

Dementia Care Resources & Caregiver Handbook

ADRC of Southwest Wisconsin
Grant, Green, Iowa, & Lafayette County

800-514-0066
www.adrcswwi.org



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Table of Contents

What is Dementia?.....	4
Types of Dementia	4
Concerned about your memory?.....	6
Early Diagnosis is important.....	6
Memory Screens	7
Memory Diagnostic Clinics.....	7
I’m diagnosed with dementia	7
What are my next steps?	7
What to consider when you are impacted by dementia:	8
Service Organizations.....	9
What is an ADRC?.....	9
Helpful staff at the ADRC	10
Besides the ADRC, what are other local organizations?	10
Alzheimer’s Association	10
Alzheimer & Dementia Alliance	11
Veterans Services	11
Caregiver Support	12
Caregiver Programs.....	12
Alzheimer’s Family Caregiver Support Program (AFCSP).....	12
National Family Caregiver Support Program (NFCSP).....	12
Powerful Tools for the Caregiver	12
Support Groups.....	12
Educational Opportunities	14
Annual Education and Caregiver Events	14
Boost Your Brain and Memory.....	14
Dementia Care Specialist Program	14
Dementia Friendly Communities	14
Public Libraries	15
Websites.....	15
Dementia Live	15
Healthcare Options	16
Adaptive/Medical Equipment & Supplies	16
Geriatric Health Services.....	16
Memory Diagnostic Clinics.....	17

Palliative and Hospice Care	17
Respite & Home Care.....	19
Adult Day Services.....	19
Home Care/Respite Services.....	20
Home Health Agencies.....	21
Private Caregivers	23
Housing & Long-term Care.....	24
Dementia Specific Assisted Living.....	24
Nursing Homes.....	25
Legal & Financial Considerations	26
Elder Law Attorneys.....	26
Guardianship.....	27
Power of Attorney.....	28
Safety	29
Driving.....	29
Home Safety.....	29
Location Devices	30
Silver Alert.....	30
Social Engagement Programs.....	32
Memory Cafés.....	32
Music & Memory	33

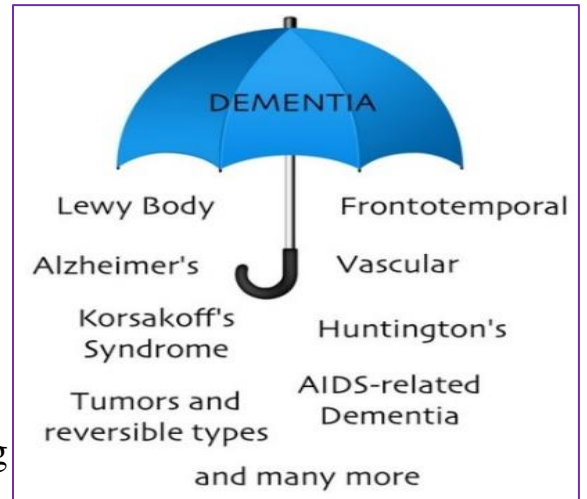
Knowledge is power! Don't be afraid to reach out. The following is a list of resources/services that may be of assistance.

****Please Note: This directory may not include all agencies serving Southwest Wisconsin (Grant, Green, Iowa, & Lafayette Counties) residents and is not a recommendation for any provider. We do not professionally promote or endorse any of the following resources. Please check references of a chosen agency to make personal decisions regarding the resources that are best for you.***

What is Dementia?

Dementia is a general term describing a set of symptoms that can be present in many different health conditions. The symptoms are severe enough to interfere with an individual's daily living. They include changes in abilities related to:

- Memory
- Communication and language
- Planning or solving problems
- Completing familiar tasks
- Orientation to time or place
- Focus and attention span
- Reasoning and judgment
- Visual perception
- Withdrawal from activities and socializing



There are many different conditions and diseases that can cause dementia. Alzheimer's disease is the most common cause. It is an irreversible and progressive disease of the brain that affects a person's memory, thinking, and behavior.

Types of Dementia

Mild cognitive impairment (MCI) occurs when individuals have changes from their normal cognition, but these changes do not affect their normal daily functions. MCI may be a pre-clinical stage of Alzheimer's disease; some people do not progress on to Alzheimer's.

Alzheimer's disease is the most common cause. It is an irreversible and progressive disease of the brain that affects a person's memory, thinking, and behavior.

Vascular dementia refers to impairment caused by reduced blood flow to parts of the brain that can occur after strokes. Symptoms of vascular dementia can be similar to Alzheimer's disease. They include problems with memory, confusion, and difficulty following instructions. In some cases, the impairment associated with vascular dementia can occur in "steps" rather than steady decline.

