



BROWN COUNTY **Dementia** **Resource Guide**



<http://www.forgetmenotfund.org/resourceguide>

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Brown County Dementia Resource Guide

This Dementia Resource Guide is brought to you by the Brown County Dementia Friendly Community Coalition in collaboration with the Forget Me Not Fund. While some of the resources in this guide are Brown County specific, you will find that many resources have no boundaries. This guide is not intended to be an all-inclusive list.

Brown County Dementia Friendly Community Coalition

Vision: People with dementia have hope, are valued, and belong

Mission: We raise awareness, develop cooperative partnerships, educate, and engage all to create a dementia-friendly community that enhances the quality of life. By transforming the community, we promote inclusion, reduce stigma, and instill hope.

Utilize this link or QR code to submit resource ideas, suggested corrections, or for additional copies of this guide:

<http://www.forgetmenotfund.org/resourceguide>



INTRODUCTION — INFORMATION ABOUT DEMENTIA

What is Dementia?



Dementia is an “umbrella” term that covers many progressive disorders of the brain. The most common conditions that come under this overall category are Alzheimer’s Disease (60-80%), Lewy Body Dementia (5-10%), Vascular Dementia (5-10%), or other dementia types, such as those associated with Parkinson’s or Huntington’s Disease. There is also a term called “mixed dementia”, which is applied when a person has dementia from more than one cause.

In the past, dementia was referred to as “senility” or “hardening of the arteries of the brain” and was incorrectly thought to be a normal part of aging. It is now known that the various types of dementia are caused by pathological changes in brain cells. Each type of dementia is associated with a particular region or function of the brain and progressively worsens over time. The various dementias are permanent, progressively worsen, and have no known cure. There are currently some FDA-approved treatments available that may help with a person’s functional status temporarily, but dementia will eventually progress to the terminal stage and death despite any current treatment.

Many other conditions have symptoms similar to one of the types of dementia, such as memory loss, losing things, word-finding difficulties, or personality changes. If you or someone you know is experiencing symptoms of dementia, it is important to see a health care provider with experience in evaluating and treating dementia. Professional evaluation may identify a reversible condition that is not dementia. If the symptoms suggest dementia, early diagnosis provides the patient, their family and caregivers additional time to access appropriate education, explore available treatments, learn about support groups and helplines, and provides an opportunity to volunteer for clinical trials and plan for the future.

Detailed additional information can be found at this website <http://www.alz.org>.


Written by Katie Dykes, APNP, Prevea Health

How Do I Get an Assessment for my Cognitive Concerns?



There are normal and abnormal changes that occur to your thinking skills as you age. It is important to reach out to your healthcare providers to assess whether your reported cognitive changes are due to normal aging, dementia, or possibly reversible conditions which can negatively impact your thinking skills. An early diagnosis can lead to better treatment and

quality of life outcomes, plus resolve the anxiety of wondering, "What is wrong with me?". It can also give you more time to plan for the future, allowing you to make decisions regarding care, living arrangements, financial & legal matters, and other important issues. If you are concerned about your cognition, talk to your primary care provider first. They may assess several different factors which may be impacting your thinking skills and may order lab tests, brain imaging studies, neurological evaluations, or a comprehensive neuropsychological evaluation to understand your cognitive functioning. There is no single test to determine if someone has Alzheimer's disease or another type of dementia. You can receive a diagnosis from your primary care physician, a neurologist, a neuropsychologist, or through an assessment at a Wisconsin Alzheimer's Institute (WAI) affiliated Memory Assessment Clinic. Your provider may also complete yearly cognitive screens to track your cognitive functioning over time to assist in long-term planning.

 <https://adrcofbrowncounty.org/wp-content/uploads/2021/07/Memory-Concerns-Next-Steps-for-Further-Testing.pdf>

Written by Sarah Baumgartner, PhD, LP, Neuropsychologist, Bellin Health

Importance of Early Detection

Dementia is a term that describes an individual who is experiencing difficulties with memory, judgment, and reasoning. These difficulties can impact daily life. Alzheimer's Dementia is the most common type of Dementia and some illnesses with dementia-like symptoms are reversible with treatment, for example, thyroid disorders and vitamin B12 deficiency. Dementia has significant social and economic implications. Therefore, early, and precise diagnosis of dementia is crucial.

