



Dementia Care Resources and Support

**Serving Polk and Burnett
Counties**

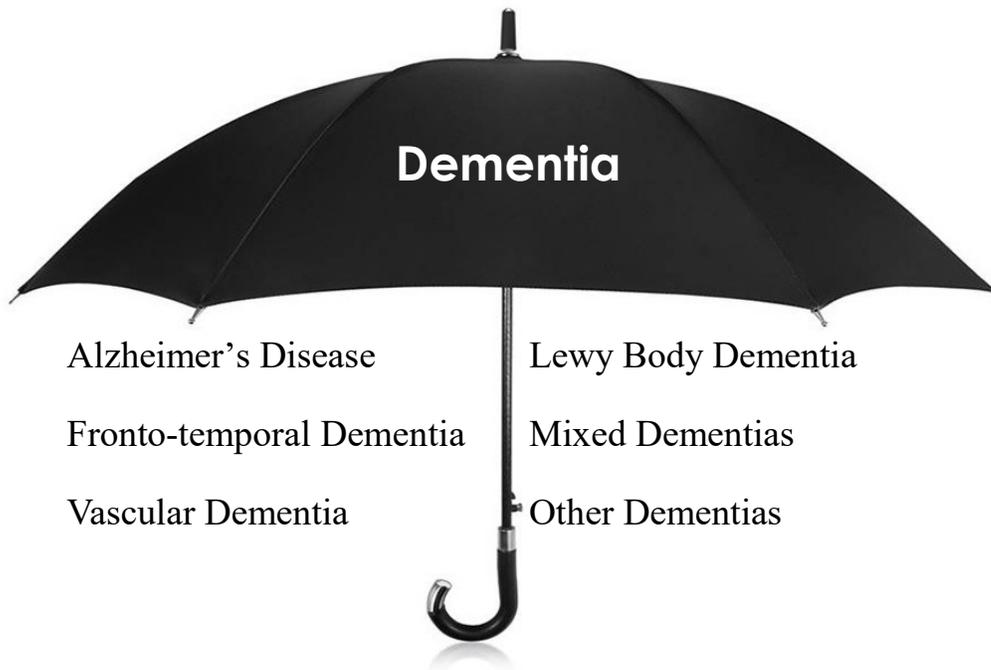


The Aging & Disability Resource Center of Northwest Wisconsin is committed to understanding, respecting, and empowering those affected by Alzheimer's disease and related dementia by providing support and resources.

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

Stages of Dementia

Many diseases that cause dementia progressively get worse over time—this progression is described in stages from early or mild to late or severe dementia. Below are **typical** symptoms associated with each stage of dementia.

Early-Stage or Mild Dementia:

- Getting lost while driving
- Difficult managing finances
- Repeating questions
- Word finding problems
- Misplacing things

Middle-Stage or Moderate Dementia

- Increased confusion or memory loss
- Difficult learning new things or feeling challenged in new situations

- May start to need more assistance with activities of daily living
- May have worsening judgement

Late-Stage or Severe Dementia:

- Difficult communicating with spoken words
- Complete dependency on caregiver for activities of daily living
- Increase sleeping
- Weight loss
- Difficult swallowing
- Lack of control of bowel and bladder
- Inability to recall names of familiar people

Source: DICE Approach

Please note that symptoms can vary from person to person based a variety of factors including: disease type, other medical conditions, and personality and experiences.

Getting a Diagnosis, Memory Clinics, and Memory Screens

There are 85-90 different diseases that cause dementia. Each is very different, responds differently to medications and treatments, and may affect you differently. In addition, some are even reversible! That is why it is very important to find out what specific type of dementia you have. In addition, early and timely diagnosis of the cause is very important because it allows you and your family to plan, maximize care and treatments, and make decisions regarding your future and end of life wishes together. How do you get an accurate and timely diagnosis? When you have heart problems you go to a cardiologist—a specialist—so when you have issues with your brain you go to a specialist at a Memory Clinic. Memory Clinics are equipped with the specialist needed to help you figure out what specific type of dementia you have.

