

Dementia Resource Guide

Connecting you with resources relating to dementia services



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Website: co.monroe.wi.us/services/aging-and-disability-resource-center-copy

Mission Statement

To build a dementia-friendly community through collaborative partnerships that will raise awareness, provide education, and encourage community engagement that will ultimately enhance quality of life for everyone.

The Aging & Disability Resource Center (ADRC) of Monroe County offers information and assistance to residents of Monroe County regarding services available in the community. You may call or come into the office for more information. If you prefer, staff will meet with you in your home to answer questions and provide more in-depth consultation.

One of the core services provided by the ADRC is to help people plan current or future long-term care needs as it relates to dementia and other like incapacities. Our staff is familiar with all the local community services, and can help you determine which services best meet your needs.

The Monroe County community has a wide range of programs that offer services to meet the needs, maintain the independence, and improve the quality of life for residents. This Dementia Resource Guide was developed by the Aging & Disability Resource Center of Monroe County. It is intended to provide information on the topic of dementia for people who are currently living with dementia symptoms, as well as their family and/or care partners. It is *not* a complete list of all services available to people with dementia or their care partners. It is *not* meant to be an endorsement or recommendation of these particular agencies.

To obtain further information about these or other services or to update the current listing, contact the ADRC of Monroe County at **608-269-8690** or **1-888-339-7854**.

If you would like to have a representative of the ADRC of Monroe County make a presentation to your group or organization, please call **608-269-8690** or **1-888-339-7854**.

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WHAT IS DEMENTIA?

Dementia is an umbrella term that describes a wide range of symptoms associated with a decline in memory, problem solving, or other thinking skills. These declines are significant enough to reduce a person's ability to perform everyday activities.

Many conditions can cause dementia and there are many types of dementia that can develop at any age. Alzheimer's disease is the most common form of dementia, accounting for 60 – 80% of cases.

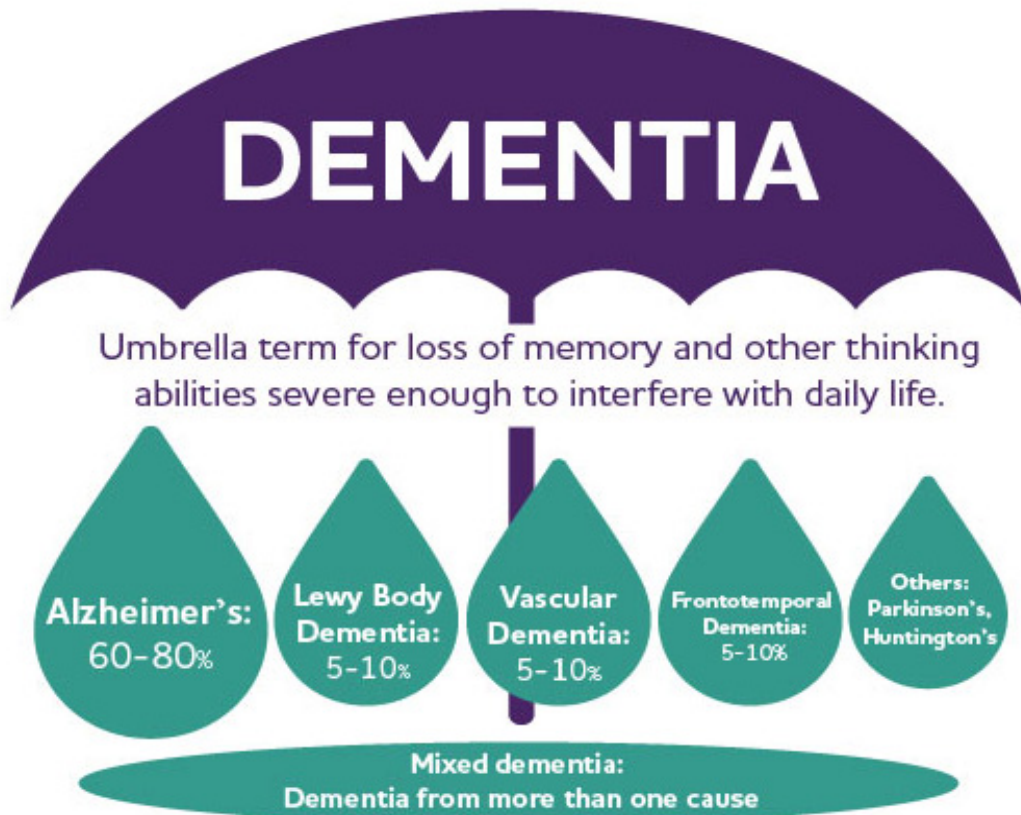
Some types of dementia are, at this time, irreversible. Alzheimer's disease, Frontotemporal Dementia, Lewy Body Dementia, Vascular Dementia, and Mixed Dementia are medical terms for these irreversible dementia conditions. There are yet other medically treatable conditions that cause decline in memory and mental function. Examples include thyroid conditions, infections (most commonly urinary tract infections), some types of vitamins and/or nutritional deficiency, tumors, and other lesions on the brain.