The majority of individuals can be diagnosed by primary care physicians. In addition, identifying a team of health care providers or caregivers knowledgeable in dementia care will alleviate the emotional and economic toll of caring for an individual with dementia. This specialized care will also provide support and give families time to anticipate financial, medical, and legal needs.

The importance of an earlier diagnosis of dementia will promptly coordinate dementia resources for the individual with dementia to continue living independently. This specialized coordination of care in the early stages of the disease will potentially increase the quality of life for the patient and their families in addition to saving medical and long-term care costs.

Written by Dr. Jonny Macias Tejada, Medical Director for the Hospital Elder Life Program and a Geriatrician for Advocate Aurora Health Care.

Importance of Accepting Diagnosis



Being diagnosed with any type of cognitive impairment or dementia process can bring about different emotional reactions and questions. Learning more about your diagnosis from your providers, resources in the community, and national organizations can help to demystify the unknown about your diagnosis and allows you to gain information to make informed decisions for long-term care and treatment planning.

Dementia and other cognitive disorders are a new crossroads and journey in life that many do not initially plan to undertake. However, there is always hope with your care and an earlier diagnosis allows for more active as opposed to reactive planning. A diagnosis of dementia does not change who you are as a person. You still have the same hopes, dreams, values, and memories. A diagnosis of dementia or cognitive impairment allows you to take an active role in your healthcare and helps your healthcare providers better understand what your unique needs may be now and, in the future, based on your cognitive functioning. Reaching out to support groups and talking to people you care about may help reduce the emotional distress regarding your diagnosis and assist you in moving towards more acceptance and feeling empowered to make informed decisions.

Written by Sarah Baumgartner, PhD, LP, Neuropsychologist, Bellin Health

DEMENTIA FRIENDLY COMMUNITY

These are dementia-specific activities and not an all-inclusive list of available activities in the community. It is important to continue to participate in favorite activities as long as possible.

Dementia Friendly Community Coalition (DFCC)

Mission: To raise awareness, develop cooperative partnerships, educate, and engage all to create a dementia-friendly community that enhances the quality of life. By transforming the community, we promote inclusion, reduce stigma, and instill hope.

Phone: (920) 448-4300

 <https://adrcofbrowncounty.org/dementia-friendly-community/>

 www.facebook.com/bcdementiafriendly

 <https://www.youtube.com/channel/UCKzvnDIPkKBPQ8Yju90ewRg>

Purple Angel

Training employees/staff/volunteers on how to recognize, communicate with, welcome, and support people with dementia and their caregivers.

 <https://adrcofbrowncounty.org/purple-angel/>

Dementia Friends

Educating community members to change the way we think, talk, and act about dementia. A one-hour presentation given by a Dementia Friends Champion.

 www.wai.wisc.edu/dementiafriendswi


Memory Cafes

Memory Cafes provide a fun, comfortable environment where people with early-stage memory loss, along with their companion and/or caregiver, can relax, engage and enjoy the company of others who are on the same journey.

Connie Roberts, Memory Cafe Assistant

Email: croberts@curativeconnections.org

Phone: (920) 412-9960

 <https://www.curativeconnections.org/pages/dementia-services-memory-cafes/>

 www.facebook.com/BrownCountyMemoryCafe



SPARK!

SPARK! is a cultural program for people with early to mid-stage 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 engaging in museum experiences.

210 Museum Pl, Green Bay, WI 54303

Phone: (920) 448-4460

 <https://www.nevillepublicmuseum.org/spark/>



Barkhausen Sensory Woods

Off the parking lot of Barkhausen Waterfowl Preserve, a special portion of the woods has been transformed into a safely arranged trail where people with dementia and all other abilities can experience nature in a sensory way. To find more information scroll down to “Sensory Woods” Click “here” and it opens up the brochure.

2024 Lakeview Dr, Suamico, WI 54173

Phone: (920) 448-4466

 <https://www.browncountywi.gov/community/parks-department/general-information/barkhausen-waterfowl-preserve/>



Additional Resource for Finding Local Connections:

A Mighty Good Time

For adults 50 and older, it takes the stress out of the search by finding activities for you, making it easier than ever to locate experiences that help us stay social, active, and engaged as we age. Virtual and in-person experiences available.

 <https://www.amightygoodtime.com/how-it-works>

ADVANCE DIRECTIVES

Advance directives are important to have in place to let your family and friends know your wishes if you were to become incapable of making your own decisions about your health care and finances. Even far before a diagnosis of dementia, it is important to have these conversations with your loved ones, as often our wishes may change as we age or go through the changes of life.

