

Caregiver News You can Use!

Kenosha County Caregiver Coalition Newsletter for Caregivers

CAREGIVER CORNER

"You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die. ~Cicely Saunders

Hospice is skilled care of people who are dying, and it is an honor and privilege to partner with patients and families during their end-of-life journey. Yet, patients are admitted just days, weeks and sometimes even hours before they die. Why? Patients and families feel if they "sign up" for hospice, they will die sooner, when in fact, the opposite is true. Research shows patients admitted to hospice live two to three days longer than similar patients not on hospice. Yet, people don't access hospice until the very end of life. Fifty percent of patients have hospice care for fewer than 18 days, and 35 percent have a length of stay of seven days or less. It is important to speak to others about your end of life wishes and goals. How many of you have completed your Advanced Directives AND talked to your family/friends about your wishes at end of life? If we only had more time...that is what we who care for the dying say, AND it is what those who are dying or whose loved one is dying say. More time to be with those we love, doing things we love vs. spending days in the hospital or being so sick from the treatments that may only prolong not cure. Making the decision to pursue hospice will never be easy, but it's important to acknowledge the potential benefits of this care option and overcome the stigma. Medicare guidelines dictate that hospice care is for terminally ill patients with life expectancies of six months or less. However, no doctor has a crystal ball, and none can predict the speed of disease progression. Many hospice patients live beyond six months -- even years -- likely due to the added support, care and comfort hospice professionals provide. Look at Jimmy Carter!

There is never a good time to die, but you can be sure you are doing everything in your power to have a good death.

Rita Hagen
Executive Director
Hospice Alliance, Inc.

MAGGIE'S MARVELOUS MESSAGE

I would like to welcome our new Dementia Care Specialist, Alex Troupis. Alex brings years of experience working with older adults and will be an asset to Kenosha County residents!

Did you know that more than 11,000 Wisconsin residents have been diagnosed with Multiple Sclerosis, giving the state what is believed to be one of the higher prevalence rates in the nation. MS is an invisible disease that is often misdiagnosed.

Please join the **ADRC MS BUSTERS** team on Saturday, April 27. Walk with us to help change Wisconsin's MS statistics!

Details and registration link:

UW Parkside, 4130 Petrifying Springs (if rain then the walk will be held inside the field house).

[ADRC MS Busters](#)

UPCOMING EVENTS

Family Caregiver Support Group (Virtual and in-person)

1st Thursday of every month, 4-5 p.m.

Powerful Tools for Caregivers (Kenosha County Job Center, 8600 Sheridan Rd)

6-weeks, Thursdays, July 11-August 15 10 a.m.-11:30 p.m. RSVP by July 8

Stepping On (Kenosha County Job Center)

6-weeks, Thursdays, March 21-April 25, 2-4 p.m. RSVP by March 14

Caregiver Coffee Club (Virtual and in-person)

1st Wednesday of every month, 10-11 a.m.

Call the ADRC at 262-605-6646 for location, questions and to register.



Supporting all family caregivers through advocacy, education, service coordination and community planning.

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