

SIX THINGS TO KNOW ABOUT SOMEONE WITH DEMENTIA

I can still smell the flowers.

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

I can still communicate.

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

I can still make decisions.

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

I can still wash my face.

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

I can still sing.

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

I can still move my body.

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.



They may not remember your name but they will never forget how you made them feel. ~Maya Angelou

If you or someone you know may benefit from Dementia Care Services please contact Katrina, Dementia Care Specialist for the ADRC of Buffalo and Pepin Counties at **715-279-7870**.

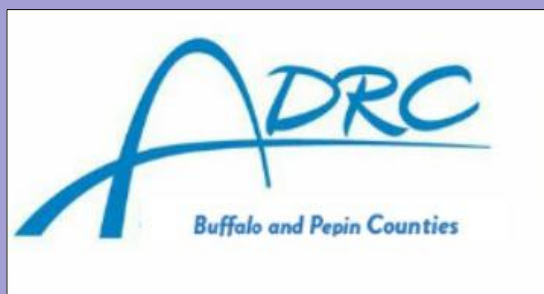
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OR

Visit our website!

www.adrc-bcp.com



ADRC's provide Wisconsin residents with unbiased information related to aging or living with a disability. The goal is to help people maintain their independence by connecting them with the right resources.

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Living Well with Dementia Care



"While no one can change the outcome of dementia or Alzheimer's, with the right support you can change the journey."

The ADRC of Buffalo and Pepin Counties has a Dementia Care Specialist available to individuals and their caregivers affected by dementia for dementia care support and resources to ensure the highest quality of life possible while living at home.

The role of the Dementia Care Specialist (DCS) in your county can provide free information and assistance to adults with memory or cognitive concerns, or who have been given a dementia diagnosis.

The Dementia Care Specialist can help with:

Independence. DCS are local experts on Alzheimer's disease and other dementias. They can help connect you with all of the opportunities available in your community to keep you active and involved.

Memory screening. A memory screen is a tool that helps identify possible memory and cognitive changes. Like a blood pressure screening, this tool is only an indicator. The DCS may advise a follow-up with a doctor about memory and cognition.

Research opportunities. DCS can connect you to research studies that attempt to further understand the causes and possible treatments for Alzheimer's disease and other dementia.

Enrichment opportunities. Some DCS provide specific activities and programs that connect people with dementia to music, art, nature, and social activities.



Dementia Friendly Communities and Resources

Ending the Stigma and Empowering People living with Dementia >>>>

The framework of dementia friendly communities has the power to change the way we think about living with dementia. Reducing stigma and promote awareness and secondly, empowering people living with dementia to take decisions about their own lives. Living and living well with Dementia Care in the home and our communities. These services come in many forms:

Memory Café's >>>>

A Memory Café is a meeting place for anyone who has begun to experience changes in their memory. It can be a fun way to connect with

others who are dealing with the same issues. The intent is for people with memory or cognitive issues and their family or friends to come together in a relaxed and social environment to connect with one another. Each memory café is unique, as the participants are encouraged to make it their own.

Information and Support for Family and Friends >>>>

Dementia Care Specialists can help to address your current situation and plan for the future, including advance care plans and connections to legal and financial planning experts. DCS know about all of the opportunities and resources available in your

community and can help you find information and make connections with support groups and respite. The DCS in your county run support programs to assist family caregivers in providing care for their loved ones at home maintaining their own health and well-being. The ADRC of Buffalo and Pepin Counties has built a lending library to support Caregivers and their loved ones with Dementia.

Public presentations and meetings >>>>

DCS are local experts on Alzheimer's and related dementias and can provide interactive, informative presentation on topics including but not limited to: brain health, dementia,

caregiving, and dementia friendly community initiatives. This may look like Dementia Friendly Businesses, Dementia Friends, and Dementia LIVE.

If your community group or office is interested in becoming Dementia Friendly please contact the ADRC of Buffalo and Pepin Counties at 715-279-7870 to schedule a training.



Your County offices and ADRC are DEMENTIA CAPABLE >>>>

Dementia Care Specialists work with ADRC and tribal agency staff to equip them to provide appropriate, competent, and sensitive supports to people with dementia and their caregivers. Dementia Care Specialists also work with veteran service officers, police and sheriff departments, public health departments, transportation departments, and other agencies to ensure that staff members are equipped to respond warmly and effectively when serving people living with dementia and their caregivers.