We have included a list of local Memory Clinics in this booklet. You can also find a list of Memory Clinics statewide through the Wisconsin Alzheimer's Institute at <https://wai.wisc.edu/>. The Alzheimer's Association also has a webpage of information dedicated to explaining the diagnosis process, questions to ask, and the tests and approach used for diagnosing Alzheimer's Disease at <https://www.alz.org/alzheimers-dementia/diagnosis>.

If you have concerns about your memory but aren't quite sure if it is a normal part of aging or something to investigate further, you can get a Memory Screen at the ADRC. Call the ADRC at 877-485-2372 to schedule an appointment. It is also, always a good idea to talk with your primary care physician any time you have memory concerns.

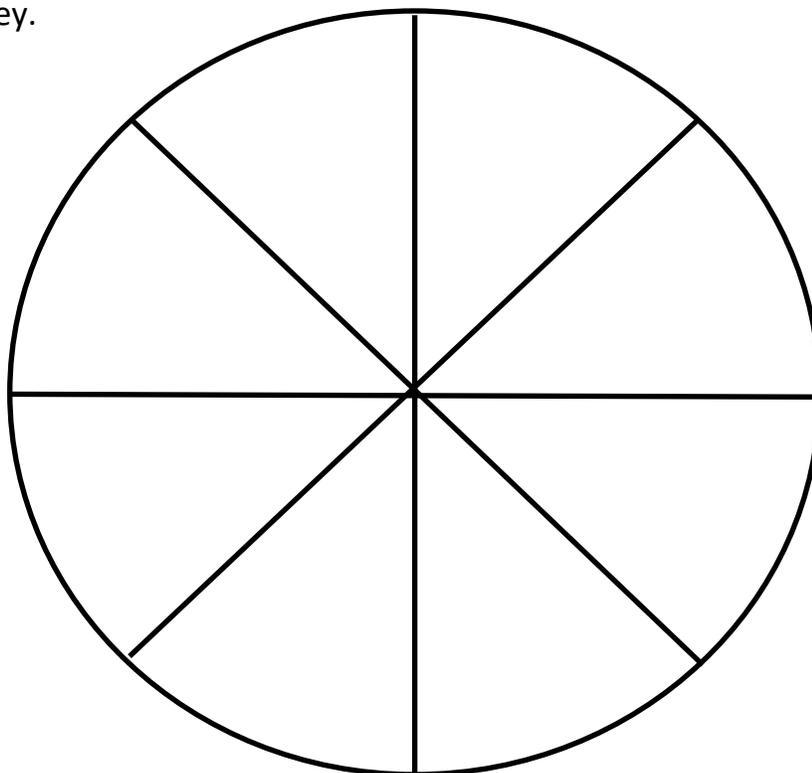
After the Diagnosis: Living Well with Dementia

- 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 these workbooks at the Aging & Disability Resource Center.

- www.actonalz.org/pdf/Living-Well.pdf
- <https://www.alz.org/getmedia/da9e2ce1-d73c-437a-be7c-d5761afd06e9/taking-action-workbook>

Start thinking about and building your support network. Fill in each piece of the pie below with a resource, a friend, a family member, an agency or other support you can count on to help you through this journey.



Tips for Approaching/Caring for Someone with Alzheimer's or a Related Dementia:

- Never argue; logic and reason may not apply anymore.
- Use short and simple sentences, ask one question at a time, allow time for a response and encourage the person to take their time.
- Approach the person from the front, peripheral vision is often significantly impacted by dementia. Also get down to their level, kneel in front of them if they are in a chair. Towering over them may make them feel uneasy or in trouble.
- Watch your mood and body language as well as theirs— non-verbal messages communicate the most.
- Don't take things personally. Remember it's not the person giving you a hard time, it's the disease and the person with the disease is having a hard time.
- Acknowledge their feelings. Person's with dementia continue to feel loved or unloved, respected or un-respected, useful or useless, safe or in danger, valued or worthless. How do you want them to feel?
- Help the person feel in control. Allow them to continue making decisions and continue getting their input on decisions as long as possible.
- Accept them where they are. If they are experiencing a different reality, go with it, don't try to re-orient them to your reality. It makes their reality more scary and confusing.
- Difficult behaviors are forms of communication. Put yourself in their shoes—what are they trying to communicate to you?

