The Governor's Task Force on Caregiving Seeks Comments on the Draft Policy Proposals

The Governor's Task Force on Caregiving is asking for public input on draft policy proposals to help support and strengthen the direct care workforce, increase access to care, and improve the quality of caregiving in Wisconsin.

The task force would like feedback from people in Wisconsin with a wide range of perspectives and experience, including family caregivers, paid direct support professionals, people receiving care, communities of color, and people living in urban and rural settings.

Click here for the survey that will be available through July 14.

We are encouraging all caregivers to take the survey and make your voices heard so the task force can work towards helping you get your needs met!

Additional information can be found here on their website.

Virtual Powerful Tools for Caregivers Classes

Take care of yourself. Get a recharge and learn tools to help you focus on taking care of yourself so you can be the caregiver you want to be. There’s even a class to address the unique needs of caregivers of adult children with special needs.

Learn to

- Reduce stress
- Improve communication
- Set goals
- Cope with anger, guilt, and depression

$30 covers all materials (scholarships available)

If you aren’t sure whether or not this class is right for you at this time, take a few minutes to watch this video on one participants’ view of the class.

Upcoming Classes

- **Caring for an Adult with Special Needs** (2-hour class)
  Tuesdays, Sept 15 – Oct 20, 6-8 pm

- **Family Caregivers** (90-minute class)
  Tuesdays, Oct 27 – Dec 8, 5:30 -7 pm

Registration required. Call 920-448-4300

It’s no secret that we have been hit with a bit of a heatwave right now. Take a few minutes and check out the danger signs that you might have had too much and how to stay cool until this breaks.
Virtual Garden Tours Around the World

Did your travel plans get walloped by COVID-19? Forget the suitcase and grab a computer, tablet, or smartphone to watch virtual tours of some of the world’s most beautiful and well-known gardens. From England to France, Chicago to Amsterdam, even Hawaii! Summer is here and gardens are blooming. You can pause the video at any time to identify a flower or reminisce!

Click HERE to get access to 8 different stunning gardens.

“Building on the Small Moments of Self-Care”

We know that caregiving takes a toll. The VA is offering this program to any and all caregivers (having served in the Military is not a requirement).

There is an initial self-assessment (completed by the caregiver) to assess current stress levels and then there are four weeks of daily reflections and activities provided to promote self-care.

Check out their website, for more information.

Educational Opportunities

All Caregivers:

You Are Not Alone: Caregiving in the Time of Covid-19

July 13 @12-1pm

A discussion on the challenges faced by caregivers as they care for loved ones during and after the pandemic. Share viable solutions, answers to your questions, and family caregiving tips important to caregivers during and after the Covid-19 pandemic.

Register here

Caring for the Caregiver

July 14 @10-11am

Caregivers are a noble breed. They are selfless and devoted. They exude compassion, kindness and genuine love. They consistently put others before themselves to the point of exhaustion. In extreme cases Caregiving may even be detrimental to one’s own health and wellbeing. Learn how to validate your feelings as a Caregiver and listen to other Caregivers about their coping strategies to avoid Caregiver burnout.

Register here

The rest of this document is geared towards specific conditions. If you are a caregiver to a loved one with:

- Caregivers to those with Dementia
- Grandparent or other relative raising children

Please keep reading. Otherwise, take care of yourself and stay cool in this heat.
Caregivers to those with Dementia

Steering Into the Skid

July 13 @ 10:30am - 12:30pm

This One Act Dementia Play is a short 12 scene play, all taking place in Tim and Amanda's SUV, the audience comes to know this couple as they navigate the early progression of dementia. To register call the Alzheimer's Association 800-272-3900 or Register Here.

Grandparent or other relative raising children

Have you had an opportunity to check this site out?

Wisconsin Kinship Navigator

This resource is designed to help you find resources to help you with medical care, support payments, and more for the children in your care. We will ask you to answer a few basic questions about your relationship to the child in question, the answers to these questions will help us determine what kind of resources are available to you in Wisconsin. Press the button below to begin.

The following link provides a glimpse into the thoughts and feelings of caregivers in situations like yours. We hope that you recognize that the feelings and challenges you may be experiencing are common, and you are not alone.

If you have time to check it out, I’d love to hear your feedback. What did you find beneficial and what is it missing?

Thanks