

Dementia and Caregiving Guide

WE ARE



**DEMENTIA
FRIENDLY**



What's Inside

ADRC Services	1
What is Dementia?	2
Defining Caregivers & Caregiving	3
What is a Dementia Friendly Community?	4
After the Diagnosis: Living with Dementia.....	5

*Areas that are highlighted are for individuals with diagnosis.

Table of Contents:

Adaptive Equipment/Assistive Devices/Home Modifications	6
Adult Day Programs/Respite	8
Adult Protective Services.....	10
Alzheimer's Association and Related Diseases	10
Brain Health	11
Caregiver Programs	13
Dementia Assessment Clinics.....	15
Driving Assessment Centers	19
Education/Events	20
Guardianship/Protective Placement	22
Legal/Financial Planning	23
Memory Cafés.....	23
Mental Health.....	24
Nutrition, Healthy Diet, & Supplementation.....	24
Palliative Care and Hospice for End Stage Dementia	25
Power of Attorney	25
Publicly Funded Programs	27
Safety/Wandering	28
Shopping for Services Checklist.....	16
Transportation	30
Veteran's Services	31
Web-based Resources	32

Aging and Disability Resource Center Services

The Aging and Disability Resource Center of St. Croix County provides services to individuals age 60 and over and individuals age 18-59 who have a disability, as well as their families and caregivers and people with dementia of any age.

Caregiver Support: provides information, support, assistance and education for care partners, support groups, and adult day respite. Hosts caregiver info sessions and annual Caregiver Conference.

Dementia Care Specialist: provides education, consultation, and support including Memory Cafés, assistance and training to individuals suspecting or diagnosed with dementia, caregivers, medical clinic/physicians. Provides free business/faith community training, LEEPS to those diagnosed, and Memory Care Connections to caregivers.

Elder Benefit Specialist and Disability Benefit Specialist: assist with public and private benefits such as Medicare, Medicaid, Social Security, SSI, SSDI, Supplemental Insurance, prescription drug coverage.

Healthy Aging Programs: Living Well with Chronic Conditions, Stepping On (Fall Prevention).

Home-Delivered Meals: available Monday through Thursday throughout St. Croix County to individuals who may qualify.

Information & Assistance/Option Counseling: provide accurate and unbiased information about local, regional, and state resources to meet the care needs of callers and their friends or family members. Assist with enrolling eligible persons into long term care programs available through the State of Wisconsin.

Senior Nutrition Sites: Socialization and hot, nutritious meals served in a group setting at nine locations within St. Croix County.

Volunteer Opportunities: assistants for adult day respite program, drivers to deliver Home-delivered meals, assist at local Senior Nutrition Sites, or provide exercise for those with dementia.

What is Dementia?

Dementia is an umbrella term that describes a wide range of symptoms associated with a decline in memory or other thinking skills. These declines are significant enough to reduce a person's ability to perform everyday activities. Many conditions can cause dementia. There are many types of dementia and it can develop at any age. Alzheimer's disease is the most common form of dementia accounting for 60 to 80 percent of cases.

Types of Dementia

Irreversible

Alzheimer's Disease
Frontotemporal Dementia
Lewy Body Dementia
Mixed Dementia
Other Dementia
Vascular Dementia

Reversible

Medication & Interactions
Thyroid Conditions
Infections
Vitamin/Mineral Deficiency
Poor Nutrition/Hydration
Tumors and Lesions

10 Warning Signs & Symptoms

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, work or play
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking and writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Source: www.alz.org

★ If you or someone you know has 2 or more of the warning signs please seek medical evaluation from a qualified physician or dementia assessment clinic.

Defining Caregivers & Caregiving

There is no one definition of caregivers or caregiving. For the purposes of this booklet, we define caregivers as relatives or friends who provide a wide range of unpaid care to dependent children, spouses, parents, siblings, other relatives, friends and/or neighbors. Caregiving is the action of providing care to these individuals.

Caregiving can include:

- Practical assistance with basic activities of daily living (e.g. housekeeping, shopping, meal preparation)
- Personal care (e.g. help with monitoring medication, bathing)
- Physical help (e.g. assistance with movement, supervision, direct medical care)
- Emotional and social support (e.g. housing, medical, and daily check-in calls)
Behavioral support (e.g. communicating effectively, managing challenging behaviors)
- Financial help (e.g. financial support, managing finances)

Overarching all of these activities, caregiving is the assumption of responsibility for providing care, along with the concern, worry and emotional involvement this entails. It begins with a couple of hours a week, gradually increasing and sneaking up on caregivers.

Caregiving takes place in the community and in care facilities and can be carried out from a distance (e.g. out of province).

Resource: www.caregivingtoolkit.com

"In the beginning, we didn't want anybody to know, but you've got tell everybody."

Arlen Strate, caregiver

What is a Dementia Friendly Community?

In an effort to help people with Alzheimer's disease and related dementias feel included, safe, and understood in their community, cities and towns throughout the State of Wisconsin and United States are transitioning to Dementia Friendly Communities. St. Croix County has made a commitment to understand, respect, empower, and support the unique needs of individuals with Alzheimer's disease and related dementias.

A Dementia Friendly Community is:

- One that shows a high level of public awareness and understanding of dementia.
- One in which it is possible for the greatest number of people with dementia to live a good life.
- One where persons with dementia are enabled to live as independently as possible and to continue to be part of their community.
- One where they are met with understanding and given support where necessary.

A Dementia Friendly Community is one where businesses, churches, citizens, and organizations are trained to see through the eyes of a person with dementia. Look for the Dementia Friendly cling in business windows. Anyone can encourage a business to be trained including caregivers.

