



Dementia Resource Guide

Connection to Services and Support



721 Oxford Avenue, Room 1120

Eau Claire WI 54703

715-839-4735 * 888-338-4636 * tty: use Relay (711)

www.eauclaireadrc.org



www.facebook.com/dementiafriendlyecc



To advocate for people age 60+ and adults living with disabilities, and assist them in securing needed services or benefits, live with dignity and security, and achieving maximum independence and quality of life

Services are at no cost.

-  **Information, Assistance, and Long-Term Care Options Counseling**
Information about housing, supportive home care, and MUCH more.
Payment options including public funding.
-  **Family Caregiver Support**
Respite, support groups, education, consultations, adaptive equipment, and assistance locating caregiver resources.
-  **Dementia Care Specialist**
Support for people living with memory loss, dementia, and their care partners in order to ensure the highest quality of life possible while living at home.
-  **Elder and Disability Benefits Counseling**
Accurate and current information on private and public benefits and programs, Medicare, Medicare Part D, supplemental insurance, and more.
-  **Health Promotion and Prevention**
Evidence-based programs such as Stepping On Fall Prevention, Healthy Living with Chronic Pain, Healthy Living with Diabetes, Mind Over Matter, Med Wise Rx, Strong Bodies, Powerful Tools for Caregiving
-  **Nutrition Services**
Meals on Wheels, Senior Dining, liquid supplements, education, and counseling.
-  **Volunteer Opportunities**
Meals on Wheels drivers, accessors, senior dining sites, prevention programs, memory loss/dementia programs.
-  **Youth Transition**
Information about adult benefits, programs, and services.

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ABOUT THIS RESOURCE GUIDE

This resource guide is created to assist you, or a friend or family member, who has concerns about memory loss and/or has been diagnosed with a form of dementia. It is normal to have questions and this guide provides you with some basic information and may help someone in Eau Claire County who is not sure where to go for resources and basic information.

There are a lot of resources related to dementia and it can be overwhelming. The goal of this guide is to point you in the right direction about a specific topic related to dementia.

This is a helpful resource guide and by all means, is not an all-inclusive list of resources. For more information or questions about memory loss, dementia, and/or caregiving, contact the Dementia Care Specialist (DCS) at 715-839-4750 or lisa.wells@eauclairecounty.gov.

Dementia Care Specialists (DCS) are employed at Aging & Disability Resource Centers (ADRC) in all 72 counties. To contact a DCS in a different county, contact your county ADRC or visit <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>.



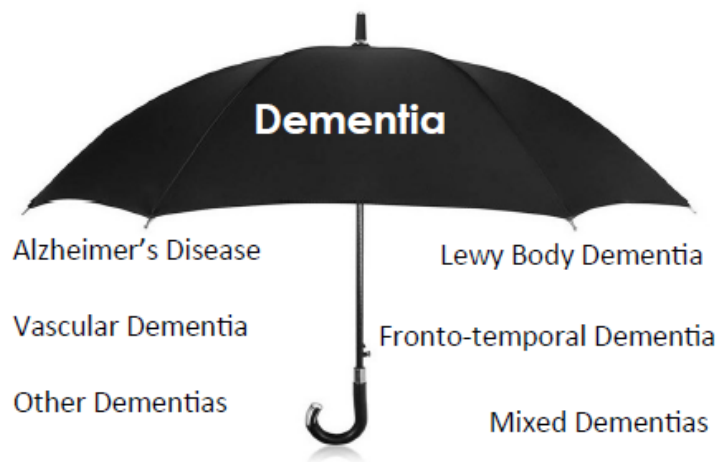
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The logo next to a section means the information is available through the ADRC.

DEMENTIA

Dementia is not easy to describe or understand. Dementia is an umbrella term that covers many progressive disorders of the brain and is most easily described as changes in memory, thinking, language, judgement, and behavior.

There are many types and causes of dementia, and not all types of dementia present the same way. Dementia is usually diagnosed in older adults but there is also early onset dementia that may be diagnosed in younger adults. Most causes of dementia cannot be stopped and will progress over time.



When we hear the word dementia we often think about someone being forgetful; however, forgetfulness does not mean one has dementia. Forgetfulness that gets worse over time, or changes in one's ability to do tasks they had done before without help is a concern. Changes in behavior like getting mad or becoming fearful is also a concern.

Question to Ask the Doctor

- What type of dementia do I have/does my family member have?
- How will the dementia change over time?
- What treatments are available for this type of dementia?

MEMORY CONCERNS



Brain Health Checkup

A brain health check-up (memory screen) is a wellness tool that helps identify possible changes in memory and cognition. We screen for other things, why not your memory? The screen creates a baseline of where a person is at so that future changes can be monitored.

