



**HOUGUM
LAW FIRM, LLC**
ESTATE PLANNING & ELDER LAW

715.843.5001
info@hougumlaw.com

October 2018 Newsletter



How Will You Say “Thank You” to Caregivers This Holiday Season?

Performing the role of a caregiver is one of the most selfless and rewarding occupations there is. Caregivers are responsible for taking care of your loved one’s daily needs, and go above and beyond to ensure he or she feels protected and supported. There are times, however, when caregivers can feel overwhelmed and unsupported. When this happens, it is important to take steps to ensure he or she feels appreciated and heard. This fall, we want to share with you some simple ways to say “thank you” to the caregiver who takes care of your loved one.

Say Thank You

This sounds simple, but when was the last time you took the time and really thanked your caregiver? Thanked him or her for providing care, for always being there when your loved one needed him or her, for dedicating his or her life to caring and providing support for you and your loved one? We know it can be easy to let things such as a simple “thank you” slip our minds, but to the caregiver, hearing those words every once in a while can be encouraging and may validate the care they are providing.

Make a Meal

(Contd. from Page 1) Your caregiver is always making meals for your loved one, but when was the last time you cooked for him or her? Something as easy as preparing the favorite meal of your caregiver and allowing them to take a couple hours to relax and enjoy it shows the caregiver that you appreciate and are thinking of him or her.

Do Yard Work

We know it can be easy to imagine your caregiver as only caring for your loved one. In reality, however, caregivers have homes and families to take care of as well. Doing something to help the caregiver out in his or her daily life, such as by working in his or her yard or offering to pick up his or her groceries or take the trash out from time-to-time can make your caregiver feel appreciated and may make his or her life a little easier.

Provide Respite Care

Have you considered respite care for your loved one? This type of care provides short-term relief for primary caregivers. It can be arranged for a few hours a day, several days, or weeks, and can be provided either at home or at a different location. This care option can provide your caregiver with a short break from caring for your loved one, and you can rest assured your loved one will remain well-taken care of.

These are just a few ideas for ways to say “thank you” to your caregiver. Above all, remember that, just as you and your loved one need support, so does your caregiver. If you have any other suggestions for ways to thank your caregiver or are in need of some additional ideas, do not hesitate to contact our office.

7 Caregiving Support Services Offered by Veterans Affairs

The Department of Veterans Affairs offers a robust family caregiving program for veterans with serious injuries, and those who require personal care services due to an inability to fully take care of themselves. This program includes senior veterans. To be eligible, veterans must be enrolled in the VA’s health care program. When a veteran is enrolled, there are seven important caregiving services available that we would like to share with you.

Adult Day Care Health Centers. The VA’s Adult Day Care Health program provides places for veterans to go during the day for social activities and recreation. It also provides skilled services for those who need it, and assistance with daily living activities such as bathing, dressing, fixing meals or taking medicines. Adult day care centers are great for veterans who struggle with isolation, and for caregivers who need downtime. You can find locations that are close to you or your veteran loved one by visiting the VA website.

Home-Based Primary Care. If age or medical issues prevent a senior or injured veteran from leaving their home, this service can deliver routine health care to them when they are available. Services can include physical rehabilitation, mental health care and social work.



(Contd. from Page 2) **Home Hospice Care.** Home hospice care offers comfort and support services for veterans in advanced stages of a terminal illness, as well as, support for their family caregiver. Health care providers and volunteers are available around the clock, and grief counseling is also available for caregivers and family members.

Homemaker and Home Health Aides. This program is organized by local VA offices in many communities, and can provide trained aides who will come to a veteran's home to help assist with personal health needs and daily activities. These aides are not nurses, but they are supervised by a registered nurse.

Home Telehealth. Not every veteran lives close enough, or is healthy enough, to visit a VA medical center or local office. In these cases, home telehealth may be ideal. This involves connecting with a care coordinator over the phone, but it mostly occurs online. Internet video conferencing is great way to speak with health care professionals and participate in veterans support groups.

Respite Care. The most important rule for family caregivers is to make sure they take care of themselves. Respite care can help them do so by providing care for their dependent veteran for up to 30 days a year at a VA community center, VA-contracted residential community or an adult day care health center.

Skilled Home Care. Put simply, this service provides medical care for veterans who cannot leave their homes. It is similar to Home-Based Primary Care, but involves assistance in acquiring services from a licensed non-VA medical professional where it is available.

We know this article may raise more questions than it answers. Do not wait to let us know how we can help you and your family with this issue or any elder law challenge you may be facing.



305 S. 18TH AVENUE, SUITE 200
WAUSAU, WISCONSIN 54401
WWW.HOUGUMLAW.COM
715-843-5001
INFO@HOUGUMLAW.COM



Attorney Alan Hougum and his compassionate team will help you protect yourself and the people you love with strategic planning strategies, such as wills, asset protection and trusts, powers of attorney, estate trusts, elder law planning, Medicaid crisis planning, Medicaid eligibility and application, probate and estate administration, avoiding probate, charitable planning and giving, special needs, and estate tax planning. Hougum Law Firm, LLC, serves the entire Wausau, Wisconsin area.

Our office is located in Wausau at
305 S. 18th Avenue, Suite 200, Wausau, Wisconsin 54401. Do you have questions you need answered before or after your appointment? Just let us know! Contact us by email at info@hougumlaw.com or call us at 715-843-5001.