

Brain Health & Dementia Care Resources for Chippewa County

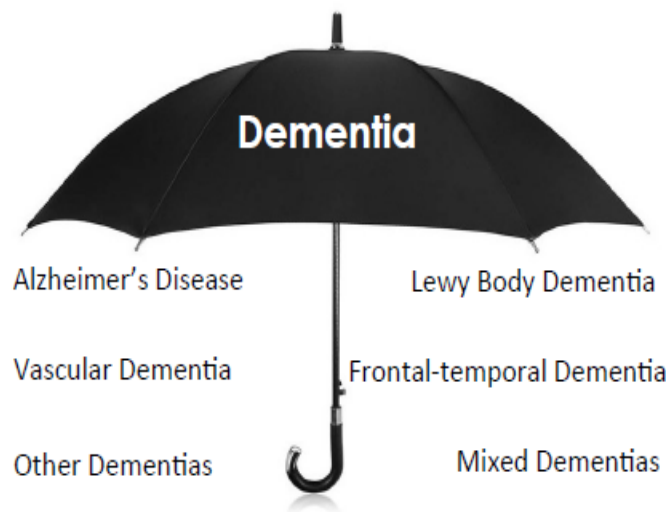


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What is Dementia

Dementia is not a specific disease, rather an umbrella term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to



reduce a person's ability to perform everyday activities. There are many conditions that can cause dementia.

Alzheimer's disease is the most common form of dementia accounting for 60 to 80 percent of cases.

Signs and Symptoms

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, work or at leisure
- 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
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood and personality

Source: www.alz.org

What is a Dementia Friendly Community

A Dementia Friendly Community is one that has trained its businesses, churches, and organizations to see through the eyes of a person with dementia. Many establishments in Chippewa County have become Dementia Friendly. Look for this symbol posted on business entrances. For more information, contact the Aging & Disability Resource Center at **715-726-7777**.



Memory Screening – Evaluation - Diagnosis

Memory Screening is a wellness tool that helps identify possible changes in memory and thinking. It does not diagnosis dementia. Free Memory Screening is available at the Aging & Disability Resource Center, 715-726-777.

Memory Diagnostic Evaluation Clinics are well-informed in the evaluation, diagnosis and treatment of dementia. These clinics can also identify non-dementia causes for memory loss.

- **Mayo Clinic**

1400 Bellinger Street, Eau Claire, WI 54703
715-838-1900, ext. 1

- **Marshfield Clinic - Eau Claire – Cognitive Neurology**

2116 Craig Road, Eau Claire, WI 54701
715-858-4500

Activities for People Living with Dementia

Each day there are many things that provide us with purpose and pleasure. For a person with dementia, the need for a good quality of life is not diminished. Check out these links for ideas and more information:

teepasnow.com

<https://careblazers.com/>

www.alz.org/national/documents/brochure_activities.pdf

vimeo.com/showcase/8643812

Education about Dementia & Brain Health

Chippewa County hosts a variety of educational opportunities for community members to participate throughout the year.

Book Clubs

Free-Virtual Book Club

Contact the ADRC for upcoming book clubs 715-726-7777



Brain Health and Dementia Presentations

Brain Health and dementia presentations and classes are free and available to anyone in Chippewa County. These can focus on ways to keep your brain healthy, common types of dementia, warning signs, tips for communicating, safety, and more.

Bridging Chippewa County

Learn more about Dementia and what's happening at the ADRC of Chippewa county by subscribing to the monthly newsletter! It's free to join the email list or you can pick-up in local grocery stores.

<https://www.chippewacountywi.gov/government/aging-disability-resource-center-adrc/resource-guide>

Savvy Caregiver

This is a free workshop series to empower Dementia caregivers. In the workshops you will gain caregiving skills, learn about the types of Dementia, how decline affects behavior, meaningful activities for your loved one, skills to manage daily life, and effective communication strategies.

Adaptive Equipment & Technology

Best Alzheimer's Products

Ideas and suggestions for activities and entertainment that reduce agitation, aid sleep, and often allow for a reduction in medication.

www.best-alzheimers-products.com and www.alzstore.com

Compass IL (formerly Center for Independent Living)

They can help you determine assistive devices and/or technology to help you best care for your loved one with dementia in their environment.

<https://compassil.org/>

Medication Management Devices

Assistive Technology devices to assist with compliance of taking medications. (search medication management)

www.epill.com www.medminder.com www.medicube.com
www.herohealth.com www.alzstore.com

Location Devices & Related Technology

Nearly 70% of people with Dementia will wander. There are a variety of devices available. These tools help identify their location. No device or system can guarantee that a person with dementia will not get lost or that they will be found. For information on wandering, visit the Alzheimer's Association website, www.alz.org.

