

STAFF WORKSHOP

Wisconsin Caregiver

November 2022



A lot of gratitude,
and **CONGRATULATIONS!**

1000+ caregivers on the
Wisconsin portal



“

This was particularly helpful for me. I think I will need to go over it again another few times. But I've seen a number of videos now and I'm starting to be on overload. I will stop and watch more. These are good. Many thanks.

On Communication Changes with Teepa Snow

“

It's an awesome presentation. It made me realize how far I have yet to go to get to that acceptance stage. Thanks for this.

On Finding Strength through Difficult Changes



Caregiving During the Holidays



- Lots of family dynamics
- Caregivers who might miss holiday festivities
- Escalating caregiver burden
- No time for self-care
- Miss the person that WAS

Family Issues

Meet Jade



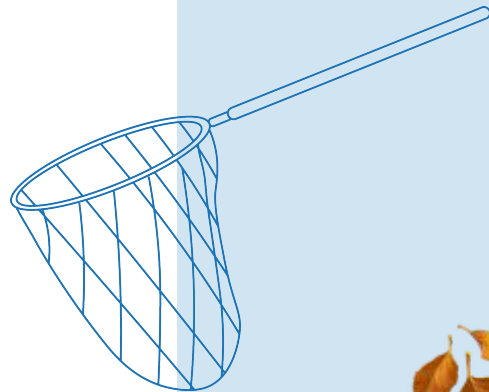
My siblings continue to drift away as I care for Mom.

Mom is 82 years old and in the moderate stages of Alzheimer's. My father passed a number of years ago, but I have two siblings that I assumed would help with her care. Being the oldest, and living the closest I took on a lot of the responsibilities, however I hoped my siblings would do more. Mom really shouldn't be cooking anymore so we agreed we'd bring her meals throughout the week. When I bring my mother food, I spend a number of hours with her after as she gets quite lonely. We sit and talk and I remind her of some of her favorite memories that have slipped away. She is so happy when she is spending time with us. I would spend everyday there if I could but it was reassuring to know my siblings could be there too.

When I tried to ask them if they could at least sit down and eat with her or spend a couple hours, it did not go over well.



Care story about
family dynamics



Sibling Arguments?

📖 Article • ⌚ 5 minutes

Sibling Arguments? 5 Tips For Disagreements

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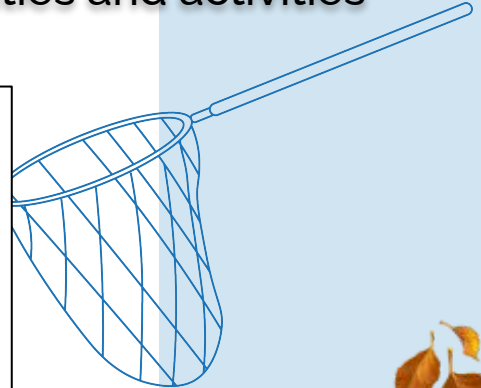


Learning Objectives

At the end of this lesson, you will be able to:

- Identify the different types of caregiving roles within your own family.
- Describe situations where conflict may occur due to siblings who provide less care.
- Improve interactions with your siblings about caregiving.

Tips to prevent disagreements with siblings about care duties and activities



Long distance caregivers

Article • 5 minutes

Holiday Activities For Families Who Are Apart

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How to celebrate
the holidays while
apart

At the end of this lesson, you will be able to:

1. Identify reasons why families could be apart this year.
2. Recognize the benefits of intergenerational relationships for everyone in the family.
3. Use suggestions to connect and share experiences with family this holiday season.



Technology for social isolation

📖 Article • ⌚ 6 minutes

Reducing Social Isolation With Technology

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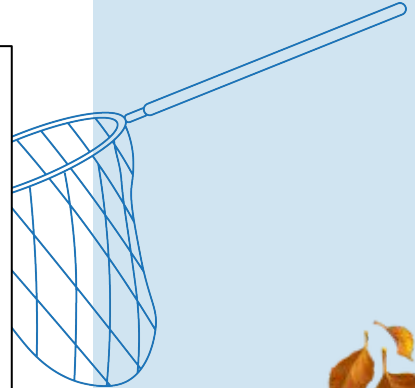


Learning Objectives

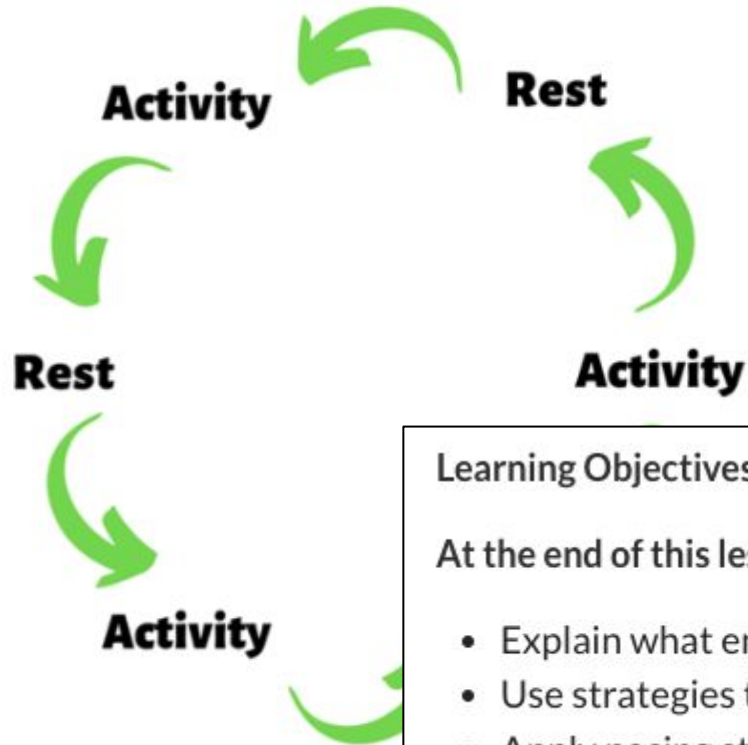
At the end of this lesson, you will be able to:

- Use social connection to reduce stress and anxiety.
- List 7 ways to connect with loved ones using technology.
- Start meaningful conversations using suggested strategies.

Lessons from
Covid-19: how can
we stay connected
even if we are apart



Energy Conservation



Important to pace yourself out!

Learning Objectives:

At the end of this lesson, you will be able to:

- Explain what energy conservation is and how it can benefit caregivers.
- Use strategies to prioritize and plan activities to save energy.
- Apply pacing strategies to avoid fatigue.



Effective Self-Care

📖 Article • ⌚ 7 minutes

Effective Self-Care

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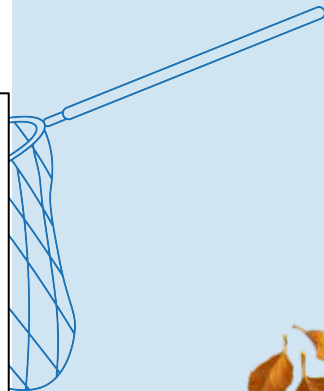


Learning Objectives

At the end of this lesson, you will be able to:

- Describe 4 types of self-care activities that support balance and reduce stress.
- Identify specific self-care activities that you can focus on to improve your own well-being.
- Use a planning tool to help prioritize self-care activities in your schedule.

How to take time for yourself - you cannot fill from an empty tank.



Music Therapy

Audio • 49 minutes

A Smooth Jazz Christmas

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Audio • 57 minutes

The Songs And Spirit Of Christmas

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