It's free, confidential, and takes only 15 –20 minutes. The memory screen is NOT a dementia test. To receive a diagnosis of a type of dementia, this must be done through a physician. Results of the memory screen can be sent to your physician if you choose.

Memory Disorder Clinics

Memory Disorder Clinics are well-informed in the diagnosis and treatment of dementia and seek to assess and diagnose dementia, facilitate and enhance medical and behavioral interventions, maintain or improve current functioning, and involve caregivers and family.

Marshfield Clinic

2116 Craig Road, Eau Claire
715-858-4500

Mayo Clinic Health System

1400 Bellinger Street, Eau Claire
5th Floor Neurosciences
715-838-1900

For clinic hours, insurance, and scheduling appointments, call the numbers above. For information about the WI Memory Clinic Network, visit <https://wai.wisc.edu/clinic-network>.

AFTER THE DIAGNOSIS

- Partner with your doctor and learn more about what type of dementia you have, medications, ask questions, gather information.
- Learn all you can about the disease and what to expect now and into the future.
- Talk to others about how you are feeling (pastor, counselor, social worker, family, friends, etc.).
- Work with your family and/or an attorney to review or create a power of attorney for healthcare and finance.
- Learn about options and resources available in the community.
- Work with your family to create a plan of care for future care needs.
- Exercise regularly, consider the Brain and Body Group Fitness Program.
- Eat healthy, consider the MIND diet.
- Join a support group and other programs through the ADRC.
- Learn how you can continue to live safely in your home.
- Learn about safe driving tips, visit www.alz.org/driving

Knowledge is power...know your options! For more ideas on living well with memory loss and/or a type of dementia, visit the following websites or pick up a copy of the workbooks at the ADRC.

- www.actonalz.org/pdf/living-well.pdf
- www.actonalz.org/pdf/taking-action.pdf

TYPES OF DEMENTIA

There are many types of dementia. Some of the more common diagnoses are described here. Do not be afraid to ask your healthcare provider questions about a specific type of dementia.

- **Alzheimer's Disease:** The most common type of dementia. Occurs most often in older age, and the disease slowly and progressively destroys the brain. As the disease progresses, new symptoms will be present and old symptoms will worsen.
- **Vascular Dementia:** Sometimes called Multi-Infarct Dementia. This type of dementia is the result of small or large strokes, or poor blood supply to the brain.
- **Lewy Body Dementia:** This form of dementia affects thinking, reasoning, and movement. Symptoms may include hallucinations, paranoia, and sleep disturbances.
- **Frontotemporal Dementia:** Also known as Pick's Disease, this type of dementia affects more men than women and is common between 40 to 60 years of age. Behavioral changes in personality, judgment, language, and memory are common.
- **Parkinson's Disease Dementia:** Associated with Parkinson's disease and occurs later in the diagnosis. This type of dementia is similar in characteristics to Lewy Body Dementia.
- **Normal Pressure Hydrocephalus:** Caused by a buildup of cerebrospinal fluid in the brain, which causes enlargement. Symptoms are often confused with Alzheimer's disease and Parkinson's disease. Symptoms improve best when treated early.
- **Alzheimer's Disease-Intellectual/Developmental Disabilities** People with intellectual and developmental disabilities develop Alzheimer's disease at rates similar to older adults in the general population. However, adults with Down syndrome develop Alzheimer's disease at greater rates, www.mindandmemory.org.

ACTIVITIES AND DEMENTIA

Being active is important for both mental and physical health. Having a diagnosis of a type of dementia does not mean giving up all activities or the need for a good quality of life. Staying active enhances quality of life and may distract from behaviors like wandering or getting upset.

Activities like taking care of yourself, working on a hobby, exercising, and playing games have been shown to improve cognition. Activity that is meaningful to the person and is done in a safe place is important. Activities should be done at a specific time of the day, and in a set order, to help with memory and decrease confusion.

Books:

- Best Friends Book of Alzheimer's Activities, Volume 1 & 2
 - by D. Troxel and V. Ball
- Creating Moments of Joy
 - by Joy D. Brackey
- 200 Activities for People with Alzheimer's/Dementia: Experience Joy, Happiness, Accomplishment, and Purpose Through Activities
 - by Linwood C. Galeucia

Websites:

- <https://teepasnow.com>
- www.pinterest.com
- <https://relish-life.com>
- <https://dailycaring.com/activities-for-people-with-dementia-10-fun-no-fail-ideas>
- www.alz.org/help-support/caregiving/daily-care/activities

DRIVING AND DEMENTIA

Deciding when driving is unsafe for someone with dementia can be hard, especially if the driver is not aware that there is a problem. For many, driving is as important as their independence. However, allowing someone unsafe to drive puts them and others at risk.