Things Not to Do:

- Order the person around or Tell the person what he/she can't do
- Say "Remember...I told you yesterday.."
- Quiz them or ask questions that rely on good memory
- Talk faster and/or louder. They may hear just fine but take a longer time processing what you are saying.
- Look past the person when talking or talk around the person, instead talk to them.

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.™

ADRC of Northwest Wisconsin

Serving adults 60 and older, adults with disabilities, their families and caregivers and professionals.



Services include:

- Elder Benefit Specialist and Disability Benefit Specialist assist with public and private benefits such as Medicare, Medicaid, Social Security, SSI, SSDI, Supplemental Insurance, prescription drug coverage
- Family Caregiver Support: Information, support and assistance for family caregivers, support groups, and educational opportunities
- Community Programming and Health Promotion: The ADRC provides and sponsors an array of educational and community outreach programs focusing on health promotion, prevention, caregiving, planning for the future, and topics of interest to community members. The ADRC also provides four evidence based health promotion workshops: Powerful Tools for Caregivers, Living Well with Chronic Conditions, Stepping On Falls Prevention, and Healthy Living with Diabetes
- Dementia Services and Supports: Dementia Care Specialist, Dementia Live, Dementia Friendly Business Training, Dementia Lending Library, Music and Memory, support groups and dementia education opportunities
- Information on resources and help connecting to services, help exploring options, and access to the publicly funded long term care programs.
- ADRC Nutrition Program: Meals on Wheels which is available to homebound individuals and group dining at 6 different dining site locations.
- Medical equipment loan closet: Durable medical equipment available for loan including walkers, bath chairs, wheelchairs, and toilet seat risers for up to 6 months. Meant to help people who need the items on a temporary basis, such as after surgery. Items are available on a first-come, first-served basis at no cost. Call ahead to make sure we have what you need available.
- Transportation: Volunteer Driver Program primarily for non-emergency medical transportation and a Social Transportation program providing wheel chair accessible transportation for shopping, errands and socialization type trips
- Volunteer Opportunities: A number of our programs utilize volunteers including the volunteer transportation program, Meals on Wheels and health promotion. For a full list of volunteer opportunities visit www.adrcnwwi.org/volunteer/

ADRC of Northwest Wisconsin

Toll Free #: 877-485-2372

adrc@co.polk.wi.us

www.adrcnwwi.org

Siren Office: 7410 County Rd K, Suite 180, Siren, WI

Balsam Lake Office: 100 Polk County Plaza, Suite 60, Balsam Lake, WI

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.

- <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* by Jolene Brackey
- Dementia/Caregiver kits: kits that are full of games, brain exercise, conversation starters and reminiscing activities available through many local libraries.

Adaptive Equipment

Adaptive equipment is any type of device that helps someone maintain independence with activities of daily living and continue doing other activities that improve quality of life. Agencies that provide personal emergency response systems often also provide medication management and dispensing systems that provide med reminders. For a full list of these agencies contact the ADRC at 877-485-2372.

Ageing & Disability Resource Center

Medical equipment loan program
877-485-2372 www.adrcnwwi.org

Best Alzheimer's Products

Ideas and suggestions for activities and entertainment
<https://best-alzheimers-products.com/>

Center for Independent Living

312 W. Knapp St. #1, Rice Lake
715-736-1800, www.cilww.com

North County Independent Living

2911 Tower Ave Suite 9, Superior, WI
800-924-1220 , www.northcountryil.org

E-Pill Medication Management Devices

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

The Alzheimer's Store

Products for comfort and security,
www.alzstore.com

Adult Protective Services

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.

Polk County Community Services Division

715-485-8400

Burnett County Health and Human Services

715-349-7600

Wisconsin Elder Abuse Hotline 833-586-0107

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, WI

715-720-7611,

<https://www.alz.org/wi>

24/7 Helpline

Services and support available 24/7 and provided by masters level clinicians
1-800-272-3900

Assisted Living Options

Adult Family Homes (AFH): Usually in a home like setting with 2-4 residents and where supervision, room and board is provided. Private and semi private rooms available. Licensed or certified depending on the number of beds. For a full list of AFHs in your area contact:

1-2 Beds: Regulated by Inclusa. Call (866) 306-6499.

