



Vision Statement

Empowering families and friends to care for their loved one

Mission Statement

The Outagamie Caregiver Coalition is dedicated to the caregiver by providing needed support through comprehensive education and resources.

Presentations and Speakers

February, 2021

The Outagamie Caregiver Coalition is excited and proud to share this wealth of resources, education, and enlightenment with you. We are many professionals in or associated with the Caregiver Coalition who are experts in our areas of practice and are excited to share that wisdom with groups or organizations as a part of fulfilling our group's mission.

Please use this guide to determine specific topics and available speakers who can present on those topics. Many presentations are about one hour, but most are flexible, depending on the group's needs and preferences.

This list of presentation topics is divided into the following categories:

- Healthy Aging
- Care Relationships
- Looking Forward
- Additional Topics and Series Classes

If you have questions about the topics or would like to schedule a presentation, please **contact:**

Outagamie Caregiver Coalition, 920-460-9955, OutagamieCaregiverCoalition@gmail.com
or Sue Coyle, 920-740-8441, sue@coylecaremanagement.com
or the designated person/s directly.

Most can be done virtually as well.

Healthy Aging

We Need to Talk...About Driving Safety

A standardized program produced by AARP in conjunction with the American Occupational Therapy Association and The Hartford and MIT AgeLab. The seminar is designed to help families and caregivers have caring and successful conversations with family members when concerned about a loved one's driving safety. It is also appropriate for the older adult who may have concerns about their own driving.

Contact: Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com

Physical and Psychosocial Aspects of Aging

What happens to the body as it ages and why does it happen? This is a light-hearted and interactive presentation that will focus on some normal aspects of aging, and prevention measures to experience healthier aging.

Contact: Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com

“Is It Hoarding or Am I Just Collecting Things?”

There has been a growing awareness of how people accumulate all the "stuff" in their life. This presentation will help us look at how we accumulate possessions and how we organize in our life in addition to what we might see and how to work with preventing hoarding and what type of professional help might be available.

Contact: Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com

Travel Tips For Older Adults

Many special accommodations are available or recommended for older adults and/or those with special needs. Learn and share tips and experiences.

Contact: Michelle Graf, Care Patrol, 372-3857, mgraf@carepatrol.com

Brain Fitness

As we age, we all worry about our future and loss of memory. What is normal? If we lose our keys, is that normal or not? What can we do to prevent early memory loss? How are diet and exercise a part of increasing our memory capacities? Learn about exercises and activities that promote brain development as we age.

Contact: Karen Dickrell, Human Development and Relationships Educator, UW Madison Extension Outagamie County, 832-5126, karen.dickrell@wisc.edu

or Michelle Graf, Care Patrol, 372-3857, mgraf@carepatrol.com or

Julie Feil, St. Paul Elder Services/Neuroscience Group, Licensed Clinical Social Worker, 766-6186, julief@stpaulelders.org

Diagnosis and Treatment of Alzheimer’s and Related Dementias

Learn the reasons and process for evaluating and treatment of memory disorders.

Julie Feil, St. Paul Elder Services/Neuroscience Group, Licensed Clinical Social Worker, 766-6186, julief@stpaulelders.org

Communication Strategies - It's All in The Approach! and/or **Difficult Behaviors Associated with Dementia** Can be tailored to needs.

Being a caregiver for a loved one with dementia can involve dealing with unusual and sometimes challenging behaviors. Learn how to communicate and deal with some of these potential behaviors. Julie Feil, St. Paul Elder Services/Neuroscience Group, Licensed Clinical Social Worker, 766-6186, julief@stpauelders.org

Care Relationships

Caring for the Caregiver

Caregiving can take a toll on the primary care provider and ultimately jeopardize the care recipient's well-being. You will learn how to recognize some of the warning signs of caregiver stress and some coping strategies and resources.

Contact: Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com or Heather Flick, (specific to memory loss) RCI REACH Caregiver Coach at 997-8407, heather.flick@mosaicfamilyhealth.org or Lynda Schneider, Home Instead Senior Care, 997-0118, lynda.schneider@homeinstead.com

Elder Care and Work: Finding the Balance

This program defines effective caregiving, sets four principles that can help make caregiving a positive experience and teaches a six-step process to develop your own unique plan to finding the balance between being a good caregiver, good employee, and good to yourself. This program is adaptable to any time schedule, it can be presented in short presentations such as a "lunch and learn" sessions or a full day workshop. Is suitable for businesses with employed caregivers. Developed by UW Extension.

