



Thank you to Julie Strenn and Anthem/Elevance Health for supporting the 2025 Wisconsin Respite Summit!

Julie posed four thought-provoking questions as they mold and develop long-term services and supports (LTSS) in Wisconsin. Below are those questions and key insights shared by family caregivers, professionals, and advocates in attendance.

1. What are the biggest challenges, as a caregiver, that you face daily?

1. Affordable/Free transportation
2. Emotional part
3. Finding compassionate/reliable helpers/workers
4. Not enough approved hours
5. Resources
6. Funds
7. Equipment
8. Complex needs
9. Burned out/Stress/Frustration
10. Loneliness/Isolation
11. Being a sole caretaker
12. Hard to find time to take care of yourself
13. New reality (political climate)
14. Safe space for respite for caregivers

15. Caregiver pay – hard to recruit and retain help
16. No health insurance benefits for respite providers
17. Program limitations for those who are undocumented
18. Limited services for Spanish speaking caregivers
19. Finding support systems
20. Need one point of contact for resources

2. How do you think communities could create solutions to overcome these challenges?

1. Reliable transportation
2. “Getting involved” places/clubs for young people to develop values
3. Host more events (offer more than once)
4. Different styles of learnings (visual, audio, hands on)
5. Hire someone for house chores, laundry, shopping, meal prep
6. Dementia friends available broadly to neighbors/friend group
7. Funding for Spanish speaking navigators/CHWS/care coordination
8. Caregiver support groups
9. Public awareness of resources
10. More training for professionals
11. Proactive planning for caregivers
12. Last minute change of plans – now what?

3. How could systems create solutions to overcome these challenges?

1. Networking with organizations that offer transportation

2. Community Health worker courses (UW Oshkosh, United Way, DHS) and more training beyond “silo” or “role”
3. More collaborations of people or industries
4. Lived experience/leadership
5. Educate local police
6. Wander trackers
7. State insurance/benefits for caregivers and respite providers
8. Increased awareness and education of existing respite programs
9. Increased funding for respite services for families
10. Increased pay rates for providers
11. Generational care

4. Are there any specific barriers that you can identify that the system creates that contribute to the challenges you face?

1. Available grants/underfunded
2. Divisive politics
3. Lack of knowledge
4. Increased internet costs/technology
5. The cracks (gaps)
6. The process
7. Fear/Labels
8. Access to quality elder care attorneys
9. Emergency care services – best laid plans

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