The ADRC assists customers with identifying and providing a variety of information from driver safety programs to resources for getting around without a car, and tools for determining when it is time to stop or limit driving. Contact your physician with any driving concerns.

AARP

An online resource that includes information on driver safety, a quiz, and driver safety programs. Driver safety information line: 1-800-350-7025 or www.aarp.org.

Alzheimer's Association Dementia & Driving Resource Center

Online resource with vignettes on how to talk about driving, ideas on planning ahead, signs of unsafe driving, and information on driving evaluations, www.alz.org/helpsupport/caregiving/safety/dementia-driving.

Fitness to Drive

The FTD is a web-based tool for caregivers and/or family members of older drivers to identify at-risk older drivers, <https://ftds.phhp.ufl.edu/us>.

Greater WI Agency on Aging Resources (GWAAR)

Information on resources and assessments to ensure safety while driving, information for planning to retire from driving, tips on how to talk with a loved one about retiring the keys, www.gwaar.org/transportation3.

Driving and Dementia Con't.

Hartford Publications

At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia, and Driving

- www.thehartford.com/resources/mature-market-excellence/dementia-driving.

Wisconsin Department of Transportation Division of Motor Vehicles (DMV)

3115 Melby Street, Eau Claire. DMV phone contacts are handled through the phone center in Madison, 608-264-7447.

Driver Medical Concerns Overview

- <https://wisconsindot.gov/Pages/dmv/license-drvs/mdcl-cncrns/med-concerns.aspx>

Be Safe Not Sorry Brochure

<https://wisconsindot.gov/Documents/dmv/shared/bds225.pdf>

KIDS AND DEMENTIA

Online resources for children and teens to help learn about Alzheimer's disease and other dementias and how it affects children and teens.

- **Alzheimer's Association**
 - www.alz.org/help-support/resources/kids-teens
- **National Institute on Aging**
 - www.nia.nih.gov/health/alzheimers-and-relationships/helping-children-understand-alzheimers-disease
- **Grandpa and Lucy: A Story about Love and Dementia**
 - by Edie Weinstein

DEMENTIA FRIENDLY COMMUNITY

In a dementia-friendly community, every part of the community plays a role and works together to create a dementia friendly culture. It's all about partnerships: partnerships with those diagnosed; partnerships with those caring for loved ones with dementia; partnerships with religious organizations; partnerships with businesses, partnerships with healthcare providers, and the community to promote awareness of dementia.

Dementia friendly is much more than simply being kind to those impacted by dementia. A dementia-friendly community is one where those living with dementia and their care partners feel respected, supported, and included in everyday community life. Eau Claire County has made a commitment to understand, respect, empower, and support the unique needs of individuals and their families.

EMERGENCY PLANNING

If a disaster strikes your community, you may not have access to food, water, or electricity for an extended period of time. Taking time to prepare emergency disaster supplies can ensure that you can provide for your entire family in an emergency.

Alzheimer's Association Emergency Preparedness

- www.alz.org/media/Documents/alzheimers-dementia-emergency-preparedness-ts.pdf

Department of Homeland Security

- www.ready.gov/caregivers

Eau Claire County Smart 911 Emergency Alert

- <https://smart911.com/smart911/ref/reg.action?pa=eauclaire>

Preventing Crisis

People living with dementia and their care partners can find themselves experiencing a crisis unexpectedly. Understanding what causes behavioral and psychological symptoms of dementia is important in preventing them from occurring.

Crisis situations can lead to unnecessary hospital admissions or institutionalization. Immediate intervention, such as having a plan in place, may help avoid admission, while stabilizing measures can prevent future crisis. Knowing who to call when a crisis hits is equally important.

Emergency: 911

Immediate response for law enforcement or medical attention, perceived risk of harm to self or others.

Northwest Connections 24 Hour Mental Health

If you are having an immediate mental health crisis, contact NW Connections. Services include risk assessment, intervention and safety planning, targeting needs, applying the least restrictive treatment approach, and utilizing the continuum of resources.

- 888-552-6642

Adult Protective Services (APS)

The primary function of Adult Protective Services is to conduct investigations on referrals of abuse, neglect, self-neglect, and exploitation of vulnerable, disabled adults and elder persons.

- 715-839-4118
- humanservices@eauclairecounty.gov

Non-Emergency Eau Claire Police Department

- 715-839-4972

END OF LIFE PLANNING

Hospice Services

are provided in the setting that the individual calls home, which may be their private residence or that of a loved one, a hospital, assisted living, or skilled nursing facility.

In order to receive hospice services, a hospice physician, along with the individual's physician, must certify that the individual meets specific medical eligibility criteria. Hospice services also provide counseling, support, and social work services to the family. For a complete list of hospice services, contact the Aging & Disability Resource Center.