Dementia with Lewy bodies often starts with wide variations in attention and alertness. Individuals affected by this illness often experience visual hallucinations as well as muscle rigidity and tremors similar to those associated with Parkinson's disease. Many individuals with Parkinson's disease also develop dementia in later stages of the disease.

Frontotemporal dementias are a group of progressive disorders that affect the frontal and temporal lobes of the brain. Depending on the areas affected individuals can have personality changes, language difficulties, and disorientation that often occur before memory loss.

Mixed dementia is a condition in which an individual is impacted by more than one type of dementia. For example, they may have both Alzheimer's disease and vascular dementia.

Huntington's disease is an inherited, progressive disorder that causes irregular movements of the arms, legs and facial muscles, personality changes, and a decline in the ability to think clearly.

Creutzfeldt-Jakob disease (CJD) (CROYZ-felt YAH-kob) is a rare, rapidly fatal disorder that impairs memory and coordination, and causes behavior changes.

Normal pressure hydrocephalus (NPH) is caused by a buildup of fluid in the brain. The cause of most cases is unknown. Symptoms include difficulty walking, memory loss and the inability to control urine. Sometimes NPH can be corrected with surgery to drain the excess brain fluid.

Source: www.alzisc.org

Concerned about your memory?

Early Diagnosis is important...

Everyone forgets things once in a while. We can't remember where we put our car keys or forget someone's name. This is perfectly normal and happens to all of us. However, if you are concerned that your memory – or that of someone you know – is getting worse or starting to affect daily life, it is important to talk with your medical provider.

Reasons to pursue an early and accurate diagnosis when cognitive symptoms are first noticed:

1. Your symptoms might be reversible or treatable
2. Allows you to prioritize and be proactive in planning
3. Current treatments are more effective in earlier stages
4. Greater opportunities to educate and inform family and friends
5. You can seek resources and programs for you and your family
6. Participate or advocate for research
7. Help create awareness and understanding within communities
8. Be empowered and focus on what's important to you

Did you know that there are medical conditions that can mimic Alzheimer's disease and related dementias? This is another reason why early detection is important and to meet with your medical provider right away.

- Acute or Chronic Pain
- Dehydration
- Delirium
- Lack of Vitamin B12
- Electrolyte Imbalance
- Depression
- Hydrocephalus
- Head Injury
- Infections
- Hypothyroidism
- Malnutrition
- Sleep Deprivations
- Adverse Effects of Medication
- Stroke, Trans-ischemic attack (TIA)

Memory Screens

A memory screen is a free wellness tool that helps identify possible changes in memory and cognition (it is not diagnostic)

- Takes less than 10 minutes to complete
- Contact your local ADRC to schedule an appointment
- If there are concerns with the score, the facilitator will explain the results and discuss next steps

Memory Diagnostic Clinics

- Offer a comprehensive, team approach to assessment, diagnosis and treatment
- Talk with the ADRC Dementia Care Specialist or call the Diagnostic Clinic for more information
- List of Clinics on [Page 17](#)

I'm diagnosed with dementia

What are my next steps?

- Ask your medical provider questions and learn more about what type of dementia you have, medications available, other supports, and general information
- Learn all you can about the disease and what you may expect now and into your future. You can contact your local ADRC for resources about the disease and talk with their Dementia Care Specialist
- Talk to others about how you are feeling (pastor, counselor, family, friends, social worker, support groups)
- If you don't have a Power of Attorney for Healthcare and Finance, you should work with your family or an attorney on creating one

- Learn about options and resources available in the community by contacting your local ADRC
- Work with your family or support system to create a plan of care for your future needs
- Exercise regularly and eat healthy
- Join a support group and participate in social engagement programs such as memory cafés
- Learn how you can continue to live safely in your home by contacting your local ADRC

What to consider when you are impacted by dementia:

1. Service Organizations Available: *Start with the Aging & Disability Resource Center to get unbiased information about available supports*
2. Caregiver Support
3. Education Opportunities
4. Healthcare Options
5. Home Care & Respite
6. Housing & Long-term Care Options
7. Legal & Financial Considerations
8. Safety
9. Social Engagement

Service Organizations

What is an ADRC?

Aging and Disability Resource Centers (ADRCs) are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone - individuals, concerned families or friends, or professionals working with issues related to aging or disabilities - can go for information tailored to their situation.

