

# **Family Caregiver Education Programs in Dane County**

## General Caregiver Education

### ***Employee/Employer Workshops on Caregiving*** (Contact: Caregiver Support Coordinator at 608-261-5679)

Presentations and brown bag seminars on caregiving-related issues are available in the workplace for both employees and employers.

### ***Family Caregiver Training*** (Contact: Jean Mueller, Catholic Charities Aging Services, 833-4800 x 112 or [jmueller@ccmadison.org](mailto:jmueller@ccmadison.org))

This one day training focuses on **practical skills for family caregivers** such as:

- Positioning and minimizing falls
- Lifting and transferring
- Use of wheelchair and gait belt
- Dressing and undressing
- Toileting and incontinence care

### ***I'm a Caregiver...Now What?*** (Contact: North Eastside Senior Coalition, 608-243-5252)

This series of programs is geared towards first time caregivers and covers resources to keep the care recipient in the home as long as possible and to provide respite to the caregiver. It is offered several times a year in both English and Spanish.

### ***Legal & Financial Planning Seminar*** (Contact: Alzheimer's & Dementia Alliance of Wisconsin, 608-232-3400, [www.alzwisc.org](http://www.alzwisc.org))

This two-part series provides an overview of legal and financial issues for anyone caring for an older family member. Some topics addressed include:

- Basic estate planning covering trusts and wills
- Advance directives and guardianship
- Medical assistance and ways to pay for long-term care

### ***Navigating the Maze of Senior Housing in Dane County*** (Contact: Marilyn Lawler, Independent Living, Inc; 608-225-6376)

This free seminar focuses on the many housing options available for seniors & how to best choose based on lifestyle, service level needs, and affordability. A list of dates & times are available at [www.independenliving.com](http://www.independenliving.com)

### ***Taking Care of You: Powerful Tools for Caregiving*** (Contact: Caregiver Support Coordinator, 608-261-5679)

This six-week course empowers family caregivers to better care for their family member and themselves and offers tools to reduce stress, guilt, anger and depression; to make tough

decisions; to set goals and problem solve; and to communicate effectively with other family members, doctors, and paid helpers. The fee \$10, and includes “*The Caregiver Helpbook*.” A list of upcoming classes can be found at: <http://www.countyofdane.com/aging> under “Caregiver Education.”

## Disease-specific Caregiver Education

***Alzheimer’s & Dementia*** (Contact: Alzheimer’s & Dementia Alliance of Wisconsin, 232-3400, [www.alzwisc.org](http://www.alzwisc.org))

- **ABC’s of Alzheimer’s & Dementia**  
This two-part series enhances understanding of Alzheimer’s disease and related dementias and helps caregivers learn how to effectively deal with it day-to-day.
- **Savvy Caregiver**  
This six-week training for family members caring for someone with Alzheimer’s or a related dementia provides in-depth skills to provide care at home. Participants learn skills to assess the abilities of the person with dementia and ways to adjust their approach over time as well as specific strategies to manage daily activities.
- **Monthly family education programs** are held the 2<sup>nd</sup> Monday of each month, 5:30pm-7:00pm at the Alzheimer’s & Dementia Alliance of Wisconsin. Topics include:
  - Getting Started: Introduction to Alzheimer’s & Dementia
  - Communication tips & Understanding behavior changes
  - Is it time for at-home or facility care?
  - Personal care at home

***Parkinson’s disease*** (Contact: Jessica Olejniczak, 608-229-7628 or [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com))

- **Parkinson’s Disease 101**  
This program is designed to provide those recently diagnosed with Parkinson’s, friends, caregivers, and family with the information and support needed to better understand and manage this condition and to help them enjoy life.