



Greater Wisconsin Agency on Aging Resources

Calendar of Events

Links to files may download or open, depending on your settings.

Aging Plans

[Jane Mahoney](#), Older Americans Act Consultant - Family Caregiver Specialist

[Nick Musson](#), Older Americans Act Consultant - Transportation Specialist

Need to Know

Aging Plan Reminders

- If you have not submitted your draft goals and community engagement reports, please do so as soon as possible. Draft goals and community engagement forms should be submitted to Rosanna at: Rosanna.Mazzara@gwaar.org.
- Any questions about the budget portion of the aging plan should be directed to Patrick Metz at: patrick.metz@gwaar.org.
- Your full draft plan must be approved by your OAA consultant prior to your Advisory Board and public hearing.

Family Caregiver Support

[Jane Mahoney](#), Older Americans Act Consultant - Family Caregiver Specialist

Need to Know

Spanish Version of Wisconsin Employer and Working Caregiver Survey is Available

To access the Spanish version, choose the language of your choice in the upper right-hand corner of the survey's first page here: https://uwmadison.co1.qualtrics.com/jfe/form/SV_0GnMpqXtE7vkuzA

Please continue to promote and share this important Wisconsin Family and Caregiver Support Alliance-sponsored survey with businesses and working family caregivers in our communities. Draft language to include in a letter or use in discussions with employers about the survey is available here: <https://gwaar.org/api/cms/viewFile/id/2006911>. Please emphasize that by helping circulate the survey, businesses will be helping create better resources for Wisconsin employers and their employees who are family caregivers.

Nice to Know

Tualta Caregiver Training Continues

Tualta will continue to be available to any caregiver in Wisconsin (additional funding has been identified). Please continue to promote Tualta to your caregivers and your coalition partners. There are no reporting requirements at the local level, which means any of your partner agencies can also get involved and begin inviting their own contacts to the portal. If someone from a partner agency would like to do this, please have them contact me at jane.mahoney@gwaar.org.



Here are some marketing ideas you could try:

- do a presentation/demo at your caregiver coalition meeting (I would be willing to help with this virtually)
- go through a learning module (either online or print and hand out copies) at a caregiver support group, then show them how Trualta works and see if anyone wants to join
- use the customizable postcard and send along with home delivered meals, drop them off at senior centers or libraries, and/or mail them to all your caregivers (a limited number of pre-printed postcards are available - let me know if you want some)
- share posts on social media - digital marketing materials are available on the Staff Space
- add a link to Trualta to the caregiver support page on your website

Free Webinar and Resources for Caregivers: Planning for the Future

Future planning is possible and necessary for all families, including those that include someone with a disability. This important free August webinar series hosted by The Arc Wisconsin will teach you how to tackle planning with simple resources and tools to create a plan that's right for your family:

Tuesday, August 17

10:00 – 11:15 a.m.

Part 1: An overview on future planning including The Arc's free resources. Liz Mahar, a national expert in future planning (and a sibling caregiver herself) will present.

Tuesday, August 24

10:00 – 11:15 a.m.

Part 2: Learn about long-term planning options for savings and inheritances, special considerations for rural families, and briefly cover farm succession as part of the plan. Meghan Teigen from Johnson Teigen law firm will present.

Register on Zoom: https://thearc-org.zoom.us/webinar/register/WN_Hn-y6C5xSz2MhivtqPRjLg

Caregivers of Someone with Alzheimer's Disease Needed for a Research Project

Andrea Gilmore-Bykovskiy, Assistant Professor at UW-Madison School of Nursing, is currently leading a National Institutes of Health-funded study with the goal of characterizing episodes of lucidity in people living with dementia. She is hoping to interview family caregivers to better understand their views and experiences on times of heightened awareness or clarity experienced by people living with dementia. If you know of someone who might be interested in participating in the study, please share this flyer about the research participation opportunity: <https://gwaar.org/api/cms/viewFile/id/2006912>

Note the caregiver will receive \$30 for one 30-45 minute interview.