The ADRC provides:

- Information on a broad range of programs and services
- Helps people understand the various long term care options available
- Assists people in applying for programs and benefits
- Serves as the access point for publicly-funded long term care

These services can be provided at the ADRC, via telephone, or through a home visit, whichever is more convenient to the individual seeking help.

The ADRC of Southwest Wisconsin is made up of four counties:

Grant County

608-723-6113 or 800-514-0066
8820 Hwy 35/61 South
Lancaster, WI 53813

Iowa County

608-930-9835
303 West Chapel Street
Dodgeville, WI 53533

Green County

608-328-9499
N3152 State Road 81
Monroe, WI 53566

Lafayette County

608-776-4960
15701 County K
Darlington, WI 53530

Helpful staff at the ADRC:

Information & Assistance Specialist

Information & Assistance Specialists (I&A) are able to provide you with information about local services and resources available. I & A are also trained to complete Memory Screens. If the screen shows abnormal results, with the consent of the consumer, the results would be forwarded on to the primary physician for them to decide if further testing should be completed.

Dementia Care Specialist (www.facebook.com/adrcswwi.dementia)

The DCS supports individuals concerned about their memory, living with dementia, and their family and friends:

- Overview of programs and resources
- Dementia Education
- Coping strategies
- Caregiving techniques
- Facilitating discussions about future plans
- Social engagement programs
- Family consultation and support to caregivers

Benefit Specialists

Benefit specialists can help answer questions and solve problems related to benefits such as Medicare, Medicaid, Social Security, FoodShare, and private health insurance.

Besides the ADRC, what are other local organizations?

Alzheimer's Association

Contact Information:

24/7 Helpline: 1-800-272-3900

Website: www.alz.org.

Services (found at alz.org):

- 24/7 Helpline: 1.800.272.3900 (offered in +200 languages)
- In-person support groups and online message boards
- Online resources and information at the Caregiver Center

- TrialMatch helps people find clinical studies
- In-person and online educational programs
- Alzheimer's Navigator: provides individuals with Alzheimer's and their caregivers with step-by-step guidance and customized action plans
- Green-Field Library: library and resource center

Alzheimer & Dementia Alliance

Contact Information:

Phone Number: 608-232-3400

Email: support@alzwissc.org

Services:

- Helpline: 608-232-3400 or Toll-Free 888-308-6251
- Family consultations
- Caregiver support groups
- Early-stage programs
- Family & professional training workshops
- Quarterly newsletter
- Resource library
- Public policy advocacy
- Website: www.alzwissc.org

Veterans Services

Provide assistance and advice to veterans and their families. Contact your local Veterans Office to inquire about caregiver support, grants, and other potential resources.

<p>Grant County 608-723-2756 111 S Jefferson St. Lancaster, WI</p>	<p>Green County 608-328-9415 N3150 Hwy 81 Monroe, WI</p>	<p>Iowa County 608-930-9865 303 W Chapel St. Dodgeville, WI</p>	<p>Lafayette County 608-776-4886 627 Washington St. Darlington, WI</p>
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Caregiver Support

Caregiver Programs

Contact your local ADRC for more information on the following 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 \$50,000 or less.

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.

Powerful Tools for the Caregiver A six-week workshop that teaches family caregivers how to take better care of themselves while caring for a loved one. Classes offered at various times throughout the year.

Support Groups

Grant County:

Caregiver Group

2nd Wednesday of each month; 1:00-2:30 pm

860 Lincoln Avenue | Fennimore, WI

Contact Ruth Rotramel: 608-723-6113

Platteville Alzheimer's Support Group

3rd Wednesday of each month; 1:00-2:30 pm

Park Place Community Room – 1015 North Elm St. | Platteville, WI

Contact Heather Moore: 608-723-4288

Sinsinawa Caregiver Support Group

1st Tuesday of each month; 6:30 – 8:00 pm
Sinsinawa Mound – 585 County Rd Z | Sinsinawa, WI
Contact Sister Maryann Lucy: 608-748-4411

Green County:

Caregiver Support Group

2nd Thursday of each month; 6:00-7:30 pm
Monroe Public Library – 925 16th Avenue | Monroe, WI
Contact ADRC: 608-328-9499

Iowa County:

Mug Club for Caregivers

3rd Tuesday of each month; 10:30-12:00 am
Dodgeville Public Library – 139 South Iowa St. | Dodgeville, WI
Contact ADRC: 608-930-9835

Lafayette County:

Coffee Hour for Caregivers

4th Tuesday of each month; 10:00-11:30 am
Johnson Public Library - 131 E. Catherine St | Darlington, WI
Contact ADRC: 608-776-4960