10 Warning Signs & Symptoms

- Memory loss that disrupts daily life
- Challenges in planning or problem solving
- Difficulty completing familiar tasks at home, work, or play
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking and writing
- Misplacing things and losing the ability to retrace steps
- Poor or decreased judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Source: www.alz.org

- ❖ If you or someone you know has 2 or more of the warning signs, please seek medical evaluation from a qualified physician or dementia assessment clinic.



*Image taken from <https://www.alz.org/alzheimers-dementia/what-is-dementia>

Types of Dementia

Irreversible	Reversible
<ul style="list-style-type: none"> ➤ Alzheimer’s disease - is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. ... ➤ Frontotemporal Dementia-is an umbrella term for a diverse group of uncommon disorders that primarily affect the frontal and temporal lobes of the brain — the areas generally associated with personality, behavior and language. ➤ Lewy Body Dementia-is the second most common type of progressive dementia after Alzheimer's disease dementia. Protein deposits, called Lewy bodies, develop in nerve cells in the brain regions involved in thinking, memory and movement (motor control). ➤ Mixed Dementia-is a condition where changes representing more than one type of dementia occur simultaneously in the brain. ➤ Other Dementia – Aids Dementia Complex, Huntington’s Disease, Multiple Sclerosis, traumatic brain injury, Down Syndrome ➤ Vascular Dementia – a general term describing problems with reasoning, judgment, planning, memory, and other thought processes caused by brain damage from impaired blood flow to your brain. 	<ul style="list-style-type: none"> ➤ Medication & Interactions-Multiple medications increase the chance for medication interactions and negative side effects, and both of these are well-documented causes of confusion and memory loss. ➤ Thyroid Condition-hypothyroidism and hyperthyroidism - memory loss, difficulty finding the right word and concentrating, poor spatial organization, A deficiency in thiamine (vitamin B1) includes confusion, memory loss, hallucinations and confabulation (making up stories). ➤ Infections-Urinary tract infections, Sepsis and Pneumonia can cause memory loss, confusion, irritability, and behavior changes. ➤ Vitamin/Mineral Deficiency- Low levels of vitamin B12 can cause memory loss and behavior changes, such as agitation and irritation. ➤ Poor Nutrition/Hydration – Diet lacking in certain B vitamins and dehydration can cause altered electrolyte levels causing confusion, memory loss and problems with coordination. ➤ Tumors and Lesions – Brain tumors can cause many symptoms including some that affect memory, judgment, personality changes, and impulse control.

DEMENTIA COALITION

Mission: To build a dementia-friendly community through collaborative partnerships that will raise awareness, provide education and encourage community engagement that will ultimately enhance quality of life for everyone!

Vision: To support Wisconsin's statewide efforts to improve the lives of those living in our communities who suffer from dementia related illnesses.

