

Wisconsin Caregiver Support Community Statewide Call

March 23, 2021 --- 10:00-11:00 a.m.

NOTES

\* Watch the [GWAAR website](https://gwaar.org/wisconsin-caregiver-support-community-monthly-calls) for agenda and handouts that are posted prior to each call.

[Recording of today’s call](https://zoom.us/rec/share/VnUu1BFJCToW_2mQyxom3_MK3PW1DSMKrAg_0Frlxa_QqUPTDIJTYjNZdDIeBeIa.bHSyj0XoVhmsikWY?startTime=1616510875000)

1. **Welcome**

I plan to start each meeting with a couple of poll questions you can respond to when you log in. Here are today’s questions and answers. These are from the Q/A document on [the website](https://gwaar.org/family-caregiver-support-for-professionals). Click on either AFCSP or NFCSP and look under Program Management Resources.

* **Poll #1**  Can a Grandparent/Relative Caregiver receive NFCSP funds if they are receiving Kinship Care?

**Answer:** YES

* **Poll #2**  Am I required to complete a needs assessment every year when I do the re-enrollment paperwork for AFCSP?

**Answer:** Yes, but you do not have to enter it into REDCap. Only the initial needs assessment is entered into REDCap.

1. **Advocacy Update** – *Janet Zander, GWAAR*

*3 documents posted on* [*the website*](https://gwaar.org/wisconsin-caregiver-support-community-monthly-calls)*:*

1. Badger Bounceback Budget - Caregiver Support Summary outlines funding proposed by the Governor in his Executive Budget that pertains to caregivers. **In order to keep these things in the budget, the Joint Finance Committee and all legislators will need to hear support for these items.** The Joint Finance Committee will be holding in-person public hearings on the 2021-23 state budget as well as one virtual hearing. The hearing schedule includes:

* Friday, April 9, 2021 UW-Whitewater, Whitewater, WI
* Wednesday, April 21, 2021 The Hodag Dome, Rhinelander, WI
* Thursday, April 22, 2021 UW-Stout, Menomonie, WI
* Wednesday, April 28, 2021 Virtual

The public hearings will begin at 10 am and conclude at 5 pm.  The format will be similar to past hearings. Management at each of the venues will monitor capacity. Those wishing to testify at the virtual hearing will be required to register in advance, details to come on the registration process. A portal is available for individuals to provide input: [www.legis.wisconsin.gov/topics/budgetcomments](https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.legis.wisconsin.gov%2Ftopics%2Fbudgetcomments&data=04%7C01%7C%7Cd9b79eefac994019c49708d8e3dda27e%7C8e087664409d4c4ca6b47aa01020d6ea%7C0%7C0%7C637509888348747875%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=KI9i0paOeyBw1%2Bma8JDGNzbpLBXSUJJ5Ysde6QSDRRg%3D&reserved=0) as well as an email address [budget.comments@legis.wisconsin.gov](mailto:budget.comments@legis.wisconsin.gov)

1. American Rescue Plan – Details for Aging Programs summarizes the funding designated to support aging programs including $145 million for NFCSP (Title IIII-E) and $25 million for Native American Nutrition, Supportive and Caregiver Services. It also includes $10 million to create a national technical assistance center for grandparents raising grandchildren and kinship caregivers at the Administration for Community Living (ACL).
2. Budgets and Appropriations chart compares the various funding sources for aging programs since the start of the pandemic.
3. **Elder Abuse Hotline Update** *– Joanna Reinstein, GWAAR*

The Elder Abuse Hotline is housed within GWAAR and available for anyone in WI to report suspected elder abuse or ask related questions. People can call 1-833-586-0107 or go online: [www.reportelderabusewi.org](http://www.reportelderabusewi.org) Please help spread the word about the hotline. There is a flyer and brochure that are posted on [the website.](https://gwaar.org/wisconsin-caregiver-support-community-monthly-calls)

1. **State and GWAAR Updates** *– Lynn Gall, DHS and Jane Mahoney, GWAAR*
   * **AFCSP fiscal reports** for 2020 due on the 29th of March – ask [Lynn](mailto:Lynn.Gall@dhs.wisconsin.gov) if you need the link
   * Thank you to those who completed the **after-caregiving survey**. First meeting held – you can still share ideas – send to [Lynn](mailto:Lynn.Gall@dhs.wisconsin.gov).
   * There is money going to the ADRCs to **help get people vaccinated** – homebound and caregivers. Contact your ADRC if you have ideas for how to help get people vaccinated.