Other:

Alzheimer's Association Helpline - staffed 24/7: 1-800-272-3900

Alzheimer's Association Online Community Support/Message Boards: www.alzconnected.org/

Alzheimer's & Dementia Alliance Helpline: 608.232.3400

Family Caregiver Call-In

2nd Tuesday of the month, 1:00-2:30 pm
Call to reserve a spot: 1-800-472-8008

Google Hangout for Caregivers under 40

2nd and 4th Thursday of the month, 7:00-8:00 pm

Bonnie Nuttkinson at bnutt@alz.org or 608-203-8500

Educational Opportunities

Annual Education and Caregiver Events

Contact your local ADRC office for more information about the following:

- Alzheimer's Association Fall Conference
- Caregiver Renewal Day: Usually offered in November
- Dementia Conference/Workshop in Monroe in the fall
- Dementia Conference/Workshop in Grant County in the spring

Boost Your Brain and Memory Boost Your Brain and Memory is a multi-faceted, whole-person program offering a unique approach to brain fitness. Instructor-led activities guide adults through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health.

Dementia Care Specialist Program

Offers education to general community members, organizations, and professionals (not including professional caregivers). Contact the ADRC at 608-328-9610 for more information.

Dementia Friendly Communities

The initiative began in Europe and is now a statewide effort in Wisconsin, with many other states across the nation following suite. The goal of dementia friendly communities in Southwest Wisconsin is to create more awareness and understanding of dementia to decrease the stigma and isolation that is too often associated with the conditions. Dementia friendly communities involve all sectors of a community, including training and education for businesses, faith organizations, first responders, schools, and much more. For more information and to get involved, contact your local ADRC.

Current Dementia Friendly Businesses/Organizations in Southwest Wisconsin: <http://adrcswwi.org/dementia-friendly-communities/>

Public Libraries

Libraries often have books, resources, and engagement ideas available. They may have resources regarding caregiving, living with dementia, and coping with changes. Contact the ADRC for library listing.

Websites

Aging & Disability Resource Center
www.adrcswwi.org

Aging & Disability Resource Center Dementia Care Specialist
www.facebook.com/adrcswwi.dementiaadrcswwi.org/services/dementia/

Alzheimer's Association
www.alz.org

Alzheimer's & Dementia Alliance
www.alzwisc.org

Alzheimer's Disease Education and Referral Center
www.nia.nih.gov/alzheimers

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

Dementia Live

- Dementia Live is a high-impact dementia simulation experience that immerses participants in life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. Participants gain greater awareness and understanding of the constant struggles affecting persons with dementia, and greater understanding leads to more sensitive caregiving.

- The ADRC offers this for family members and caregivers of individuals with dementia, community organizations, and other general community members (not professional caregivers).

Healthcare Options

Adaptive/Medical Equipment & Supplies

They are devices and supplies used to assist a person with activities of daily living.

Each ADRC office keeps an up-to-date list of resources for Adaptive/Medical Equipment and Supplies. Contact your local ADRC for more information.

Geriatric Health Services

Geriatric mental health services can be beneficial in addressing the psychiatric and emotional needs of the person with dementia and can help with challenging behavioral symptoms. Signs include frequent or extreme mood swings, depression, suicidal tendencies, aggression, wandering or major changes in sleep.

Geriatrics Clinic - Sauk Prairie
608-643-6060 | Prairie du Sac, WI

Mendota Mental Health
608-301-1000
(Inpatient only)

Southwest Health Center - Southwest Behavioral Services
608-348-3656 | Platteville, WI
www.southwesthealth.org
(Inpatient & Outpatient)

Stoughton Hospital - Geriatric Psychiatry
608-873-2242
www.stoughtonhospital.com
(Inpatient)

Memory Diagnostic Clinics

Offer a comprehensive, team approach to assessment, diagnosis and treatment. If you have Medicare, 80% of the cost of the evaluation will be reimbursed and most supplemental insurance policies will pay for the additional 20%.

(*) This clinic is a member of the WAI-Affiliated Dementia Diagnostic Clinic Network. Network clinics differ from other memory clinics in that their staff have received training/observation time and/or guidance from the WAI and the UW Health Memory Assessment Clinic.

