

## What is Dementia?

Dementia is a set of symptoms resulting from disease, such as Alzheimer's, or other conditions such as stroke, that damage the brain and interfere with a person's ability to carry out daily activities.

## Who is a family caregiver?

Anyone providing physical, emotional, financial, or other types of assistance to a family member or friend, who has a chronic disease or other condition, requiring ongoing care and attention.

## When should I have a memory screen?

- A memory screen is a brief test used to evaluate memory, judgment and the ability to understand visual information.
- When mental tasks that used to be easy to perform, become difficult
- If you are concerned about your memory.
- If you are over 65 and want to track your cognitive ability over time.



### **BALSAM LAKE OFFICE (Polk County)**

100 Polk County Plaza Suite 60  
Balsam Lake, WI 54810  
Local phone: 715-485-8449  
Fax: 715-485-8460

### **SIREN OFFICE (Burnett County)**

7410 County Road K, #180  
Siren, WI 54872  
Local phone: 715-349-2100  
Fax: 715-349-8644

**Toll Free: 877-485-2372**

**[adrc@co.polk.wi.us](mailto:adrc@co.polk.wi.us)**  
**[adrcnwwi.org](http://adrcnwwi.org)**

Call, email, or walk in to speak with someone today.



# Dementia Care Services



*Serving all who are impacted by Dementia including individuals with dementia, family members, professionals and the community.*



# Dementia Care Resources and Supports Available at the

The Aging and Disability Resource Center of Northwest Wisconsin is proud to offer a number of resources, supports and services to people impacted by dementia. As a Dementia Capable ADRC our staff is also trained on the special needs of individuals with dementia, their care partners, and community professionals who serve individuals with dementia.

Our staff along with our Dementia Care Specialist is ready to serve you and your loved one. With the right education, resources and supports you can both live well on this journey of dementia.

We support people living with dementia or Alzheimer's Disease, their family members and caregivers, professionals (medical providers, social workers, law enforcement, discharge planners, etc.), and anyone who wants to learn more about dementia, how it differs from the normal aging process and brain health.

We promote the importance of an early and accurate diagnosis, brain health and dementia education, planning ahead for future health care needs and long term care, and dementia awareness in the community.

We provide the following services and supports:

- **Boost your Brain and Memory:** 8 week program to anyone who wants to learn how to improve/maintain their brain health to prevent or delay the onset of cognitive decline.

- **Memory Screening:** A short screen to help detect possible changes in cognition and memory that might require further evaluation.
- **Music and Memory:** Music can be therapy to a person with dementia and provide a non-pharmacological approach to managing behaviors, stimulating the brain, and improving quality of life for individuals impacted by dementia.
- **Connection to Resources and Assistance with Care Planning:** Our staff can help to address your current situation and plan for the future, including advance care plans and connections to legal and financial planning experts and long term care planning.
- **Caregiver Support Groups:** We provide two different caregiver supports and can help connect you to other caregiver support groups in your area. Learn tools, get support and take a break .
- **Powerful Tools for Caregivers:** 6 week workshop focused on the health and wellbeing of the family/unpaid caregiver. Learn stress management, communication skills, goal setting, dealing with difficult emotions and more!
- **DICE:** Program designed to help caregivers decode the communication behind dementia related behaviors minimizing the need for medications.
- **Dementia Live:** Get a glimpse of what it is like to have dementia through this interactive experience.

- **Polk & Burnett County Dementia Coalition:** Our agency facilitates a coalition focused on improving quality of life for all impacted by dementia. Community members, professionals, faith leaders and others work together to increase awareness, identify unmet needs and increase inter-agency communication to better serve individuals impacted by dementia.
- **Dementia Friendly Business Training:** Training for businesses interested in learning how to provide dementia friendly customer service and better support employees caring for a loved one with dementia.
- **Dementia Friends:** Learn about what it means to be a friend to someone with dementia—what dementia is, how it impacts a person, dementia friendly communication and small steps you can take to make life better for someone living with dementia
- **Lending Library:** Library of resources for free and to loan on all topics related to dementia and caring for someone living with dementia.
- **Dementia Education Opportunities:** Presentations on various topics related to dementia provided in partnership with the Alzheimer's Association for family members and caregiver of individuals living with dementia.