Funeral Planning: Contacting your funeral home of choice planning ahead can relieve stress from family during a difficult time. Securing a burial trust, planning services and letting wishes known well in advance can make the process smoother for your loved ones.

FINANCIAL AND LEGAL PLANNING

There are a number of legal actions that need to be considered early in the diagnosis of a type dementia. Making decisions about healthcare, money, and property soon after the diagnosis can reduce confusion and stress. Early decision-making also assures the individual with dementia can communicate what his/her wishes are.

Elder Law Attorneys

Elder law attorneys specialize in legal services for older adults such as advance health care directives, powers of attorney, guardianship, living wills, trusts, planning for long-term care, Medicaid planning, resident rights in long-term care facilities, and estate, income, and gift tax matters. For a complete list of Elder Law Attorneys, contact the Aging & Disability Resource Center.

The Aging & Disability Resource Center does not endorse certain attorneys. This listing is from the Google Search tool. The State Bar of Wisconsin's Lawyer Referral and Information Service (LRIS) is also a good place to start. You can search for an attorney through their website, www.LRISResponse@wisbar.org, or 800-728-7788.

Guardianship

A guardianship action for an incompetent person is used to appoint someone to make medical and/or financial decisions for the incompetent person. Guardianship packets are available in Register of Probate for \$3.00. Once completed and turned into Register of Probate, a hearing is scheduled and a Guardian Ad Litem is assigned, costs can vary.

A protective placement action is necessary when an incompetent individual meets the standards for placement/services. This is done through Adult Protective Services at the Department of Human Services.

Although the law allows for individuals to petition the court without an attorney, hiring an attorney is highly recommended.

For more information, contact:

Wisconsin Guardianship Support Center

- Toll-Free Helpline
 - (855) 409-9410
 - www.gwaar.org/guardianship-resources
- Eau Claire County Department of Human Services Access Unit
 - 715-839-7118

Power of Attorney

What is a Power of Attorney for Health Care (POA-HC)?

A document that authorizes another person (called the “agent”, for example a daughter) to make health care decisions for the person executing the document (called the “principal,” for example a mother), consistent with the terms of the document and based on the wishes of the principal, effective when the principal is unable to make health care decisions. It can include, but need not, a statement of wishes regarding future care. It is *essential* that principals talk to their agents about their wishes. POA-HC forms are available at the Aging & Disability Resource Center.

How does my POA-HC become effective or activated?

For a POA-HC to become activated, the principal must be determined “incapacitated.” Incapacity is determined by two doctors or one doctor and a licensed psychologist that an individual is “unable to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manage his or her health care decisions.” The certification of incapacity must be attached to the POA-HC document.

Section 155.01 (8) of Wisconsin Statutes:

If an individual remains able to make their own health care decisions, the agent’s authority to make health care decisions ***is not effective***.

What is a Power of Attorney for Finance (POA-F)?

Power of Attorney for Finances is a document that you (the “principal”) complete and sign, naming another individual (the “agent”) to manage your finances. You determine the type of decisions your agent will have authority over. This document does not give your agent the power to make medical or other health care decisions for you.

Financial and Legal Planning Con't.

The agent's authority takes effect *immediately* after you execute the document *unless* you expressly indicate otherwise. You retain the legal right to handle all of your finances as long as you are willing and able. Essentially, you and/or your agent have authority to make decisions about your finances.

If you do not complete a POA-F but later become incompetent, there may not be anyone with legal authority to make necessary decisions and complete the necessary transactions for you (paying bills, selling real estate, closing bank accounts, filing tax returns).

For more information or for the forms contact an elder law attorney or:

Wisconsin Guardianship Support Center

- Toll Free Helpline: (855)-409-9410
- www.gwaar.org/guardianship-resources

Without a POA-HC or POA-F, it may be necessary for your family or others to ask the court to appoint a Guardian of the Person and Guardian of the Estate. This process can be costly, time-consuming, cumbersome, and emotionally draining.

FUNDING SOURCES



National Family Caregiver Support Program (NFCSP)

Limited funds available to provide short-term and temporary respite breaks for the family caregiver and supplemental services such as adaptive equipment, home medical supplies, etc.

Alzheimer's Family Caregiver Support Program (AFCSP)

Funds for AFCSP are made available in each county to assist individuals in purchasing services and goods related to caring for someone with Alzheimer's disease or other dementia. Eligibility includes a diagnosis and a gross annual income of \$48,000 or less.



Publicly Funded Long-Term Care Programs

In Eau Claire County, two Medicaid program options are designed to provide you with the services you need to remain living in, or return to, the community. An individual must be both functionally and financially eligible to enroll in a Long-Term Care Program. These programs are referred to as Family Care and IRIS.