***Monroe Clinic Memory Center:** 608-324-2148 *or* 800-338-0568
Monroe, WI | monroeclinic.org

***Richland Area Geriatric Assessment Center:** 608-647-6161
Richland Center, WI | richlandmedctr.com

Stateline Area Memory Clinic (SAM-C): 608-364-1288
Beloit, WI

***Southwest Health Memory Diagnostic Clinic:** 608-348-3656
Platteville, WI | southwesthealth.org

List of All Clinics in Wisconsin:
<http://www.wai.wisc.edu/clinics/cliniclist.html>

Palliative and Hospice Care

What is hospice?

- An organization that provides physical, emotional, and spiritual care to individuals and families that are impacted by a diagnosis of a terminal illness with a limited life expectancy
- Can be provided in the home, nursing center, or assisted living facilities
- It includes a team of support consisting of your physician, nurses, home health aides, social workers, spiritual support, and volunteers

- *The goal is to provide comfort and symptom control, not curative treatment*
- These services are covered by Medicare, Medicaid, and other insurance plans if ordered by a physician

What is palliative care?

- Similar to hospice care, but can be implemented at any point of a chronic disease or serious illness to help with symptom relief, comfort, and emotional support
- Recommended to consult with a physician or nurse practitioner

Agrace HopiceCare

608-276-4660 *or*
800-553-4289
Madison, WI
Green, Iowa, & Lafayette

**Home Health
United Hospice**

877-356-4514
Platteville, WI
All four counties

**SouthernCare
Hospice**

608-833-3295
Madison, WI
Green, Iowa, & Lafayette

**Beloit Regional
Hospice**

608-363-7421
Beloit, WI
Green

Hospice of Dubuque

563-582-1220
Dubuque, IA
Grant & Lafayette

St. Croix Hospice

608-819-6655
Platteville, WI
All four counties

**Grant County
Hospice**

608-723-6416
Lancaster, WI
Grant

**Mercy Assisted
Care**

608-754-2201
Janesville, WI
Green

**The Monroe Clinic
Hospice**

608-324-1230
Monroe, WI
Green & Lafayette

**Heartland Hospice
Services**

608-819-0033
Madison, WI
Green, Iowa, & Lafayette

**ProHealth Home
Hospice**

262-928-7444
Waukesha, WI
Green

**Upland Hills
Hospice**

608-930-7210
Dodgeville, WI
Grant, Iowa, Lafayette

Respite & Home Care

Adult Day Services

An adult day center is a service that is provided outside the home, but often has a home-like environment. It is designed to meet the individual needs of participants and to support strengths, abilities, and independence. Throughout the day, participants have the opportunity to interact with others while being part of structured environment.

Please note: Many long-term care facilities will provide respite services if they have an opening. A list of facilities starts on page 23.

Hand-in-Hand

<http://adrcgreencounty.org/hand-hand-newsletter/>

United Methodist Church

608-328-9499

Monroe, WI

KANDU Industries, Inc.

<http://www.kanduindustries.com/adult-day-services-memory-care/>

608-755-4123 ext. 321

Janesville, WI

Northwest Dane Senior Services, Inc.

<http://www.nwdss.org/index.php/programs-services/adult-day-program/>

608-798-6937

Cross Plains, WI

Home Care/Respite Services

Respite is short term relief from tasks associated with caregiving. Services could be home based care such as home health care, out of home care such as adult day services, and short term stays in an assisted living facility or nursing home.

Home Care, home health care, and in-home care are all terms used for services brought into the home to provide individuals with assistance with daily needs. Home care can provide the help needed so people can continue living independently in their homes, with services ranging from simple household tasks to skilled nursing procedures.

24 Hour Care, LLC

815-777-2424

Galena, IL

Shullsburg, Benton, Hazel Green

Homeward Bound Inc

608-723-6601

Lancaster, WI

Grant, Iowa, Lafayette

Caring Hearts, Inc

608-329-2273

Monroe, WI

Green, Iowa, Lafayette

Lafayette County Health Department

608-776-4895

Darlington, WI

Home Care Select

608-725-5190

Cassville, WI

Grant, Iowa, Lafayette

Lori Knapp Inc

608-326-5536

Prairie Du Chein, WI

Grant, Iowa, Lafayette

Home Care MCFI

414-290-0050

Milwaukee, WI

Green, Iowa, Lafayette

Madison Home Care LLC

608-665-3829

Madison, WI

Iowa

Hometown Helpers

608-329-4574

Monroe, WI

Green, Lafayette

Preferred Living LLC

608-328-2800

Monroe, WI

Green, Lafayette

Recover Health

608-274-8193

Madison, WI

Green, Iowa

Sentinel Home Care LLC

608-482-4703

Benton, WI

Lafayette

Southwest Home Care Angels

608-930-3000

Dodgeville, WI

608-348-4558

Platteville, WI

Grant, Iowa, Lafayette

Home Health Agencies

These services may include: Skilled Nursing Care and Occupational/Physical/Speech/Infusion Therapy; Personal care and bathing may be able to be provided with a need for skilled nursing care.