Power of Attorney for Finances and Property

A financial power of attorney is a legal document that grants a trusted agent the power to make and execute financial decisions for a principal agent. In Wisconsin financial powers of attorney are automatically considered durable, meaning they remain in effect after the person becomes incapacitated.

Power of Attorney for Health Care

A document where you can name another person to make your health care decisions if you cannot make them for yourself. Write down your goals and preferences for future medical care in specific situations. If you become incapable of making these decisions, this document can be activated by two physicians.

Find more information about advanced directives here:

- 📍 <https://gwaar.org/api/cms/viewFile/id/2002950>
- 📍 <https://adrcofbrowncounty.org/acp/>

Find Wisconsin's state documents here:

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

Guardianship

Guardianship occurs when someone has been appointed by the court to make decisions for someone else. You may hear Guardianship of the Person (making healthcare decisions) or Guardianship of the Estate (making financial decisions). Unlike Powers of Attorney, a Guardian is court-appointed.

Guardianship Support Center

Get information and assistance on issues related to adult guardianship, protective placement, advance directives, and more from the Wisconsin Guardianship Support Center (GSC).

Toll-Free Helpline: (855) 409-9410

Email: guardian@gwaar.org

- 📍 <https://gwaar.org/guardianship-resources>



IMPORTANCE OF HAVING A SUPPORT SYSTEM

(For Caregiver & Person with Dementia)

“To often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or a small act of caring, all of which have the potential to turn a life.” ~Leo Buscaglia

Emotional Support for People with Dementia

AlzConnected

Free message board to connect with others who have dementia.

📍 <https://www.alzconnected.org/>

Alzheimer’s Association

Information and guidance for people who have dementia.

Phone: (800) 272-3900

📍 <https://alz.org/help-support/i-have-alz>

The Association for Frontotemporal Degeneration (FTD)

Peer support for people living with FTD. Multiple ways to get support including phone, online, etc.

Phone: (866) 507-7222

📍 <https://www.theaftd.org/living-with-ftd/support-for-people-with-ftd/>

The Lewy Body Dementia (LBD) Association

Finding support groups for people living with LBD.

Phone: (800) 539-9767

📍 <https://www.lbda.org/local-support-groups/>



Caregiver Support

Aging and Disability Resource Center - Online Support Groups offered

Create connections, learn together, share conversations, and offer care and support with other people in Brown County.

Phone: (920) 448-4300 | WI Relay 711

📞 <https://adrcofbrowncounty.org/support-groups/>

Alzheimer's Association Support Groups

The Alzheimer's Association offers peer and professionally led groups for caregivers, individuals living with Alzheimer's, and others dealing with the disease. All support groups are facilitated by trained individuals. Click on the community resource finder.

📞 <https://www.alz.org/help-support/community/support-groups>

Brown County Caregiver Coalition

The Brown County Caregiver Coalition schedules events to help caregivers connect, learn from each other, relax, and have fun.



Phone: (920) 448-4300

📞 <https://adrcofbrowncounty.org/care4ucare4me/>

LBDA Lewy Line:

When calling or emailing the LBDA Lewy Line, you will be connected with an experienced caregiver who can provide information on LBD and who can also share their personal experience and compassion.

Phone: (800) 539-9767

📞 <https://www.lbda.org/lbda-lewy-line/>

Parkinson's Foundation Helpline

Trained Parkinson's disease information specialists provide information, support, and resources to caregivers. Available Monday - Friday 8:00am-5:00pm CT.

Email: helpline@parkinson.org

Phone: (800) 4PD-INFO (1-800-473-4636)

Parkinson's Foundation Support Groups

📞 <https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers/Caregiver-Resources>

The Association for Frontotemporal Degeneration (FTD) Support Groups

Phone: (866) 507-7222

📍 <https://www.theaftd.org/living-with-ftd/aftd-support-groups/>

The Lewy Body Dementia Association Support Groups

📍 <https://www.lbda.org/local-support-groups/>

Wisconsin's Family Caregiver Support Programs

Located in every county and tribe in the state, Wisconsin's Family Caregiver Support Programs provide information and assistance to help people better care for their loved ones – and themselves.

