

Aging and Disability Resource Center of Southwest Wisconsin
Serving Grant, Green, Iowa, and Lafayette Counties

DEMENTIA RESOURCE GUIDE

800-514-0066
www.adrcswwi.org



Dear Consumer,

Thank you for contacting the Aging & Disability Resource Center of Southwest Wisconsin. We are happy to provide you with resources and information for yourself and/or your loved ones.

Please note that this resource guide is directed towards individuals looking for **dementia-related** information. Additional resources related to housing, long-term care, transportation, etc., may be found in the respective county's resource guide. If you find you need more information, you may contact the *Aging & Disability Resource Center (ADRC)* at 1-800-514-0066, or by email at adrcswwi@adrcswwi.org. If you notice a service or an organization that is not listed, please call the Aging & Disability Resource Center to request inclusion in the next publication.

The Aging and Disability Resource Center operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Aging & Disability Resource Center.

Disclaimer: This directory may not include all resources serving Southwest Wisconsin (Grant, Green, Iowa, & Lafayette Counties) residents and inclusion **is not a recommendation for any specific provider or resource**. 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. While some of the resources in this guide are Southwest Wisconsin specific, you will find that many resources have no boundaries. This guide is not intended to be an all-inclusive list, but as a starting point for your own research.

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What are Aging and Disability Resource Centers (ADRCs)?

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, people concerned about families or friends, community members - 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. Each county ADRC information can be found below.

Grant County
608-723-6113
8820 Hwy 35/61 South
Lancaster, WI 53813

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

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

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



Staff at the ADRC

ADRC Specialists

ADRC Specialists provide up-to-date information on many services and resources, including, but not limited to: home health agencies, transportation services, public benefits, housing options, personal care agencies, senior dining sites, home delivered meal programs, support groups, prevention classes, managed care, self-directed support waivers, and much more. They may also provide information to assist people to make informed choices about long term care options.

Disability Benefit Specialists (DBS)

The Disability Benefit Specialist serves individuals 18 to 59 and is trained in the areas of benefits and entitlement programs. They may provide information on public and private benefits and programs, assist in determining eligibility for benefits and programs you may be entitled to, assist in the completion of applications for benefits and services, and much more.

Elder Benefit Specialists (EBS)

The Elder Benefit Specialist serves individuals 60 years of age or older and is trained in the areas of benefit and entitlement programs. They may provide services to anyone 60 years of age or older who is having a problem securing a public or private benefit, provide information to older persons who want to know more about private or public benefit, assist older persons in organizing paperwork that comes with applying for benefits, and much more.

Dementia Care Specialists (DCS)

The Dementia Care Specialist works with anyone, at any age, who is affected by dementia. They may assist and provide information and resources to individuals who have dementia or are concerned they may have symptoms, are caring for someone with dementia, are a community member who wants to support individuals with dementia or are concerned about a friend with symptoms, are a business owner or leader looking to learn more about dementia, and much more.

The ADRC of Southwest Wisconsin currently has two Dementia Care Specialists. To contact one of the DCS directly, please see the contact information listed below.

Bonnie Beam-Stratz, MA, MS
ADRC of Southwest Wisconsin
Green County Office
N3152 State Road 81
Monroe, WI 53566
Office: (608) 324-3600
Fax: (608) 328-9631
Email: bbeam@gchsd.org

Hailey Loeffelholz, MSW
ADRC of Southwest Wisconsin
Grant County Office
8820 Hwy 35/61 South
Lancaster, WI 53813
Office: (608) 723-6113
Fax: (608) 723-6122
Email: hloeffelholz@gchsd.org

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 and functioning, and include changes in abilities related to:

Memory and Learning	Communication and Language	Planning and Problem Solving	Completing Familiar Tasks
Orientation to Time or Place	Focus and Attention Span	Reasoning and Judgement	Withdrawal from Social Activities

The most common form of dementia is Alzheimer's disease, which makes up about 60 to 80 percent of known cases of dementia. Other common forms of dementia include Lewy Body Dementia, Vascular Dementia, and Frontotemporal Degeneration. It is common to see "mixed dementias," which is an appropriate term for an individual who has dementia from more than one cause (i.e., Alzheimer's Disease and Vascular Dementia).

It is important to note that some physical health conditions may mimic symptoms of dementia. Symptoms of depression, infections, medication or drug interactions, vitamin/mineral deficiencies, and many other conditions may present as a form of irreversible dementia (i.e., Alzheimer's disease, Lewy Body, etc.). If you or someone you know is beginning to experience symptoms of dementia, it is important to discuss these changes with a health care provider to ensure there is no underlying physical health condition causing the symptoms.

In the past, dementia has thought to be a normal part of aging. Through years of research, it has been found that specific pathological changes in the brain cells may cause certain dementia(s). Each type of dementia is associated with a different region in the brain, which may showcase different presenting symptoms. While there is no cure for dementia, there are several FDA-approved medications to treat some of the symptoms related to dementia (see page 8).

What are the types of dementia?

As mentioned above, there are a variety of different types of dementia. Below, you will find a brief overview of the most common 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; however, some people do not progress on to Alzheimer's.

Alzheimer's Disease is the most common cause of dementia. 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.

Lewy Body Dementia often starts with 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 Degeneration is 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 progressive and fatal disorder that impairs memory and coordination, and causes behavior changes.

Please note that this list is not exhaustive. Currently, there are over 100 known conditions and diseases that cause symptoms of dementia. If you or your loved one has symptoms of dementia, please consult with your primary care provider.

