

Jackson County, WI

Dementia Resource Guide

*Connecting you with resources relating to
dementia services*



421 County Road R | Black River Falls, WI 54615

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Website: adrcjacksoncounty.org

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Mission Statement

To create a community of dementia awareness through education and development of community partnerships which result in creating inclusion, reducing stigma, and instilling hope.

The Aging & Disability Resource Center (ADRC) of Jackson County offers information and assistance to residents of Jackson County regarding services available in the community. You may call or come into the office for more information. If you prefer, staff will meet with you in your home to answer questions and provide more in-depth consultation.

One of the core services provided by the ADRC is to help people plan current or future long-term care needs as it relates to dementia and other like incapacities. Our staff is familiar with all the local community services, and can help you determine which services best meet your needs.

The Jackson County community has a wide range of programs that offer services to meet the needs, maintain the independence, and improve the quality of life for residents. This Dementia Resource Guide was developed by the Aging & Disability Resource Center of Jackson County. It is intended to provide information on the topic of dementia for people who are currently living with dementia symptoms, as well as their family and/or care partners. It is *not* a complete list of all services available to people with dementia or their care partners. It is *not* meant to be an endorsement or recommendation of these particular agencies.

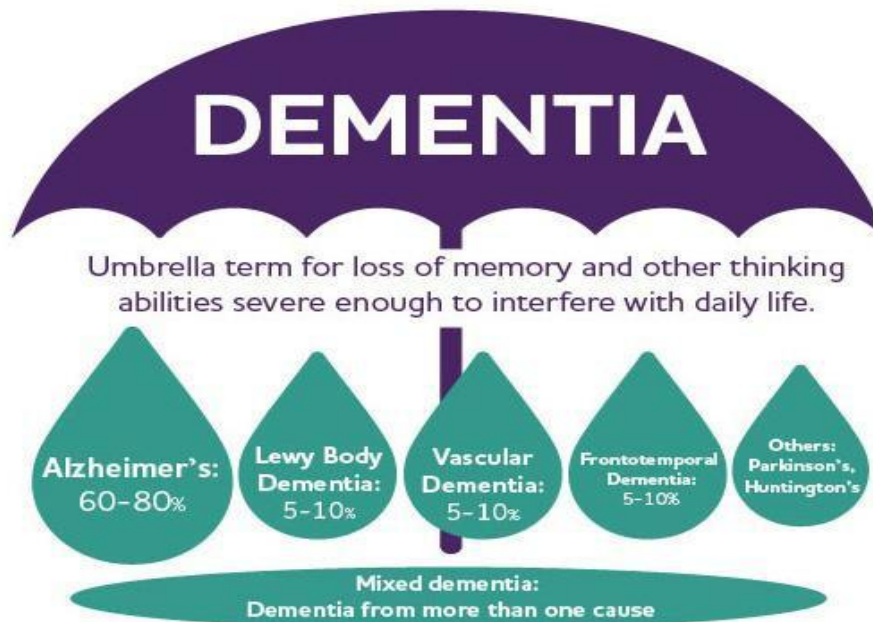
To obtain further information about these or other services or to update the current listing, contact the ADRC of Jackson County at **715-284-3978** or **1-844-493-4245**.

If you would like to have a representative of the ADRC of Jackson County make a presentation to your group or organization, please call **715-284-3978** or **1-844-493-4245**.

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WHAT IS DEMENTIA?



*Image taken from <https://www.alz.org/alzheimers-dementia/what-is-dementia>

Many conditions can cause dementia and there are many types of dementia that can develop at any age. Alzheimer's disease is the most common form of dementia, accounting for 60 – 80% of cases. If you or someone you know has 2 or more of the following warning signs, please seek medical evaluation from a qualified physician or dementia assessment clinic.

10 Warning Signs & Symptoms

- Memory loss that disrupts daily life
- Challenges in planning or problem solving
- Difficulty completing familiar tasks at home, work, or play
- 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
- Poor or decreased judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Source: www.alz.org

TYPES OF DEMENTIA?