Respite Care Association of Wisconsin (RCAW) Grant Program

Caregiver Respite Grant Program provides financial support for family caregivers for up to five days of respite within a 90-day period. The grant helps you pay for one-on-one personal care from the caregiver of your choice for a loved one living with disabilities or special needs.

- 608-222-2033
- <https://respitecarewi.org/grants/caregiver-respite-grant-program-crgp>
- <https://respitecarewi.org/grants/supplemental-respite-grant-program>

Long-Term Care Insurance

Long-term care insurance helps individuals pay for a variety of services. Coverage may include staying in a nursing home/assisted living facility, adult day services or in-home care. Contact your insurance agent for more information.

Veteran Services

Veteran's Services can assist county Veterans and their families in obtaining federal and state Veteran Entitlements.

- 715-839-4744
- veterans@eauclairecounty.gov
- www.benefits.va.gov

LIVING ARRANGEMENTS

Staying at home for as long as possible is the goal for many individuals and their families. Staying in a familiar place is comforting for many and may decrease confusion. However, there may come a time when the person's needs are too great and/or it becomes too difficult on the caregiver to provide adequate and safe care. Transitioning to a memory care facility may be required. For a list of skilled nursing facilities, contact the ADRC.

Memory Care Assisted Living Facilities

Azura Memory Care

4803 & 4811 Bullis Farm Rd, Eau Claire

- 715-563-2618
- <https://azuraliving.com/locations/eau-claire>

BeeHive Homes of Eau Claire Assisted Living/Memory Care

5075 Stonewood Drive, Eau Claire

- 715-874-4486
- <https://beehivehomes.com/locations/eau-claire>

Cambridge Senior Living

3172 Old Town Hall Rd., Eau Claire

- 715-577-8418
- <https://cambridge.care>

Care Partners Assisted Living/Memory Care

5110 Stonewood Drive, Eau Claire

- 715-874-5075

887 Briar Lane, Altoona

- 715-598-7441
- www.carepartners-countryterrace.com

Caretta Assisted Living/Memory Care

4688 Keystone Crossing, Eau Claire

- 763-235-2509
- www.carettaseniorliving.com/eau-claire-wi

Living Arrangements Con't.

Grace Lutheran Communities:

Edgewood Assisted Living & Memory Care

2512 Spooner Avenue, Altoona

- 715-832-5813

Prairie Pointe Assisted Living & Memory Care

286 N. Willson Drive, Altoona

- 715-598-7900
- www.gracelutherancommunities.com

Heatherwood Assisted Living & Memory Care

4510 Gateway Drive, Eau Claire

- 715-318-9862
- www.compass-living.com

Heritage Court Memory Care

3515 E. Hamilton Avenue, Eau Claire

- 715-226-4860
- <https://heritagesenior.com/heritage-court-eau-claire>

Milestone Memory Care

5512 Renee Drive, Eau Claire

- 715-200-3954
- <https://www.jaybirdseniorliving.com/senior-living/wi/eau-claire/milestone/memory-care/>

Our House Memory Care

733 W. Hamilton Avenue, Eau Claire

- 715-832-3970
- <https://ourhousesl.com>

The Classic at Hillcrest Greens Memory Care

2455 Sawgrass Place, Altoona

- 715-839-0200
- www.theclassichg.com

Assisted Living Facility Checklist

- <https://www.dhs.wisconsin.gov/publications/p6/p60579.pdf>

MEDICATION AND TREATMENT

There are medication and treatment options to help manage the symptoms of dementia. At this time, there are no proven medications or treatments to cure dementia. There are many types of dementia and not all medications are approved to treat all types. Consult with your physician to see which medications are best suited for you or a loved one. Your pharmacist can also discuss prescribed medications with you. This guide is not intended to recommend specific treatments or medications, but to provide resources and encourage discussions with the medical providers.

Alzheimer's Association - Medication for Memory

- <https://www.alz.org/alzheimers-dementia/treatments/medications-for-memory>

Antipsychotic Medicines for People with Dementia

Sometimes antipsychotic medications are prescribed for people with dementia. It is important to understand the risks and benefits of use.

- <https://www.mpqhf.org/QIO/wp-content/uploads/2018/10/Antipsychotic-Zone-Tool-508.pdf>

Common Questions

- Are there any special instructions to follow? Do I understand those instructions?
- Is a generic (and possibly cheaper) version of the medication available?
- How will we know if the drug is helping?
- Have I made a list of medications and shared it with my healthcare providers?

