



Dementia Care Resources and Support for Buffalo and Pepin Counties



Pepin County office: 740 7th Avenue West
Durand, Wisconsin 54736

Buffalo County office: 407 S 2nd St
Alma, Wisconsin 54610

Toll Free: 1-866-578-2372

Dementia Care Specialist: 715-279-7870

Email: adrc-bp@co.pepin.wi.us

Website: www.adrc-bcp.com

Visit our Facebook Page! [ADRCBuffaloAndPepinCounties](https://www.facebook.com/ADRCBuffaloAndPepinCounties)

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Notes

Get Moving!

Research suggests that moderate physical activity can:

- Improve blood flow in the brain
- Maximize the brain's use of oxygen
- Help to prevent death of brain cells
- Increase the size of brain areas responsible for memory
- Improve memory and thinking

After the Diagnosis: Living Well with Dementia

- Partner with your doctor and learn more about what type of dementia you have, medications, ask questions, gather information, etc.
- Learn all you can 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, 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
- Eat healthy
- Join a support group and/or a memory café
- 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 dementia, visit the following websites or pick up a copy of the workbooks at the Aging & Disability Resource Center.

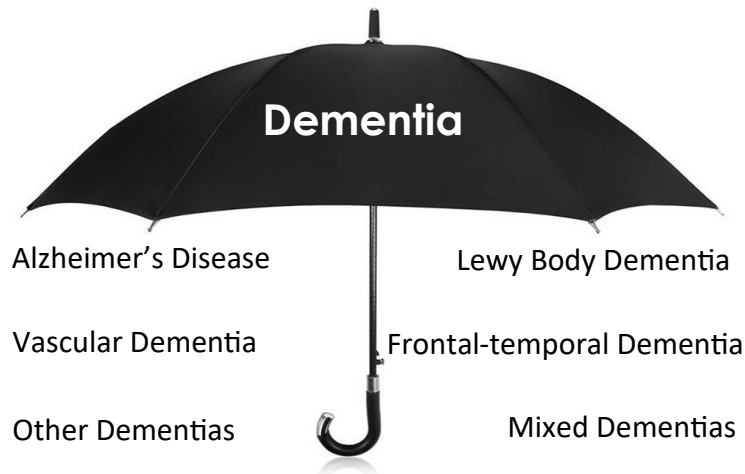
- www.actonalz.org/pdf/Living-Well.pdf
- www.actonalz.org/pdf/Taking-Action.pdf

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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 70 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 judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Source: www.alz.org

National Institutes on Aging
Alzheimer's Disease Education and Referral Center
[Www.nia.nih.gov/alzheimers/topics/caregiving](http://www.nia.nih.gov/alzheimers/topics/caregiving)

- Tip sheets on behavior, communication, eating, dressing, bathing, and much more

Teepa Snow, Dementia Expert
www.teepasnow.com

This Caring Home
<https://www.thiscaringhome.org/>

Us Against Alzheimer's
www.usagainstalzheimers.org

Wisconsin Alzheimer's Institute
www.wai.wisc.edu

Wisconsin Institute for Healthy Aging
<https://wihealthyaging.org/>

Benefits of Eating Healthy

- Gives you more energy
- Helps control or avoid high blood pressure, diabetes, and other conditions
- Keeps you looking and feeling your best
- Adds "spice" to your life...literally!



Dementia Live

Provides a hands-on, experience for anyone seeking to understand more of what it may be like to live with dementia. Contact the ADRC to find out the schedule of them planned in the area or happening virtually.

Websites

About Alzheimer's

<http://alzheimers.about.com>

Alzheimer's Association

www.alz.org

<http://blog.alz.org>

Alzheimer's Disease Education and Referral Center (ADEAR)

www.nia.nih.gov/Alzheimers

Alzheimer's Foundation of America

www.alzfdn.org

Alzheimer's Reading Room

www.alzheimersreadingroom.com

Wisconsin's Family Caregiver Support Programs

<https://wisconsin caregiver.org/virtual-events-for-caregivers>

Safety in Dementia

<https://safetyindementia.org/>

What is a Dementia Friendly Community?

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 United States are transitioning to Dementia Friendly Communities.

