



How to be a Happier Caregiver



Caring for a loved one is probably one of the toughest jobs you'll ever have. Perhaps the biggest challenge is that so much is out of your control. When your loved one is facing a serious or life-limiting illness, emergencies (large and small) are inevitable.

Fortunately there's good news. A survey by psychologist Robert Epstein found that 25% of our happiness hinges on how well we manage stress. The technique that worked

best? Planning.

While there's no way to completely eliminate stress in your life, a little effort on your part now can have a big payoff later. When you take time to plan in advance for caregiving tasks, you'll have more energy and feel less frazzled. Just as important, you'll get a big boost of confidence about your ability to provide the best care you can.

7 Stress-Easing Tips:

Create a binder with essential documents for doctor and hospital visits. These can include (but are not limited to) appointments; test results; insurance; treatments; medications; medical history; a calendar. A sleeve or a pocket is a helpful place to store business cards for doctors and other health care specialists. Among the most important legal documents you'll need is an advance healthcare directive, which contains your loved one's end-of-life health care decisions. If your loved one still needs to have this document drawn up, Hospice Alliance is here to help. On April 16, National Healthcare Decisions Day, we'll be providing free assistance with this important task. You'll find details later in this newsletter.

Have a place for everything and everything in its place. Your mom may have used this adage or you may have said it yourself when raising children. Keep your document binder in the same place at all times, along with your cell phone and keys so you're ready any time you leave the house (and especially if you

have to leave quickly). Also helpful to have ready to go are travel packets of tissues and tubes of hand lotion, snacks your loved one enjoys and bottles of water. They're especially convenient during long waits at the hospital or doctor's office.

Establish routines. Doing the same things at the same time every day can be soothing for your loved one and a stress buster for you, whether it's meals, bedtimes or rest breaks. You'll also want to schedule appointments at your loved one's best time of day to make these difficult events easier on both of you.

Don't fall behind on small chores. Always keep gas in the car and have some cash in your wallet. That way you'll never have to stop at a gas station or bank during an emergency.

Have backup. Make sure you have someone you can count on to step in if you get sick or just need a break. Perhaps it's a friend or relative. Or you may want to complete paperwork ahead of time with an in-home care agency.

Make technology your friend for scheduling. If going old school with pen and a paper calendar or notebook works best for you, that's terrific. But if you're willing to put some apps to use, there are plenty that can function as a virtual assistant, reminding you of appointments, when medication needs to be given, and much more.

Have a regular meeting with your loved one to go over aspects of care. The word "meeting" sounds cold and informal, but it doesn't have to be! Prepare a cup of tea or coffee and a favorite snack while you review the week's events, including appointments. Even if your loved one has memory loss or is otherwise unable to participate fully, you'll appreciate the time to sit down alone, enjoy a hot beverage and get organized by reviewing paperwork, updating calendars, etc. You'll feel renewed and better prepared to tackle the days ahead.

Your Decisions Matter – Stop By April 16

THURSDAY, APRIL 16
NATIONAL HEALTHCARE DECISIONS DAY
★ your decisions matter ★

WHAT is an advance healthcare directive?
An advance healthcare directive is a legal document containing your end-of-life healthcare decisions.

WHY is this important?
If, due to accident or illness, you aren't able to make healthcare decisions for yourself, the document can be activated and the person YOU choose will make decisions for you based on YOUR wishes.

WHO should have one?
Adults in Wisconsin, age 18+, single or married.

WHERE can I get one?

- **United Hospital System**
By appointment: 262-456-2922
- **Aging & Disability Resource Center**
Walk-ins: 9 a.m. - noon or by appt: 262-605-6646
- **Hospice Alliance**
Walk-ins: 9 a.m. - 4 p.m. 262-632-4400
- **Community Care**
By appointment: 262-484-3091
- **Brookside Care Center**
By appointment: 262-653-3800
- **ManorCare - Kenosha (enter door #1)**
Walk-ins: 9 a.m. - 4 p.m. 262-458-4622
- **Aurora Health Care**
Clinic Lobby Entrance: Walk-in: 9 a.m. - 3 p.m.
Hospital Lobby Entrance: Walk-in: 10 a.m. - 2 p.m.
262-948-5809

FREE event - bring photo ID

April 16, 2015, is National Healthcare Decisions Day. Hospice Alliance wants to remind you that your decisions matter, and one of the most important you can do right now is create an advanced healthcare directive. And we're here to help.

You may know how necessary this is for a friend or relative facing a life-limiting disease, but it's also essential that you be prepared for the unexpected yourself.