MedicAlert & Safe Return

www.alz.org/care/dementia-medic-alert-safe-return.asp

Revolutionary Tracker

www.revolutionarytracker.com

Road ID

www.roadid.com

In home monitoring for safety

<https://www.aloecare.com/>

<https://nomosmartcare.com/>

Caregiver Apps

<https://www.snugsafe.com/>

<https://www.simplitend.com/>

GPS Tracking

www.safelinkgps.com

www.angelsense.com

www.itraq.com

www.pocketfinder.com

www.jiobit.com

www.caretrak.com

<https://wear-tech.com/>

Door Alarms (search door alarms)

www.alzstore.com

www.simplisafe.com

<https://ring.com/>

www.amazon.com

Pressure Alarms (search pressure alarm pads)

They are used in the person's chair or bed. When they get up an alarm will sound to let you know they may be wandering.

www.amazon.com

Silver Alert

Using location devices and technology are great ways to reduce the risk of someone with dementia wandering off and getting lost. However, if it does happen, Silver Alert is a plan to help local law enforcement in the rescue of a missing person who has cognitive impairments such as Alzheimer's disease or related dementia.

Silver Alerts are broadcast to the public on roadways, through email and text messages. Contact your local law enforcement as soon as possible to assist in locating your loved one. wisconsincrimealert.widj.gov/silver-alerts-notify-public-when-risk-or-vulnerable-senior-goes-missing

Medical Equipment Loan Closets

Center for Independent Living

Loan or purchase of gently used equipment.
2920 Schneider Avenue SE, Menomonie, WI 54751
800-228-3287

Department of Public Health (wheelchairs only)

711 N. Bridge Street, Room 121
Chippewa Falls, WI 54729
715-726-7900
www.co.chippewa.wi.us/government/public-health



Lake Holcombe Lion's Club

Holcombe, WI 54745
Ron: 715-595-4275

Rutledge Charities

404 N. Bridge Street, Chippewa Falls, WI 54729... 715-723-6618
Call Department of Public Health for wheelchairs... 715-726-7900

Legal Advice & Documents

Elder Law Attorneys

They provide 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. To find an Elder Law Attorney you can contact at no charge, State Bar of WI Lawyer Referral & Information Services (LRIS): 800-362-9082.

What is a Power of Attorney for Health Care?

Anyone 18 years of age or older should have a Power of Attorney for Healthcare completed. By having a Power of Attorney for Health Care (POA-HC) activated, it will give the person you assign the ability to make decisions about your health if you are not able. ***You do not need an attorney to complete a POA-HC.*** You can access this form online or you can get a paper copy at the ADRC. The POA-HC needs to be activated before the person you've assigned can make your healthcare decisions.



When does a POA-HC go into effect?

For a POA-HC to go into effect or become activated, the individual needs to be unable to make their own decisions about their healthcare. This is determined when two doctors deem the person "unable to receive and evaluate information effectively or to communicate decisions, the individual lacks the capacity to manage his or her healthcare decisions."

What is Power of Attorney for Finance?

A Power of Attorney for Finance (POA-Finance) will give the person you assign the ability to make decisions about your finances if you are not able. You determine what finances your agent will have authority over, as well as the authority

you want given to them. This document does not give your agent the power to make medical, long-term care or other health care decisions for you. You can access this form online or you can get a paper copy at the Aging & Disability Resource Center. ***You do not need an attorney to complete this form.***

Unlike the POA-HC, a POA-Finance takes effect ***immediately*** after you execute the document ***unless*** you expressly indicate otherwise. If you do not complete a POA-Finance but later become incapacitated, there may not be anyone with legal authority to make decisions and complete transactions for you. This includes things like paying bills, selling real estate, closing bank accounts, filing tax returns, preserving assets, etc. should you require help with these activities.

When does Guardianship become necessary?

Without a POA-HC or POA-Finance 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 when you are no longer able to make these decisions. This process can be costly, time-consuming, cumbersome and emotionally draining.