For more information or to arrange training, contact the Aging & Disability Resource Center, 800-372-2333.



To know when and where event are being held, follow the St. Croix Valley Dementia Friendly Communities on Facebook:

<https://www.facebook.com/stcroixvalleydementiafriendlycommunities/>

After the Diagnosis:

Living Well with Dementia

- Partner with your doctor and learn more about what type of dementia you have, possible medications for treatment, ask questions, gather information, etc.
- Educate yourself. Learn all you can about the disease and what to expect now and in the future.
- Join a support group and/or a Memory Café. Talk to others about how you are feeling.
- Work with your family and/or an attorney to review or create a power of attorney for healthcare and finance.
- Learn options and resources available in the community through the ADRC.
- Work with your family to create a plan of care for health care needs.
- Exercise regularly and learn new things.
- Eat a brain healthy diet.
- Learn how to continue to live safely in your home.
- Learn about safe driving tips. Visit www.alz.org/driving
- Call the ADRC and talk with the Dementia Care Specialist.

Knowledge is power...know your options!! For more ideas on living with Dementia, visit the websites found on page 32, pick up a copy of the workbooks at the ADRC, or set up an appointment.

Content from the Act on Alzheimer's Organization

***Programs for person living with Dementia highlighted in yellow.**

Adaptive Equipment/Assistive Devices/Home Modifications

Resources in this section help individuals be as independent as possible with daily living skills, movement at home or in the community, and getting in and out of a home/apartment and all interior spaces.

Center for Independent Living in Western Wisconsin (CILWW): CILWW provides consultants who work with you and your disability to improve self-directed function. Areas include: assistive technology & devices, mobility, lighting, assisted device loan and demonstration, home accessibility and ramp designs.

2920 Schneider Ave SE
Menomonie, WI 54751
715-233-1070 (v/tty)
800-228-3287 (toll-free)
715-233-1083 (fax)
www.cilww.com

Jackson Medical Equipment – Mobility & Hearing: Their mission is to help people live without boundaries and hear without limits by providing in-home consultation and quality healthcare/adaptive products. For a home evaluation contact Gary Hines, Client Service Specialist.

982 Thomas Ave
St. Paul, MN 55104
651-278-7352
651-645-6221
www.jacksonmedicalequipment.com

Office for the Blind and Visually Impaired: Services for individuals who are blind or visually impaired – Wisconsin Department Health Services. For more information, the local contact is Al Thompson, Rehabilitation Specialist for the Blind.

610 Gibson St; Suite 1
Eau Claire, WI 54701
715-836-6772
800-879-0017
www.dhs.wisconsin.gov/blind

Adaptive Equipment/Assistive Devices/Home Modifications (cont.)

Office for the Deaf and Hard of Hearing: Services for individuals who are deaf or hard of hearing. For more information contact the agency below.

Wisconsin Department of Health Services
610 Gibson St., Suite 1
Eau Claire, WI 54701
715-502-9355
www.dhsodhh@wisconsin.gov

St. Croix Valley Habitat for Humanity: St. Croix Valley Habitat for Humanity partners with working families, sponsors, and communities to build affordable, sustainable, quality homes and to provide support services that promote successful home purchase and ownership in Pierce & St. Croix Counties, WI. Services: Homeownership; Neighborhood Revitalization Initiative; Home Preservation & Repair. To find out more about assistance with building an accessibility ramp that meets State specifications for your home, contact the Administrative Office.

116 E Elm St
River Falls, WI 54022
715-425-5623
info@scvhabitat.org

Therapy Department at your Health Care Provider:

Contact your physician for an in-home physical/occupational/speech therapy evaluation for suggestions with home modification, safety, and cognitive therapy. Physician's order needed.

Benefits of Eating Healthy

- Gives you more energy
- Helps control or avoid high blood pressure, diabetes, and other conditions including vascular dementia
- Keeps you looking and feeling your best
- Adds "spice" to your life....literally!!

Adult Respite

Programs helping individuals socialize and/or receive care outside the home, offer the in-home family caregiver a break either during the day or overnight. Costs and services vary with each setting. Funding may be available to those with a diagnosis of dementia who are financially eligible. Contact ADRC Caregiver Support Coordinator.

Among Friends a friendly locally-run social respite day program for older adults with memory loss or physical frailties.

First Congregational Church
110 N. 3rd St
River Falls, WI 54022
715-293-2561

Boutwells Landing Adult Day Center provides activities in a safe, structured environment for its participants, helping them stay in their homes and communities by offering services that monitor and provide for physical, social, emotional and spiritual needs. Monday – Friday from 9 a.m. – 3 p.m. with extended hours available for up to one hour before and/or after regular hours if desired. Program costs are paid privately or through long-term care insurance.

5600 Norwich Parkway
Oak Park Heights, MN 55082
651-275-5801

Comforts of Home For more information about minimum stay requirements, cost, availability and other guidelines – contact the Comfort of Homes nearest to you.

1880 4th Ave
Baldwin, WI 54002
715-688-2750

1111 Heggen St
Hudson, WI 54016
715-504-0809

2348 Aurora Circle
River Falls, WI 54022
715-502-4293

Adult Respite (cont.)

DayAway Adult Day Respite Program – ADRC of St. Croix County is a social (respite) program helping individuals maintain function longer through engagement. It is a 6-hour day and is held Mondays and Thursdays in Hudson and Tuesdays in New Richmond from 9 a.m. – 3 p.m. Contact the Caregiver Support Coordinator of the ADRC to arrange an assessment.