Without a plan in place, neither your health care team nor your family may know what your preferences are if you're being treated for a serious illness or accident. That's why every adult in Wisconsin over the age of 18 can benefit from a legal document outlining your wishes about health care if you're unable to speak for yourself. (An advanced healthcare directive may also be called Power of Attorney for Health Care (POA-HC) or a "living" will.)

On April 16, 2015, National Healthcare Decision Day, we invite you to stop by Hospice Alliance between 9:00am and 4:00pm for free assistance with drafting advance directives for your loved ones and for yourself. No appointment is needed; just bring a photo ID.

Questions? Call us at 262-652-4482 x 1227.

Free Professional Education on Alzheimer's and Loss

FREE PROFESSIONAL EDUCATION EVENT- 3 CE CREDITS

The Longest Loss: Alzheimer's Disease and Dementia
Madrigano Auditorium - Gateway Kenosha Campus
April 23, 2015 - 12pm to 4:30pm (lunch included)

ABOUT THE PROGRAM

When the diagnosis is Alzheimer's disease or other dementia, grief doesn't wait for death. Grieving can begin before a formal diagnosis is in the doctor's office when patients and families receive confirmation of illness. Over a span of what may be decades or more, multiple losses associated with dementia become a pervasive part of everyday life for millions of patients, families and friends. After the death, survivors' grief may be complicated by the nature of a lengthy disease process that has changed their relationship with the deceased.

Through candid, compelling interviews and unscripted in-studio discussions, experts will identify how medical and social service professionals can improve care for patients, families and themselves while coping with loss and grief associated with Alzheimer's disease or other dementia.

Pre-registration by April 20 is required:
Online: <http://bit.ly/148C26l>
Email: Kris.Mickelson@hospicealliance.net
Call: 262-652-4482 x 1227 (Please state name and phone #.)

Local Host and Panel

Moderator: Condi Owen, MSW, Hospice Alliance
Lynda A. Markert, MSW, Education and Family Support Coordinator at the Alzheimer's Association of SE Wisconsin. Lynda has 30 years of clinical experience and facilitates ADL Dementia support groups with a wellness focus. She recently co-authored "Dementia Compromises Their World".
Lynda Decongras Johnson, Manager of the KSAFAM Dementia Program, Memory Care and Caregiver Support Group. Facilitator for the Alzheimer's Association End-of-Life Conversations with caregivers to navigate the journey of dementia on behalf of their loved ones.
Joanne Williams, RN, Care Support Group Facilitator and lecture on end-of-life care for Hospice Alliance and other community organizations. Joanne is a registered nurse, caregiver and dementia. She also brings a first-person perspective, having cared for a parent who suffered with dementia.

Program Panelists

Kenneth J. Delia, PhD, MSW, Professor of Gerontology, graduate school of College of New Rochelle.
Charles Carr, PhD, former Chair of the International Work Group on Death, Dying and Bereavement.
Nancy Peters, LICSW, CPT, Journal gerontological social worker with expertise in communicating and connecting effectively with persons with dementia.
Doreen V. Kuhn, MS, MSW, Director, Geriatric Psychiatry Program, Johns Hopkins is author of "The 90 Minute" - a widely used guide for the caregiver of people with Alzheimer's and other dementia.
Kathie Sepkoski, PhD, LICSW, FPC, C-AGS, Associate Professor and Director of Long Term Care, A Hope and Care Act to Care Program at the University of Utah College of Nursing.
Keynote: Pamela Kallman, RN, MS, FAAD and Lynda Shand, LICSW, CPT.

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Sponsored by: Dignity, N.A.S.W., ADEC, Hospice Alliance

When the diagnosis is Alzheimer's disease or other dementia, grief doesn't wait for death.

[Register here](#) for the April 23 program, The Longest Loss: Alzheimer's Disease and Dementia, hosted by Hospice Alliance. You'll discover how to better care for patients, families and yourself when coping with loss and grief associated with these illnesses.

Through candid compelling interviews and unscripted in-studio discussions, experts will identify how medical and social service professionals can improve care for patients, families and themselves while coping with loss and grief associated with Alzheimer's disease or other dementia.

The 2.5 hour teleconference will be followed by a live 30-minute panel discussion featuring local experts in dementia care. You'll also receive a free copy of the companion book and certificate of completion.

The program is free to all attendees. Continuing education credits (3 hours) are available for a number of professional boards for a \$15 fee per person. Application instructions for CE credits will be provided at the event.

The event will be held on April 23, 2015, from 12pm – 4:30pm at Gateway Technical College, Madrigano Auditorium, 3520 30th Avenue, Kenosha, WI 53144. A light lunch is included.

[Click here](#) or on the flyer above to download for details or [register here](#).

Pre-registration by April 20, 2015 is required. [Register online](#) or send an email to Kris.Mickelson@hospicealliance.org.