Although most Dementias are irreversible, there are some medical conditions that mimic dementia, as a result of medication side effects, and are therefore considered reversible with proper medical care. When caused by degenerative disease or trauma, the dementia is irreversible. The chart below identifies some of these differences.

Irreversible	Reversible
<ul style="list-style-type: none"> ➤ Alzheimer’s Disease - an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. ... ➤ Frontotemporal Dementia- an umbrella term for a diverse group of uncommon disorders that primarily affect the frontal and temporal lobes of the brain — the areas generally associated with personality, behavior, and language. ➤ Lewy Body Dementia - the second most common type of progressive dementia after Alzheimer's disease dementia. Protein deposits, called Lewy bodies, develop in nerve cells in the brain regions involved in thinking, memory, and movement (motor control). ➤ Mixed Dementia - a condition where changes representing more than one type of dementia occur simultaneously in the brain. ➤ Other Dementia - Aids Dementia Complex, Huntington’s Disease, Multiple Sclerosis, Traumatic brain injury, Down Syndrome ➤ Vascular Dementia - a general term describing problems with reasoning, judgment, planning, memory, and other thought processes caused by brain damage from impaired blood flow to your brain. 	<ul style="list-style-type: none"> ➤ Medication & Interactions - Multiple medications increase the chance for medication interactions and negative side effects, and both are well-documented causes of confusion and memory loss. ➤ Thyroid Condition - hypothyroidism and hyperthyroidism - memory loss, difficulty finding the right word and concentrating, poor spatial organization, A deficiency in thiamine (vitamin B1) includes confusion, memory loss, hallucinations, and confabulation (making up stories). ➤ Infections - Urinary tract infections, Sepsis and Pneumonia can cause memory loss, confusion, irritability, and behavior changes. ➤ Vitamin/Mineral Deficiency - Low levels of vitamin B12 can cause memory loss and behavior changes, such as agitation and irritation. ➤ Poor Nutrition/Hydration - Diet lacking in certain B vitamins and dehydration can cause altered electrolyte levels causing confusion, memory loss and problems with coordination. ➤ Tumors and Lesions - Brain tumors can cause many symptoms including some that affect memory, judgment, personality changes, and impulse control.

DEMENTIA COALITION

Mission: To create a community of dementia awareness through education and development of community partnerships, which result in creating inclusion, reducing stigma, and instilling hope.

Vision: To bring awareness to our community, in order to open doors of support and opportunity. to improve quality of life for those affected by dementia.

Contact: ADRCJC@jacksoncountywi.gov OR (715) 284-4301 ext. 521

The Jackson County Dementia Coalition is made up of various area businesses, organizations, faith groups, and community members who are passionate about creating Dementia Friendly Communities in Jackson County, through the education of businesses, organizations, faith groups, and community leaders. The coalition strives to create and maintain programming leading to the support of people living with dementia in Jackson County communities and their care partners.

WHAT IS A DEMENTIA FRIENDLY COMMUNITY?

A Dementia Friendly Community is one where businesses, churches, citizens, and organizations are trained to see through the eyes of a person with dementia. Look for the Dementia Friendly notification on business windows/doors. Anyone can encourage a business to be trained, including caregivers.

In an effort to help people with Alzheimer's disease, and related dementias, feel included, safe, and understood in their community, cities and towns throughout the State of Wisconsin, and the United States, are transitioning to Dementia Friendly Communities. Jackson County is making a commitment to understand, respect, empower, and support the unique needs of individuals with dementia.

For more information or to arrange training, contact the Aging and Disability Resource Center's Dementia Care Specialist at (715) 284-4301 ext. 521.



