, and a person can no longer make decisions? This raises ethical dilemmas for family and friends.</p> <p>Join Amelia Card and Jess Ambiee as they explore making end-of-life decisions for loved ones.</p> <p>https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/advanced-directives-and-care-planning/</p>	<p>You can download the image by clicking here.</p> <p>Direct link to the video: When Decisions Are Left Undecided</p>
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 <p>Wisconsin Family and Caregiver Support Alliance</p> <h1>211</h1> <p>Wisconsin</p> <p>United Way 211 Wisconsin, in partnership with AARP, offers direct and consistent contact to caregivers throughout the state. This project is intended to reach informal/unpaid family caregivers aged 18 years or older who provide care to those 18+. If you, or someone you know, could benefit from this type of connection, call 211</p> <p>https://211wisconsin.communityos.org</p>	<p>You can download the image by clicking here.</p> <p>Direct link to the site: https://211wisconsin.communityos.org/</p>
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Tuesday, Nov 12, 2024 -

Are you a relative caring for a child? Often, this is referred to as “kinship” or grandfamilies.” Would additional resources be helpful? Check these out! [You can use the same intro for each resource.]

- The Wisconsin Department of Children and Families funds the Wisconsin Family Connections Center (WiFCC). The WiFCC provides support and services to parents and caregivers across the continuum of kinship care, foster care, and post-post permanency, including reunification, guardianship, and adoption. Find support groups and family events here: [Wisconsin Family Connections Center Events - 43 Upcoming Activities and Tickets | Eventbrite](#)
- Coalition for Children, Youth & Families created Champion Classrooms as a lifeline for all parents and caregivers. Learners in Champion Classrooms have access to ongoing training opportunities that can introduce new skills or sharpen those they already have. Each course is designed to provide real-time support when parents [and caregivers] need it the most. It's available anytime—24 hours a day and seven days a week. Champion Classrooms offers diverse educational offerings and engaging and interactive content. View the classrooms by clicking here: <https://www.championclassrooms.org/pages/enter-classrooms>
- This video features stories of three Wisconsin kinship families to highlight common feelings and challenges associated with raising relatives' children and available resources that can help families like yours. [Kinship Navigator Training for Relative Caregivers](#)
- Caregiver Stress: What It Is and What You Can Do About It with Aaron Blight, EdD. Caregiver stress is a frequent and real outcome of devoting yourself to ongoing care for your loved one. In this presentation, we will examine the nature of caregiver stress, explore how stress leads to burnout, and review strategies for stress reduction that will produce improved well-being for caregivers. Knowledge gained from the presentation will help caregivers recognize the impact of stress in their situations and learn how to cope more effectively. Here is a link with more information: [Caregiver Stress](#)
- What do Barack Obama, Kelli Pickler, and Jamie Foxx have in common? They were all raised in families now described as “Kinship” or “Grandfamilies.” Here is some insight into their stories and the fantastic benefits of being raised by a relative caregiver. Here is a link with more information: [Grand Successes Stories of Lives Well-Raised](#)

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The **Relative Caregiver Program** provides information, support, and other resources to help grandparents and other older relatives (55+) who have taken on the responsibility of surrogate parenting due to the absence of the parents. The program can offer limited short-term respite, services, and items that help provide care, including:



- Child care
- Summer camps,
- Home modifications to create a safe environment,
- Legal expenses related to establishing guardianship or custody, and
- Individualized services as approved that assist the relative in caring for the child.



To learn more, contact your local Aging & Disability Resource Center (ADRC).



You can download the image by clicking [here](#).

Direct link to search for ADRCs:
<https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

Wednesday, November 13, 2024

Are you a caregiver in need of a break? This is also known as “respite.” It is a short break that helps caregivers prevent burnout. [You can use the same intro for each resource.]

