

# The DICE Approach

*A complementary program to help caregivers manage behavioral and psychological symptoms of dementia*

Many caregivers experience difficulties with managing behaviors associated with dementia. The behavioral and psychological symptoms of dementia (BPSD) can include showing anger, refusing needed care and wandering to name a few. There are few treatment options for BPSD and caregivers are often left to deal with these stressful behaviors on their own.

The DICE Approach is for family caregivers who would like a better way to manage the behaviors associated with dementia. Sessions will include activities to give caregivers a better understanding of the causes of BPSD and how to apply the DICE Approach when behaviors occur.

The Wisconsin Alzheimer's Institute received a federal grant to help offer this resource to families. Caregivers who enroll will be asked to fill out a baseline survey and an additional survey at six months. Surveys are confidential and voluntary. There is no cost for the program.

For more information on The DICE Approach, contact Kelsey Flock, Dementia Care Specialist, 608-785-5780 or [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