Guardianship is a legal court process. A guardian of the estate and a guardian of the person are the two types of guardians. A guardian of the person is appointed by a court to make decisions for another adult. A guardian of the estate is appointed by a court for an adult who needs assistance in making some or all financial or property choices, signing contracts, or representing the individual in a legal procedure involving money or property. Guardianship packets are available in Register in Probate's office at: 711 N. Bridge Street, Room 1, Chippewa Falls, WI

For more information, contact:

- WI Guardianship Support Center: 855-409-9410, www.gwaar.org/gsc
- Wisconsin Department of Health Services:
www.dhs.wisconsin.gov/clientrights/guardianship.htm
- County Probate Website: www.co.chippewa.wi.us/government/register-in-probate/guardianship

Support for Care Providers / Family

Aging & Disability Resource Center (ADRC)

The Aging & Disability Resource Center of Chippewa County can provide no cost resources to Chippewa County residents. Supports include: resource library with free books, memory screens, respite funds, options counseling, information & assistance, workshops, Meals on Wheels, etc. The Dementia Care Specialist can provide information about the disease process, how to prepare for changes in your loved one, strategies for symptoms of dementia, strategies to help keep your loved one safe and family meetings to coordinate care and safety for the person with dementia. 711 N. Bridge Street, Room 118, Chippewa Falls, WI 54729 715-726-7777, 1-888-400-6920, Deaf/Hearing Impaired: Dial 711 or 1-800-947-3529 adrc@co.chippewa.wi.us

Alzheimer's Association Support Groups

Virtual and in-person support groups within Wisconsin.

www.alz.org/crf – 800-272-3900 for Spanish: 414-431-8811

Alzheimer's Family Caregiver Support Program

Funds are made available in each county to assist individuals to purchase services and goods related to caring for someone with Alzheimer's Disease or related Dementia. Eligibility includes a diagnosis of Alzheimer's disease or related dementia and an annual income of \$48,000 or less. For more information, contact the ADRC at 715-726-7777.

Caregiver Apps

Sometimes communicating updates with family and friends can be time consuming and stressful. There are websites and apps that can keep all communication about your loved one in one place. You choose who you invite to see this information.

www.picniic.com www.trello.com www.cozi.com www.timetreeapp.com
www.caringvillage.com www.lotsahelpinghands.com



Caregiver Support Groups

Chippewa Falls - Vern Weeks – vernweeks@gmail.com, 715-313-0635

Exploring Dementia Caregiving

Menomonie – Call Shirley Doane Senior Ctr 715-235-0954

Dementia Support Group – Grapevine Senior Center, Colfax. Contact Carla at 715-944-8091

Memory Cafes

Memory Cafes offer a safe, comfortable and engaging environment for those with early-stage memory loss and their care providers. It is a place to socialize, have fun and connect with others who are on the same journey. Contact the ADRC for dates and times 715-726-7777.

**Veterans Service Office**

Call for information about possible services available to veterans and their spouses. 715-726-7990.

711 N. Bridge Street, Room 113 Chippewa Falls, WI 54729

veterans@co.chippewa.wi.us

Wisconsin Family & Caregiver Support Alliance

Virtual and in-person support groups within Wisconsin

wisconsincaregiver.org/virtual-events-for-caregivers

Virtual Support Groups:

All the support groups listed below are offered by Dementia Care Specialist through ADRCs throughout the state of Wisconsin.

Monday Coffee Connect – every Monday 10 – 11am. Contact Kelsey at kflock@lacrossecounty.org

Dementia Informed Super Heroes (DISH)

Virtual support group for working caregivers

Carla at cberscheit@chippewacountywi.gov

Circle of Support – Third Thursday of the month, 2-3pm contact Teresa at teresa.gander@vernoncounty.org

Evening Conversations – every Thursday night 7:30 – 8:30 pm, contact Teresa at teresa.gander@vernoncounty.org

Mind & Voices – 2nd Wednesday of the Month, 10:30 – 11:30am. Contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

Lewy Body Dementia Caregiver Support Group – 2nd and 4th Wednesday of each month 1:30 – 3:30 pm, contact Rob at rgriesel@co.dodge.wi.us

Friday Support – Every Friday morning 9-10am, contact Karen at karen.tennyson@co.rock.wi.us

Third Wednesday – Third Wednesday of the month 6:30-7:30pm, contact Tricia at tricia.rotering@co.trempeleau.wi.us

Conversations – this groups is for those living with Mild Cognitive Impairment or early-stage dementia. 1st & 3rd Wednesday of the month, 10:30 am – noon, contact Rob 920-386-4308 or rgriesel@co.dodge.wi.us

Wisconsin Family & Caregiver Support Alliance

Virtual and in-person support groups within Wisconsin

wisconsincaregiver.org/virtual-events-for-caregivers

National Dementia Resources



www.alz.org

24/7 helpline: 800-272-3900



www.alzfdn.org

helpline: 866-232-8484



www.lbda.org

helpline: 800-539-9767



The Association for
Frontotemporal Degeneration
FIND HELP • SHARE HOPE

www.theaftd.org

helpline: 866-507-7222



www.caregiveraction.org

helpline: 855-227-3640



www.wearehfc.org



National
Council of
DEMENTIA MINDS

Insights of Persons Living Well with Neurocognitive Disorders

www.dementiaminds.org

Dementia Care and Resources Facebook Group

Stay current with what is happening in the Chippewa Valley by joining the Dementia Care Chippewa County Facebook group! We share a variety of information about local events about Dementia or memory loss. It's also a great place to learn about resources that are new and not yet in this Resource Guide. Check us out!