Contact: Karen Dickrell, Human Development and Relationships Educator, UW Madison Extension Outagamie County, 832-5126, karen.dickrell@wisc.edu or Sue Coyle, Coyle Care Management and Consulting, LLC, 740-8441, sue@coylecaremanagement.com

Life Beyond the Stares

The speaker/s will share interesting and inspiring stories about growing up with a sibling with a disability. such as: the treatment of kids with disabilities; embarrassing moments; feelings, such as guilt, anger and pride; the legal, financial, care, and social challenges of having disabilities (and being a sibling); advocacy, and many more. Speakers can do 20-60 minute presentations, or a "Sibling Talk Show" (40-75 minutes), which includes a show host and a panel of siblings, either adults or children.

Contact: Harriet Redman, WisconSibs, Inc., 968-1742 or info@wisconsibs.org

Welcome to the Club Sandwich Generation

You've heard of the Sandwich Generation, right? You may even be part of that generation where you are caring for aging parents AND young children. But if you also are responsible for an adult sibling with disabilities, you have an extra layer of caregiving concerns and are part of the CLUB Sandwich Generation! In this lively presentation, we'll address ideas and tips from "Top 10 List for the Club Sandwich Generation". **Contact:** Harriet Redman, WisconSibs, Inc., 968-1742 or info@wisconsibs.org

What About Me?

Parents want to do their best for all of their children, but sometimes they are uncertain how when they have a child with disabilities and also "typical" children. This presentation will provide parents with insights and ideas for raising children who are growing up with their siblings with disabilities. What's fair? What's right? What about Me? Discussion and practical tips from an experienced parent.

Can be presented in 20 minutes or a half-day workshop.

Contact: Harriet Redman, WisconSibs, Inc., 968-1742, or info@wisconsibs.org

Parenting the "Other" Child

What are the issues parents need to be aware of in parenting not only the child with special needs, but the "other" child or children? Discussion and practical tips from an experienced parent.

20 minutes, or as long as a half-day workshop.

Contact: Harriet Redman, WisconSibs, Inc., 968-1742, or info@wisconsibs.org

Understanding and Communicating With Those With Dementia

Learn strategies and tips to communicate more effectively and minimize frustration for the caregiver, while also maintaining the dignity and autonomy of the person with dementia.

30-45 minutes

Contact: Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com or Heather Flick, RCI REACH Caregiver Coach at 997-8407, heather.flick@mosaicfamilyhealth.org or Julie Feil, St. Paul Elder Services/Neuroscience Group, Licensed Clinical Social Worker, 766-6186, julief@stpaulelders.org

Purple Angel Dementia Awareness Training

Program for businesses, organizations, or employers to learn basics about dementia and how to interact with those affected. A program of the Fox Valley Memory Project to build knowledge and awareness to promote and build dementia friendly communities.

Contact: Harper Smith, Fox Valley Memory Project, 225-1711, harper@foxvalleymemoryproject.org or Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com Julie Feil, St. Paul Elder Services/Neuroscience Group, Licensed Clinical Social Worker, 766-6186, julief@stpaulelders.org

Elder Exploitation and Fraud - How to Recognize, React, and Report

Elder financial abuse and fraud costs older American's \$36 Billion annually and is self-reported at rates higher than other forms of abuse in later life. Elder financial exploitation and fraud occurs in all communities and affects those in all socioeconomic backgrounds regardless of gender, race, ethnicity, or sexual orientation. Learn how to recognize the signs and what to do to protect yourself and how to report elder financial exploitation and fraud.

Contact: Sarah Oneil, oneilsa@doj.state.wi.us, Elder Abuse Enhanced Training Project Coordinator, State Department of Justice, 608-284-0015 or Michael Austin, State Department of Justice, austinmp@doj.state.wi.us, 608-267-2224

Elder Abuse - Physical and Verbal

Older adults are physically, sexually, or emotionally abused, exploited, or neglected by someone with whom they have an ongoing relationship. Statistics indicate that 90% of perpetrators, or abusers, involved in elder financial abuse cases, are family. Abuses intentionally use coercive tactics, such as

isolation, threats, intimidation, manipulation, and violence to gain and maintain control over the victim. Since 2001, there has been a 160% increase in reported elder abuse cases in Wisconsin alone. Learn the signs, how to protect yourself, and where to report.