School of Nursing
University of Wisconsin-Madison

Health Promotion

[Angie Sullivan](#), OAA Consultant -Health Promotions Specialist

Need to Know

Health Promotion Webinar

Tuesday, August 24

1:00 -2:30 p.m.

Join Zoom Meeting: <https://zoom.us/j/93425377234> Meeting ID: 934 2537 7234

One tap mobile

+16465588656,,93425377234# US (New York)

+13017158592,,93425377234# US (Washington DC)

Dial in US Toll-free: 877 853 5257, 888 475 4499, 833 548 0276 or 833 548 0282

Meeting ID: 934 2537 7234

All are welcome to join the Health Promotion Webinar! Below is our agenda:

- I. Welcome
- II. American Rescue Plan Act and Title III-D presented by Cindy Ofstead, Director, Office On Aging
- III. Increasing Access to Health Promotion Programs for the Deaf and Hard of Hearing presented by Carly Bieri, Sign Language Interpreter, Office for the Deaf and Hard of Hearing
- IV. GWAAR Updates
- V. WIHA Updates

Please don't hesitate to reach out if you have any questions Angela.Sullivan@gwaar.org

Nice to Know

Depression in Older Adults -- Please Complete Survey

More than two million of the 34 million Americans age 65 and older suffer from some form of depression (National Institutes of Mental Health). Unfortunately, symptoms of depression are often overlooked and untreated when they coincide with other medical illnesses or life events that commonly occur as people age (e.g., loss of loved ones). Fortunately, clinical depression is a very treatable illness. More than 80% of all people with depression can be successfully treated with medication, psychotherapy or a combination of both.

According to a Mental Health American Survey on attitudes and beliefs about clinical depression:

- Approximately 68% of adults aged 65 and over know little or almost nothing about depression.
- Only 38% of adults aged 65 and over believe that depression is a "health" problem.
- If suffering from depression, older adults are more likely than any other group to "handle it themselves". Only 42% would seek help from a health professional.
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HealthyIDEAS is a depression self-management program designed to detect and reduce the severity of depressive symptoms in older adults with chronic conditions and functional limitations. It includes screening and

assessment, education, referral to appropriate health professionals, and behavioral activation. Aging Units/ADRC's are uniquely positioned to provide this one-on-one intervention that can be implemented in-person, virtually or by telephone. Please complete the attached survey to assist GWAAR in assessing



current and future mental health evidence-based programs in Wisconsin. If you have any questions regarding the survey, please contact Angie Sullivan angela.sullivan@gwaar.org or 608-228-8081. Thank you!

Survey Link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZHYIjp1ATEymtHggECDW6ivwh8tXiodKp0X3gZgU8C5UOEpJR0U2RzhLR0ZHMEVSS1RDRzAzN1pZQy4u>

HealthyIDEAS link to more information: <https://www.ncoa.org/article/evidence-based-program-healthy-ideas>

Transportation

[Nick Musson](#), *Older Americans Act Consultant - Transportation Specialist*

Need to Know

Reminder: Transportation Listserv Available

If you are interested in staying informed on transportation related developments, please consider join the GWAAR transportation listserv. Please fill out the Microsoft Form at the link below if you would like to receive transportation email updates through the GWAAR transportation listserv:

<https://forms.office.com/r/NZBC4EEMvg>

Wisconsin Senior Medicare Patrol (SMP)

[Ingrid Kundinger](#), *Project Manager*

Nice to Know

Help Spread the Word: Cardiovascular Genetic Testing Used in New Fraud Trend

Please consider sharing information about the latest growing genetic testing fraud trend which focuses on cardiovascular genetic testing. This type of Medicare fraud is impacting Medicare beneficiaries in all parts of the state. Scammers are offering Medicare beneficiaries genetic testing cheek swabs to obtain their Medicare information for fraudulent billing purposes or possibly medical identity theft

Help protect your community by sharing this press release:

<https://gwaar.org/api/cms/viewFile/id/2006910>