<https://www.facebook.com/groups/dementiacarechippewaco>

Brain Health & Dementia Podcasts

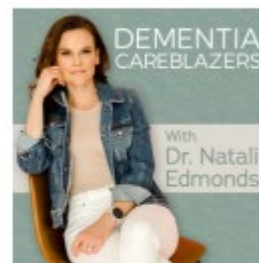
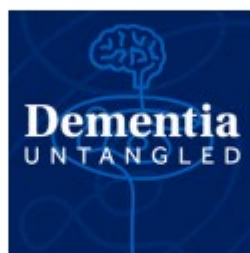


A podcast about Alzheimer's disease

Headlines | Research | Caregiver Resources



THE
DISAPPEARING MIND™
A DEMENTIA PODCAST



Living Well with Dementia or as a Caregiver of Someone living with dementia

- Learn more about the disease and what to expect now and into your future
- Talk to others about how you are feeling (pastor, counselor, social worker, family, friends, support groups, 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 in the community.
- Contact the Dementia Care Specialist at the ADRC at 715-726-7777. You can learn more about:
 - Disease Process
 - Safety in the home
 - Sundowning
 - Driving
 - Wandering
 - Symptoms of dementia
 - Better Communication Strategies
- Create a plan of care for future care needs.
- Exercise regularly and eat healthy.
- Join a Support Group and/or Memory Café – Stay Social.
- Learn about safe driving tips. Visit www.alz.org/driving

For more ideas on living well with Dementia, visit the following websites or pick up a copy of the workbooks at the Aging & Disability Resource Center.

www.actonalz.org/pdf/Living-Well.pdf

www.actonalz.org/pdf/Taking-Action.pdf

Other Resources for Living Well with Dementia:

www.dementiaminds.org

<https://dementiaexercise.com/>

Caregiver 10 Commandment



Always

Always

AGREE

Never Argue

REDIRECT

Never Reason

DISTRACT

Never Shame

REASSURE

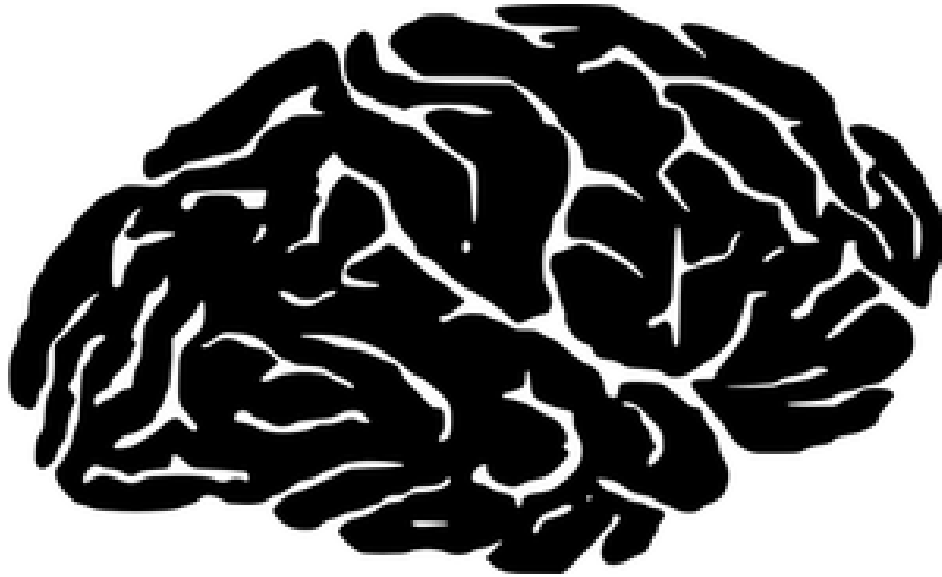
Never Lecture

REMINISCE

Never say "Remember"

REPEAT

Never say "I already told you"



711 North Bridge Street, Room 118, Chippewa Falls, WI 54729

715-726-7777 • 888-400-6920 • TTY: use Relay (711)

adrc@chippewacountywi.gov

<https://www.co.chippewa.wi.us/government/aging-disability-resource-center-adrc>

Find us on Facebook 

<https://www.facebook.com/groups/dementiacarechippewaco>