Dementia Friendly Business Notification

SUPPORT GROUPS

Dementia Caregiver Support Group:

Meets the 1st Thursday of every month from 2:00 PM - 3:00 PM

Jackson County Department of Health & Human Services

421 County Road R, Black River Falls, WI 54615

For more information call Interfaith at 715-284-7058 or email interfaith@jcivc.org

Parkinson's Support Group:

Meets the 3rd Tuesday of each month from 1:30 PM – 3:00 PM

Pine View Terrace

404 County Road R, Black River Falls, WI 54615

For more information call Interfaith at 715-284-7058 or email interfaith@jcivc.org

ADULT DAY PROGRAMS/RESPITE

Time for You: This respite program is coordinated by Interfaith Volunteer Caregivers to provide stimulating activities for those experiencing memory loss, valuable resources for family members, and a few hours of respite for caregivers. Located at Family Worship Assembly in Black River Falls. Families interested in participating should contact Interfaith Volunteers. Phone: 715-284-7058 or email interfaith@jcivc.org

Interfaith Volunteer Caregivers: a non-profit organization in Jackson County that provides valuable programs, assisting the elderly, disabled, and those whose needs are not met by other agencies in the community.

➤ Respite/Caregiver Support:

Volunteers can provide much needed respite care for caregivers. This is a completely non-medical service but offers some much-needed relief to caregivers. Volunteers provide a friendly visitor to loved one safe while giving caregivers some much needed time of their own.

➤ Friendly Visitor / Reassurance Calls:

If you live alone, Interfaith may be able to find a friendly visitor to call or stop, making those days less lonely. Even if you are home bound, you may be able to be a friendly voice for someone else!

MEMORY CAFÉS

A Memory Café is a safe, comfortable, and engaging environment for those with memory loss and their caregivers. It is a place where guests can laugh, learn, and remain socially engaged with others traveling a similar journey.

The Memory Café monthly meeting will feature speakers, educational offerings, and special activities. Program content will vary based on guests' interests, needs, and concerns. Those with Alzheimer's disease, or related diagnosis, individuals with mild cognitive impairment and those who are concerned about memory loss, as well as family members or care partners, are welcome. Contact the ADRC for information.

EDUCATION/EVENTS

The Alzheimer's Association Wisconsin State Conference is held annually in May. The Wisconsin State Conference on Alzheimer's disease and Related Dementias is one of the nation's largest educational forums dedicated to Alzheimer's disease. Coordinated annually by the Alzheimer's Association chapters of Wisconsin, this conference attracts nearly 1,000 professional and family caregivers, medical professionals and those experiencing dementia today. Visit <https://alz.org/wi>

Walk to End Alzheimer's: To find a walk in your area, click on https://act.alz.org/site/SPageServer?pagename=walk_about

WI Alz Conference: Sponsored by the Greater Wisconsin Alzheimer's Association help annually in May. Call 800-272-3900.

SAFETY/WANDERING

Personal Emergency Response System (PERS)

Available through B-Home. The PERS provides 24-hour assistance for people of all ages and abilities. For more information, contact Sara McCullough at 715-284-1360.

<https://www.brmh.net/services/home-based/>

Medic Alert® Alzheimer's Association Safe Return® partnership offers assistance when a person wanders or is lost and access to vital medical information in the time of need. To learn more about a Medic Alert go to medicalert.org/alz and **use the promo code ALZ.**

Project Lifesaver is designed to provide security and comfort for the family while safe guarding the memory impaired and those who are least able to help themselves. For more information call 715-284-5357 or visit www.projectlifesaver.org

Wisconsin's Silver Alert is a public notification system that helps local law enforcement in the rescue of missing persons walking and driving. For more information call 608-245-8952 or visit <https://wisconsincrimealert.widj.gov/>

ADAPTIVE EQUIPMENT/ASSISTIVE DEVICES/HOME MODIFICATIONS

ADRC of Jackson County:-

The local ADRC can assist individuals experiencing memory/cognition concerns obtain recommended assistive devices.

Phone: 715-284-3978

Toll Free: 844-493-4245

<http://www.adrcjacksoncounty.org/>

Office for the Deaf and Hard of Hearing:

Provides information and referral services on a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or hard of hearing individuals.