Contact: dementiafriendlymonroe@gmail.com OR (608) 387-9250

The Monroe County Dementia Coalition is made up of various area businesses, organizations, faith groups, and community members who are passionate about creating Dementia Friendly Communities in Monroe County, through the education of businesses, organizations, faith groups, and community leaders. The coalition strives to create and maintain programming leading to the support of people living with dementia in Monroe County communities and their care partners.

WHAT IS A DEMENTIA FRIENDLY COMMUNITY?

A Dementia Friendly Community is one where businesses, churches, citizens, and organizations are trained to see through the eyes of a person living with dementia. Look for the Dementia Friendly notification on business windows/doors. Anyone can encourage a business to be trained, including caregivers.

In an effort to help people with Alzheimer's disease, and related dementias, feel included, safe, and understood in their community, cities and towns throughout the State of Wisconsin, and the United States, are transitioning to Dementia Friendly Communities. Monroe County is making a commitment to understand, respect, empower, and support the unique needs of individuals with dementia.

For more information or to arrange training, contact the Aging and Disability Resource Center's Dementia Care Specialist at (608) 387-9250.



**Dementia Friendly Business
Notification**

ADULT DAY PROGRAMS/RESPITE

Almost Family Personal Care, LLC

2400 Rose St, Suite 15 | La Crosse, WI 54603

Phone: (608) 779-0900

Handishop Day Center

Sparta Day Center

620 Industrial Drive, Suite 2 | Sparta, WI 54656

Phone: (608) 269-4600

Tomah Day Center

1411 N Superior Ave | Tomah, WI 54660

Phone: (608) 372-3289

MEMORY CAFÉS

A Memory Café is a safe, comfortable, and engaging environment for those with memory loss and their caregivers. It is a place where guests can laugh, learn, and remain socially engaged with others traveling a similar journey.

The Memory Café monthly meeting will feature speakers, educational offerings, and special activities. Program content will vary based on guests' interests, needs, and concerns. Those with Alzheimer's disease, or related diagnosis, individuals with mild cognitive impairment and those who are concerned about memory loss, as well as family members or care partners, are welcome. Contact the ADRC for information at (608) 269-8690.

EDUCATION/EVENTS

Alzheimer's Association Wisconsin State Conference held annually in May. The Wisconsin State Conference on Alzheimer's disease and related Dementias is one of the nation's largest educational forums dedicated to Alzheimer's disease. Coordinated annually by the Alzheimer's Association chapters of Wisconsin, this conference attracts nearly 1,000 professional and family caregivers, medical professionals and those experiencing dementia today. Visit <https://alz.org/wi>

Walk to End Alzheimer's: To find a walk in your area, visit https://act.alz.org/site/SPageServer?pagename=walk_homepage&_ga=2.44707245.861318721.1645023070-540442480.1605565270&_gl=1*yrdm52*_ga*NTQwNDQyNDgwLjE2MDU1NjUyNzA.*_ga_9JTEWVX24V*MTY0NTAyMzA2OC4xLjEuMTY0NTAyMzYxMi4w

WI Alz Conference: Sponsored by the Greater Wisconsin Alzheimer's Association help annually in May. Call 800-272-3900.

SAFETY/WANDERING

This section contains programs that are committed to safeguarding people and locating people who wander and may become lost.

MedicAlert® Alzheimer's Association Safe Return® partnership offers clients the best of both worlds – assistance when a person wanders or is lost and access to vital medical information in the time of need.

To learn more about a MedicAlert go to medicalert.org/alz and use the promo code **ALZ**.

Project Lifesaver is designed to provide security and comfort for the family while safe guarding the memory impaired and those who are least able to help themselves. For more information call 608-269-2117 or visit www.projectlifesaver.org

Wisconsin's Silver Alert is a public notification system that helps local law enforcement in the rescue of missing persons, 65 years or older, with Alzheimer's disease, dementia, or other cognitive impairment, who is walking and driving. For more information call 608-245-8952 or visit <https://wisconsincrimealert.widj.gov/silver-alerts-notify-public-when-risk-or-vulnerable-senior-goes-missing>

ADAPTIVE EQUIPMENT/ASSISTIVE DEVICES/HOME MODIFICATIONS

Monroe County Health Department:

The local health department has available equipment that has been donated and can be checked out by community members. The inventory of the equipment and availability varies.