Phone: (608) 266-2536

📍 <http://wisconsincaregiver.org/>

📍 <https://www.facebook.com/WisconsinFamilyCaregiver>

Apps for Caregiver Support

Care Angel (App)

Applies AI (artificial intelligence) to healthcare, not to replace the human touch, but to enhance the way we care. A daily check-in by the program can alert a person's support system of any concerns and see past medical history for trends and areas to watch.

CareZone (App)

A worry-free way to organize health information and access vital health services. This includes a symptom tracker, calendar, journal, contacts, notes, to-dos, photos, and community contacts. Your information is kept private and secure.

CaringBridge (caringbridge.com or App)

Connects multiple caregivers through a single app, providing easy access to appointment dates, changes in health, and other essential information. Allows family and friends the opportunity to stay connected through journal entries or photos posted by the caregivers.

First Aid by American Red Cross (App)

Get expert step-by-step advice for any injury or emergency. You can find the closest hospital or easily call 9-1-1 at any point within the app if you need to.

Lotsa Helping Hands (www.lotsahelpinghands.com or App)

Add requests for help you need as a caregiver to a calendar and members of your invited community can help coordinate the logistics. This app can help your community come together and make sure that no one gets forgotten.

RESPIRE & IN-HOME SUPPORT

“Respite” is a simple term to describe a service that allows caregivers to take a break. This can be in the form of day programming, home care, overnight or short-term options, etc. If your loved one is receiving hospice services, respite is a benefit provided (see “End of Life” section).

Curative Connections Adult Day Program

Programming offers supportive and attentive care for clients, along with a variety of fun and engaging activities to choose from throughout the day.

2900 Curry Ln, Green Bay, WI 54311

Phone: 920-468-1161

 <https://www.curativeconnections.org/pages/dementia-services-day-programming/>



Non-Licensed Home Health Agencies

Non-Licensed Medical Home Care or Non-Skilled Home Care is care services such as personal care, housekeeping, and companionship.

Phone: (920) 448-4300

 <https://adrcofbrowncounty.org/resource-library/>

Click on “Home Care” then click “Non-Licensed Care” under “Home Care Agency Listings”

Skilled Home Health Care

Licensed Medical Home Care is most often skilled care by a Registered Nurse, Physical, Speech or Occupational Therapist after a change in health (i.e., surgery, accident, illness/declining health). To be covered by insurance, This type of care must be prescribed by a doctor.

Phone: (920) 448-4300

 <https://adrcofbrowncounty.org/resource-library/>

Click on “Home Care” then click “Licensed Medical Care” under “Home Care Agency Listings”

Respite Care Association of Wisconsin

Provides a registry of respite care providers to connects those needing respite care with direct workers

Phone: (608) 222-2033

 <https://respitewi.org/registry/>



MEDICATION & TREATMENT

There are medication and treatment options to help manage the symptoms of dementia. At this time, there are no proven medications or treatments to cure dementia. There are many types of dementia and not all medications are approved to treat all types. Consult with your physician to see which medications are best suited for you or a loved one. Your pharmacist can also discuss prescribed medications with you. This guide is not intended to recommend specific treatments or medications, but to provide resources and encourage discussions with the medical providers.



Alzheimer's Association-Medication for Memory

Although current medications cannot cure Alzheimer's or stop it from progressing, they may help lessen symptoms, such as memory loss and confusion, for a limited time.

Phone: (800) 272-3900

📍 <https://alz.org/alzheimers-dementia/treatments/medications-for-memory>

Wisconsin Literacy, Inc. - Health Literacy

Information on how to navigate through dementia medications resources on the internet.

211 S. Paterson St., Suite 170

Madison, WI 53703

Phone: (608) 257-1655

Email: info@WisconsinLiteracy.org

📍 <https://wisconsinliteracy.org/health-literacy/programs/current-programs/improving-alzheimers-disease-and-other-dementia-care-through-health-literacy.html>



Additional Resources

Antipsychotic Medicines for People with Dementia

Sometimes antipsychotic medications are prescribed for people with dementia. It is important to understand the risks and benefits of use.

<https://www.mpqhf.org/QIO/wp-content/uploads/2018/10/Antipsychotic-Zone-Tool-508.pdf>

Clinical Trials

Research continues related to dementia and Alzheimer's. Individuals who have been diagnosed and their family members may qualify to participate in clinical trials. Below is a list of websites where current clinical trials can be found.

Alzheimer's Association Trial Match

A matching service that connects individuals living with Alzheimer's disease, caregivers, and healthy volunteers with current research studies.



