

### **Community Support**



**Brain Check-up** a brief tool used to access for changes in memory and cognition. Screenings are free and confidential. Information & education provided. Call 785-5700 to schedule an appointment.

**Boost Your Brain & Memory** is an 8 session evidenced-based class that takes a holistic approach to brain fitness. Learn how to care for your brain and increase brain function. Call 785-5700 to register for available classes.



**Dementia Friends WI** is a global movement with the mission of changing the way people think, act, and talk about dementia. 1 hour awareness session or 2 hour Champion presenter trainings by request. Call 785-5780.

**Dementia LIVE** provides a hands-on, experience for anyone seeking to understand more of what it may be like to live with dementia. Offerings as requested. Call 785-5780.



**Public Presentations & Trainings** provided by the Dementia Care Specialist on various topics like brain health; Alzheimer’s and other dementias; warning signs; caregiving; dementia friendly communities, and more. Tailored to fit your needs, interactive to help your group learn about these subjects and the resources available in your community. Call 785-5780.

**Dementia Friendly Business Trainings** Free hour of training for management, staff, faith communities to better understand dementia, tips for communication and increasing service as well as welcoming environments and supporting caregivers. Call 785-5780 to schedule.



**Dementia Friendly Community—La Crosse County Coalition** Our goal is to create a community where people living with dementia can remain active, safe and are met with understanding in order to live the highest quality of life. Follow us on Facebook or contact [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org) to join!

### **Support For Caregivers**



**Caregiver Activity Kits** Spend time in activity and having fun with your loved one with dementia. Check out one of the 5 themed kits that contain 3 activities geared toward people with dementia for stimulation, fun and enjoyment throughout the day. Free for caregivers to check out. Available at The La Crosse County Libraries (Holmen, West Salem, Bangor, Onalaska, Campbell). Call 608-526-9600.

**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 symptoms and create a custom plan. Call 785-5780 to see if DICE is for you and your situation.



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

**Caregiver Consults** as referred or requested to address your current situation and plan for the future (safety concerns, adult day services, disease progression, resources/support, events & workshops) Call 785-5700 to schedule an appointment.



**Support Groups** Join peers who understand what you are going through for support, information, and education. Many offered in our area. Call 785-5780 for current listing or for help identifying which may best fit your need.

**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.” Call 775-9999 to get connected or offer your caregiving knowledge!



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



**Music & Memory** is a collaboration with ADRC and the La Crosse public library. After meeting with the program coordinator, persons are provided personalized music selections on an iPod shuffle with headphones. Music has proven successful in reducing anxiety, calming feelings of agitation and inspiring memories for persons living with dementia. Call 785-5700 for referral to the free program.

**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.



- La Crosse Memory Café: Held the last Tuesday of the month, 9:30-11:00am at Black River Beach 1433 Rose St. (\*Not in Nov. or Dec.) 785-5700.
- Memories Community Grounds Café: Held monthly, location & times vary throughout La Crosse County. Call 785-5700 for calendar. **New in 2020!**
- Memory Connections: Held monthly at the La Crosse Public Library. Call 789-7100 for calendar. **New in 2020!**



**Brain & Body Fitness Program** is an evidenced-based opportunity for people in the early stages of Alzheimer's disease or mild dementias to engage in exercise and social intervention. Improve fitness and mood and delay functional decline. Session and locations vary. Call 785-5700 for current offerings.

**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, interactive experiences, and other multi-sensory activities. SPARK! programs are located at Clearwater Farm in Onalaska, WI. **New in Spring 2020.** Call 785-5700 for information.



***This list is not all inclusive & ever changing, it serves as a reference point.***  
**REFERRALS, QUESTIONS OR INTEREST CALL THE ADRC 608-785-5700**