



Dementia Care Resources and Support for Chippewa County



711 North Bridge Street, Room 118, Chippewa Falls, WI 54729
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adrc@co.chippewa.wi.us • www.co.chippewa.wi.us/ADRC.org

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www.facebook.com/dementiacoalitionofcc

Brought to you by



Our mission is to create awareness and support for those living with dementia, their loved ones and the community.

After the Diagnosis: Living Well with Dementia

- Partner with your doctor and learn more about what type of dementia you have, medications, ask questions, gather information, etc.
- Learn all you can about the disease and what to expect now and into your future
- Talk to others about how you are feeling (pastor, counselor, social worker, family, friends, etc.)
- Work with your family and/or an attorney to review or create a power of attorney for healthcare and finance
- Learn about options and resources available in the community
- Work with your family to create a plan of care for future care needs
- Exercise regularly
- Eat healthy
- Join a support group and/or a memory café
- Learn how you can continue to live safely in your home
- Learn about safe driving tips. Visit www.alz.org/driving

Knowledge is power...know your options! For more ideas on living well with dementia, visit the following websites or pick up a copy of the workbooks at the Aging & Disability Resource Center.

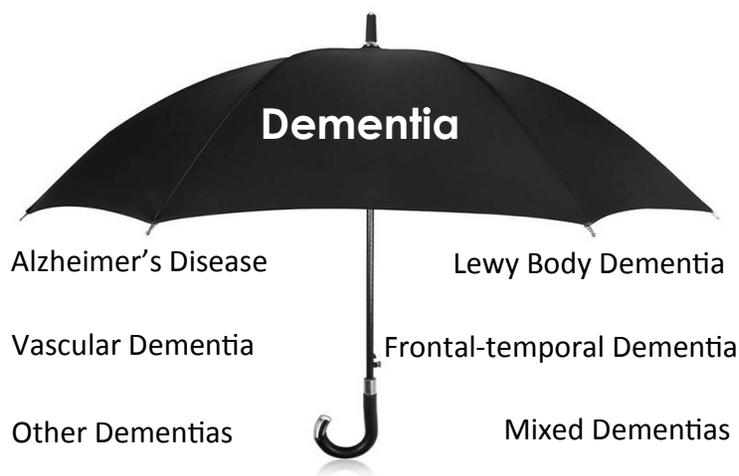
- www.actonalz.org/pdf/Living-Well.pdf
- www.actonalz.org/pdf/Taking-Action.pdf

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What is Dementia?

Dementia is not a specific disease, rather an umbrella term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. There are many conditions that can cause dementia. Alzheimer's disease is the most common form of dementia accounting for 60 to 80 percent of cases.



Signs and Symptoms

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, work or at leisure
- 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

Chippewa Valley Family Caregiving Alliance
www.chippewavalleycaregiving.org

National Institutes on Aging
Alzheimer's Disease Education and Referral Center
www.nia.nih.gov/alzheimers/topics/caregiving

- Tip sheets on behavior, communication, eating, dressing, bathing and much more

Teepa Snow, Dementia Expert
www.teepasnow.com

This Caring Home
www.thiscaringhome.org

Us Against Alzheimer's
www.usagainstalzheimers.org

Wisconsin Alzheimer's Institute
www.wai.wisc.edu

Benefits of Eating Healthy

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



Virtual Dementia Tour

Virtual Dementia Tour is a no cost, 30 minute interactive learning experience designed to help those caring for someone living with Alzheimer's disease or related dementia. Understand the impact of dementia on behavior & emotional status.

Azura Memory Care, 715-832-6696

Our House Senior Living, 715-828-4182

Safe@Home Senior Care, 715-271-1824

Websites

About Alzheimer's

<http://alzheimers.about.com>

Alzheimer's Association

www.alz.org

<http://blog.alz.org>

Alzheimer's Disease Education and Referral Center (ADEAR)

www.nia.nih.gov/Alzheimers

Alzheimer's Foundation of America

www.alzfdn.org

Alzheimer's Reading Room

www.alzheimersreadingroom.com

Caregiving with Purpose

<http://caregivingwithpurpose.com/category/alzheimers>

Chippewa Valley Assisted Living Association

www.chippewavalleyassistedliving.com

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 United States are transitioning to Dementia Friendly Communities. Chippewa 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:

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

A Dementia Friendly Community is one that has trained its businesses, churches, and organizations to see through the eyes of a person with dementia.

Many establishments in Chippewa County have become Dementia Friendly. Look for this symbol posted on business entrances.