Buffalo and Pepin Counties have made a commitment to understand, respect, empower, and support the unique needs of individuals with Alzheimer's disease and related dementias.

A Dementia Friendly Community is:

- A community that shows a high level of public awareness and understanding of dementia
- In which it is possible for the greatest number of people with dementia to live a good life
- Where persons with dementia are enabled to live as independently as possible and to continue to be part of their community
- Where they are met with understanding and given support where necessary

A Dementia Friendly Community is one that has trained its businesses, churches, and organizations to see through the eyes of a person with dementia.

Buffalo and Pepin Counties have been working with local businesses on raising awareness and becoming more Dementia Friendly. For more Information, contact the Aging & Disability Resource Center at 1-866-578-2372 .



Activities for People Living with Dementia

Each day there are many things that provide us with purpose and enjoyment. Someone with dementia, the quality of life has not diminished. A person with dementia still has the feelings of being needed and helpful.

- <http://teepasnow.com>
- www.pinterest.com/explore/dementia-activities
- www.alz.org/national/documents/brochure_activities.pdf
- Best Friends Book of Alzheimer's Activities, Volume 1 & 2
D. Troxel and V. Ball
- Creating Moments of Joy D. Brackey

Adaptive Equipment

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

E-Pill Medication Management Devices

Easy-to-use locked automatic pill dispenser for home use
www.epill.com

The Alzheimer's Store

A wide range of Alzheimer's products for comfort and security www.alzstore.com

Loan Closet for Medical Equipment

Dallas Loesel

715-797-3893 Gilmanton, WI

Call for assistance to obtain medical equipment on loan.

National Family Caregiver Support Program (NFCSP) and/or Alzheimer's Family Caregiver Support Program (AFCSP)

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. For more information contact the Aging & Disability Resource Center at 1-866-578-2372.

Respite Care Association of Wisconsin (RCAW)

Mission is to promote, support, and expand quality statewide respite care across the lifespan. The Supplemental Respite Grant Program supports primary caregivers by providing funding for supplemental respite services.

<https://respitecarewi.org/grants/supplemental-respite-grant-program/>

Caregiver Educational Class

Powerful Tools for Caregiving

Six-week workshop that teaches family caregivers how to take better care of themselves while caring for a loved one.

Classes offered in a variety of settings throughout the year.

For next available classes, contact the Aging & Disability You can find additional caregiver resources at:

<http://www.wisconsin-caregiver.org>

Brochures, literature, and books on a variety of topics are available at the Aging & Disability Resource Center

Support Groups

Held virtual via Zoom by partnering DCS

Circle of Support

1st Monday of every Month, 10:00am-11:00am

Thursday Evening Conversations

Every Thursday Evening, 7:30pm—8:30pm

Contact the ADRC to register.

Telephone Caregiver Support Group

Alzheimer's Association telephone support groups provide educational and social support for caregivers.

Dementia Caregiver Group

4th Monday, 7-8:30 p.m.

For more information: Heather Gray, 800.272.3900

or hgray1@alz.org

Frontal Temporal Dementia Adult Children Group

3rd Thursday, 5-6:30 p.m.

For more information: Jamie C. Fong, jfong@memory.ucsf.edu

Spanish Speaking Dementia Caregiver Group

2nd Wednesday, 7-8:30 p.m.

For more information: Yuliana Mendoza, 800.272.3900

or ymflores@alz.org

Down Syndrome and Dementia Caregiver Group

3rd Thursday, 6-7 p.m.

For more information: Marianne Iversen, 925.362.8660 ext. 103

or marianne@dsconnection.org

Google Hangout Support Group

Young Dementia Caregiver

2nd Wednesday, 7:30-9 p.m.

To register: Vanessa Souza, 800.272.3900, or vsouza@alz.org

Safety

Driving

Planning ahead to how to talk about when it is time to retire from driving before its an issues. Check out a great resource from Alzheimer's Association below.

<https://www.alz.org/help-support/caregiving/safety/dementia-driving>

General Home Safety

Think about reassessing the general overview of your home, layout of home, and important documents. Ask your DCS for the Home Safety Checklist.

Improve safety by potentially identifying problems in the home
<http://www.nia.nih.gov/alzheimers/publication/home-safety-people-alzheimers-disease/introduction>

Wandering

Persons with Dementia lose the ability to recognize familiar places and face. Six in 10 people living with dementia will wander at least once; many do so repeatedly.

