

# 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.



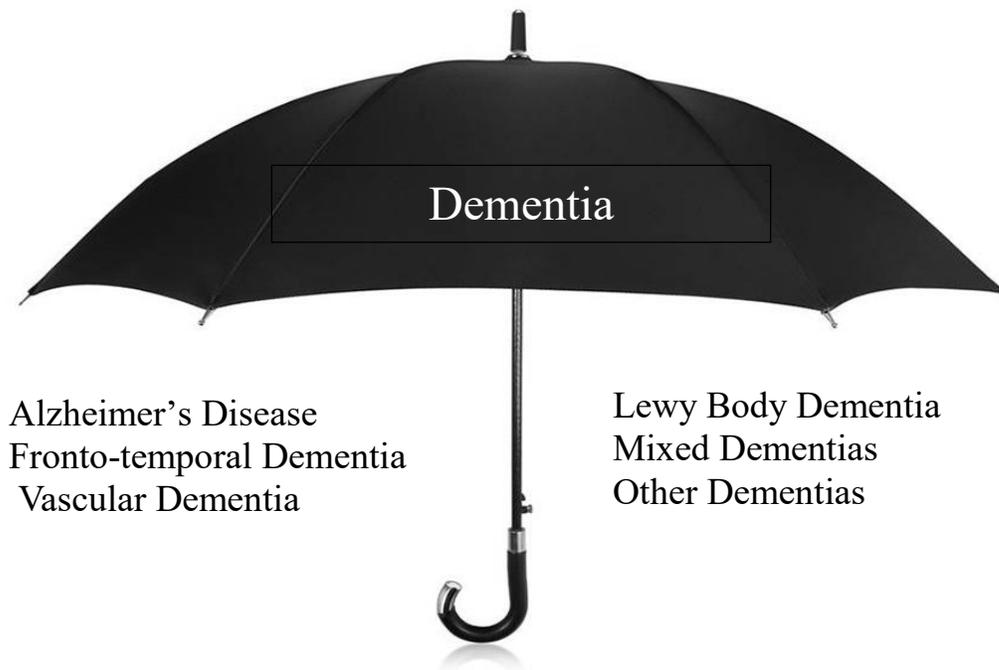
Last updated: 5/11/2021

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## Dementia 101



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

Source: alz.org

### **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
- Difficulty 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

**Symptoms can vary from person to person based a variety of factors including: disease type, other medical conditions, and personality and experiences.**

*Source: DICE Approach*

## **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.

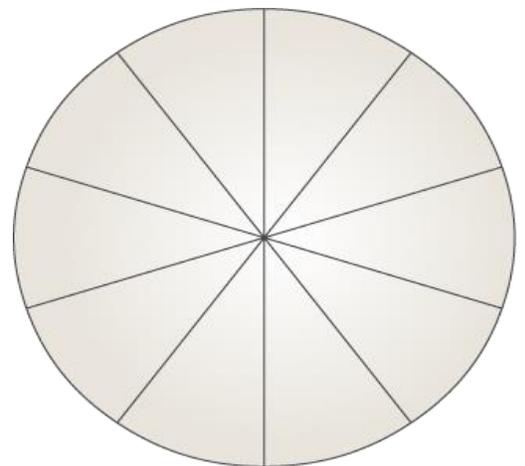
We have included a list of local Memory Clinics in this booklet. You can also find a list of Memory Clinics statewide through the [Wisconsin Alzheimer's Institute](#) at

<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 at no charge. Call the ADRC at 715-395-1234 to schedule an appointment. It is 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](http://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](http://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 to Avoid:**

- 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.



## 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.



## 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.

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.



## STUMP YOURSELF

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

## FUEL UP RIGHT

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



## 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.



Visit [alz.org/10ways](http://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/](http://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](http://www.pinterest.com/explore/dementia-activities)
- [www.alz.org/national/documents/brochure\\_activities.pdf](http://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.
- Alzheimer's Store: Activities, robotic pets and baby dolls for individuals with dementia. [www.alzstore.com](http://www.alzstore.com)

## **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.

### **Aging & Disability Resource Center**

Medical equipment loan program  
877-485-2372 [www.adrcnwwi.org](http://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](http://www.cilww.com)

### **North County Independent Living**

2911 Tower Ave Suite 9, Superior, WI  
800-924-1220, [www.northcountryil.org](http://www.northcountryil.org)

### **E-Pill Medication Management Devices**

Easy-to-use locked automatic pill dispenser,  
[www.epill.com](http://www.epill.com)

### **The Alzheimer's Store**

Products for comfort and security,  
[www.alzstore.com](http://www.alzstore.com)

### **True Doors**

Door decals to hide a door from individuals who wander or make a door look like their door from home for individuals living in a facility.