Phone: (800) 272-3900

📍 www.alz.org/trialmatch

Clinical Trials Finder National Institute on Aging

Search for clinical trials by keyword, location, and more.

Email: adear@mail.nih.gov

Phone: (800) 438-4380

📍 <https://www.nia.nih.gov/research/alzheimers-dementia-outreach-recruitment-engagement-resources/nia-clinical-trials-finder>

National Institute on Aging, Registries and Matching Services for Clinical Trials.

A list of registries to help match you with clinical trials.

Phone: (800) 438-4380

📍 <https://www.nia.nih.gov/health/registries-and-matching-services-clinical-trials>

The US National Library of Medicine

A database of privately and publicly funded clinical studies conducted around the world.

Phone: (888) FIND-NLM (346-3656) or (301) 594-5983

📍 <https://clinicaltrials.gov/>

WI Alzheimer's Disease Research Center

The WI ADRC is focused primarily on improving early detection of Alzheimer's disease, identifying risk and protective factors, and finding ways to delay onset and progression.

600 Highland Ave, J5/1 Mezzanine

Madison, WI 53792; **Phone:** (608) 265-0407

Email: adrc@medicine.wisc.edu

📍 <https://www.adrc.wisc.edu/about>



Alternatives to Antipsychotic Medication

Non-pharmaceutical resources (Resources that help without or in addition to medication) The potential range of non-pharmacological 'interventions' in dementia care is vast and would include the day-to-day interactions of caregivers with the person with dementia, the impact of the physical and social environment, and all manner of informal 'therapies', ranging from art sessions to contact with animals.

Antipsychotic Alternatives

This resource below gives alternative ideas to reduce the use of antipsychotic medications. Though many of these ideas were created for use in facilities, many can be used effectively for a loved one living at home as well.

🕒 https://qioprogram.org/sites/default/files/2021-06/Change_Bundle-Dementia_Care_and_Psychotropic_Medications.pdf

Art and Music - Alzheimer's Association

Learn tips and strategies on how to use art and music programs for people with dementia.

Phone: (800) 272-3900

🕒 <https://www.alz.org/help-support/caregiving/daily-care/art-music>

Loving your Brain; Ways to avoid antipsychotics

The Brain Center of Green Bay is a local resource to learn more information on sleep, diet, exercise, and more to help you care for your most important organ, your brain.

<https://www.braincentergb.org/brain-blog>

Manage Dementia's Side Effects with These 7 Essential Oils

Essential oils have been used for generations to ease symptoms of depression, anxiety and insomnia. Some caregivers are now using these trusted oils to ease anxiety, boost memory, and improve the mood of loved ones living with dementia.

Phone: (866) 567-4049

🕒 <https://www.alzheimers.net/10-10-14-essential-oils-dementia>

Music and Memory Program

This is a program that was created specifically for people with dementia using custom playlists and iPods. Be sure to scroll down the page to see the free guides on how to get started.

Email: info@musicandmemory.org

🕒 <https://musicandmemory.org/>

EDUCATION

Learning as much as you can about your or your loved ones diagnosis is the first step toward empowering yourself to take control of your life and make decisions that will help you or your loved one live well with Alzheimer's for as long as possible.

Administration for Community Living: Brain Health Basics & more!

The Brain Health Resource is a presentation toolkit offering current, evidence-based information and resources to keep your brain healthy as you age and navigating challenges that may come as dementia progresses.

📍 <https://acl.gov/brain-health>

Aging and Disability Resource Center: Stay Healthy, Stay Active

This link connects to the “Events & Workshops” calendar. These events help you learn how to make the most out of your aging journey, physically and mentally! New programs are continually being added through the ADRC

Phone: (920) 448-4300

📍 <https://adrcofbrowncounty.org/events/>

Alzheimer’s Association-Training & Education Center

Various topics related to dementia care available in self-paced courses. These courses have no cost.

Phone: (800) 272-3900

📍 <https://training.alz.org/>

Brain Center of Green Bay

The Brain Center of Green Bay is a non-profit organization that works to maximize brain health throughout life by increasing individual and societal awareness and action by utilizing Collaboration, Advocacy, Research, and Education (CARE)

2801 S Webster Ave, Green Bay, WI 54301

Email: info@braincentergb.org

Phone: (920) 393-4080

📍 <https://www.braincentergb.org/>



Caregiver Action Network

Caregiver Action Network (the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

Phone: (855) 227- 3640 free care support team 8:00 AM to 7:00 PM ET

📞 <https://caregiveraction.org/>

Caregiver Video Series - Office of Rural Health

To educate and aid Veteran caregivers, the Office of Rural Health funded the following caregiver video series, each of which is broken up into modules on specific topics.