1752 Dorset Lane
New Richmond, WI 54017
715-381-4360 or 800-372-2333

Have-A-Heart, Inc focuses on a social and recreational model. Children and adult respite is available to ages 6 and above with ID/DD or adults with dementia. Flexible scheduling is available. Hours of operation are Monday – Friday from 8 a.m. – 4 p.m. and some weekends.

W10356 State Rd 29
River Falls, WI 54022
715-425-7754

Peace of Mind a friendly, social respite program for older adults with memory loss. Trained professional staff along with trained volunteers take special care of your loved one and provide attention and support during all activities and snacks. Adults over 60 with memory loss or physical frailties are eligible. Space is limited to ensure we have enough staff and volunteers to provide the support needed for participants. Hours of operation are Thursdays from 9 a.m. – 12 p.m. at Peace Lutheran Church.

2084 County Rd N
Baldwin, WI 54002
715-684-2770

Red Cedar Canyon provides respite stays for your loved one in either assisted living or memory care with 24 hour care staff, licensed supervision, medication management, rehabilitation therapies as needed, 3 meals and snacks daily, therapeutic activities and all the amenities Red Cedar Canyon has to offer in a fully furnished private 1 bedroom Assisted Living apartment or Memory Care Studio apartment.

3001 Hanley Road
Hudson, WI 54016
715-381-7333

Adult Respite (cont.)

Woodland Hill provides respite stays and personal care for a minimum of seven days. Call for more information.

441 Stageline Rd
Hudson, WI 54016
715-716-5200

*** For a list of Home Health Care Agencies that provide in-home respite please see the **Aging & Disability Resource Guide** (Health – Home Care section). Pick one up at the ADRC or visit: www.sccwi.gov

Adult Protective Services

Providing services for at-risk adults ages of 18 and above who may be the victim of abuse, neglect, or incapable of providing for their own safety or well-being due to dementia. To make a referral as a community citizen or mandated reporter, contact APS Intake/Referral at 715-246-8255. APS will assess safety & risk and implement necessary supports for individuals in the least restrictive setting. If it is an after-hours emergency, call 911. Law Enforcement will be dispatched and assess situation to make a decision whether or not emergency protective placement is needed at that time

Ombudsman Program: If you have concerns/complaints regarding the treatment of a loved one who is receiving care in a nursing home, community-based residential facility (CBRF), Residential Care Apartment Complex (RCAC), Adult Family Home (AFH), or a person served by Community Options Program or in the Family Care/Partnership/PACE program – you can also contact the Long Term Care Ombudsman. The Ombudsman provides advocacy services to people age 60 and older who are consumers of Wisconsin long term care programs. For more information call 800-815-0015 or BOALTC@Wisconsin.gov

Alzheimer's Association & Related Diseases

Information if you want a diagnosis, have a diagnosis, are a caregiver, a professional, or want information about the disease, treatment and research. Online: click on the state in which you live to access area information. Helpline answers 24/7 at 800-272-3900 or www.alz.org. This expert help includes questions about behaviors, specific types of dementia and how to communicate.

Brain Health

Exercise, socialize, rest, relaxation, and diet contribute to a healthier brain. Here's how:

Cognitive Activity: In order to keep your brain healthy, it is important to keep it working and learning. Do crossword or number puzzles. Piece together puzzles, learn a new craft or hobby. Learn a new subject or a second language. Volunteers read out loud to young audiences at library or school. Participate in board or card games. Sing karaoke or with your radio, learn to play an instrument. Lifelong learning increases cognitive activity and stimulates the brain, contributing to brain health.

Mental Activity: In order to maintain a healthy brain, it is important to 'exercise the brain' as well. Mental activities have both short and long term effects on brain function. Engage in learning – participate in a class, learn new things such as cooking, photography or computers. Connect with nature and identify birds, trees, wildlife. Learn to meditate, use prayer, listen to music

Remaining mentally active improves mood, reduces risk of depression and isolation by increasing social interactions and causes us to use our problem-solving skills. By engaging in these mental activities, we cause our brain to 'exercise itself.'

Physical Activity: In order to maintain a healthy brain and increase oxygen in the blood flow to the brain, stay physically active. Walk daily, dance, participate in muscle stretching and strengthening programs (yoga, tai chi, Pilates). Enroll in water aerobics or swim class as this is gentle to muscles and joints yet increases the heart's work. Eventually, with regular exercise, other health conditions (high blood pressure, diabetes, extra weight) will be improved. These improvements will result in improved heart and brain health.

Brain Health (cont.)

Socializing improves physical, mental and emotional health.

- Join a club, such as a women's or men's club around an activity.
- Play golf, tennis, cards, do crafts, and continue in a religious group to connect.
- Volunteer in your community such as reading at a school, helping at an animal shelter or food pantry.

Social activity decreases isolation. Remaining socially connected with family, friends, and the community is important. Socializing contributes to overall brain health.

Rest and relaxation is important to brain and overall physical health.

Restful activities:

- Schedule regular rest periods allowing a short daily nap, approximately 20-30 minutes mid-day to improve brain health and lower heart rate and blood pressure.
- Schedule regular sleep periods at night (7-9 hours) to allow the body and brain to rest, repair and recharge for the next day.

Adequate rest and sleep can promote a healthy brain by allowing the body to be recharged enough to participate in physical, mental and social activities each day. Rest is important during times of illness and injury to allow the body to repair itself. By allowing rest, the brain is able to repair, recharge and remain a healthier brain than when it is constantly deprived of oxygen, overstimulated and stressed.

Relaxation activities:

- Meditation (eyes open or closed) or through reading, prayer, or chanting is a way to exercise the brain in the area that affects emotion.
- Learning mindfulness helps the body and brain to heal.
- Deep breathing exercises several times a day is helpful.