<https://my.truedoors.com/collection/>

### **Tile**

Small tracking device for everyday things that get misplaced, lost or stolen.

<https://www.thetileapp.com/en-us/>

## **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>

## **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 Inclusive. 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](http://www.amerymemorycare.com)

**\*Comforts of Home**  
St Croix Falls, WI 715-483-1707

**Countryside Acres**  
Webster, WI 715-866-4411

**\*Eagle Ridge Senior Living and Memory Care**  
Osceola, WI 715-294-8000  
<https://www.eagleridgeseniorliving.com/>

**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](http://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](http://www.dhs.wisconsin.gov/guide/assisted-living.htm)

## **Care Planning**

Create a care plan for emergencies and if a time comes when you are temporarily or permanently unable to care for your loved one. 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 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](http://dfamerica.org/resources).

**Dementia Friends:** A global movement to change the way people think, act and talk about dementia. The Dementia Friends training is for anyone interested in making a positive difference in the lives of people living with dementia. Become a Dementia friends Champion and help provide Dementia Friends trainings in your community. Programs available for kids 2-6th and 9-12th grade and adult community members. Contact the ADRC at 877-485-2372 to learn more and schedule a Dementia Friends training.

## **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](http://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](http://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](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, Workshops 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](http://www.alz.org)

**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>.

### **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.

### **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) Workshop**

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

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

### **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.

### **Regional Virtual Dementia Education**

Dementia education opportunities provided by the Dementia Care Specialists serving the Northwest region of Wisconsin. Virtual programs open to all residents of Northwest Wisconsin. Contact the ADRC for the monthly schedule at 877-485-2372.

**See Website Section for online information resources.**

### **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](http://www.gwaar.org)
- Wisconsin Department of Health Services [www.dhs.wisconsin.gov/clientrights/guardianship.htm](http://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

## **Helplines**

Learn about the disease, brainstorm behavioral management strategies, get connected and find support by calling one of the following helplines.

**Alzheimer’s Association 24/7 Helpline:** Services and support available 24/7 and provided by masters level clinicians. 1-800-272-3900

**Lewy Line:** Information and support for individuals impacted by Lewy Body Dementia  
1-800-539-9767

**The Association for Frontotemporal Degeneration Helpline:** Information and support for individuals impacted by a type of Frontotemporal Degeneration.  
1-866-507-7222

## **Home Care**

Long term care services provided in the home can include medical and non-medical services—home health care, supportive home care and personal care. Home health care (medical) includes skilled nursing care and therapy services. These services are often covered by Medicare on a short term basis. Personal care includes “hands-on” services (but not skilled services) including bathing, grooming and hygiene.

Supportive home care includes “hands-off” services like cleaning, laundry, cooking and meal preparation. Medicare does not pay for supportive home care or personal care (unless it is provided in conjunction with skilled services) and Medical Assistance will sometimes pay for personal care but will not pay for supportive home care or respite care. Below is a list of agencies that provide personal, supportive and respite home care—services that are often a huge help when caring for someone with dementia. For a complete list of medical in home services, costs and other long term care options contact the ADRC at 877-485-2372.

**Because There’s No Place Like Home, LLC** Serves Polk and Burnett, 715-706-1112

### **Comfort Keepers**

Serves Polk and Burnett on a case by case basis, 715-381-6730

### **Interfaith Caregivers of Polk County**

Volunteer organization that provides many services (when volunteers are available) to support older adults living in the community.

715-825-9500

### **International Quality Homecare**

Serves Polk and Burnett, 855-447-4762

### **Peaceful Living**

Serves Polk County and accepts Medical Assistance, 715-386-7071

### **Spirit of the Heart**

Serves within a 30 minute or 20 mile radius of Centuria, 715-441-0159

### **Touching Hearts at Home**

Serves Polk County, 715-245-1944

## **Hospice and Palliative Care Services**

**Hospice care** focuses on comfort and dignity at the end of life; it involves care and support services that can be of great benefit to people in the final stages of Alzheimer's and other dementias and their families. The primary purpose of hospice care is to manage pain and other symptoms during the last six months of life where treatments focus on comfort rather than curing the underlying disease. Hospice is usually covered by Medicare, Medicaid and other private insurances.

**Palliative Care** is available at any stage or age of a life-limiting illness. A patient does

not need to have a terminal prognosis of six months or less to qualify, nor is it required that they stop seeking curative treatment. Palliative Care uses a team approach to improve quality of life by providing pain and symptom (including behaviors in a person living with dementia) management, facilitating communication, assisting with decision making and coordinating care and services available to support the patient within his or her community. Not typically covered by Medicare but sometimes covered by private insurance plans. Contact the agency to inquire about cost and payment options for palliative care services.