Phone: 608-269-8666

Toll Free: 888-339-7854

<https://www.co.monroe.wi.us/departments/health-department>

Independent Living Resources (ILR):

Centers for Independent Living help people with disabilities achieve or maintain more self-sufficient and productive lives in their communities.

Phone: 608-787-1111

Toll Free: 1-888-474-5745

www.ilresources.org

Office for the Deaf and Hard of Hearing:

Provides information and referral services on a variety of topics tailored to the unique needs of deaf, deaf-blind, or hard of hearing individuals.

<https://www.dhs.wisconsin.gov/odhh/odhhservices.htm>

Phone: 855-359-5252

Aging & Disability Resource Center of Monroe County:

Provides examples of equipment and technology that can be useful for people living with dementia and/or their care partners. These resources include comfort items, weighted blankets, fidgets objects, puzzles, Aquapaints, and brain games.

Phone: 608-269-8690

<https://www.co.monroe.wi.us/services/aging-and-disability-resource-center/dementia-care-specialist>

Wisconsin Council of the Blind and

Visually Impaired: Provides one-on-one and group support for people who are newly diagnosed, including low vision evaluations, in-home visits and assistive technology.

Provides teaching about the causes of vision loss, available medications and visual aids.

Phone: 608-255-1166

Toll Free: 800-783-5213

www.wcblind.org

ALZHEIMER'S ORGANIZATIONS

Alzheimer's Association

The Alzheimer's Association is the leading health organization in Alzheimer's care, support, and research. Their vision is to eliminate Alzheimer's disease worldwide, through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

In Wisconsin, chapter offices are in: Chippewa Falls, De Pere, Madison, Milwaukee, Rhinelander, and Wausau. If you or someone you know is experiencing Alzheimer's or like diagnosis, are a caregiver, a professional, or want information about the disease, treatment, and research, please reach out to this organization.

Website: www.alz.org

24/7 Helpline: 800-272-3900

Alzheimer's & Dementia Alliance of Wisconsin

The Alzheimer's & Dementia Alliance of Wisconsin is a nonprofit organization that strives to improve the lives of people living with Alzheimer's disease or related dementia. Individuals and families are invited to participate in the variety of programming and supports available to assist in their journey.

To learn more about programs and services:

Phone: 608-232-3400

Toll Free: 888-308-6251

Website: www.alzwisc.org

Email: support@alzwisc.org

LEGAL & FINANCIAL

Elder Law Attorneys:

Provide legal services for adults 60 and over, such as advance health care directives, power of attorney for finance, guardianship, trusts, long term care planning, Medicaid, and resident rights. For information, contact the ADRC Elder Benefit Specialist at 608-269-8690 or WI State Bar Association at 800-362-9082.

The Elder Rights Project:

Provides free civil legal service to victims of elder abuse. Potential clients can call the state-wide, toll-free number, Monday-Friday from 8:30 am-4:30 pm.

Phone: 1-844-614-5468

www.legalaction.org

RESPIRE

The Alzheimer's Family and Caregiver Support Program (AFCSP):

Provides additional care and support to families caring at home for someone with irreversible dementia. To inquire about eligibility guidelines, contact the ADRC of Monroe County at 608-269-8960.

The National Family Caregiver Support Program (NFCSP):

Provides online and in-person services and supports that help family members and informal caregivers, such as a neighbor or friend, care for older adults at home. For more information, contact the ADRC of Monroe County at 608-269-8690.