Phone: 855-359-5252

<https://www.dhs.wisconsin.gov/odhh/odhhservices.htm>

Independent Living Resources (ILR):

Centers for Independent Living help people with disabilities achieve or maintain more self-sufficient and productive lives in their communities.

Phone: 608-787-1111

Toll Free: 888-474-5745

www.ilresources.org

Wisconsin Council of the Blind and

Visually Impaired: Provides one-on-one and group support for people who are newly diagnosed, including low vision evaluations, in-home visits, and assistive technology.

Provides teaching about the causes of vision loss, available medications, and visual aids.

Phone: 608-255-1166

Toll Free: 800-783-5213

www.wcblind.org

ALZHEIMER'S ORGANIZATIONS

Alzheimer's Association

The Alzheimer's Association is the leading health organization in Alzheimer's care, support, and research. Their vision is to eliminate Alzheimer's disease worldwide, through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

In Wisconsin, chapter offices are in: Chippewa Falls, De Pere, Madison, Milwaukee, Rhinelander, and Wausau. If you or someone you know is experiencing Alzheimer's or like diagnosis, are a caregiver, a professional, or want information about the disease, treatment, and research, please reach out to this organization.

Website: www.alz.org 24/7 Helpline: 800-272-3900

Alzheimer's & Dementia Alliance of Wisconsin (ADAW)

The Alzheimer's & Dementia Alliance of Wisconsin is a nonprofit organization that strives to improve the lives of persons with Alzheimer's disease or related dementias. Individuals and families are invited to participate in the variety of programming and supports available to assist in their journey.

To learn more about programs and services:

Phone: 608-232 3400

Toll Free: 888-308-6251

Website: www.alzwisc.org

Email: support@alzwisc.org

LEGAL & FINANCIAL

Elder Law Attorneys:

Provide legal services for adults 60 and over, such as advance health care directives, power of attorney for finance, guardianship, trusts, long term care planning, Medicaid, and resident rights. For information, contact the ADRC Elder Benefit Specialist at 715-284-3978 or WI State Bar Association at 800-362- 9082.

The Elder Rights Project:

Provides free civil legal service to victims of elder abuse. Potential clients can call the state-wide, toll-free number, Monday-Friday from 8:30 am-4:30 pm.

Phone: 1-844-614-5468 www.legalaction.org

The Alzheimer’s Family and Caregiver Support Program (AFCSP):

Provides additional care and support to families caring at home for someone with irreversible dementia. To inquire about eligibility guidelines, contact the ADRC of Jackson County at 715-284-3978.

The National Family Caregiver Support Program (NFCSP):

Provides online and in-person services and supports that help family members and informal caregivers, such as a neighbor or friend, care for older adults at home. For more information, contact the ADRC of Jackson County at 715-284-3978.

PALLIATIVE AND HOSPICE CARE

Black River Memorial Hospital - Hospice & Palliative Care Programs

311 County Hwy A, Suite 1 | Black River Falls, WI 54615

Phone: (715) 284-3662 www.brmh.net/services/home-based/palliative-care/

Gundersen Hospice

1900 South Ave La Crosse, WI 54601

Phone: (608) 775-1500 www.gundersenhealth.org

HSHS St. Joseph’s Hospital Hospice Home Care

2661 Co Hwy I | Chippewa Falls, WI 5472

Phone: (715) 717-7485 or 800-726-3485

<https://www.hshs.org/StJosephsChippewaFalls/Services/Home-Health/Hospice-Home-Care>

Hospice Touch

601 Straw St, Tomah, WI 54660

Phone: (608) 374-0250 <https://www.tomahhealth.org/services/hospice-palliative-care>

Life Choices Palliative Care

321 Butts Ave | Tomah, WI 54660

Phone: (608) 374-0250

<https://www.tomahhealth.org/services/hospice-palliative-care>

Mayo Clinic Health System

700 West Ave. S | La Crosse, WI 54601

Phone: (608) 392-9790 <https://www.mayoclinichealthsystem.org>

Mayo Clinic Health System – Hospice

1400 Bellinger St | Eau Claire, WI 54703

Phone: (715) 464-3536 <https://www.mayoclinichealthsystem.org/services-and-treatments/hospice>

