

Our goal is to help people remain safely in their communities, living well. It is important to connect them to resources for supporting their entire well-being (social, emotional, physical, spiritual needs). Referrals can be made directly to the Dementia Care Specialist at the Aging & Disability Resource Center by calling 608-386-0767.

The resources on this sheet are designed to provide supports for people with cognitive concerns, memory impairment, and symptoms of dementia; **with or without a formal diagnosis of dementia.**

### Programs/Resources Listed are:

- **NO Cost, unless noted (\$)**
- **No residency requirement, unless noted (LC) for La Crosse County residents**
- Not exhaustive but a reference point, more resources available at the ADRC

#### To make a referral:

Offer to call with the patient or family member to make the connection for one of the resources

**OR**

Ask if the patient or family member would accept a call from the Dementia Specialist (obtain a signature of release)

#### Information for referral:

1. Name & DOB of patient
2. Phone number and who to call—patient or family
3. Resource requesting and/or general description of needs

**Questions?** Call the Dementia Care Specialist:

Kelsey Flock, 608-386-0767/ [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

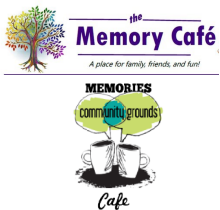
## ***Supports for Patients***



**Brain & Body Fitness Program** is an evidenced-based opportunity for people in the early stages of MCI, Alzheimer's disease or other dementias. Participants engage in exercise, brain fitness and socialization. The program is designed to maintain function while improving fitness and mood. Session and locations vary. Call 608-386-0767 to register. **(LC)**

**Music & Memory** is a collaboration with ADRC and the La Crosse public library.

Participants are provided personalized music selections on an iPod shuffle with headphones. Music has proven successful in reducing anxiety, calming agitation, inspiring memories and providing joy. Call 785-5700 to sign up. **(LC)**



**Memory Cafés** provide an opportunity for people living with memory loss, Alzheimer's & other related dementias and their care partners to enjoy social interaction with others on a similar journey to laugh, learn, & be in community. 608-386-0767 for meeting locations.

**Coulee Region Giving Hearts Choir** Engage Socially...Have Fun Together...Contribute to our Community. We are a non-profit group for those in the early to mid stages of Memory Loss along with their Care Givers to come together & share a love of music...SING IN A CHOIR! 608-792-7931



OVER





**Individual Items for calming & purpose** The ADRC has items that can fill time at home or make community outings go smoother. Call 608-386-0767 to request. **(LC)**

- *Weighted Blankets*
- *Activity Muff/Cuff*
- *Fidgets*
- *Laptivity Quilts*
- *Comfort Companions (life-like babies, cats, dogs)*

**SPARK!** is a cultural program for people with memory loss and their care partners. Programs are designed to keep participants actively engaged by providing experiences that stimulate conversations and inspire creativity through lively conversations and multi-sensory activities. Programs are located at Clearwater Farm in Onalaska, WI. Call 608-386-0767 for information.



**Oasis Respite:** to provide a place for mental, emotional and spiritual well-being for people living with various memory loss diseases or symptoms. Trained professionals and volunteers provide supervision, lead activities, and serve a nutritious lunch. Participants have the opportunity to socialize with others while enjoying a variety of stimulating activities. Call 608-386-0767 for information. **(\$)**

***Support For Caregivers***



**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 with Dementia Care Specialist through a process to identify and target the underlying causes of symptoms and create a custom plan. Call 608-386-0767 to see if DICE is for you and your situation. **(LC)**

**Caregiver Consults** as referred or requested to address current situations or plan for the future (safety concerns, disease progression, resources/support, & workshops) Call 608-386-0767 for appointment. **(LC)**



**Peer Caregiver Support Program:** Connects former caregivers with current caregivers. 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.” Call 775-9999 to get connected or offer your caregiving knowledge!

Peer Caregiver Support Program  
Facilitated by Crossover Caregivers  
of La Crosse County

**Caregiver Activity Kits** Spend time making memories with your loved one. Check out one of the five themed kits that contain activities for stimulation and fun throughout the day. Available at The La Crosse County Libraries (Holmen, West Salem, Bangor, Onalaska, Campbell). Call 608-526-9600.



**Support Groups** Join peers who understand what you are going through for support, information, and education. Many offered in our area. Call 608-386-0767 for current listing or for help identifying which may best fit your need.

**Dementia LIVE** provides caregivers with a better understanding of what it may be like to live with dementia in an experiential simulation. Offerings as requested or scheduled. Call 608-386-0767. **(LC)**



**Alzheimer's Association Helpline** is a free 24/7 Helpline which provides caregivers reliable information and support at their finger tips to anyone who needs assistance at any hour of the day or night. 1-800-272-3900.