Practices such as prayer or meditation can change the way a brain works by brain activity, moving from the area that causes anxiety and depression toward the area of happiness and relaxation. These activities can improve blood flow and oxygenation to the brain when coupled with deep breathing exercises. More oxygen to the brain makes the brain healthier.

Caregiver Programs

AFCSP (Alzheimer's Family Caregiver Support Program): Funds for AFCSP are made available in each county to assist individuals who care for someone with Alzheimer's disease or related dementia to help caregiver keep individual living at home. Eligibility requires a diagnosis of Alzheimer's/related dementia and income guidelines. For more information, contact the Caregiver Support Coordinator at the ADRC of St. Croix County at 715-381-4360

NFCSP (National Family Caregiver Support Program): Limited funds and hours available to assist caregivers with short-term respite and other supplemental services such as: adaptive equipment, home medical supplies & transportation. Age and assistance guidelines apply for eligibility. For more information, contact the Caregiver Support Coordinator at the ADRC of St. Croix County at 715-381-4360.

Language Enriched Exercise Plus Socialization (LEEPS): An exercise, language and social outing program for people with memory loss, early Alzheimer's disease and related dementias. There is no cost to participate in LEEPS. For more information, contact the ADRC of St. Croix County at 715-381-4360. To enroll or become a volunteer, contact the Dementia Care Specialist.

Memory Café: Socialization and support for those with diagnosis and their caregivers. See page 23.

Get Moving!!

Research suggests that moderate physical activity can:

- Improve blood flow in the brain
- Maximize the brain's use of oxygen
- Help to prevent death of brain cells
- Increase the size of brain areas responsible for memory
- Improve memory and thinking

Caregiver Programs (cont.)

Caregiver Support Groups:

For those caring for frail/elderly or Alzheimer's/dementia. Groups are held throughout the County as follows:

- 1st Tuesday monthly from 9 a.m. – 10:30 a.m. in New Richmond at the Civic Center
- 2nd Wednesday monthly from 11 a.m. – 12 p.m. in Baldwin at Western Wisconsin Health
- 3rd Thursday monthly from 1 p.m. - 2:30 p.m. in Hudson at the Government Center

For more information or to be added to a mailing list – contact the Caregiver Support Coordinator at the ADRC of St. Croix County at 715-381-4360.

For other Caregiver support groups in other states go to www.alz.org and click on the state and type of support groups in the search window.

Family Means: a non-profit organization offering support for those caring for a loved one with a chronic disease, disability or frailty. Offering: counseling, coaching, respite, support groups, and education. For additional information call or visit the website.

1875 Northwestern Ave S
Stillwater, MN 55082
651-439-4840

<https://www.familymeans.org/help-for-caregivers.html>

Other Area Support Groups:

Refer to ADRC News or call 800-273-2333

National Association on Mental Illness (NAMI) St. Croix Valley, Inc –

Information about mental health, family and peer to peer support as well as crisis intervention – P.O. Box 154, River Falls, WI. Contact 715-639-2078 or email at namiscv@gmail.com

Lending Library

Brochures

DVDs/CDs

Books

A loan library on a variety of topics is available at the Aging & Disability Resource Center

Dementia Assessment Clinics

Minnesota:

Alzheimer's & Memory Loss Care – Bethesda Hospital

559 Capitol Blvd.

St. Paul, MN 55103

651-326-2150

<https://www.healtheast.org/memory-loss-dementia.html>

Department on Neurology – HealthPartners Specialty Clinic

401 Phalen Blvd.

St. Paul, MN 55130

651-254-7900

<https://www.healthpartners.com/public/find-care/location-detail.html?networkId=hp&locationId=13060>

Geriatric Research, Education & Clinical Center (GRECC) – Memory Loss Clinic Veterans Admin. Medical Center

1 Veterans Dr., 11 G

Minneapolis, MN 55417

612-725-2051

<http://www.minneapolis.va.gov/services/grecc.asp>

Mayo Clinic – Alzheimer's Disease Research Center

4111 Highway 52 N

Rochester, MN 55901

507-284-1324

<http://www.mayo.edu/research/centers-programs/alzheimers-disease-research-center/overview>

Mayo Clinic – Behavioral Neurology

200 1st St. SW

Rochester, MN 55905

507-284-1588

<http://www.mayoclinic.org/departments-centers/neurology/overview/specialty-groups/division-behavioral-neurology/overview>

Shopping for Services Checklist

Source: www.alz.org/respitecareguide

Here are some questions to ask when looking for services (home care, assisted living, skilled nursing facility or even finding a physician or specialist to work with). Always remember you know yourself and your loved one best so shopping for a service you expect them to provide what they do in a skilled and professional manner while understanding dementia/chronic disease.

Environment

- Indoor space allows for freedom of movement and promotes independence
- Safe and secure indoor and outdoor fenced areas (locked if necessary). If not locked how is wandering prevented or addressed
- Is it easy to navigate/invites ability to move about freely
- Designated visiting area for family/friends

Meals

- Regular meal and snack times and assistance to get there if needed
- Appetizing food - ask to see the weekly menu and to come for a meal
- Pleasant dining environment (does it seem like family dining experience)
- Family and friends are able to join at mealtime
- Staff have a plan for monitoring adequate nutrition
- Staff are able to provide for special dietary needs
- Staff provide appropriate assistance based on person's abilities and visit with residents during meals (help with beverages, cutting up meat, soup in a cup, etc)
- No environmental distractions during the meal (TVs, radios, staff talking only to each other and not with residents)

Family Involvement

- Families are encouraged to participate in care planning
- Families are informed of changes in resident's condition, medication and care needs
- Families are encouraged to communicate with staff

Shopping for Services Checklist (cont.)