Email: ORH-WR@va.gov

Phone: (801) 582-1565 ext. 2770

📞 <https://www.ruralhealth.va.gov/vets/resources.asp#dem>

Dementia Map

Dementia Map is a free guide to the resources needed by those diagnosed with a form of dementia, family members, and professionals providing care or services.

📞 www.dementiamap.com

Dementia Matters

Dementia Matters is a podcast about Alzheimer's disease and other causes of dementia. Host Dr. Nathaniel Chin interviews leading scientists and caregiving experts to bring listeners the latest in Alzheimer's disease news, research and caregiver resources.

📞 <https://www.adrc.wisc.edu/dementia-matters>

Family Caregiver Alliance

General and specific information about dementia, caregiving, and challenges that come with caregiving. In multiple languages! This website also includes caregiver webinars, videos, and caregiver stories.

Phone: (800) 445-8106

📞 <https://www.caregiver.org/caregiver-resources/>

Older Adult Nest Egg Learning Modules

In these self-paced video sessions, learn the warning signs of early cognitive impairment, how to hold difficult discussions, the clues to detecting financial mismanagement, and the basics of managing another person's money.

Phone: (313) 664-2600

• <https://www.olderadultnestegg.com/for-family-and-friends/learning/>

Online Training for Family Caregivers - WI Department of Health Services

This training is intended for family caregivers of people with Alzheimer's disease or other dementia.

📍 <https://www.dhs.wisconsin.gov/dementia/families.htm>

National Institute on Aging

Learn more about Alzheimer's disease and dementia, and get news, tips, and resources for caregivers and health care professionals.

Phone: (800) 438-4380

📍 www.nia.nih.gov/alzheimers

Teepa Snow

This Channel is one of the ways we share out information about Dementia - including Alzheimers, Lewy Body, FTD, Vascular and many more - so that family and professional care partners can gain knowledge and build skills to become better care partners.

📍 <https://www.youtube.com/channel/UCSXrEX7LkWOmfTaV6u1C7wQ>

Wisconsin Alzheimer's Institute

Handouts from the Wisconsin Alzheimer's Institute to help caregivers navigate their journeys.

610 Walnut Street, 9th Floor, Madison WI 53726

Email: waimail@mailplus.wisc.edu

Phone: (608) 265-9955

📍 <https://wai.wisc.edu/resources-for-caregivers/>



SAFETY IN THE HOME

There are many resources to make living at home safe for someone with dementia. Below are both local and national resources to help in setting up a safe home.

Alzheimer's Association - 24/7 Wandering Support for Safe Return

This nationwide emergency response service facilitates the safe return of individuals living with Alzheimer's disease or another dementia who wander or have a medical emergency. The Alzheimer's Association, in collaboration with MedicAlert® Foundation, provides membership plans with 24/7 Wandering Support.

🕒 <https://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support>

Alzheimer's & Dementia: When to Stop Driving - Mayo Clinic

Get information on when someone with dementia should stop driving, how to have a difficult conversation and tips for making a smooth transition.

🕒 <https://newsnetwork.mayoclinic.org/discussion/alzheimers-and-dementia-when-to-stop-driving/>

Home Safety Checklist for Alzheimer's Disease - National Institute on Aging

A checklist of information to keep people with dementia safe in and outside the home. Topics include room-by-room safety tips as well as how to keep your loved one safe outside the home.

🕒 <https://www.nia.nih.gov/health/home-safety-checklist-alzheimers-disease>

Older Adult Fall Prevention - Centers for Disease Control and Prevention

Learn causes and prevalence of falls in older adults across the country. Also, get tips on how to prevent falls and how to keep yourself and/or your loved one safe.

🕒 <https://www.cdc.gov/falls/index.html>

Options for Independent Living

Options for Independent Living can help assess home safety for people with Alzheimer's disease and recommend assistive technology and techniques to help people with dementia remain independent and reach their goals.

