

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 and their caregivers; **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

Supports for Patients



Brain & Body Fitness Program is an evidenced-based opportunity for people in the early stages/moderate symptomology. Participants engage in exercise, brain fitness and socialization. The program goal is to maintain function while improving fitness & mood. Session and locations vary. Call 608-386-0767 to register. **(LC)**



Music & Memory provides personalized music selections on an iPod shuffle with headphones. Music is great for calming agitation, inspiring memories and providing joy. Call 785-5700. **(LC)**



Memory Cafés provide an opportunity for people living with dementia 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 dates & locations.



Coulee Region Giving Hearts Choir Engage...Have Fun...Contribute to Community. We are a non-profit group for those with dementia along with caregivers who come together to share a love of music. Call Ruth 608-792-8608 or visit givingheartschoir.org



Boost Your Brain & Memory is an 8 session evidenced-based class that takes a holistic approach to brain health. Learn brain health tips and memory strategies. Call 785-5700 for offerings. In person & online



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/Blanket & Fidgets, Companions & Manipulatives*



SPARK! is a cultural program for people with memory loss and their care partners. Programs actively engage through experiences that stimulate conversation and inspire creativity. Located at Clearwater Farm in Onalaska, WI. Call 608-385-4819 for information.



Oasis Respite: a place for mental, emotional and spiritual well-being for people living with various memory loss diseases or symptoms. Participants have the opportunity to socialize with others while enjoying a variety of stimulating activities. Call 608-386-0767 or visit oasisrespite.org for information. **(\$)**

Support For Caregivers



DVDs & Books Information is key when caregiving for someone with dementia. The ADRC has a large selection of dvds and books available. Topics such as: Dementia & driving, Activities, Lewy Body Dementias, The 36 Hour Day, Dementia Reimagined, and more. Available for check out from The La Crosse County ADRC for check out. Call 608-785-5700 to arrange a pick up.



The D.I.C.E. Method is a process that aims to help caregivers manage the behavioral and psychological symptoms of dementia (BPSD). Caregivers learn a process to identify and target the underlying causes of symptoms and create a custom plan. Call 608-386-0767 **(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.



Awareness Cards Ever wish you had a way to gain compassion from those around you when in public? We have discreet business cards that can alert people to your situation while respecting your loved ones' dignity. Call 608-785-5700 to get a few copies.



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. For current listing or for help identifying which may best fit, 608-386-0767 or email kflock@lacrossecounty.org



Dementia LIVE provides caregivers with a better understanding of what it may be like to live with dementia in an experiential simulation (virtual or in-person). Offerings as requested, 608-386-0767 or email kflock@lacrossecounty.org **(LC)**