



# La Crosse County Dementia Care Resources & Support

## Quick reference for professionals

### ***Community Support***



**Memory Screen** is a brief test used to assess for changes in memory and cognition, it is not a diagnostic tool. Screenings are free and confidential. An Options Counselor and/or the Dementia Care Specialist can talk to you on how to proceed with the information gained through the screen. Offerings vary, please call the ADRC.

**Dementia Friends WI** is a global movement that was just launched in WI in September 2018, with the mission of changing the way people think, act, and talk about dementia. By helping everyone in a community understand what dementia is and how it affects families, each of us can begin making a difference for people touched by dementia. 1 hour awareness presentations and 2 hour Champion trainings by request.



**Dementia LIVE** provides a hands-on, experience for anyone seeking to understand more of the emotional, physical and mental challenges of those living from Alzheimer's and dementia. It is a simulation designed to help community members and caregivers gain perspective and understanding of what it may like to have dementia. Offerings as requested or scheduled. Call ADRC.

**Public Presentations & Trainings** provided by the Dementia Care Specialist on a variety of topics like brain health; Alzheimer's and other dementia; warning signs; caregiving; dementia friendly communities, engaging Healthcare, and more. Tailored to fit your needs, interactive and enjoyable to help your group learn about these subjects and the resources available in your community. Offerings as requested, Call ADRC.



### ***Support For Caregivers***



**Support Groups** Join peers who understand what you are going through for support, information, and education. Many offered in our area.

**The D.I.C.E. Method** is a process that aims to help caregivers manage the behavioral and psychological symptoms of dementia (BPSD). Caregivers work one-on-one with Dementia Care Specialist through a process to identify and target the underlying causes of the behaviors and use evidence-based behavioral and environmental strategies to create a custom plan for managing BPSD.



## ***Support For Caregivers Continued...***



**Caregiver Support** as referred or requested to address your current situation and plan for the future, including connections to legal and financial planning experts, safety concerns, adult day services, supportive home care agencies, disease progression & stages, care planning needs, etc.

**Peer Caregiver Support Program:** Connects former caregivers with current caregivers of individuals diagnosed with Dementia. Caring support, socialization and knowledge of local resources is all just a phone call, email or a cup of coffee away with someone who has “been there, done that.” on a similar journey can provide reassurance, short cuts, stress reduction and invaluable knowledge of support resources and activities available.



## ***Support for Persons with Dementia***



**Music & Memory** is facilitated through the La Crosse public library providing personalized music selections on an iPod shuffle with headphones after meeting with the Program Coordinator. Music & Memory has been proven successful in reducing anxiety, calming feelings of agitation and inspiring memories for persons living with dementia. Contact the ADRC for referral to the free program.

**Memory Café** provides an opportunity for fellowship for people living with memory loss, Alzheimer’s & other related dementias and their care partners to enjoy regular, social-interaction with others to laugh, to learn, and create community. Held every month, the last Tuesday from 9:30-11:00am at Black River Beach \*Not in Nov. or Dec. RSVP! call the ADRC



**Brain & Body Fitness Program** is an evidenced-based program that provides opportunities for people in the early stages of Alzheimer's disease or mild dementias to engage in exercise and social opportunities. B&B Fitness has been shown to help individuals improve their physical fitness and mood as well as delay functional decline. Session offerings vary. Call the ADRC.

**SPARK!** is a cultural program for people with memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through engagement in lively conversations, storytelling, interactive exhibit experiences, object handling, and other multi-sensory activities. SPARK! programs are located at the various partnering agencies within La Crosse County and are slated to begin in late 2019 and 2020.



***This list is not all inclusive & ever changing, it serves as a reference point.***

**ALL REFERRALS, QUESTIONS OR INTEREST CALL THE ADRC MAINLINE 608-785-5700**