Staffing

- Medical care is provided to the extent that it is needed
- Personal care and assistance is provided to the extent that it is needed
- Staff recognize persons with dementia as unique individuals with abilities and personalize care to meet specific needs, abilities and interests.
- Staff are trained in dementia care (ask when, how often, content, frequency of review and are provided refresher training).

Programs and Services

- Appropriate services and programming are based on specific health and behavioral care needs, including activities that are sensitive to stages of dementia and other chronic conditions.
- Planned activities (ask to see activity schedule; note if activity listed at the time of your visit is occurring) and check to see how they get residents to activities because they won't remember or be able to find the area
- Are activities on weekends or during evenings and who will encourage/help a resident to attend
- Are activities designed to meet specific needs, interests and abilities (medically and cognitively).

Transportation

- Do they transport to medical appointments and, if so, is there a fee
- Do they take people shopping for personal items
- Are people taken on outings; who is eligible for these trips

Policies and Procedures

- Family and friends are able to participate in care
- Are visiting hours limited
- Find out what the discharge policy is (learn about any situation or condition that would lead to discharge from a facility or service)
- Ask any assisted living or skilled nursing home how their waiting list works.

Dementia Assessment Clinics (cont.)

Minnesota (cont.):

The Memory Clinic – University of Minnesota Medical Center/Fairview

2312 S 6th St., Ste F-275

2nd Fl. West Bldg.

Minneapolis, MN 55454

612-273-8720

<http://www.memory.umn.edu/memoryclinic.html>

Wisconsin

Marshfield Clinic-Chippewa Center

2655 County Highway I

Chippewa Falls, WI 54729

715-858-4444

866-333-1996

www.marshfieldclinic.org

Marshfield Clinic-Indianhead Center

Marshfield Clinic Lakewoods Family Center

1215 W. Knapp St.

Rice Lake, WI 54868

715-858-4444

866-333-1996

www.marshfieldclinic.org

Marshfield Clinic-Oakwood Center

3501 Golf Road

Eau Claire, WI 54701

715-858-4444

866-333-1996 or

www.marshfieldclinic.org

Dementia Assessment Clinics (cont.)

Wisconsin (cont.):

Mayo Clinic Health System Memory Care Clinic

1400 Bellinger Street, 5th Floor Neurosciences

Eau Claire, WI 54703

715-838-1900

www.mayoclinic.org

Clinic hours: Monday afternoons

UW Health-Eau Claire Family Medicine Clinic

617 W. Clairemont Avenue

Eau Claire, WI 54701

715-839-5175

715-839-5176 Fax

Driving Assessment Centers

Courage Center: Referral from healthcare provider needed for assessment. Two-part comprehensive driver assessment consists of clinical and in-vehicle assessments. All information is kept confidential, but involvement with physician and family is encouraged. With permission, physician is given a copy of completed assessment results.

Courage Kenny Rehabilitation Institute

1460 Curve Crest Blvd

Stillwater, MN 55082

612-775-2829

612-775-2475 for appt.

River Falls Area Medical Center – Courage Kenney Sports & Physical

Therapy Center: Referral from healthcare provider needed and strategies are discussed along with other independent living skills behind the wheel.

1629 E Division St

River Falls, WI 54022

715-307-6050 for information

Driving Assessment Centers (cont.)

Western Wisconsin Health – Occupational Therapy Department: Referral from healthcare provider needed for assessment. Call for more information.

1100 Bergslien St
Baldwin, WI 54002
715-684-1111

Wisconsin Silver Alert (see pg. 30)

*For reliable information about dementia and driving, visit www.alz.org/driving or call 800-272-3900 (Alzheimer's Association). Or contact the Wisconsin Department of Transportation – Medical Review Unit at 608-266-2327. Email dre.dmv@dot.state.wi.us or website <http://www.dot.wisconsin.gov/drivers/drivers/aging/impaired.htm>

Education/Events

Caregiver Forums: Watch for scheduled events in your community listed in ADRC News, website, and local media.

Final Affairs Conference: Adoray Home Health and Hospice, along with WITC and New Richmond Community Education, bring local residents and experts together for a day of sharing and learning.

The Final Affairs Conference is a day-long, last Friday in April, educational opportunity to help community members consider options, ask questions and explore issues regarding personal and legal decisions as they age. For more information contact Adoray Home Health and Hospice at 715-684-5020 or <http://adoray.org>

Healthy Aging Classes:

The Wisconsin Institute for Healthy Aging (WIHA) was formed to advance the spread of evidence-based prevention programs that encourage and support healthy living among older people through partnerships with public and private organizations. The classes that are offered throughout the county are as follows:

Education/Events (cont.)

Healthy Aging Classes (cont):

Living Well with Chronic Conditions: workshop held two and a half hours, once a week, for six weeks, in a community setting. Subjects covered include:

- 1) Techniques to deal with problems such as frustration, fatigue, pain, and isolation
- 2) Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- 3) Appropriate use of medications
- 4) Communicating effectively with family, friends, and health professionals
- 5) Nutrition
- 6) How to evaluate new treatments.

Stepping On program that empowers older adults to carry out health behaviors that reduce the risks of falls. It is a community-based workshop held two hours, once a week, for seven weeks. In a small-group setting, older adults learn balance exercises and develop specific knowledge and skills to prevent falls.

Who should attend?

- Adults who are at risk for or have a fear of falling
- Adults who have fallen one or more times.
- Adults living at home and age 65 or older.
- Adults who do not have dementia.