For more Information, contact the Aging & Disability Resource Center at 715-726-7777.



Activities for People Living with Dementia

Each day there are many things that provide us with purpose and pleasure. For a person with dementia, the need for a good quality of life is not diminished.

- <http://teepasnow.com>
- www.pinterest.com/explore/dementia-activities
- www.alz.org/national/documents/brochure_activities.pdf
- Best Friends Book of Alzheimer's Activities, Volume 1 & 2
D. Troxel and V. Ball
- Creating Moments of Joy D. Brackey

Adaptive Equipment

Best Alzheimer's Products

Ideas and suggestions for activities and entertainment that reduce agitation, aid sleep, and often allow for a reduction in medication, www.best-alzheimers-products.com

Department of Public Health

Adaptive equipment loan program
711 North Bridge Street, Room 121
Chippewa Falls, WI 54729
715-726-7900
www.co.chippewa.wi.us/government/public-health

E-Pill Medication Management Devices

Easy-to-use locked automatic pill dispenser for home use
www.epill.com

The Alzheimer's Store

A wide range of Alzheimer's products for comfort and security www.alzstore.com

National Family Caregiver Support Program (NFCSP)

Limited funds available to provide short-term and temporary respite breaks for the family caregiver and supplemental services such as adaptive equipment, home medical supplies, etc. For more information contact the Aging & Disability Resource Center at 715-726-7777.

Telephone Caregiver Support Group

Alzheimer's Association telephone support groups provide educational and social support for caregivers through regularly scheduled meetings that are held via telephone. Last Tuesday of every month from 10am-11am.

Registration is required. To learn more and to register call 1-800-272-3900. Each registered participant will be contacted 2-4 days prior and provided with the phone number for each call.

Transportation

For a complete list of transportation options, contact the Aging & Disability Resource Center at 715-726-7777.

Veteran's Service Office

711 N Bridge Street #301, Chippewa Falls, WI 54729
Call for more information on veteran services. 715-726-7990

Brochures, literature, and books on a variety of topics are available at the Aging & Disability Resource Center

Support Groups and Programs

Alzheimer's Family Caregiver Support Program (AFCSP)

Funds for AFCSP are made available in each county to assist individuals to purchase services and goods related to caring for someone with Alzheimer's disease or related dementia. Eligibility includes a diagnosis of Alzheimer's disease or related dementia and an annual income of \$40,000 or less. For more information please contact the ADRC at 715-726-7777.

Chippewa Valley Lewy-Body Support Group

2nd Wednesday of the month at 6:00 pm
Dove Healthcare– South Eau Claire
3656 Mall Drive, Eau Claire, WI 54701
Amy Lokken: 715-379-3148

Dementia/Alzheimer's Support Group

3rd Wednesday of the month at 3:30 pm
For individuals caring for those with dementia
Grace Adult Day Services
2050 County Hwy I, Chippewa Falls, WI 54729
Michelle Curry: 715-738-1925
Mary Scheuermann: 715-379-6625
**There is a respite care option available during this meeting.*

Early Stage Dementia Support Group

2nd Thursday of the month at 1:00 –2:30 pm
For individuals with memory loss and their caregivers
Central Lutheran Church
28 E. Columbia Street, Chippewa Falls, WI 54729
Pam, Support Group Facilitator: 715-828-3486

Medical Equipment Loan Closet

Center for Independent Living

2920 Schneider Avenue SE, Menomonie, WI
800-228-3287 or 715-514-2000

Department of Public Health

711 N. Bridge Street, Room 121
Chippewa Falls, WI 54729
715-726-7900
www.co.chippewa.wi.us/government/public-health

Lake Holcombe Lion's Club

Holcombe, WI
715-595-4421 or 715-827-0877

Rutledge Charities

404 N Bridge Street, Chippewa Falls, WI 54729
715-723-6618

Adult Day Services

Bloomer Adult Day Services

917 15th Ave., Bloomer, WI 54724
715-568-1000
www.graceluthfound.com/adult-day-services

Grace Adult Day Services

2050 County Hwy I, Chippewa Falls, WI 54729
715-738-1925
www.graceluthfound.com/adult-day-services

Adult Protective Services

Chippewa County Department of Human Services 715-726-7777.
Every county has an elder adults-at-risk (also known as elder abuse) agency that will look into reported incidents of abuse, neglect, financial exploitation and self neglect. They also assist in completing Power of Attorney to avoid guardianship.