**Trualta** – Reporting will now be done as public information, so you no longer have to collect any data on the caregivers. This allows for your community partners (Assisted Living/Memory Care facilities, MCOs, ADAW, Alz Assoc, Senior Centers, etc.) to get more involved – they could be enrolled as caregiver coordinators so they can invite their own caregivers. There are “snippets” on the Staff Space that you can use to introduce Trualta to your partners or you can have them contact [Jane](mailto:jane.mahoney@gwaar.org) or [Lynn](mailto:Lynn.Gall@dhs.wisconsin.gov).

* + **Trualta -**  There is now a “question of the week” for caregivers to respond to with the hope that they will begin engaging with each other. If one of “your” caregivers leaves a comment you will be alerted via email. Take time to read it and see if they need a response.
  + **NW Wisconsin Aging & Disability Workforce Alliance** – Connecting Community & Caregivers with Resources – offering a DSP Magnet Workshop to help with recruitment, training, and retention of care workers in Northwest Wisconsin (Douglas, Bayfield, Iron, Ashland, Price, Sawyer, Washburn, Burnett, Polk, Barron, St. Croix, and Rusk Counties). It a three-year plan as part of RCAWs federal Lifespan Respite Grant.  They are looking for help spreading the word. Contact [Rachel](mailto:rwatkins-petersen@respitecarewi.org) if you need marketing materials.

1. **Support Group Facilitation Tips and Best Practices** – *Panel of Dementia Care Specialists:* [*Pam Kul-Berg*](mailto:pkulberg@gchsd.org)*, ADRC of Eagle Country;* [*Cori Marsh*](mailto:CORI.MARSH@co.rock.wi.us)*, ADRC Of Rock County;* [*Lisa Wells*](mailto:lisa.wells@co.eau-claire.wi.us)*, ADRC of Eau Claire County*

Please see PowerPoint on [the website](https://gwaar.org/wisconsin-caregiver-support-community-monthly-calls) for details and/or listen to the recording.

Notes from the Q/A session:

* **How to get started with a group in rural area, especially with Zoom** – Get the word out! Reach out to pharmacy, township websites – council meeting agenda, newsletter for community, directory of businesses, church bulletins and small groups, homemaker groups, groups/meetings for farmers, barber shop/beauty shop, ask caregivers to share with other caregivers. Emphasize that the group is a place where they can problem-solve with other caregivers. Use other words besides “support group.”
* **How to keep things flowing with 1-2 members.** – Have some go-to questions handy (Tell me more about your challenges. What else have you tried? How are you feeling about that? What does your self-care plan look like?) Be comfortable with silence. It’s okay to end early but ask first; it’s their group.
* **How can I rejuvenate a group with old members – bring new members in with a group of people who have been in the group for years.**  Bring in a speaker. Bring an agenda to help take control of the program and restructure it the way you want it to run. It’s okay to change how it’s always been done. Try to be sure you are including the new people in the change, not just the people who have always been there. Change the location or the way the room is set up. **Pass around jar of questions.** *(see handout with questions!)* Change the routine to engage all the people who are there. It’s okay to empower yourself to regain control.
* **When do you encourage someone to stop attending when their caregiving journey has ended?** Some naturally quit attending when they are ready while others keep attending. one way to look at it is that they have so much experience to share it is appropriate for them to continue to come. It’s kind to “Is it okay for them to continue to come?” Cori says, “Yes.”
* **What are tips for redirecting individuals who dominate the conversation?** Be careful to respond to all members in a similar way. Pay close attention to other members' body language to see if they are wanting to say something. You have to feel comfortable redirecting people.
* **How to increase participation?** Marketing plan – newsletter, Facebook, community calendars across the whole community (radio, tv, papers – all free), churches, clinics, coalitions and committees your agency is part of, word of mouth, flyers in coffee shops and other businesses, radio and TV interviews are free – ask to be interviewed. Send press releases. Change name away from “support group” – coffee group, check-in meeting… Constant contact is an easy way to get information out to your list of caregivers.
* **Non-traditional Support Groups** – find someone to help facilitate – decide what you want to do and who you want to serve. Listen to what the needs are in your community.
* You can check out Support Group resources on the Support Group Toolkit page: <https://gwaar.org/family-caregiver-support-group-toolkit_2> PowerPoint and Jar Questions are posted here: <https://gwaar.org/wisconsin-caregiver-support-community-monthly-calls>