For more information, or to find classes in your area, contact the Caregiver Support Coordinator at the ADRC of St. Croix County at 715-381-4360 or visit the WIHA website: <https://wihealthyaging.org>

Memory screen events. To receive a free memory screen and learn what to do. If you are having concerns, contact the ADRC of St. Croix County to schedule a screen 715-381-4360.

MN Alz Conference held annually in March at the Excel Energy Center, St Paul, MN. Call 952-830-0512.

Visit www.alz.org/mmnd/meetingoftheminds

Education/Events (cont.)

Regional Caregiver Conference: Don't miss this empowering & educational conference for family caregivers & professionals. This special day will include vendors, breakout sessions & door prizes. Held the last Friday in September at WITC-New Richmond – 1019 S. Knowles Ave. For more information go to: www.witc.edu/continuing-education/seminars or call the Caregiver Support Coordinator or Dementia Care Specialist for the ADRC of St. Croix County at 715-381-4360.

Walk to End Alzheimer's. To find a walk in your area click on www.alz.org/memorywalk

WI Alz Conference sponsored by the Greater Wisconsin Alzheimer's Association held annually in May. Call 800-272-3900.

Visit www.gwaa/caregiverconference

Guardianship/Protective Placement

A guardianship action is used to appoint someone to make medical and/or financial decisions for an incapacitated person. A protective placement action is necessary when an incompetent person meets guidelines for placement/services.

Adult Protective Services: St. Croix County Behavioral Health Services 715-246-8255.

WI Guardianship Support Center at 855-409-9410 www.gwaar.org/for-seniors-and-families/elder-law-and-advocacy-center/wisconsin-guardianship-support-center.html

or the Wisconsin Department of Health Services www.dhs.wisconsin.gov/clientrights/guardianship.htm

Legal/Financial Planning

Elder Law Attorneys: Provide legal services for adults 60 and over such as advance health care directives, power of attorney for finance, guardianship, trusts, long term care planning, Medicaid, and resident rights. For information contact ADRC Elder Benefit Specialist at 800-372-2333 or WI State Bar Association at 800-362-9082.

Free Legal Clinic: Volunteer attorneys on hand to answer general questions and provide basic information about your legal questions on a first come, first served basis. 2nd Wednesday of every month from 6 p.m. – 7:30 p.m.

St. Croix County Government Center

County Board Room

1101 Carmichael Rd

Hudson, WI 54016

Memory Cafés

The Memory Café is a safe, comfortable, and engaging environment for those with memory loss and their caregivers. It is a place where guests can laugh, learn, and remain socially engaged with others traveling the same journey.

The Memory Café monthly meeting will feature speakers, educational offerings, and special activities. Program content will vary based on guests' interests, needs, and concerns. Those with Alzheimer's disease (or related diagnosis), individuals with mild cognitive impairment and people who are concerned about memory loss, as well as family members or care partner are welcome.

- 1st Thursday monthly from 9:30 a.m. – 11 a.m. in Hudson
- 2nd Wednesday monthly from 1 p.m. – 2:30 p.m. in New Richmond
- 3rd Thursday monthly from 9:30 a.m. – 11 a.m. in Baldwin
- Last Tuesday monthly from 10 a.m. – 11:30 a.m. in River Falls

Contact the ADRC for information or to be added to the mailing list and to check if the meeting location has changed due to an outing.

Mental Health

Behavioral Health Services of St. Croix County support for those who:

- Have a mental illness
- Are in need of stabilization for a crisis situation
- Could benefit from counseling

1752 Dorset Lane
New Richmond, WI 54017
715-246-8255

Institute on Aging Friendship Line 24 hour accredited crisis line for those age 60 and over or those living with disabilities assisting those who are lonely, isolated, depressed, frail or suicidal.

800-971-0016

Nutrition, healthy diet, & Supplementation

Nutrition is important for the body to work on a cellular level. A healthy diet includes a diet which balances. Nutritional deficiencies can be corrected by diet but sometimes additional evaluation is needed and supplementation is necessary to optimal cellular function – thus creating a healthy heart and brain.

Nutrition: Proper nutrition including a balance of food groups helps us function at the best level. Sometimes one can have nutritional deficiencies anyway. It is important to evaluate for the primary care physician and a dietician evaluation for nutritional deficiencies. To improve heart and brain health, evaluate your essential fatty acid profile, vitamin B & D, cholesterol, and iron levels.

Healthy Diet: Heart healthy diets benefit your body and brain. A diet low in fat, using the right ‘fats’, and high in vegetables, fruits, and plant based nutrients improve heart and brain disease.

Supplementation: As we age it is important to evaluate and correct nutritional deficiencies. A diet rich in omega 3-6-9 fatty acids is important. Sources include certain oils (fish and olive oil). Olive oil is rich with omega fatty acids, vitamins E & K, and a trace amount of iron. A diet rich in minerals such as calcium, magnesium and phosphorus is important (milk, cream and dairy). When you are deficient and cannot correct it with diet, supplementation in other ways may need to occur.

Nutrition, healthy diet, & Supplementation (cont.)

Vitamin B12 & Iron Deficiencies: Individuals with a vitamin B12 deficiency, who have had brain issues with memory, confusion & fatigue, have been shown to improve with vitamin B12 shots or long term supplementation. Vitamin B12 is important to brain and nervous system function. By improving B12 levels it is possible to improve the neurotransmitter chemicals of the brain and improve brain function. Individuals with low iron, who have had fatigue and poor brain performance, have been shown to improve after correcting and restoring iron levels. Iron is an essential component to red blood cells that carry oxygen to the heart and brain. Improving iron and red blood cells improves heart and brain health.

Palliative Care and Hospice for End Stage Dementia

A person with dementia qualifies for hospice care when a doctor certifies them as having 6 months or less to live and that person wants comfort care only, not curative or aggressive type of care.