Medication Pill Dispensers

Consider pill boxes, pill box with alarm, and automated pill dispenser

- www.epill.com
- www.medminder.com/pill-dispenser
- www.alzstore.com/electronic-pill-dispenser-p/0032.htm?Click=58253

SAFETY



Adaptive Equipment Loan Program

- 715-839-4735
- www.eauclaireadrc.org

Other

- www.alzaid.com
- www.best-alzheimer's-products.com
- www.cilww.com
- www.alzstore.com

Smartphone Apps

Available on Android and iOS devices. Some apps may have additional costs. Contact the Aging & Disability Resource Center the Caregiver App Resource Guide.

Home Safety Checklists

National Institute on Aging

- www.nia.nih.gov/health/home-safety-checklist-alzheimers-disease

Alzheimer's Association

- <https://www.alz.org/help-support/caregiving/safety/home-safety>
- <https://www.alz.org/media/Documents/alzheimers-dementia-firearm-safety-ts.pdf>

Alzheimer's Foundation of America

- <https://alzfdn.org/TheApartment>

Location/Tracking Devices

It is common for people with dementia to wander. Changes in the brain can cause confusion even in familiar places. Below is a sampling of available options.

Project Lifesaver Eau Claire County Sheriff's Department

- 715-839-4701

Silver Alert

- <https://wisconsincrimealert.widj.gov>

Websites

- www.alz.org/help-support/caregiving/safety/technology-101
- www.angelsense.com
- www.jiobit.com
- <https://feeltranquil.com>
- www.itraq.com
- www.medicalguardian.com
- <https://pocketfinder.com>
- <https://theoracare.com>

SERVICES

Adult Day Services

Adult day programs can provide a caring, safe, and structured environment where adults have an opportunity for socialization and respite for the caregiver.

Augusta Health & Rehab

- 715-286-2266
- www.augustahealthandrehab.com

CRI Beyond Limits Day Service

- 715-438-6029
- <https://crind.org/beyond-limits>

Grace Adult Day Services

- 715-738-1925
- www.graceluthfound.com/adult-day-services

Hmong Adults Day Services

- 715-514-3491

REACH Helen's House

- 715-456-3874
- www.reach-inc.org/helens-house

In-Home Care

In-home care can include supportive, personal, and skilled care. Contact the Aging & Disability Resource Center for a list of agencies that serve Eau Claire County. Endorsements are not assumed nor implied, not an all-inclusive list.

- **Supportive Care**

- Household tasks that do not involve making physical contact.
Examples: grocery shopping, meal preparation, companionship, light cleaning, laundry

- **Personal Care**

- Tasks that involve a helper making physical contact, often hygiene-related. Examples: bathing, dressing, grooming, toileting, changing bed linens, assistance with mobility

- **Skilled Care**

- Tasks completed by trained medical professionals. Examples: medication management, wound care, IV therapy, blood draw, skilled therapy services

Chore Services

Contact the Aging & Disability Resource Center for a list of companies that serve Eau Claire County. Endorsements are not assumed nor implied, not an all-inclusive list.

Palliative Care

Palliative care is specialized medical care for people living with a serious illness. Palliative care is meant to enhance a person's current care by focusing on the quality of life for them and their family.

Therapy

Occupational Therapy (OT)

Occupational therapy can help people with dementia maintain their independence and quality of life as the disease progresses. An occupational therapist (OT) can help identify tasks that a person finds challenging and devise strategies to make those tasks more manageable.

Services Con't.

Physical Therapy (PT)

Physical therapy can help dementia patients improve their physical and mental health, maintain their functional abilities, manage their behavioral and psychological symptoms, and enhance their well-being.

Speech Therapy (ST)

Speech therapists work to teach people with dementia how to compensate for their deficits and recover lost memories by modifying the environment and using techniques such as using written words or pictures to help carry out tasks, memory books, and other types of external memory aids, and how to eat safely.

For more information on therapy services, speak to your physician and request a referral.

SOCIAL AND SUPPORT PROGRAMS

Educational Events

Annual Academy of Lifelong Learners (ALL)

The largest senior day in the state of Wisconsin that includes inspiring breakout sessions, food, entertainment, vendors, and music.

- June, UW-Eau Claire Davies Center



Annual Better Brain Fridays Seminar Series (May - August)

Bi-weekly seminar series on a variety of brain health topics with leading guest experts.

- Community Room Dove Healthcare West - Eau Claire
- 1405 Truax Blvd, Eau Claire

Social and Support Programs Con't.



Boost Your Brain and Memory

A 7-week class is a unique program that takes on a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance. Classes are offered throughout the year at different locations.



Caregiver Book Clubs

One-hour discussion of recommended book, conversation, and sharing. A variety of books are offered throughout the year, virtual and in-person.



Caregiver Retreat: Caring For Those Who Give the Most

A day of wellness for family caregivers that includes walking trails, time with the horses, a variety of workshops, lunch, and opportunity to connect with others.