Talk with ADRC Information & Assistance Specialist for more information on the service areas and general questions about these options.

Accura Home Health

608-676-2337

Avalon, WI

Green

Apara Care

888-308-6448

Madison, WI

Green

Assured Health Care

608-237-1421 OR 847-775-7445

Gurnee, IL

Green

Beloit Health System-At-Home Healthcare

608-363-5885

Beloit, WI

Green

BrightStar Care

608-314-8501

Janesville, WI

Green

Caring Hearts, Inc.

608-329-2273

Monroe, WI

Green, Iowa

Crossing Rivers Home Health
608-357-2262
Prairie du Chien, WI
Grant

Comfort Keepers
608-442-1898
Madison, WI
Green, Iowa

**Coram Health Care Home
Infusion Services**
262-207-1590 *OR* 800-523-1435
New Berlin, WI
Green

Crossing Rivers Home Health
608-357-2262
Prairie du Chein, WI
Grant

**Grant County Health
Department**
608-723-6416
Lancaster, WI

**Heartland Home Health Care &
Hospice**
866-216-5708
Madison, WI

Home Care MCFI
414-290-0050
Milwaukee, WI
Green, Iowa, Lafayette

Home Health United
800-924-2273
Platteville, WI
Grant, Green, Iowa, Lafayette

**Home Health United Visiting
Nurse Service**
800-924-2273
Belleville & Brooklyn only

Hometown Helpers
608-329-4574
Monroe, WI
Green, Lafayette

Homeward Bound Inc
608-723-6601
Lancaster, WI
Grant, Iowa, Lafayette

**Lafayette County Health
Department**
608-776-4895
Darlington, WI

Maxim Healthcare Services
608-232-1000
Green

**Mercy Assisted Care Home
Health**
608-754-2201 *OR* 800-369-2201
Janesville, WI
Brodhead only

Mercy Home Care
563-589-8899 *OR* 1-877-416-9763
Green

Meriter Home Health
608-417-3700 *OR* 800-236-1052
Madison, WI
Green

Monroe Clinic Home Care & Hospice
608-324-1230 *OR* 800-367-8406
Monroe, WI
Green, Lafayette

Preferred Living, Inc.
608-328-2800
Monroe, WI
Green

Stoughton Hospital Home Health
608-873-2366
Stoughton, WI
Green

Unity Point at Home
563-583-5833
Grant

Upland Hills Home Health
608-930-7210
Dodgeville, WI
Iowa, Lafayette

UW Health Home Health
608-203-2273 *OR* 888-663-7043
Middleton, WI
Green

Private Caregivers

The ADRC does not hold a list of private caregivers, but ask around at your local faith groups, organizations, and connections. There may be individuals that can help, but make sure you do your own background and safety checks.

Housing & Long-term Care

Dementia Specific Assisted Living

Grant:

Gracious Way
Muscodia, WI
608-647-5247

**Morningside
Assisted Living**
Lancaster, WI
608-723-5232

Park Place
Platteville, WI
608-348-5310

**Platteville Assisted
Care**
Platteville, WI
608-348-6622

Sienna Crest
Platteville, WI
608-348-6450

Green:

**Azura Memory
Care**
Monroe, WI
608-329-6340

Caring Hands
Brodhead, WI
608-897-2451

**Community Living
Home Options, LLC**
Monroe, WI
608-329-4661

Country Care
Monroe, WI
608-325-4686

Graceland Manor
Monroe, WI
608-329-7090

GreenCo House
Monroe, WI
608-325-4701

**Heartsong Assisted
Living**
Belleville, WI
608-424-6787

Rachel's Choice
Monroe, WI
608-329-4411

Valley Park
Albany, WI
608-862-3447

Iowa:

**Crestridge Assisted
Living**
Dodgeville, WI
608-935-0211

Sienna Crest
Dodgeville, WI
608-935-9430

Sienna Crest
Mineral Point, WI
608-987-4565

Lafayette:

Sienna Crest
Darlington, WI
608-776-3477

Shullsburg Home
Shullsburg, WI
608-965-4454

Nursing Homes

Grant:

Atrium Post Acute Care*

Lancaster, WI
608-723-4143

Boscobel Care & Rehab*

Boscobel, WI
608-375-6342

Epione Pavilion*

Cuba City, WI
608-744-2161

Good Samaritan-Fennimore

Fennimore, WI
608-822-6100

Dycora Transitional Health

Muscoda, WI
608-739-3186

Gray's Nursing Home

Platteville, WI
608-349-6741

ManorCare

Platteville, WI
608-348-2453

Orchard Manor

Lancaster, WI
608-723-2113

St. Dominic Villa

Havel Green, WI
608-748-9814

Green:

Monroe Manor

Monroe, WI
608-325-9141

New Glarus Home*

New Glarus, WI
608-527-4390

Pleasant View Nursing Home

Monroe, WI
608-325-2126

Woods Crossing at Wood's Point

Brodhead, WI
608-897-3031

Iowa:

Atrium Post Acute Care

Mineral Point, WI
608-987-2381

Bloomfield Healthcare & Rehab*

Dodgeville, WI
608-935-3321

Upland Hills Nursing & Rehabilitation

Dodgeville, WI
608-930-7600

Lafayette:

Lafayette Manor

Darlington, WI
608-776-4210

Legal & Financial Considerations

Elder Law Attorneys

Specialize in providing legal services for older adults such as advanced health care directives, powers of attorney, guardianships, living wills, trusts, planning for long-term care, Medicaid planning, and resident rights in long-term care facilities. If you can't find an attorney on your own, below is a list of resources that could assist you.

State Bar of Wisconsin Lawyer Referral and Information Service (LRIS)

LRIS is a service provided by the State Bar of Wisconsin that assists prospective clients in finding an attorney to represent them, given their specific legal needs. Attorneys referred through LRIS agree to charge no more than \$20.00 for the first consultation, up to 30 minutes.

Phone Number: 1-800-362-9082

<http://www.wisbar.org/forPublic/INeedaLawyer/Pages/Lawyer-Referral-Request.aspx>

State Bar of Wisconsin Modest Means Program

The Modest Means Program is run by the LRIS and provides legal services to individuals whose income is too high for free services, but too low to pay an attorney's full, standard rate. Prospective clients must complete an application and documentation and the Modest Means Program will attempt to match him or her with an attorney who has agreed to take the case at a reduced rate.

Application can be found here:

<http://www.wisbar.org/forPublic/INeedaLawyer/Documents/ModestMeansIntake.pdf>

National Academy of Elder Law Attorneys (NAELA)

NAELA is a professional association of attorneys who are dedicated to improving the quality of legal services provided to people as they age. NAELA can help locate an attorney who specializes in Elder Law issues, including Medicaid planning. www.naela.org

Guardianship

A guardianship action for an incapacitated person is used to appoint someone to make medical and/or financial decisions for the incompetent person. A guardian is usually a family member, but can also be non-related such as a corporate guardian. Once a person petitions the court for a guardianship, a hearing is scheduled and a guardian ad litem is assigned. A protective placement action could be necessary when an incapacitated individual meets the standards for placement services. This is done through Adult Protective Services at Iowa County Department of Social Services. The law does allow a person to petition the court without an attorney, however having one is highly recommended.

For more information, contact:

- Your Local ADRC | www.adrcswwi.org
- WI Guardianship Support Center: 1-855-409-9410 | www.gwaar.org
- WI Department of Health Services:
www.dhs.wisconsin.gov/clientrights/guardianship.htm

Power of Attorney

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

A document that authorizes another person (agent) to make health care decisions for the person executing the document (principal) consistent with the terms of the document and based on the wishes, 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-HC forms are available at the Aging & Disability Resource Center.

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 or her health care decisions.” Per Section 155.01 (8) of Wisconsin Statutes, the certification of incapacity must be attached to the POA-HC document.

What is a Power of Attorney for Finance (POA-F)?

Power of Attorney for Finances is a document that you (principal) complete and sign, naming another individual (agent) to manage your finances. You determine the money 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-F, but later become incapacitated, there may not be anyone with legal authority to make necessary decisions and complete the necessary transactions for you (paying bills, selling real estate, closing bank accounts, filing tax returns, etc.). Information and forms are available at the ADRC, on www.gwaar.org under WI Guardianship Support Center, or by calling 1-855-409-9410.

Safety

Driving

As dementia progresses, reaction time, judgement, memory, visual perception, and other changes can occur that make driving dangerous. It is best to have conversations about driving before it becomes an issue.

At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia & Driving

This is an informative guide to help families have conversations about balancing independence with safety:

<http://hartfordauto.thehartford.com/UI/Downloads/Crossroads.pdf>

Dementia & Driving Resource Center

<http://www.alz.org/care/alzheimers-dementia-and-driving.asp>

The ADRC Dementia Care Specialist and other local organizations can also help facilitate conversations about dementia and driving.