Both palliative care and hospice care services can be provided in the home or in a facility. For a list of hospice and palliative care agencies contact the ADRC at 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](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>

### **The Association for Frontotemporal Degeneration:**

<https://www.theaftd.org/living-with-ftd/kids-and-teens/>

## **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](http://www.alz.org).

**Angel Sense**, GPS system  
888-999-2023  
[www.angelsense.com](http://www.angelsense.com)

**GPS Smart Sole**, GPS system  
213-489-3019  
[www.gpssmartsole.com](http://www.gpssmartsole.com)

**MedicAlert & Safe Return**, community alert system  
[www.alz.org/care/dementia-medic-alert-safe-return.asp](http://www.alz.org/care/dementia-medic-alert-safe-return.asp)

**PocketFinder, Pocket Personal Finder GPS**  
Locator Available at most Walmart Stores  
[www.pocketfinder.com](http://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](http://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](http://www.wisconsincrimealert.gov)

## **Memory Clinics/Specialists**

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

**UW Family Medicine Clinic**  
715-839-5175

## **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](http://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**.

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### **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](http://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](http://www.adrc.wisc.edu)

### **Lewy Body Dementia Association**

Helps connect individuals with Lewy Body Dementia and Parkinson's Dementia with clinical trials currently recruiting participants.

<https://www.lbda.org/research/clinical-trials/>

### **The Association for Frontotemporal Degeneration**

[https://www.theaftd.org/research-clinical-](https://www.theaftd.org/research-clinical-trials/ways-to-participate/)

[trials/ways-to-participate/](https://www.theaftd.org/research-clinical-trials/ways-to-participate/)

## **Respite Care**

Respite care is temporary planned or unplanned care provided to give an unpaid family caregiver a break. Respite services can be provided in the home, in an institution, overnight 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

## **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](http://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  
Granstburg, 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**

Note: Some groups may not be meeting in person right now due to the COVID pandemic.

**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 Association Statewide Virtual/Telephone Support Groups**

To register call: 800-272-3900

- For Persons Living with Mild Cognitive Impairment: 2<sup>nd</sup> Wednesday of each month, 10-11:30am
- General Family Caregivers: Every other Tuesday, 5:30-7pm
- Family Caregivers for a Loved One with Dementia Living in a Facility: Every Friday, 10-11:30am
- Male Family Caregivers: 3<sup>rd</sup> Wednesday, 5:30-6:30pm
- Family Caregivers with a Loved one with Dementia in the Early Stages: 2<sup>nd</sup> Tuesday, 9:30-11am, and the 4<sup>th</sup> Tuesday, 10-11:30am
- Family Caregivers with a Loved one with Frontotemporal Degeneration (FTD): 3<sup>rd</sup> Wednesday, 6-7:30pm

**Alzheimer's and Dementia Alliance Statewide Virtual/Telephone Support Groups**

Call for more information and to get the call in/virtual information: 608-661-0463

- Family Caregivers with a Loved One with Lewy Body Dementia: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 1:30-3:00pm

- Family Caregivers with a Loved One with Young Onset Dementia: 1<sup>st</sup> and 3<sup>rd</sup> Monday, 5-6:30pm

### **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

### **Transportation**

For a complete list of transportation options, contact the Aging & Disability Resource Center at 877-485-2372 or visit [www.adrcnwwi.org](http://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 5193

### **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://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](http://www.adrc.wisc.edu)

Alzheimer's Reading Room

<https://alzheimersreadingroom.tumblr.com>

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Alzheimer's Speaks—Dementia Chats

[www.alzheimersspeaks.com](http://www.alzheimersspeaks.com)

AARP Family Caregiving—Resources and Information

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

Lewy Body Dementia Association

[www.lbda.org](http://www.lbda.org)

National Institutes on Aging Alzheimer's  
Disease Education and Referral Center  
<https://www.nia.nih.gov/health/alzheimers>

National Organization for Rare Disorders  
<https://rarediseases.org/>

Rare Dementia Support  
<https://www.raredementiasupport.org/>

Teepa Snow, Dementia Expert  
[www.teepasnow.com](http://www.teepasnow.com)

The Association for Frontotemporal  
Degeneration  
<https://www.theaftd.org/>

Us Against Alzheimer's  
[www.usagainstalzheimers.org](http://www.usagainstalzheimers.org)

Wisconsin Alzheimer's Institute  
[www.wai.wisc.edu](http://www.wai.wisc.edu)

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