Contact: Sarah Oneil, oneilsa@doj.state.wi.us, Elder Abuse Enhanced Training Project Coordinator, State Department of Justice, 608-284-0015 or

Michael Austin, State Department of Justice, austinmp@doj.state.wi.us, 608-267-2224

Looking Forward

Remaining Safe and Independent at Home by Preventing Falls

Simple tips and things to do to prevent falls and maximize safety and independence for Seniors in their homes. 30-45 minutes

Contact: Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com or Mellissa Hansen, Final Journey Companions, LLC, 404-1855, finaljourneycompanionsllc@gmail.com

Opening New Doors: Should I Stay or Should I Go?

Learn about the process of preparing to sell your home now or years down the road. Some topics include: downsizing, to repair or not to repair, the true cost of staying in your current home, internet and the real estate market, and the real estate process.

Contact: Annette Hetrick, Acre Realty, 832-8646, annette.hetrick@acrerealty.com

Prepare to Care – Developed by the AARP Foundation

A program that helps individuals and families develop a care plan for themselves or a loved one. The caregiving plan is based on the needs and wishes of those who will be receiving the care. It includes a five-step plan and workbook. 45-60 minutes

Contact: Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com

Can be combined with:

Have You Communicated Your Wishes?

Having conversations with parents or loved ones regarding their care and end-of-life wishes can be difficult. Learn what signs might indicate it's time for that conversation, what to ask, and how to do it so that you know your loved one's wishes for care, distribution of personal assets, and how to help them sort through belongings while able to. Doing this will help you to respect their wishes if they become unable to communicate them. The importance of a Power of Attorney and Advance Directives is explored, but is not the focus.

Contact: Sue Coyle, Coyle Care Management and Consulting 740-8441, sue@coylecaremanagement.com or Mellissa Hansen, Final Journey Companions, LLC, 404-1855, finaljourneycompanionsllc@gmail.com

Respecting Choices® First Steps® Advance Care Planning

A certified advance care planning facilitator will discuss Advance Directives including Power of Attorney for Health Care. The program will include reasons why all adults in Wisconsin need these documents, when and how to update them, and an opportunity to complete or update documents for free. Presentations can be

modified per needs of the audience (e.g., specific diagnoses, caregivers, etc.). A program of the Fox Valley Advance Care Planning Partnership.

Contact: Becky Deuel, Outagamie Caregiver Coalition, 323-6342, becky.deuel@gci.org or <https://www.fvacpp.org/request-a-presentation> or 997-8412

End of Life Care Options

Palliative care, Hospice, End-of-Life Doula, comfort measures...know the terms and options available to you or your love during the end-of-life process.

Contact: Mellissa Hansen, Final Journey Companions, LLC, 404-1855, finaljourneycompanionsllc@gmail.com or David Chapman, Hospice Care Consultant, Compassus Hospice, david.chapman@compassus.com, 920-841-0106

Journey Forward: Future Planning For Siblings of People With Disabilities

Most parents of people with disabilities want their other children (the siblings) involved in the future. BUT, the majority of those siblings have NO IDEA what plans may be in place, if any, and feel unprepared and worried about the future. This workshop helps adults who have siblings with disabilities find peace of mind by discovering tools for positive family communication and connecting with local resources to help them along the future planning journey. Half-day and full-day workshops.

Contact: Harriet Redman, WisconSibs, Inc., 968-1742, info@wisconsibs.org

Assessing the ABCs of Senior Living Options

IL, AL, CRBF, RCAC, SNF..... Learn what these and many more abbreviations mean in relation to the many Senior living alternatives, and how to determine which might be the best option. 30-60 minutes

Contact: Michelle Graf, Care Patrol, 920-372-3857, mgraf@carepatrol.com or Sue Coyle, Coyle Care Management and Consulting, 740-8441, sue@coylecaremanagement.com or Mellissa Hansen, Final Journey Companions, LLC, 404-1855, finaljourneycompanionsllc@gmail.com

Rent Smart

Moving from your home into an apartment? How can you be a good consumer of your resources? What questions do you ask? What should you look for in a lease? This program will help you become acquainted with the details of renting an apartment/house. There are a variety of topics that are included in the menu of what topics can be covered. The presentation can be designed for the audiences' needs and interests.