Division of Motor Vehicles (DMV): If you are concerned about someone's driving because of a medical condition, you can fill out a *Driver Condition or Behavior Report*: <http://wisconsin.gov/Documents/formdocs/mv3141.pdf>. The DMV may follow up with an assessment of the individual's driving.

Home Safety

This Caring Home has a comprehensive website with an overview of safety concerns around the house, strategies to help minimize risk, and information on safety devices that may be helpful:

<http://www.thiscaringhome.org/Index.aspx>

You can also talk with the ADRC Dementia Care Specialist, Occupational Therapists, and Physical Therapists about home safety strategies.

Location Devices

It is common for people with dementia to wander. Changes in the brain can cause confusion even in familiar places. Location devices are tools used to follow a person's movements and help identify their location. There are a variety of devices available. No device or system can guarantee that a person with dementia will not get lost or that they will be found.

GPS monitoring bracelets are available:

Green County Sheriff's Department: *Care Track*
608-328-9401

Iowa County Sheriff's Department: *Project Lifesaver*
608-935-5827

Lafayette County Sheriff's Department
608-776-4870

For information on MedicAlert® and Safe Return® contact the Alzheimer's Association or go to: <http://www.alz.org/care/dementia-medical-alert-safe-return.asp>

Silver Alert

Silver Alert is a life-saving program in Wisconsin for individuals who are living with Alzheimer's disease, other dementias, or another cognitive impairment. Individuals living with one of these conditions may have instances when they walk or drive away from home and get lost. If an individual with dementia goes missing, a Silver Alert can be issued to the public throughout the state to help locate them. Family or loved ones of someone with dementia can contact local law enforcement to suggest that a Silver Alert be pursued. If the following criteria are met, an alert can be issued:

- The individual missing is 60 years of age or older
- They have dementia or another cognitive impairment

- The disappearance is likely due to their dementia or cognitive impairment
- A request is made within 72 hours of the individual going missing
- Sufficient information is available about the individual to help the public identify them

If you have a family member or loved one with dementia, it is important and helpful to have identifying information about them on hand. It is hard to recall or find the information in times of stress. Here are some suggestions of information to have on hand:

- Clear and current photo
- Description (including identifying stickers or markings) and photo of the vehicle
- License plate number
- Last seen location of the individual
- What he or she was wearing
- Where the missing individual has lived, worked, or frequently visits
- His or her interests and hobbies
- Medical history

Anyone can subscribe to receive Silver Alerts via text, email, or fax by signing up at <https://alerts.wisconsincrimealert.gov/register.php>

Social Engagement Programs

Memory Cafés

Memory Cafés are social gatherings for individuals living with memory loss, earlier stages of dementia including Alzheimer's, and their family and friends. It is a time to gather for laughter, relaxation, activities, companionship, and refreshments. It is not an educational workshop about dementia, but resources will be available.

Dodgeville Memory Café

First Wednesday of each month; 1:00 - 2:30 pm
Stonefield Apartments Community Room
407 E. Madison St., Dodgeville
Contact Heather Moore at 608.723.4288

Monroe Memory Café

Second Wednesday of each month; 1:30-3:00 pm
Behring Senior Center
1113 10th Street, Monroe
Contact Pamela Kul-Berg at 608.426.4295

Platteville Memory Café

Second Wednesday of each month; 1:00 - 2:30 pm
Park Place Community Room
1015 N. Elm St., Platteville
Contact Heather Moore at 608.723.4288

Richland Center Memory Café

Fourth Thursday of each month; 9:30 - 11:30 am
Woodman Senior Center
1050 N. Orange Street, Richland Center
Contact Becky DeBuhr at 608.732.3131

Sinsinawa Memory Café

Last Thursday of each month; 1:00-2:30 pm

Sinsinawa Mound Center

585 County Road Z, Sinsinawa

Contact Coni LaBarbera at 608.748.4411 ext.188

Music & Memory

Many individuals use music to help connect with individuals living with dementia. The Music & Memory Program is widely used in long-term care facilities in Wisconsin. It is most effective when the music is individualized to what the person enjoyed when they were in their 20s or younger. They use i-pods with headphones to eliminate other distractions. There have many accounts of the music helping to connect, calm, and bring joy to individuals with dementia.

Recommended Documentary: *Alive Inside*

- Contact the ADRC or local library to checkout a copy
- www.aliveinside.us/