St. Croix Hospice

1280 W Clairemont Ave, Suite 4 | Eau Claire, WI 54701

Phone: (608) 433-9704 OR 855-278-2764 www.stcroixhospice.com

WEB-BASED RESOURCES

Center for Aging Research and Education (CARE): Part of the UW-Madison School of Nursing, CARE offers a series of training videos in its Dementia Friendly Toolkit, developed to build communication and advocacy skills to respectfully engage people living with dementia. - <https://care.nursing.wisc.edu/dementia-friendly-toolkit/>

Family Caregiver Alliance: A public voice for caregivers that provides information, education, services and advocacy. – <https://www.caregiver.org/>

National Institute on Aging (NIA): Alzheimer’s Disease -
<https://www.nia.nih.gov/health/alzheimers>

UCLA Alzheimer’s and Dementia Care Program: UCLA Alzheimer’s and Dementia Care program provides a series of videos to help caregivers understand how to better care for persons with dementia. Videos cover a range of topics such as aggressive language and behaviors, depression, home safety, repetitive questions, wandering, sleep disturbances and more. Free, live-streaming webinars are also available. - <https://www.uclahealth.org/dementia/>

Wisconsin Department of Health Services: Offers online training for family caregivers. - <https://www.dhs.wisconsin.gov/dementia/individuals-and-families.htm>

Video Resources

The following is a combination of short video clips, as well as longer videos, to give you insight on dementia and related diagnosis

12 Minutes in Alzheimer’s Dementia Simulation –
YouTube: Dementia Live – explains in 2.42 minutes the experience
<https://www.youtube.com/watch?v=8eKJwB9ZK5A>

Alzheimer’s Society – Bookcase Analogy – YouTube:
<https://www.youtube.com/watch?v=kkvyGrOEIfA&t=5s> (5.13 minutes)

Dementia from the Inside – YouTube:
<https://www.youtube.com/watch?v=emjuUGrtfgg> (2.48 minutes)

How Dementia Affects Language Skills – YouTube:
https://www.youtube.com/watch?v=0BIZF_4EKp4 (30 minutes)

How Does a Person with Dementia See the World? – YouTube:

https://www.youtube.com/watch?v=q_sWiwI3yP0 (3.35 minutes)

Teepa Snow Discusses the Ten Early Signs of Dementia – YouTube:

<https://www.youtube.com/watch?v=pqmqC-702Yg> (17 minutes)

The Early Signs of Dementia – Dementia Forum – YouTube:

<https://www.youtube.com/watch?v=Gr1oPDKWGxs> (1.29 minutes)

Understanding Cognitive Aging – Difference between normal aging and dementia – YouTube:

<https://www.youtube.com/watch?v=STmGcw46GTE> (4.18 minutes)

What Is Dementia – YouTube:

<https://www.youtube.com/watch?v=fmaEqI66gB0> (2.18 minutes)

What Is Alzheimer’s Disease? - YouTube:

<https://www.youtube.com/watch?v=yJXTXN4xrI8> (3.49 minutes)

What’s the Difference Between Alzheimer’s Disease and Dementia? – YouTube:

<https://www.youtube.com/watch?v=RT907zjpZUM> (2.45 minutes)



If Alzheimer's Could Speak...

By Tara Reed

Talk to me...

I can hear your words and they still touch my soul.

Smile at me...

My eyes can see you and feel your heart even if I don't remember how to smile back.

Hold my hand...

I can feel your energy when our hands connect. It makes me feel safe and less alone.

Love me...

My heart can feel your love even if my words can't express mine.

Live your life...

Help me on my path but don't press pause on your life. Be the vibrant person I know & love.

Trust the process...

I know this is hard and not what we planned but trust the process. We can't control it but we can choose our focus. Remember the good times, know that I am ok and that you are in my heart always.