3-4 Beds: Regulated by the State of Wisconsin. Check online at: <https://www.dhs.wisconsin.gov/guide/afh.htm> .

Assisted Living/Residential Care

Apartment Complex: Serve people who are more independent than a CBRF or nursing home and in an apartment like setting. Services vary by facility but may include noon meals, light housekeeping, emergency call system, personal care assistance, socialization. The facilities with an * listed below provide additional memory care services.

Evergreen Village

Amery, WI 715-268-6640

***Riverbend Senior Living** (connected to Willow Ridge skilled nursing facility)

Amery, WI 715-268-9949

<https://www.riverbend-seniorliving.com/>

The Royal Oaks

Osceola, WI 715-294-1600

<http://www.theroyaloaks.com/>

Community Based Residential Facility

(CBRF): 24-hour supervision; meals; medication monitoring; personal care; and semi-private, private or apartments provided. Generally has 5-25 residents and is State

Licensed. The facilities with an * listed below provide additional memory care services.

***Amery Memory Care**

215 Birch St., Amery, 715-797-6027

www.amerymemorycare.com

***Comforts of Home**

St Croix Falls, WI 715-483-1707

Countryside Ares

Webster, WI 715-866-4411

Hearthside Assisted Living (connect to Christian Community Homes skilled nursing facility)

Osceola, WI 715-294-1100

<https://cch-osceola.org/facility-details-hearthside/>

***Kapes Lakeside Assisted Living and Memory Care**

Siren, WI 715-349-5273

***Riverbend Senior Living** (connected to Willow Ridge skilled nursing facility)

Amery, WI 715-268-9949

<https://www.riverbend-seniorliving.com/>

Shady Knoll Home

Grantsburg, WI 715-463-5425

Sophie's Manor

Centuria, WI 715-640-3330

Traditions of Frederic

715-327-4888

Lawson Manor (connected to the United Pioneer Home skilled nursing facility)

Luck, WI 715-472-2164

[Www.unitedpioneerhome.org](http://www.unitedpioneerhome.org)

Assisted Living Facility checklist. A list to gather information about facilities you visit.

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

For more information about the different types of assisted living options visit:

www.dhs.wisconsin.gov/guide/assisted-living.htm

Care Planning

Create a care plan for emergencies if a time comes when you are no longer able to care for your loved one and to be better prepared for the future. Think about who will care for your loved one when you can't? What medical conditions does your loved one have and what medications are they on? Who is their primary care provider? What type of insurance do they have? What do you do to help your loved one and what types of activities do they like? A care plan can provide support to the caregiver and can act as a Plan B that will allow someone to step in, as seamlessly as possible, to care for your loved one when you cannot.

To learn more about care plans and get a fillable care plan document visit:

<https://www.cdc.gov/aging/publications/features/caregivers-month.html>

For more information on planning for emergencies visit: <https://www.alz.org/help-support/caregiving/safety/in-a-disaster>

A care plan for someone with dementia may also include:

- A list of things/activities he or she likes
- Things that calm them
- Location of photo albums
- Strategies that you've used successfully to help with common behaviors

- What they are usually trying to communicate with certain behaviors
- Their daily routine

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. Call the ADRC for the next workshop, 877-485-2372

Caregiver Programs

Alzheimer's Family Caregiver Support

Program (AFCSP): Funds for AFCSP 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. Contact the Aging & Disability Resource Center, 877-485-2372

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.

For more information on caregiver classes and programs, contact the Aging & Disability Resource Center, 877-485-2372

Crisis

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 help prevent future crisis. The Aging & Disability Resource Center can help address your current situation and make plans for the future to prevent a crisis. See the Care Planning section as well.

Individuals with dementia in crisis and their family caregivers needing emergency connection and help, outside of normal business hours can contact:

- Polk County Mental Health Crisis Line: 888-552-6642
- Burnett County Mental Health Crisis Line: 888-636-6655
- Emergency Services: 9-1-1
- Alzheimer's Association Helpline: 800-272-3900

Dementia Care Specialist

The Dementia Care Specialist (DCS) plays a variety of roles in promoting community awareness and access to services for people with dementia and their family caregivers. They also consult with law enforcement, Adult Protective Services (APS), and others who need information regarding dementia-related issues. For more information, contact the Aging & Disability Resource Center, 877-485-2372.