- If you or your loved one is enrolled in a Wisconsin Long-Term Care program such as Family Care or IRIS, respite services can be offered through these programs. If you are not enrolled in IRIS or Family Care, each county has caregiver grants for which you might be eligible. To access your county’s caregiver grants, find your local Aging & Disability Resource Center (ADRC) by clicking here: <https://wisconsincaregiver.org/local-resources>

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RCAW GRANTS THAT SUPPORT FAMILY CAREGIVERS

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



The **Caregiver Respite Grant Program** provides financial support for family caregivers for up to 5 days of respite care within 30 days of application approval. This grant allows approved applicants to hire **the respite care provider of their choice** for the care recipient. Applicants can reapply every 90 days.



The **Supplemental Respite Grant Program** supports primary caregivers by funding supplemental respite services. This grant allows you to hire the person of your choice to help you with **housekeeping, meal prep, laundry, lawn care, snow removal, transportation, and technology.**



www.respitecarewi.org
info@respitecarewi.org
608-222-2033

You can download the image by clicking [here](#).

Direct link to search for RCAW's grant programs:
<https://respitecarewi.org/grants/>

Thursday, November 14, 2024

Are you a Caregiver Looking for Additional Education and Training to Care for Your Loved One? Then, take a look at these resources! [You can use the same intro for each resource.]

- **Dear Lucy: Guide to Self-Care:** Caregiving comes with a complex set of emotions, and one big one is guilt. Guilt occurs frequently because caregivers' expectations are often unrealistic. The session will explore guilt and its causes, how to cope better with guilt, and the importance of

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self-care. Link to the video: [Dear Lucy: Guilt and self-care](#)

- Who will make decisions for you if you cannot communicate for yourself? What do you want for end-of-life care? Where do you want to live and receive care as you grow older? A Power of Attorney for Health Care allows you to put your wishes in writing and choose someone to help carry them out if you cannot make decisions for yourself. Wisconsin provides a standard form; your healthcare providers may also have forms available.
 - Check out the [Do-It-Yourself Consumer Packet Planning for Future Health-Care Decision-Making: Power of Attorney for Health Care](#)
- Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented. We will discuss how your body, brain, and environment can create potential risks and then provide you with some solutions to lower those risks. You will learn ways to help redirect your older loved one to safer behaviors.
 - Use this resource: [Reducing the Risk for Falls in Older Adults and Family Caregivers](#)
- Before a crisis, Starting the conversation about finances with your parents or loved ones is essential to making good decisions. In this session, talk about what information to gather, how much you have in assets, who the advisors are, where the documents are located, how you want to be cared for, and the questions to ask the financial advisor, attorney, CPA, and insurance agent.
 - [Financial Planning for Older Adults: What Family Caregivers Need to Know](#)



You can download the image by clicking [here](#).

The direct link to the website is <https://wisconsincaregiver.org/>

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In efforts to increase support for the direct-care workforce, are you a professional working with Adults with Disabilities and Adults 60 years and older? Do you need CEUs, or are you just looking for additional education? Here are some options:

- Joshua P. Mersky, Professor, Helen Bader School of Social Welfare, Co-Director, Institute for Child and Family Well-Being, University of Wisconsin-Milwaukee and Dimitri' Topitzes, PhD, LCSW, Professor and Chair, Social Work Department, Director of Clinical Services, Institute for Child and Family Well-Being, University of Wisconsin-Milwaukee teach us how to begin [Building A Trauma Informed & Responsive Community](#).
- Empowering healthcare professionals to provide equitable care through cultural competence and implicit bias awareness. CEU credits for a fee are offered through [Cultural Competencies](#).
- [Geriatric Mental Health | Continuing Education at University of Wisconsin-Eau Claire \(uwec.edu\)](#)
- [Continuing Education Units | Right at Home](#)
- [Continuing Education CEU Courses In Category Aging \(freestatesocialwork.com\)](#)

- You can download the image by clicking [here](#).
- Learn more about promoting the Caregiver Postcard Project to **professionals** [here](#).
- Learn more about promoting the Caregiver Postcard Project to **caregivers** [here](#).



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