[https://www.alz.org/help-support/caregiving/safety/wandering_\(1\)](https://www.alz.org/help-support/caregiving/safety/wandering_(1))

Medication

Anyone who takes medication needs to understand its purpose and proper usage. Taking additional measures may be needed to ensure your loved one with dementia is taking them as directed.

<https://www.alz.org/help-support/caregiving/safety/medication-safety>

Traveling

<https://www.alz.org/help-support/caregiving/safety/traveling>

Preparing for Emergencies

<https://www.alz.org/help-support/caregiving/safety/in-a-disaster>

Aging & Disability Resource Center of Buffalo and Pepin Counties

To provided supports that include: lending library; memory screens; Family Caregiver Support Funds; options & benefit counseling; care-giving classes; Home Delivered Meals; Transportation; Options Counselling; and more.

Transportation

For a complete list of transportation options, contact the Aging & Disability Resource Center at 1-866-578-2372 .

Alzheimer's Association

The Alzheimer's Association works on a global, national, and local level to enhance care and support for all those affected by Alzheimer's Disease and related dementias as well as their caregivers.

404 1/2 N. Bridge Street, Chippewa Falls, 54729
715-720-7611
www.alz.org/gww

24/7 Helpline

Services and Support 24/7, 1-800-272-3900

Alzheimer's Association Walk to End Alzheimer's

La Crosse (September) 715-720-7611
Eau Claire (September) 715-720-7611

What is a Power of Attorney for Finance?

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 what finances you want the agent to have authority over, as well as the authority you want the agent to have. This document does not give your agent the power to make medical, long-term care or other health care decisions for you.

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-Finance but later become incapacitated, there may not be anyone with legal authority to make necessary decisions and complete the necessary transactions for you, such as paying bills, selling real estate, closing bank accounts, filing tax returns, and preserving assets should you require long-term care. Information and forms are available at www.gwaar.org or 1-855-409-9410.

Without a POA-Health Care 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. This process can be costly, time-consuming, cumbersome and emotionally draining.

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 mother) to make health care decisions for the person executing the document (called the “principal,” for example a daughter), consistent with the terms of the document and based on the wishes of the principle, 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-Health Care forms are available at the Aging & Disability Resource Center or online at <https://www.dhs.wisconsin.gov/forms/advdirectives/f00085.pdf>.

How does my POA-Health Care become effective or activated?

For a POA-Health Care 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-Health Care 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*.

Adult Day Services/Respite Care

Hurlburt’s Haven

1227 E Prospect St., Durand WI 54736
(715) 672-4049

Arc of Dunn County, INC

2602 Hills Court, Menomonie, WI 54751
715-235-7373 Ext. 20

August Health and Rehab Adult Day Services

901 Bridge Creek Lane, Augusta, WI 54722
715-286-2266

Benedictine Living Community Winona

1455 W Broadway Winona, MN 55987
507-457-3810

Lake Winona Manor

865 Mankato Ave, Winona, MN 55987
507-457-4366

Grace Adult Day Services

2441 New Pine Drive, Altoona, WI 54720
715-832-8811

Plum City Care Center

301 Cherry Ave W, Plum City 54761
715-647-2401

Dementia Diagnostic Clinics

Memory Care 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 Memory Disorders Clinic

Eau Claire, WI
715-858-4500

Mayo Clinic Health System Memory Care Clinic

Eau Claire, WI
715-838-1900

Prevea Eau Claire Family Medicine Clinic

Eau Claire, WI
715-839-5175

Mayo Clinic Health System Dementia Program

La Crosse, WI
608-392-9505

MiND Clinic—Gundersen Health System

La Crosse, WI
608-775-9000

Find more diagnostic clinic options and locations:
<http://www.wai.wisc.edu/clinics/cliniclist.html>

Assisted Living Facility checklist

A list to gather information about facilities you visit.

www.dhs.wisconsin.gov/publications/p6/p60579.pdf

Elder Law Attorneys

Elder law attorneys focus on providing 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.