Dementia Friendly Community

In an effort to help people with Alzheimer's disease and related dementias feel included, safe, and understood, cities and



towns throughout the United States are transitioning to Dementia Friendly Communities. The ADRC of Northwest Wisconsin facilitates the Polk & Burnett County Dementia Coalition, a coalition focused solely on enhancing the quality of life for all individuals impacted by dementia.

To get more information about the coalition and to join contact the ADRC at 877-485-2372.

Dementia Friendly Business Training: Free training for businesses, community organizations and faith communities on providing dementia friendly customer service. Call the ADRC of Northwest Wisconsin at 877-485-2372 to get more information and schedule a training (s).

Wisconsin's Dementia Friendly Communities Toolkit: Wisconsin's toolkit, Building Dementia-Friendly Communities located at <https://www.dhs.wisconsin.gov/publications/p01000.pdf> provides information, resources, lessons learned, and the steps for building a dementia-friendly community. No matter what sector you represent—local business owner, faith leader, village/town/county government—there is something you can do to become dementia friendly!

Dementia Friendly America Dementia Friendly America is a national movement to foster the creation of dementia-friendly communities around the nation. Whether or not your community wants to engage in the full movement, you can take advantage of a number of videos and resources for all sectors in the community at dfamerica.org/resources.

Dementia Simulation Trainings

Dementia Live: Dementia Live® is a dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. This no-cost training is available for family caregivers and offered at various times throughout the year. Contact the Aging & Disability Resource Center, 877-485-2372 to learn more.

DICE (Describe, Investigate, Create, Evaluate)

A complimentary program to help family caregivers manage behavioral and psychological symptoms of dementia. For more information on the DICE approach contact the ADRC at 877-485-2372.

Driving Concerns

The Aging & Disability Resource Center 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. Also contact your physician with any driving concerns.

AARP: An online resource which includes information on driver safety, a quiz and driver safety programs. Driver safety information line: 888-227-7669, www.aarp.org.

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/driving.

Fitness to Drive: The FTD is a web-based tool for caregivers and/or family members of older

drives to identify at-risk older drivers, <http://fitnesstodrive.php.ufl.edu>

The Hartford Publications

At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia and Driving. Available at https://s0.hfdstatic.com/sites/the_hartford/files/at-the-crossroads-2012.pdf

Wisconsin Department of Transportation, Division of Motor Vehicles (DMV)

735 W. Ave, Rice Lake

DMV phone contacts are handled through the phone center in Madison, 608-264-7447.

Driver Medical Concerns Overview

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

Education Events and Resources

Alzheimer's Association

Offer online and in person educational opportunities for individuals with dementia, family members and caregivers, professionals and concerned community members.

www.alz.org

ADRC of NW WI

Provides a Lending Library of resources specific to dementia and community education events focused on dementia. 877-485-2372

Caregiver Conference in New Richmond

Takes place in September each year and includes speakers and a vendor fair of resources. Coordinated by the local Caregiver Coalition

<https://www.witc.edu/continuing-education-and-training/conferences-and-events>

Caregiver and Wellness Conference

This conference takes place at the St Croix Casino-Danbury and provided by the St Croix Tribe. Speakers and vendor fair focused on caregiver resources and wellness. Takes place in July each year.

Local Libraries: Many local libraries have a number of resources available on topics related to dementia.

Alzheimer's Association Virtual Library: The Green-Field Library, located at the home office of the Alzheimer's Association in Chicago, Illinois, is the nation's oldest and foremost library and resource center devoted to increasing knowledge about Alzheimer's disease and other dementias. "Visit" this library online at https://www.alz.org/help-support/resources/virtual_library.

Elder Law Attorneys

Elder law attorneys specialize in 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, residents rights in long-term care facilities, and estate, income and gift tax matters. To find one in your area, contact Wisconsin State Bar Lawyer Referral & Information Services, 800-362-9082

Guardianship

A guardianship of person or estate might be needed for someone who is incompetent and no longer able to make medical and/or financial decisions and does not have any other decision making directives in place, such as a Power of Attorney for Health care or Power of Attorney for Finances.