Aging & Disability Resource Center of Chippewa County

No Cost resource to Chippewa County residents. Supports include: resource library with free books; memory screens; Alzheimer's Family Caregiver Support Funds; options & benefit counseling; caregiving classes; Meals on Wheels; and more.

711 N. Bridge Street Room 118, Chippewa Falls, WI 54729

715-726-7777, Toll free: 1-800-400-6920

Email: ADRC @co.chippewa.wi.us



Alzheimer's Association

The Alzheimer's Association works on a global, national, and local level to enhance care and support for all those affected by Alzheimer's Disease and related dementias as well as their caregivers.

404 1/2 N. Bridge Street, Chippewa Falls, 54729

715-720-7611

www.alz.org/gww

24/7 Helpline

Services and Support 24/7, 1-800-272-3900

Alzheimer's Association Walk to End Alzheimer's
(September) 715-720-7611

What is a Power of Attorney for Finance?

Power of Attorney for Finances is a document that you (the "principal") complete and sign, naming another individual (the "agent") to manage your finances. You determine what finances you want the agent to have authority over, as well as the authority you want the agent to have. This document does not give your agent the power to make medical, long-term care or other health care decisions for you.

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.

If you do not complete a POA-Finance but later become incapacitated, there may not be anyone with legal authority to make necessary decisions and complete the necessary transactions for you, such as paying bills, selling real estate, closing bank accounts, filing tax returns, and preserving assets should you require long-term care. Information and forms are available at www.gwaar.org or 1-855-409-9410.

Without a POA-Health Care or POA-Finance 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.

Safety

Improve safety by potentially identifying problems in the home
<http://www.nia.nih.gov/alzheimers/publication/home-safety-people-alzheimers-disease/introduction>

Power of Attorney

What is a Power of Attorney for Health Care (POA-HC)?

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, but need not, a statement of wishes regarding future care. It is *essential* that principals talk to their agents about their wishes. POA-Health Care forms are available at the Aging & Disability Resource Center or online at <https://www.dhs.wisconsin.gov/forms/advdirectives/f00085.pdf>.

How does my POA-Health Care become effective or activated?

For a POA-Health Care to become activated, the principal 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 or her health care decisions.” The certification of incapacity must be attached to the POA-Health Care 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 effective*.

Annual Education Events

Alzheimer’s Association Fall Conference

(November) Florian Gardens, 715-720-7611

Azura Memory Care Conference

(May) Florian Gardens, 715-832-6696

Caregiver Resource Fair and Town Hall Meeting

(November) Peace Lutheran Church, 715-839-4735

Senior Americans Day

(June) UW-EC Davies Center, 715-836-3636

Caregiver Educational Class

Powerful Tools for Caregiving

Six-week workshop that teaches family caregivers how to take better care of themselves while caring for a loved one. Classes offered in a variety of settings throughout the year. For next available classes, contact the Aging & Disability Resource Center, 715-726-7777

Dementia Coalition of Chippewa County

We strive to create awareness and support for those living with dementia, their loved ones and the community. Meetings are 4th Wednesday of every month. Join us anytime. Call the ADRC for more information. 715-726-7777



Dementia Diagnostic Clinic

Marshfield Clinic Memory Disorders Clinic
2655 County Hwy I, Chippewa Falls, WI 54729
1-866-333-1996 or 715-858-4444

Find more diagnostic clinic options and locations:
<http://www.wai.wisc.edu/clinics/cliniclist.html>

Elder Law Attorneys

Elder law attorneys focus on providing legal services for older adults such as advance health care directives, powers of attorney, guardianship, living wills, trusts, planning for long-term care, Medicaid planning, resident rights in long-term care facilities, and estate, income and gift tax matters. Free assistance is available to determine the right legal advocate for your need in your local community. State Bar of WI Lawyer Referral & Information Services (LRIS) 800-362-9082

Guardianship

Guardianship is a legal court process implemented when someone is deemed incompetent. Guardianship is the process used to appoint someone to make medical and or financial decisions for the incompetent person. Guardianship packets are available in Register in Probate's office. Once completed and turned into Register in Probate, a hearing is scheduled and a Guardian Ad Litem is hired for an assessment. A protective placement action is necessary when an incompetent individual meets the standards for placement/services. Assistance may be available for those financially eligible through Adult Protective Services at the Department of Human Services. Although the law allows for

Memory Care Clinics

Memory Care Clinics are well-informed in the diagnosis and treatment of dementia and seek to assess and diagnose dementia, facilitate and enhance medical and behavioral interventions, maintain or improve current functioning, and involve caregivers and family.