555 Country Club Rd. Green Bay, WI 54313

Phone: (920) 490-0500

🕒 <http://optionsil.org/services/alzheimers-dementia-services/>

The logo for Options for Independent Living features the word "options" in a large, lowercase, serif font. Below it, the words "for independent living" are written in a smaller, lowercase, sans-serif font, with "inc." at the end. A small registered trademark symbol (®) is located at the bottom right of the logo.

Wandering and Alzheimer's Disease - National Institute of Aging

Tips for preventing wandering and how to prepare if your loved one does wander.

Phone: (800) 272-3900

 <https://www.nia.nih.gov/health/wandering-and-alzheimers-disease>

Wisconsin Silver Alert

Similar to an Amber Alert, Silver Alerts will go out by email and text message through the Wisconsin Crime Alert Network to notify the public that an adult with Alzheimer's, dementia, or other permanent cognitive impairment is missing.

 <https://www.doj.state.wi.us/dci/special-operations-bureau>



AVOIDING CRISIS

People living with dementia and their care partners can find themselves experiencing a crisis unexpectedly. Understanding what causes behavioral and psychological symptoms of dementia is important in preventing them from occurring. Knowing who to call when a crisis hits is equally important. This section is divided into two parts. Preventing the behavior and responding to it.

Prevention

Brown County Dementia Care Specialist

Provides free one-on-one education, support, and consultation for people with dementia, their caregivers, and families.

Aging & Disability Resource Center

300 S Adams St

Green Bay, WI 54301

Phone: (920) 448-4300

 <https://adrcofbrowncounty.org/dementia-basics/>



Oneida Tribe Dementia Care Specialist

Provides free one-on-one education, support, and consultation for people with dementia, their caregivers, and families.

Oneida Comprehensive Health Division

525 Airport Dr

Oneida, WI 54115

Phone: (920) 869-4854

 <https://oneida-nsn.gov/wp-content/uploads/2016/06/DCS-brochure-8-2015.pdf>



Responding to Challenging Situations

Alzheimer's Association - Stages and Behavior

As Alzheimer's and other dementias progress, behaviors change—as does your role as caregiver. While changes in behavior can be challenging, we have resources to help you through each stage of the disease.

Phone: (800) 272-3900

📍 <https://www.alz.org/help-support/caregiving/stages-behaviors>

Communication Tips & Video Links to Prevent Behaviors

This is a list of resources compiled by the Brown County ADRC to assist with communication.

📍 https://adrcofbrowncounty.org/wp-content/uploads/2019/11/Communication-Tips-Strategies-Video-Resources_4.21.21.pdf

Dementia Care Solutions, LLC

Local, one on one and group education, consulting, coaching and support regarding dementia related questions and challenging situations for care partners and professionals.

Phone: (920) 883-5076

Email: sheri@dementiacaresolutions.org

📍 <https://teepasnow.com/>

DICE Approach

The DICE Approach stands for Describe, Investigate, Create, and Evaluate. Its purpose is to manage difficult behaviors to reduce overreliance on medications.

📍 <https://diceapproach.com/>

Positive Approach to Care - Teepa Snow

Positive Approach to Care® enhances the life and relationships of those living with brain change by fostering an inclusive global community. Until There's A Cure, There's Care.

Phone: (877) 877-1671

📍 <https://teepasnow.com/>



Responding to a Crisis

Despite best efforts to use the above skills, there are times we need to contact the emergency services and get help.

9-1-1

Immediate response for law enforcement or medical attention, perceived risk of harm to self or others.

Adult Protective Services

The primary function of Adult Protective Services is to conduct investigations on referrals of abuse, neglect, and exploitation of vulnerable, disabled adults and elder persons.

Phone: (920) 448-7885

📞 <https://www.browncountywi.gov/departments/community-services/adult-services/adult-protective-services/>

Alzheimer's Association 24/7 Helpline

The Alzheimer's Association 24/7 Helpline is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families, and the public.

Phone: (800) 272-3900

📞 <https://www.alz.org/media/documents/alzheimers-dementia-247-helpline-ts.pdf>

Family Services Crisis Center

Can assist caregivers with de-escalating challenging behaviors and connect to emergency response as needed.

Phone: (920) 436-8888

📞 <https://www.familyservicesnew.org/crisis-center/>



Non-Emergency Police Number for Brown County

When you need police assistance, but there is no risk of harm to yourself or others.