PALLIATIVE CARE AND HOSPICE FOR END STAGE DEMENTIA

Gundersen Health System

La Crosse Campus

1900 South Avenue | La Crosse, WI 54601

Phone: (608) 782-7900

www.gundersenhealth.org

Whitehall Hospital

18601 Lincoln Street | Whitehall, WI 54773

Phone: (715) 538-4361

<https://www.gundersenhealth.org/services/hospice/contact/>

Mayo Health System

310 W. Main St. | Sparta, WI 54656

Phone: (608) 269-1770

<https://www.mayoclinic.org/departments-centers/hospice/sections/overview/ovc-20481745>

St. Croix Hospice

1540 Heritage Blvd, Suite 201a | West Salem, WI 54669

Phone: (608) 433-9704

<https://www.stcroixhospice.com/la-crosse-wi/>

Tomah Health

Hospice Touch

601 Straw St. | Tomah, WI 54660

Phone: (608) 374-0250

<https://www.tomahhealth.org/images/TomahHealth-HospiceTouch-Directions-FromTH.pdf>

WEB-BASED SERVICES

National Institute on Aging (NIA) – Alzheimer’s Disease -

<https://www.nia.nih.gov/health/alzheimers>

NIA Alzheimer’s Disease En Espanol - <https://www.nia.nih.gov/espanol/alzheimer>

Center for Aging Research and Education (CARE): Part of the UW-Madison School of Nursing, CARE offers a series of training videos in its Dementia Friendly Toolkit, developed to build communication and advocacy skills to respectfully engage people living with dementia. -

<https://care.nursing.wisc.edu/dementia-friendly-toolkit/>

Family Caregiver Alliance: A public voice for caregivers that provides information, education, services and advocacy. – <https://www.caregiver.org/>

UCLA Alzheimer’s and Dementia Care Program: UCLA Alzheimer’s and Dementia Care program provides a series of videos to help caregivers understand how to better care for persons with dementia. Videos cover a range of topics such as aggressive language and behaviors, depression, home safety, repetitive questions, wandering, sleep disturbances and more. Free, live-streaming webinars are also available. - <https://www.uclahealth.org/dementia/>

Wisconsin Department of Health Services: Offers online training for family caregivers. -

<https://www.dhs.wisconsin.gov/dementia/individuals-and-families.htm>

VIDEO RESOURCES REGARDING DEMENTIA

What Is Alzheimer's disease? - YouTube:

<https://www.youtube.com/watch?v=yJXTXN4xrI8>

Alzheimer's Society – Bookcase Analogy – YouTube:

<https://www.youtube.com/watch?v=kkvyGrOEIfA&t=5s>

Teepa Snow Discusses the Ten Early Signs of Dementia – YouTube:

<https://www.youtube.com/watch?v=pqmqC-702Yg>

What Is Dementia – YouTube:

<https://www.youtube.com/watch?v=fmaEq166gB0>

How Dementia Affects Language Skills – YouTube:

https://www.youtube.com/watch?v=0BIZF_4EKp4

Understanding Cognitive Aging – Difference between normal aging and dementia – YouTube:

<https://www.youtube.com/watch?v=STmGcw46GTE>

The Early Signs of Dementia – Dementia Forum – YouTube:

<https://www.youtube.com/watch?v=Gr1oPDKWGxs>

What's the Difference between Alzheimer's Disease and Dementia? – YouTube:

<https://www.youtube.com/watch?v=RT907zjpZUM>

12 Minutes in Alzheimer's Dementia Simulation – YouTube:

Dementia Live – explains in 2.42 minutes the experience

<https://www.youtube.com/watch?v=8eKJwB9ZK5A>

How Does a Person with Dementia See the World? – YouTube:

https://www.youtube.com/watch?v=q_sWiwI3yP0

Dementia from the Inside – YouTube:

<https://www.youtube.com/watch?v=emjuUGrtfgg>



If Alzheimer's Could Speak...

By Tara Reed

Talk to me...

I can hear your words and they still touch my soul.

Smile at me...

My eyes can see you and feel your heart even if I don't remember how to smile back.

Hold my hand...

I can feel your energy when our hands connect. It makes me feel safe and less alone.

Love me...

My heart can feel your love even if my words can't express mine.

Live your life...

Help me on my path but don't press pause on your life. Be the vibrant person I know & love.

Trust the process...

I know this is hard and now what we planned but trust the process. We can't control it but we can choose our focus. Remember the good times, know that I am ok and that you are in my heart always.