



# Eldercare Series – November 16-19, 2009

*Sponsored by the City of Milwaukee's Wellness Promotion Team*

At some point in our lives, many of us are called upon to provide care for an aging parent or loved one. This series will give employees up-to-date information about the numerous issues involved in eldercare, identify eldercare resources, provide support and coping strategies for caregivers, and provide more detailed information about Alzheimer's and related disease. Sandra Christensen, BA, is a Milwaukee educator, trainer, fund raiser, and grant writer with previous experience as a nursing home administrator.

**Anyone currently providing care for an aging family member or *anticipating* doing so is encouraged to attend. Those who would like more information about this issue are also welcome.** These classes are provided free of charge by United Health Care as part of the City's contract with that agency.

Employees who wish to attend must obtain permission from their department and register for sessions. For more information please contact Laura Sutherland, Human Resources Representative, at 414-286-3368.

## **COPING FOR CAREGIVERS** (Course #068)

**Monday, November 16, 2009, 9:00 – 11:00 am, Municipal Building "Fishbowl" Room**

*Presented by Sandra Christensen*

Modern medicine has worked miracles. As a result, elders tend to live longer. At the same time, the chances of chronic illness or decreased functional capacity rise. As we move into middle adulthood, many of us will be called upon to provide or arrange care for an aging parent or loved one. This program is for those currently facing this situation or for those anticipating what lies ahead.

### **Program highlights:**

- ✓ Provide education, support and resources to those who provide or arrange care for aging loved ones.
- ✓ Heighten awareness of the multiple issues involved in caregiving.
- ✓ Examine the importance of self-care while caring for others.
- ✓ Have an opportunity to share your own situations and receive support.

*This program offers a broad view of the issues and concerns related to caregiving.*

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## **MANAGING ELDERCARE ISSUES** (Course #069)

**Tuesday, November 17, 2009, 9:00-10:00 am, Municipal Building "Fishbowl" Room**

*Presented by Sandra Christensen*

This program offers participants information about identifying and using appropriate resources. Attendees will be able to make better decisions regarding eldercare issues. In addition, they'll learn how to reduce the stress and anxiety that comes with trying to make the best choices for an aging relative.

### **Program highlights:**

- ✓ Heighten awareness of in-home, community and institutional resources.
- ✓ Learn about financial and legal issues.
- ✓ Become familiar with the "Care Management Planning Guide."
- ✓ Review an eldercare case study.

*This program offers more specific information around some of the issues discussed in the Coping for Caregivers program.*

## NAVIGATING ELDERCARE RESOURCES (Course #070)

Wednesday, November 18, 2009, 2:30 – 3:30 pm, Municipal Building “Fishbowl Room”

*Presented by Sandra Christensen*

Navigating through the maze of eldercare options can be confusing and overwhelming. This seminar will help clarify the process and give the caregiver some tools to use for gathering resources.

### **Program highlights:**

- ✓ Identify ways to discuss the need for care with your parent or elderly relative.
- ✓ Learn the levels of medical and non-medical care.
- ✓ Determine what to consider when evaluating resources.
- ✓ Learn to communicate effectively with resources.
- ✓ Explore ways of dealing with the stress of caregiving.

*This program focuses on determining needs, identifying available resources and communicating with those resources. It discusses resources for both the elderly loved one and the caregiver.*

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## UNDERSTANDING ALZHEIMER’S DISEASE And RELATED DEMENTIAS (Course #071)

Thursday, November 19, 2009, 1:15 – 2:15 pm, Municipal Building “Fishbowl Room”

*Presented by Sandra Christensen*

It’s extremely painful to watch people we love lose their memory, engage in uncharacteristic behavior and lose their ability to recognize us. As they manifest these symptoms of dementia or Alzheimer’s disease, we offer help as we can — but we often end up feeling helpless and powerless. This training program can help us gain a better understanding of these conditions, discover what treatments are available and explore the impact on the family.

### **Program highlights:**

- ✓ Understand the difference between normal forgetfulness and Alzheimer’s disease.
- ✓ Understand the relationship between Alzheimer’s disease and related dementias.
- ✓ Learn communication strategies for communicating with a person with dementia.
- ✓ Determine strategies for caregivers to help take care of themselves.

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## **TO REGISTER:**

1. The courses are only for **current** City of Milwaukee employees (*not including MPS*). They are not open to the public.
2. Get your Supervisor’s approval to attend.
3. You **or** your Supervisor should provide your department’s **Training Information Coordinator** (*see last page*) with the following information:
  - a. **Course Number**
  - b. **Your Employee ID Number (6-digit)**
4. **DO NOT** contact Training & Development Services to enroll yourself or others. **ALL** enrollments must go **directly** through the **Training Information Coordinator** (*see page 3*). *Supervisors must also enroll themselves or others through the Training Information Coordinator.*
5. Participants will receive a confirmation letter **via email** directly from Training & Development Services (*Judy Kammermann*).