Phone: (920) 391-7450

FUNDING SOURCES/FINANCIAL ASSISTANCE

Family Caregiver Support Programs

The purpose of these programs is to help you as a caregiver access community resources and provide funding to pay for respite services. Respite simply means taking a break from caregiving. The Aging and Disability Resource Centers (ADRCs) in the state distribute these funds. Please contact the ADRC to inquire about your eligibility for these funds.

ADRC of Brown County
300 S. Adams St. Green Bay, WI 54301

Phone: (920) 448-4300

📍 <https://adrcofbrowncounty.org/resource-library/>

Click on “Caregiving” then click “Learn More” under “AFCSP & NFCSP Programs”

Respite Care Association of Wisconsin (RCAW) Grant Program

Caregiver Respite Grant Program (CRGP) provides financial support for family caregivers for up to five days of respite care within a 90-day period. The grant helps you pay for one-on-one personal care from the caregiver of your choice for your loved one living with disabilities or special needs.

Respite Care Association of Wisconsin
1835 E. Edgewood Dr, Appleton, WI 54913

Phone: (608) 222-2033

📍 <https://respitecarewi.org/grants/caregiver-respite-grant-program-crgp/>

Additional Resources

Publicly Funded Long-Term Care Programs

In Brown County, there are two Medicaid program options that are designed to provide you with the services you need to remain living in, or return to, the community. An individual must be both functionally and financially eligible in order to enroll into a Long-Term Care Program. These programs are referred to as Family Care and IRIS.

Aging and Disability Resource Center
300 S. Adams St. Green Bay, WI 54301

Phone: (920) 448-4300

📍 <https://www.dhs.wisconsin.gov/publications/p02845.pdf>

END OF LIFE

Below are resources to help navigate end of life journey with your loved one and to provide support to you as a caregiver.

Funeral Planning:

Contacting your funeral home of choice or financial planner and planning ahead can relieve stress from family during a difficult time. Securing a burial trust, planning services and letting wishes known well in advance can make the process smoother for your loved ones.

Download the PDF checklist to help you plan in the link below.

📄 <https://www.funeralbasics.org/funeral-planning-checklist/>

Hospice

Hospice care focuses on optimizing comfort through the end of life. A patient must have a life expectancy of less than six months to qualify for hospice care. The patient and family will have access to in home medical care from nurses and CNAs as well as social workers, chaplains, and grief counseling services. Additional services and therapies may be available depending on the provider. Hospice also will provide 5 nights of respite services per month per patient. Talk to your medical provider to determine whether you qualify for hospice services.



Palliative Care

Palliative care is specialized medical care for people living with a serious illness. This type of care is focused on providing relief from the symptoms and stress of illness as well as providing support in navigating the healthcare system. The goal is to improve the quality of life for both the patient and family. Palliative care is typically care received prior to qualifying for Hospice care.

Find a Palliative or Hospice Provider in Brown County:

Phone: (920) 448-4300

📄 <https://adrcofbrowncounty.org/resource-library/>

Choose “Home Care” and click “Learn More” under “Hospice Agency Listing”

OTHER HELPFUL AGENCIES

Below are several agencies who provide services that are helpful for someone with dementia.

Aging and Disability Resource Center (ADRC) of Brown County

The ADRC's mission is to empower and enrich the lives of older adults, adults with disabilities, and their caregivers. Get connected to local resources to help you through life's changes and maintain independence.

300 S. Adams St. Green Bay, WI 54301

Phone: (920) 448-4300

📍 www.adrcofbrowncounty.org



Alzheimer's Association Wisconsin Chapter

Serving the state of Wisconsin, the Association provides reliable information and care consultation; supportive services for families; educational opportunities; funding for dementia research; and advocacy efforts for public policy changes across the state.

2700 Vernon Dr Ste 340 Green Bay, WI 54304

Phone: (920) 469-2110

📍 www.alz.org/wi



Eldercare Locator

A public service of the US Administration on Aging connecting you to services for older adults and their families. Enter in zip code for specific resources.

Caregiver Corner provides useful resources.

Email: eldercarelocator@n4a.org

Phone: (800) 677-1116

📍 <https://eldercare.acl.gov>



Judicare (Serving members of the Oneida Nation)

Wisconsin Judicare's mission is to provide legal assistance to those who otherwise cannot afford it.

401 Fifth St. Suite 200, Wausau, WI 54403

Email: info@judicare.org

Phone: (715) 848-1885

📍 www.judicare.org



*Logos in this guide represent that a resource is within the state of Wisconsin