- September/October, Trinity Equestrian Center
S5300 WI-37, Eau Claire



DICE Class

Describe, Investigate, Create, and Evaluate is a 3-week class that can help caregivers identify the causes of behavioral and psychological symptoms of dementia. Classes are held throughout the year, and dates/times vary.

Family Caregiver Skills Fair

Held annually in May at locations centrally located between Chippewa and Eau Claire. The Skills Fair is for family caregivers to learn practical skills with hands-on demonstrations by nurses and therapists and includes presentations and lunch.

Social and Support Programs Con't.



Savvy Caregiver Class

A 6-week evidence-based curriculum designed to provide relevant dementia knowledge and mastery to support family members living with dementia. Classes are offered twice a year at a variety of locations.

Trualta

Free, online educational resources (articles and videos) to help caregivers develop essential skills, learn about health issues, manage care for loved ones, and self-care.

- Register at <https://wisconsin caregiver.trualta.com>

Social Programs for People with Dementia and Their Caregivers



Brain and Body Group Fitness

An exercise, brain health, and social engagement program for people living with Alzheimer's disease and related dementias, and their care partners.

- Classes are Mondays and Wednesdays for 12 weeks
- Lake Street Methodist Church, 337 Lake Street, Eau Claire
- Winter/Spring, Summer, and Fall/Winter sessions available



Memory Cafe

The cafe is a social gathering for people with dementia and their care partners that provides an opportunity to enjoy a creative activity and have conversation, that promotes cognition reducing isolation and boredom.

- 2nd Tuesday of the month
- 10:00 - 11:00 am
- Chippewa Valley Museum, 1204 E. Half Moon, Eau Claire

Social and Support Programs Con't.



Musical Memories

For individuals to find renewed meaning and connection in their lives through the gift of personalized music. Participants receive an iPod loaded with their favorite music, a charger, and headphones.



Nature Prescription Program

Hands-on, nature and garden-inspired experiences that provide opportunities to stimulate the senses, enjoy social interactions, and provide physical activities while imparting a sense of purpose.

- 3rd Thursday of the month
- 1:00 - 2:30 pm
- UW-Extension Office, 227 1st Street W, Altoona
- *Different locations 3-4 times a year

Stand in the Light Memory Choir

The purpose of the choir is to provide an opportunity for those living with Alzheimer's disease and other dementias and their care partner to participate in an activity together and share in the gift of music.

Rehearsals meet weekly January - April, July, and August - November on Thursday mornings 9:45-11:00 am at Lutheran Church of the Good Shepherd, 1120 Cedar Street, Eau Claire. The choir performs two concerts and also sings as other opportunities arise throughout the year. Rehearsals are hybrid with the ability to attend in-person or online.

- \$25 registration fee
- 715-210-4165
- www.standinthelightchoir@gmail.com
- www.facebook.com/SITLchoir
- www.standinthelightmemorychoir.org

Support Programs

Lewy Body Dementia Caregiver Virtual Support Group

For individuals caring for a person with Lewy Body Dementia.

- 2nd and 4th Wednesday of the month
- Contact Rob Griesel for more information or to receive a meeting link
 - 920-386-4308
 - rgriesel@co.dodge.wi.us



Men's Coffee Group

Connections and coffee for men caring for a person living with Alzheimer's disease or other dementia.

- 2nd and 4th Wednesday of the month
- 11:00 AM - Noon
- Peace Lutheran Church, 501 E. Fillmore Avenue, Eau Claire
- Contact Bob Vogler for more information
 - 414-378-2114
 - beevee6610@gmail.com



Memory Loss and Dementia Caregiver Support Group

A support group for people with memory loss and caregivers.

- Last Wednesday of the month
- 1:30 - 3:00 PM
- Lake Street Methodist Church, 337 Lake Street, Eau Claire



Savvy Caregiver Virtual Support Group

The Savvy Caregiver Support Group is a virtual meeting for family caregivers caring for a person living with dementia. The group provides information, support, and resources.

- 1st Tuesday of the month
- 10:00 - 11:00 AM

Other Virtual Support Groups and Training

Support

There are many virtual support groups throughout the day and week. To learn more about the virtual support groups, contact the Aging & Disability Resource Center for an updated list for support groups throughout Wisconsin.

AARP

- www.facebook.com/groups/aarpfamilycaregivers

Alzheimer's Association Support Groups

- www.alz.org/events/event_search

Caregiver Action Network

- www.caregiveraction.org/join-our-facebook-community

Lewy Body Dementia Association

- www.lbda.org/local-support-groups

Frontotemporal Degeneration Association

- www.theaftd.org/wisconsin

Online Training

Alzheimer's Association - Training & Education Center

- <https://training.alz.org>

WI Department of Health Services

- www.dhs.wisconsin.gov/dementia/families.htm

WI Family Caregiver Support Programs

- <https://wisconsin caregiver.org>

TIPS AND STRATEGIES IN COMMUNICATION

Dementia affects everyone differently so it's important to communicate in a way that is right for the person. You and the person you care for will have to adjust how you communicate with each other as their dementia progresses. This can be upsetting and frustrating for the person with dementia and their caregivers.