For more information, contact:

- WI Guardianship Support Center, 855-409-9410, www.gwaar.org
- Wisconsin Department of Health Services www.dhs.wisconsin.gov/clientrights/guardianship.htm
- For individuals that qualify financially, Adult Protective Services departments provide assistance with the guardianship process. Polk County Behavioral Health Department Adult Protective Services: 715-485-8400. Burnett County Health and Human Services-Adult Protection: 715-349-7600

Home Care and Hospice Services

For a complete listing of supportive/non-medical and medical in-home services, hospice, and costs, view the ADRC Resource Guide at www.adrcnwwi.org or contact the Aging & Disability Resource Center, 877-485-2372.

Kids and Dementia

Online resources for children and teens to help learn about Alzheimer's disease:

- **Alzheimer's Association:** https://www.alz.org/help-support/resources/kids-teens/for_kids
- **National Institute on Aging:** <https://www.nia.nih.gov/health/resources-children-and-teens-about-alzheimers-disease>

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.

Angel Sense, GPS system
888-999-2023
www.angelsense.com

GPS Smart Sole, GPS system
213-489-3019
www.gpssmartsole.com

MedicAlert & Safe Return, community alert system
www.alz.org/care/dementia-medic-alert-safe-return.asp

PocketFinder, Pocket Personal Finder GPS
Locator Available at most Walmart Stores
www.pocketfinder.com

Project Lifesaver
Polk County Sheriff's Department 715-485-8300
Burnett Count Sheriff's Department 715-349-2121

Trax, GPS tracking system
www.traxfamily.com

Silver Alert: Silver Alert is a plan to help local law enforcement in the rescue of missing persons who have Alzheimer's disease or related dementia. Silver Alerts are broadcast to the public on roadways, email and text messages. Learn more at www.wisconsincrimealert.gov

Memory Clinics

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

Essentia Health Neurology
218-786-3925
3rd St Building, Duluth, MN

Fairview Chisago Lakes Memory Assessment Clinic
651-257-8499
Chisago City, MN

Kinisi Institute of Movement
St Croix Regional Medical Center
715-483-0241
St Croix Falls, WI

Marshfield Clinic
866-333-1996
For appointments at Rice Lake or Eau Claire centers

Mayo Clinic Health System Memory Care Clinic
715-838-1900
Eau Claire, WI

Neurological Associates of St Paul
651-221-9051
Maplewood, MN

Noran Neurological Clinic
612-879-1500
Blaine, MN

Spooner Health System Memory Clinic
715-939-1687

UW Family Medicine Clinic

715-839-5175

Eau Claire, WI

You can also find a list of Memory Clinics statewide through the Wisconsin Alzheimer's Institute at <https://wai.wisc.edu/>.

Memory Screenings

A free wellness tool that helps identify possible changes in memory and brain health. Contact the Aging & Disability Resource Center, 877-485-2372

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. It can include 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 or online at <https://www.dhs.wisconsin.gov/forms/advdirectives/f00085.pdf>. Additional information and the forms can also be found at www.gwaar.org or 1-855-409-9410.

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 and means 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 activated**.

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 money 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-F but later become incapacitated, 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, etc.). Information and forms are available at www.gwaar.org or 1-855-409-9410.

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.

Research and Clinical Trials

Without clinical trials and research there can be no better treatments, no prevention and no cure for Alzheimer's disease. Individuals with dementia, caregivers and healthy volunteers are needed to participate in clinical trials focused on Alzheimer's and other dementias. Individuals interested in participating in research studies or interested in donating their brain (after death) for research purposes, can contact the following organizations.

Alzheimer's Association

800-272-3900

<http://www.alz.org/research/overview.asp>

Alzheimer's Disease Research Center at UW Madison

608-263-2582

www.adrc.wisc.edu

Respite Care

Respite care is temporary planned or unplanned care provided to give a unpaid family caregiver a break. Respite services can be provided in the home, in an institution, over night or just during the day time. For a full listed of agencies that can provide respite care in the home contact the ADRC at 877-485-2372.

Adult Day Respite Services: Day time services provided outside the home providing care, meals, activities and socialization.