Some of the signs and symptoms that Dementia patients may be appropriate for hospice care are:

- Urinary and fecal incontinence most of the time.
- Unable to bathe, dress or walk without assistance.
- The ability to speak is limited, 6-7 words or less, or not understandable.
- Weight loss and frequent infections like pneumonia or urinary tract infections.

Hospice care can occur in the home, skilled nursing facility or assisted living. Any place you call home. If a person is not in the end stages of dementia, they may qualify for Medicare covered home health care if they have a condition that requires skills of a registered nurse or physical therapist. Examples include: wound care, rehab for hip fracture or other medical conditions that need monitoring. If you have questions about hospice or home care for you loved one with dementia.

*** For a list of agencies that provide palliative care or hospice please see the **Aging & Disability Resource Guide** (Health – Hospice section). Pick one up at the ADRC or visit: www.sccwi.gov

Power of Attorney - Finance

What is a Power of Attorney for Finance (POAF)?

A document that you (the ‘principal’) complete and sign, naming another individual (the ‘agent’) to manage your finances. You determine the money you want the agent to have authority over, as well as the authority you want them to have. This document does not give your agent the power to make medical, long-term care or other health care decisions for you. (That would be a POAHC)

The agent’s authority takes effect *immediately* after you execute the document *unless* you expressly indicate otherwise. You retain the legal right to handle all of your finances as long as you are willing and able. Essentially, you and/or your agent have authority to make decisions about your finances. This is durable unless the principal states it ceases if he/she becomes incapacitated. POAF ceases upon death of the principal.

What is a Power of Attorney for Finance (POAF)? (cont.)

If you do not complete a POA-F but later become incapacitated, there may not be anyone with legal authority to make necessary decisions and complete necessary transactions for you. Information and forms are available at www.gwaar.org under WI Guardianship Support Center or 855-409-9410 or contact a social worker at a local hospital or nursing home.

Power of Attorney – Health Care

What is a Power of Attorney for Health Care (POAHC)?

A document that authorizes another person (called the ‘agent’, for example a mother) to make health care decisions for the person executing the document (called the ‘principal,’ for example a daughter), consistent with the terms of the document and based on the wishes of the principle, effective when the principal is unable to make health care decisions. It can include, a statement of wishes regarding future care. It is essential that principals talk to their agents about their wishes. POA-HC forms are available on online at

<https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>

How does my POA-HC become effective or activated?

For a POA-HC to become activated, the agent must be determined ‘incapacitated.’ Incapacity is determined by two doctors or one doctor and a licensed psychologist that an individual is ‘unable to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manage his/her health care decisions.’ The certification of incapacity must be attached to the POA-HC document. Section 155.01(8) of Wisconsin Statutes.

If an individual remains able to make their own health care decisions, the agent’s authority to make health care decisions *is not activated*.

Without a POAHC or POAF, it may be necessary for your family or others to ask the court to appoint a Guardian of the Person and Guardian of the Estate. This process can be costly, time-consuming, cumbersome and emotionally draining.

Publicly Funded Programs (Family Care)

Family Care is a comprehensive and flexible long-term care service system, which strives to foster people’s independence and quality of life, while recognizing the need for interdependence and support. Family Care has two major organizational components: ADRCs and Managed Care Organizations (MCOs)

Care Wisconsin is a managed care organization certified by the Office of the Commissioner of Insurance to provide the Family Care benefits. For details, visit www.carewisc.org

Inclusa is a managed care organization certified by the Office of the Commissioner of Insurance to provide the Family Care benefits. For details, visit www.inclusa.org

IRIS (Include, Respect, I Self-Direct) is a Medicaid Home and Community-Based Services (HCBS) waiver for self-directed long-term supports. The program is an option for adults with long term care needs. For details, visit www.dhs.wiconsin.gov/iris/index.htm

How to access Family Care?

- Contact ADRC Information and Assistance Specialist
- Complete a Financial and Functional Screen
- Apply for Medicaid
- Receive one-on-one consultation to help you think through the pros and cons of the various options.
- Contact the ADRC of St. Croix County for more information 800-372-2333.

Safety/Wandering

This section contains programs that are committed to safeguarding people and locating people who wander and may become lost.

Comfort Zone is a web application that includes a location-based mapping service or LBS. Client wears or carries a locator device or mounts one on his/her car. The device communicates with Comfort Zone web application. Family members can access information about the person's location by using the internet or calling the monitor center. For more information call 877-259-4850 or visit www.alz.org/comfortzone

First Call Medical Monitoring service is a simple, cost-effective solution that allows individuals the satisfaction of independent living with the peace –of-mind that comes in knowing there's always someone to help. For more information call 800-924-3407 or visit www.scecnet.net/content/firstcall-medical-monitoring

Safety/Wandering (cont.)

GPS SmartSole™ features a miniaturized GPS tracking device embedded in the insoles and powered by a rechargeable battery that lasts 2-3 days on a single charge. The GPS SmartSole™ sends a signal to the central monitoring website showing the wearer's exact location using a combination of satellite and cellular technology.

For more information call 855-566-9111 or visit www.gpssmartsole.com or go online to: www.gpssmartsole.com/#sthash.EvmpdOL2.dpuf

Life Assist Emergency Response System is through Hudson Hospital Foundation. Serves Hudson, Roberts, Houlton, River Falls, New Richmond, Somerset, Lakeland and Bayport areas. Equipment includes button on necklace or wrist band, unit, phone cord, and plug. When button is pushed during business hours, Hudson Hospital staff will answer and assist. Outside of business hours, the "Care Center" through Life Assist will answer and assist. For more information, call Health Resource Center at 715-531-6070.