Marshfield Clinic
3501 Golf Road, Eau Claire
866-333-1996 or 715-858-4444

Mayo Clinic Health System
1400 Bellinger Street, Eau Claire
888-838-4777 or 715-838-1900

UW-Health
Eau Claire Family Medicine
617 W. Clairemont Avenue, Eau Claire
888-703-2778 or 715-839-5175

Memory Screenings

A free wellness tool that helps identify possible changes in memory and cognition. Contact the Aging & Disability Resource Center, 715-726-7777.

Music and Memory

For people with Alzheimer's disease and related dementias, music can be good medicine. Music can improve cognitive skills, shift mood, manage stress and so much more.

<http://musicandmemory.org/wp-content/uploads/2012/12/Music-Memory-How-to-Create-a-Personalized-Playlist-for-Your-Loved-One-at-Home.pdf>

Memory Care Assisted Living Facilities

Dove Healthcare– Rutledge Home

300 Bridgewater Ave, Chippewa Falls, 54729

715-723-5566

www.rutledgehome.com

Lake Hallie Memory Care

4407 124th Street, Chippewa Falls, 54729

715-738-0011

www.lakehalliememorycare.com

Our House Senior Living Memory Care

105 Marrs Street, Chippewa Falls, 54729

715-723-6037

www.ourhousesl.com

Homeplace of Stanley

225 E 4th Ave., Stanley, 54768

715-644-2137

www.thehomeplaceof.com

Chippewa Valley Assisted Living Association (CVALA).

Resources to help in deciding what type of assisted living facility is right for you.

www.chippewavalleyassistedliving.com

Assisted Living Facility checklist. A list to gather information about facilities you visit.

www.dhs.wisconsin.gov/publications/p6/p60579.pdf

individuals to petition the court without an attorney, hiring an attorney is highly recommended. Guardianship is necessary when an individual does not have a POA in place.

For more information, contact:

- WI Guardianship Support Center, 855-409-9410, www.gwaar.org/for-seniors-and-families/elder-law-and-advocacy-center/wisconsin-guardianship-support-center.html
- Wisconsin Department of Health Services www.dhs.wisconsin.gov/clientrights/guardianship.htm
- County Probate Website, <http://www.co.chippewa.wi.us/government/register-in-probate/guardianship>

Home Care and Hospice Services

For a complete listing of supportive/non-medical and medical in-home services, hospice, and costs, contact the ADRC of Chippewa County at 715-726-7777.

Location Devices

It is common for people with Dementia to wander. Changes in the brain can cause confusion even in familiar places. There are a variety of devices available. These tools follow a person's movements and help identify their location. No device or system can guarantee that a person with dementia will not get lost or that they will be found. For information on wandering, visit the Alzheimer's Association website, www.alz.org.

Bluewater Security

www.bluewatersecurityprofessionals.com

Direct Link

<http://local.homehelpershomecare.com/chippewafalls>

GPS Shoe

www.gpsshoe.com

GPS Smart Sole

www.gpssmartsole.com

MedicAlert & Safe Return

www.alz.org/care/dementia-medic-alert-safe-return.asp

PocketFinder

www.pocketfinder.com

Pocket Personal Finder GPS Locator

Also available at most Wal-Mart Stores

Revolutionary Tracker

www.revolutionarytracker.com

Safe Link GPS Tracking

www.safelinkgps.com

Silver Alert

www.wisconsincrimealert.gov

Silver Alert is a plan to help local law enforcement in the rescue of missing persons who have cognitive impairment such as Alzheimer's disease or related dementia. Silver Alerts are broadcast to the public on roadways, email and text messages.

Memory Cafés

Memory Cafés offer a safe, comfortable and engaging environments for those with early stage memory loss and their caregivers. It is a place to socialize, have fun and connect with others who are on the same journey. Individuals who have memory problems, mild cognitive impairment, early to moderate Alzheimer's or other types of dementia and their care partner are welcome every month. Refreshments are served, and there is no cost.

Contact the ADRC for specific dates and times at 715-726-7777

- ◆ Bloomer—Main Street Café
- ◆ Chippewa Falls—Central Lutheran Church
- ◆ Cornell—Our Savior's Lutheran Church
- ◆ Eau Claire—Chippewa Valley Museum
- ◆ Eau Claire—St. John's Lutheran Church
- ◆ Menomonie—United Methodist Church

Food, fun and friendships.
Join us anytime!