Adult Day Care/Respite

Continuing Care Center at Burnett Medical Center, Grantsburg, WI
715-463-5353

Day Friends

Balsam Lake, WI—Weekdays, 7:30-3:30pm
715-485-8762

Happy Day Club

Spooner, WI
71-416-2942

Safety

Improve safety by potentially identifying problems in the home:

- <https://www.nia.nih.gov/health/home-safety-and-alzheimers-disease>
- www.alz.org/care/alzheimers-dementia-safety.asp

Skilled Nursing Facilities

A facility licensed to provide 24 hour skilled nursing care. Services include 3 meals per day, activities, rehabilitative treatment, and services to meet the psycho-social, emotional and/or physical needs of the residents. Licensed and inspected by the State of Wisconsin.

Maple Ridge Care Center

866-333-6002

Spooner, WI

Christian Community Home

715-294-1100

Osceola, WI

Continuing Care Center at Burnett Medical Center

715-463-5353

Grantsburg, WI

Frederic Nursing & Rehab

715-327-4297

Frederic, WI

Golden Age Manor

715-268-7107

Amery, WI

Divine Rehabilitation and Nursing at St Croix

715-483-9815

St Croix Falls, WI

United Pioneer Home

715-472-2164

Luck, WI

Willow Ridge (attached to Riverbend Assisted Living)

715-268-8171

Amery, WI

Support Groups

ADRC Dresser Caregiver Support Group

877-485-2372

Peace Lutheran Church in Dresser, WI.

3rd Tuesday of every month from 2-3:30pm

ADRC Burnett County Caregiver Support Group

877-485-2372

Grantsburg Public Library

4th Thursday of every month from 10:30am-12pm

Alzheimer's Caregiver Support Group

800-272-3900

Telephone support group the 4th Tuesday of every month from 10am-11am

Preregistration is required in order to get the call-in information.

Dementia Caregiver Support Group

Amery Area Community Center

715-268-7089

1st Wednesday of every month at 10a.m

Contact: Gloria Bauer

Amery Memory Care Family Caregiver Support Group

715-268-4800

Last Wednesday of every other month.

Open to residents, family members and community members

Early Stage Dementia Support Group

715-635-4460

DNR Service Center, Spooner, WI

Support group for the caregiver and individual with dementia (in the early stage) to attend together

3rd Monday of the month at 1:30pm

Call Trisha to register at 715-635-4460

Caregiver Support Group

Trinity Lutheran Church, Spooner, WI

715-416-2942

Meets the 1st Monday of the month at 9am

Transportation

For a complete list of transportation options, contact the Aging & Disability Resource Center at 877-485-2372 or visit www.adrcnwwi.org

Tribal Programs and Services

The St Croix Chippewa Indians of Wisconsin offer various programs and services to tribal members.

Aging Unit-provides resources, support and advocacy

800-236-2195 ext 5108

Community Services-provide a number of services related to behavioral health, substance abuse, dental, benefits, transportation, in home nursing services

800-236-2195 ext 5139

Dementia Care Specialist-A specialist in dementia care, resources and support for the individual with dementia and the family/caregiver
800-236-2195 ext 5150

Veteran's Service Office

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

- Polk County Veteran's Service Office
715-485-9243
- Burnett County Veteran's Service Office
715-349-2179

Websites

About Alzheimer's

<http://alzheimers.about.com>

Aging and Disability Resource Center of Northwest Wisconsin—Dementia Resources

<https://adrcnwwi.org/dementia-resources/>

Alzheimer's Association

www.alz.org <http://blog.alz.org>

Alzheimer's Foundation of America

<https://alzfdn.org/>

Alzheimer's Disease Research Center (ADRC)

www.adrc.wisc.edu

Alzheimer's Reading Room

<https://alzheimersreadingroom.tumblr.com/>

Alzheimer's Speaks—Dementia Chats

www.alzheimersspeaks.com

AARP Family Caregiving—Resources and Information

<https://www.aarp.org/caregiving/>

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

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

Teepa Snow, Dementia Expert

www.teepasnow.com

Us Against Alzheimer's

www.usagainstalzheimers.org

Wisconsin Alzheimer's Institute

www.wai.wisc.edu

Wisconsin State Dementia Care System Redesign <https://www.dhs.wisconsin.gov/dementia/index.htm>