Contact: Karen Dickrell, Human Development and Relationships Educator, UW Madison Extension Outagamie County, 832-5126, karen.dickrell@wisc.edu

Who Gets Grandma's Pie Plate? What About Her Teapot?

This program is designed to inform and educate the community about the transfer of non-titled personal property. Participants will learn to recognize and understand the sensitivity of transferring personal property, determine what "fair" means to their family, identify the meaning of objects, consider distribution options, and manage conflicts. 30-60 minutes

Contact: Karen Dickrell, Human Development and Relationships Educator, UW Madison Extension Outagamie County, 832-5126, karen.dickrell@wisc.edu

Additional Referral Resources and Series Classes

*Most are 6-8 weeks series and 1-2 hours, some two times per week.

***Powerful Tools for Caregivers**

Caregiving can be a challenge, but it's easier when you're prepared. This six-week evidence-based workshop gives you the confidence and support to better care for our loved one and yourself. The workshop teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional and financial needs, you become a better caregiver. Currently this class is offered virtually via Zoom.

Contact: Karen Dickrell, Human Development and Relationships Educator, UW Madison Extension Outagamie County, 832-5126, karen.dickrell@wisc.edu or Carrie Esselman, Dementia Care Specialist, 483-0898, carrie.esselman@outagamie.org

What is the ADRC?

An overview of what the Aging & Disability Resource Center (ADRC) is, the ADRC target population, and what services and programs it provides, including federal and state Older Americans Act programming.

Contact: Kali Erickson, ADRC Outagamie County Branch, 832-2018, kali.erickson@outagamie.org

***Alzheimer's Disease Series**

- Alzheimer's Disease and Other Dementias
- Capturing Life's Journey
- Techniques to Handling Challenging Behaviors
- Techniques to Encourage Engagement

One hour each, or two topics can be combined into 90 minutes

Contact: Lynda Schneider, Home Instead Senior Care, 997-0118, lynda.schneider@homeinstead.com

***StrongWomen (AKA Strong Bodies)**

Developed by Tufts University, this evidence-based program was designed to help women and men become or remain fit, strong, and healthy. The benefits of strength training for middle-aged to older adults have been studied extensively and include: Increased muscle mass and strength, improved bone density and reduced risk for osteoporosis and related fractures, reduced risk of diabetes, heart disease, arthritis, depression, and obesity, improved self-confidence, sleep, and vitality.

1 hour, 2 times a week for 6-8 weeks.

Contact: Nancy Krueger, ADRC Prevention Coordinator, 740-9572, nkrueger@vpind.com

***Stepping On: Falls Prevention Workshop**

Develops the knowledge and skills needed to help older adults prevent falls. It focuses on how strength and balancing exercises, medication management, home safety, footwear, vision, and mobility all play an important role in fall prevention.

2 hours once a week for 7 weeks

Contact: Nancy Krueger, ADRC Prevention Coordinator, 740-9572, nkrueger@vpind.com

***Living Well with Chronic Disease: Self-Management Workshop**

Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the Living Well workshop can help you take charge of your life.

2 ½ hours for 6 weeks

Contact: Nancy Krueger, ADRC Prevention Coordinator, 740-9572, nkrueger@vpind.com

***Mind Over Matter: Healthy Bowels, Healthy Bladder**

This workshop is designed to help women build the skills and confidence they need to adopt strategies and exercises that help them prevent or improve incontinence symptoms. This workshop has been scientifically proven to reduce leakage! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health.

Contact: Nancy Krueger, ADRC Prevention Coordinator, 740-9572, nkrueger@vpind.com

***Healthy Living with Diabetes**

Developed by Stanford University, this program is based on the principles of Living Well with Chronic Conditions. It is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence level in managing their diabetes. The program will cover how to deal with symptoms, appropriate exercise, healthy eating, appropriate use of medication, and communicating with your health care provider.

2 ½ hours for 6 weeks

Contact: Nancy Krueger, ADRC Prevention Coordinator, 740-9572, nkrueger@vpind.com

***Tai Chi**

Tai Chi is a slow, graceful exercise that promotes calm mental focus and alignment while building leg strength, endurance, and stability. Ideal for increasing stamina, flexibility, and coordination, Tai Chi promotes efficiency of movement and economy of effort.

Contact: Nancy Krueger, ADRC Prevention Coordinator, 740-9572, nkrueger@vpind.com