MedicAlert® & Alzheimer's Association Safe Return® partnership offers client the best of both worlds – assistance when a person wanders or is lost and access to vital medical information in the time of need. For more information call 888-572-8566 or visit www.alz.org/oc/in_my_community_10848.asp

PocketFinder GPS Senior Tracker helps families track elderly loved ones or just keep up with remote family members who simply need monitoring. PocketFinder is especially useful for monitoring seniors who take public transit, community shuttles, ride a motorized scooter, or rely on friends and family for transportation. For more information visit www.pocketfinder.com

Project Lifesaver is designed to provide security and comfort for the family while safe guarding the memory impaired and those who are least able to help themselves. State-of-the-art personalized radio-transmitters will be provided to people who are at risk of wandering away from their homes and becoming lost. This radio-transmitter is the size of a wristwatch and provides a constant radio signal. When a person of any age wanders away, a caregiver will notify the police and a team of officers will respond. For more information call 715-381-4320 or 715-377-5808 or visit www.projectlifesaverpiercestcroix.org

Safety/Wandering (cont.)

SafeLink GPS Tracking is for seniors. It may increase safety for the elderly, promote independent living, and ultimately lead to a healthier life style. SafeLink is an assistive device, helping people to stay independent and give them more freedom. Not only can SafeLink locate the wearer within minutes if they are lost or fail to return home, it can also raise an alert if they have an emergency and need your help. For more information call 866-559-2217 or visit www.safelinkgps.com

Wisconsin's Silver Alert is a public notification system that helps local law enforcement in the rescue of missing persons walking and driving. It broadcasts information about missing person – especially senior citizens with Alzheimer's disease, dementia or other mental disabilities – in order to aid in their recovery. Uses wide array of media outlets – such as commercial radio stations, television stations and cable television to broadcast information about missing person. Also uses variable message signs on roadways to alert motorists to be on the lookout for missing seniors. In cases in which a missing person is believed to be missing on foot, Silver Alerts have used Reverse 911 or other emergency notification systems to notify nearby residents of the neighborhood surrounding the missing person's last know location. For more information call 608-245-8952 or visit www.wisconsincrimealert.gov

Transportation

Handi-lift: A Specialized Medical Vehicle Transportation company that meets the needs of the disabled. Utilizing State of Wisconsin certified vans to transport ambulatory or wheelchair clients in safety and comfort. For more information call 800-989-7433 or <http://handi-lift.com>

New Freedom Transport: The New Freedom Transportation Program provides transportation options for persons with disabilities and transportation barriers. Including medical appointments, errands, church, and outings.

Center for Independent Living for Western Wisconsin, Inc
2920 Schneider Ave E
Menomonie, WI 54751
715-233-1070
800-228-3287

Transportation (cont.)

New Richmond Shared-Ride Taxi serves residents within 5 mile radius of New Richmond – wheelchair accessible vans available. Low cost fares. For more information or to schedule a ride call 715-246-2226.

River Falls Public Transit serves residents within a 5 mile radius of River Falls – wheelchair accessible vans available. Low cost fares. For more information or to schedule a ride call 715-425-7878.

Specialized Van Transport program provides transportation to people age 60 and older and person with disabilities and their spouses. The vans provide transportation to local senior center/nutrition sites, medical appointments, employment, shopping & social destinations within specific communities. For more information and guidelines, contact the Community Services Coordinator with the ADRC of St. Croix County at 715-381-4360.

***Your Clinic/Hospital may also provide transportation to medical appointments. Contact your healthcare provider for more information.**

Veteran's Services

Veteran's Administration Medical Center:

One Veteran's Drive
Minneapolis, MN 55417
612-725-2000

Veteran's Services Office:

1752 Dorset Lane
New Richmond, WI 54017
715-386-4759

VSO can assist with:

- VA Healthcare Enrollment
- Non-Service Connected Disability Pension
- Assist in applying for special programs (i.e. Operation Recognition)
- Assist in applying for awards and decorations
- Assist in applying for military personnel/medical records and discharges.

Web-based Resources

Visit these sites for a variety of information regarding Caregiving and/or Dementia.

Alzheimer's Association

www.alz.org

American Association of Retired Persons (AARP)

www.aarp.org/home-family/caregiving

Caregiver Action Network

www.caregiveraction.org

CaregiverHelp

www.caregiverhelp.com

Caregiver Resource Kit – Medicare.gov

www.medicare.gov/campaigns/caregiver/caregiver-resource-kit.html

Caregiver Toolkit

www.caregivertoolkit.ca

Center for Disease Control

www.cdc.gov

Family Caregiver Alliance

www.caregiver.org

Greater Wisconsin Agency on Aging Resources (GWAAR)

www.gwaar.org

National Alliance for Caregiving

www.caregiving.org

National Caregivers Library

www.caregiverslibrary.org

National Institutes of Health

www.nih.gov

Our Mission

The purpose of the Aging & Disability Resource Center is to empower & support older adults, people who have a disability and their families by serving as a central source of information, assistance, support and access to community resources.

This booklet is meant for informational purposes only and is not all inclusive. The ADRC does not recommend one service over another.

The ADRC does not endorse, rate, comment or evaluate resources, programs, or providers. Therefore, the ADRC does not assume, warrant or guarantee the quality of services provided.

Contact Us:

ADRC of St. Croix County
1752 Dorset Lane
New Richmond, WI 54017

Phone: 715-381-4360

Toll Free: 800-372-2333

Email: adrcinfo@sccwi.gov

Web: www.sccwi.gov



Revised 1/2019