Memory Screen

A free wellness tool that helps identify possible changes in memory and cognition. Contact the Aging & Disability Resource Center, [715-538-2001](tel:715-538-2001). Can be completed over the phone or by in person appointment.

Music and Memory

For people with Alzheimer's disease and related dementias, music can be good medicine. Music can improve cognitive skills, shift mood, manage stress and so much more. Music is a very powerful tool that is so magical.



http://musicandmemory.org/wp-content/uploads/2012/12/Music_Memory_How_to_Create_a_Personalized_Playlist_for_Your_Loved_One_at_Home.pdf

Memory Care & Assisted Living Facilities

The Home Place of Mondovi

158 E Main St, Mondovi, WI 54755
715-926-4777

Care Partners of Menomonie

1902 Talen St, Menomonie, WI 54751
715-235-6333

Azura Memory Care of Eau Claire

3712 Damon St, Eau Claire, WI 54701
715-832-6696

Lake Hallie Memory Care

4407 124th Street, Chippewa Falls, WI 54729
715-738-0011

Preferred Senior Living of Ellsworth

429 W Wayne St, Ellsworth, WI 54011
715-273-6600

Our House Senior Living-Memory Care

733 W Hamilton Ave, Eau Claire, WI 54701
715-832-3970

Benedictine Living Community—Winona

1455 W Broadway St, Winona, MN 55987
507-457-0280

Adith Miller and Roger Metz Manor-Winona Health

885 Mankato Avenue, Winona, MN 55987
507-452-0179

Adult Protective Services

Buffalo County Health and Human Services 608-685-4412;
Pepin County Health and Human Services 715-672-8941. Every county has an elder adults-at-risk (also known as elder abuse) agency that will look into reported incidents of abuse, neglect, financial exploitation and self neglect. They also assist in completing Power of Attorney to avoid guardianship.

Guardianship

Guardianship is the legal court process used to appoint someone to make medical and or financial decisions for the incompetent person. Once guardianship paperwork is completed, a hearing is scheduled and a Guardian Ad Litem is hired for an assessment. A protective placement action is necessary when an incompetent individual meets the standards for placement/services. Assistance may be available for those financially eligible 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. Guardianship is necessary when an individual does not have a POA in place.

For more information, contact:

- WI Guardianship Support Center, 855-409-9410, www.gwaar.org/for-seniors-and-families/elder-law-and-advocacy-center/wisconsin-guardianship-support-center.html
- Wisconsin Department of Health Services www.dhs.wisconsin.gov/clientrights/guardianship.htm

Home Care and Hospice Services

For a complete listing of supportive/non-medical and medical in-home services, hospice, and costs, contact the ADRC of Buffalo and Pepin Counties toll free at 1-866-578-2372.

Location Devices

It is common for people with Dementia to wander. Changes in the brain can cause confusion even in familiar places. There are a variety of devices available. These tools follow a person's movements and 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.

GPS Smart Sole

www.gpssmartsole.com

GPS tracker hidden and sealed within a shoe insert

MedicAlert & Safe Return

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

PocketFinder

www.pocketfinder.com

Pocket Personal Finder GPS Locator

iTraq

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

Tracking Device

Safe Wander

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

Wearable wireless sensory, Bed Alarms for Fall Prevention

Silver Alert

www.wisconsincrimealert.gov

Silver Alert is a plan to help local law enforcement in the rescue of missing persons who have cognitive impairment such as Alzheimer's disease or related dementia. Silver Alerts are broadcast to the public on roadways, email and text messages.

Project Lifesaver—Bringing Loved Ones Home

<https://projectlifesaver.org/>

Memory Cafés

Memory Cafés offer a safe, comfortable and engaging environments for those with early stage memory loss and their caregivers. It is a place to socialize, have fun and connect with others who are on the same journey. Individuals who have memory problems, mild cognitive impairment, early to moderate Alzheimer's or other types of dementia and their care partner are welcome every month. Refreshments are served, and there is no cost.

Contact the ADRC for specific dates and times at 1-866-578-2372.

- ◆ [Durand—Hurlburt's Haven & Durand Library](#)
- ◆ [Mondovi—Central Lutheran Church](#)
- ◆ [Alma—Alma Library](#)
- ◆ [Pepin—Pepin Library](#)

Socialize and learn ways to improve
your brain health and memory!