If the person with dementia is not able to express themselves, they can lose confidence, feel anxious or depressed, or become withdrawn. They may have trouble finding the right word, may repeat words and phrases, or may use one word when they mean another.

Because they are unable to communicate in the way they are used to, you may find that they get frustrated or that their behavior becomes challenging or difficult to understand.

There are several helpful websites and videos that can address communication such as:

- www.alz.org/help-support/caregiving/daily-care/communications
- www.ruralhealth.va.gov/vets/resources.asp
- www.uclahealth.org/dementia/caregiver-education-videos
- www.teepasnow.com
- www.careblazers.com

For more information on communication, contact the ADRC.

TRANSPORTATION

Many caregivers either provide or arrange transportation for their loved ones, but they may not always be able to transport them where and when they need, or want, to go. In such situations, it is essential to become knowledgeable about the transportation options available in the community. For a complete list of transportation options, contact the Aging & Disability Resource Center.

No matter what transportation option is chosen, there are a few things that can be done to increase the person's safety and comfort such as creating a travel kit. For more information, visit the National Aging & Disability Transportation Center at www.nadtc.org.



A small bag with an ID tag attached, packed with travel kit items



Identification, preferably a picture ID, with the name, address and telephone number of the traveler



A fare card or the exact fare needed to get to the destination and return home



The traveler's destination, including the full address and telephone number



Emergency numbers, including the name and telephone number of the traveler's main caregiver and primary physician



Prescription medication that may need to be taken during the trip

Optional items may include:



Incontinence products (and possibly a change of clothing)



A cell phone (if the traveler is used to having one)



Eyeglasses if the traveler needs them for reading

Other items to include for the traveler's comfort:



A snack and bottle of water, especially for someone who is diabetic



A sweater/jacket/shawl or small blanket



A book or puzzle

VETERAN'S SERVICE OFFICE

Veteran's Services can provide assistance to county Veterans and their families in obtaining federal and state Veteran Entitlements. Contact the Eau Claire County VA office at 715-839-4744 or veterans@eau Clairecounty.gov.

U.S. Department of Veteran's Affairs

www.caregiver.va.gov/Tips_by_Diagnosis/Dementia.asp

WEBSITES

Alzheimer's Association

- www.alz.org

Alzheimer's Disease Research Center (ADRC)

- www.adrc.wisc.edu

Alzheimer's Foundation of America

- www.alzfdn.org

Alzheimer's Gov

- www.alzheimers.gov

Alzheimer's Speaks - Dementia Chats

- www.alzheimersspeaks.com

Association for Frontotemporal Degeneration

- www.theaftd.org

Careblazers with Dr. Natali Edmonds

- www.careblazers.com

Caring

- www.caring.com/caregivers/alzheimers-caregiving

Dementia Friendly America

- www.dfamerica.org

Websites Con't.

Home Instead

- www.helpforalzheimersfamilies.com

Lewy Body Dementia Association

- www.lbda.org

National Institutes on Aging Alzheimer's Disease Education and Referral Center

- www.nia.nih.gov/health/alzheimers/caregiving

Teepa Snow, Dementia Expert

- www.teepasnow.com

UCLA Caregiver Alzheimer – Dementia Videos

- www.uclahealth.org/medical-services/geriatrics/dementia/caregiver-education

Us Against Alzheimer's

- www.usagainstalzheimers.org

Wisconsin Alzheimer's Institute

- www.wai.wisc.edu

MY NEXT STEPS



























CAREGIVER CHECKLIST

The following items are tasks you might consider completing when a diagnosis of dementia has been made:

- Do I know the specific type and stage of dementia?
- Have I asked the physician about what to expect in the future?
- Have I asked about medication and other treatments and therapeutic interventions available?
- Have we created a list of questions that we need answers for?
- Have I created a plan/schedule for medication/doctor appointments, activity, exercise, nutrition, social time with family and friends, social/support programs through the ADRC?
- Have I thought about living arrangements?
 - Is staying at home an option? If so, are home modifications needed?
 - What supports are needed (adult day services, Meals on Wheels, respite)?
- Have I determined what insurance and financial supports are available?
- Have legal issues been addressed?
- Who has Power of Attorney for Healthcare? Finance? Living Will? Where is the paperwork and does everyone have copies? What do I do if I don't have these things in place?
- Do I have a backup plan if I am unable to provide care?