How is one's cognition evaluated for dementia symptoms?

This section was created from information provided by the Alzheimer's Association, Alzheimer's Disease International, Wisconsin Alzheimer's Institute and Mayo Clinic.

There is no one test to evaluate for/diagnose dementia. A healthcare professional will begin with reviewing your medical history and symptoms. Family members may also be asked about your symptoms. There should be evidence of a pattern of loss of skills and function. A physical exam is generally part of the evaluation.

A number of other tests are also usually a part of the evaluation process:

1. *Cognitive and neuropsychological tests* – These tests evaluate your thinking ability. A number of tests measure thinking skills, such as memory, orientation, reasoning and judgment, language skills, and attention.
2. *Neurological evaluation* – Your memory, language skills, visual perception, attention, problem-solving skills, movement, senses, balance, reflexes and other areas are evaluated.
3. *Brain Scans* – These may include CT, MRI or PET scans to check for evidence of stroke, bleeding, tumor, fluid buildup (hydrocephalus) and/or patterns of brain activity.
4. *Laboratory tests* – Blood tests can detect physical problems that can affect brain function, such as low B-12 level or underactive thyroid gland, as well as other medical conditions.
5. *Psychiatric evaluation* – A mental health professional can determine whether depression or another mental health condition is contributing to the cognitive symptoms.

What are the benefits to getting a diagnosis?

- You can learn if the symptoms might be reversible or treatable.
- Certain treatments are more effective when started early.
- Knowing the cause of your problems can resolve the anxiety felt by both you and your family (helping one to understand the changes that may occur).
- You can gain access to information, resources, and support for yourself and those close to you.
- You could benefit from support and available drug and non-drug therapies that may improve your cognition. You may have access to new treatment options and/or participate in research.
- You can have the opportunity make lifestyle changes to help preserve cognitive function.
- You can plan for the future including your wishes about legal, financial and, end-of-life decisions (i.e., Power of Attorney).

Diagnostic Clinic Networks

The Wisconsin Alzheimer's Institute (WAI) has several affiliated dementia diagnostic clinics throughout the state of Wisconsin. For a listing of diagnostic clinics, please visit

<https://wai.wisc.edu/wp-content/uploads/sites/1129/2023/10/WAI-Clinic-Network-October-2023.pdf> or contact your local ADRC.

Medication & Treatment

As of January 2024, there is no medication or treatment designed to cure dementia. The Food and Drug Administration (FDA) has approved seven medications, two of which are designed to slow the progression of early-stage Alzheimer's disease, and five of which are designed to treat some symptoms of dementia. Below is a listing of the most current FDA approved medications adapted from the *Alzheimer's Association's *FDA-approved treatments for Alzheimer's*. Please note that this is solely intended on providing information about each medication and is not intended to recommend specific medications or treatments.

Medications that Change Disease Progression

Aducanumab (Aduhelm) received accelerated approval from the FDA to treat early-stage Alzheimer's disease and Mild Cognitive Impairment (MCI). It is delivered every month via intravenous (IV) infusion therapy and targets beta-amyloid in the brain and removes it, which may delay the progression of the disease or impairment.

Lecanemab (Leqembi) received traditional approval from the FDA to treat the early stages of Alzheimer's Disease or individuals with Mild Cognitive Impairment (MCI) with confirmed beta-amyloid in the brain. It is delivered bi-weekly via intravenous (IV) infusion that targets beta-amyloid in the brain and removes it, which may delay the progression of the disease or impairment.

Medications that Treat Symptoms

Donepezil (Aricept) is FDA approved to treat mild, moderate, and late stages of Alzheimer's Disease. It belongs to a classification of medications called cholinesterase inhibitors, which are generally prescribed to treat symptoms related to thinking, language, judgement, and other thought processes.

Rivastigmine (Exelon) is FDA approved to treat mild to moderate Alzheimer's disease and mild to moderate dementia associated with Parkinson's disease. It belongs to a classification of medications called cholinesterase inhibitors, which are generally prescribed to treat symptoms related to thinking, language, judgement, and other thought processes.

Galantamine (Razadyne) is FDA approved to treat mild to moderate stages of Alzheimer's Disease. It belongs to a classification of medications called Cholinesterase inhibitors, which are generally prescribed to treat symptoms related to thinking, language, judgement, and other thought processes.

Memantine (Namenda) is FDA approved to treat moderate to late stages of Alzheimer's disease. It belongs to a classification of medications called glutamate regulators, which are generally prescribed to treat symptoms related to attention, reason, language, and ability to complete simple tasks.

Donepezil and Memantine (Namzaric) is approved to treat moderate to late stages of Alzheimer's disease. It is a combination of a cholinesterase inhibitor and glutamate regulator.

At times, individuals with dementia may be prescribed a classification of medications called antipsychotics, anti-depressants, or anti-convulsants. For additional information related to these medications and the FDA approved medications, please view the resources below.

***Alzheimer's Association**

FDA-approved treatments for Alzheimer's Disease

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

Alzheimer's Association

Treatments for Behavior

<https://www.alz.org/alzheimers-dementia/treatments/treatments-for-behavior>

Mayo Clinic

Alzheimer's: Drugs help manage symptoms

<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzheimers/art-20048103>

U.S. Food and Drug Administration

Find Information about a Drug

<https://www.fda.gov/drugs/information-consumers-and-patients-drugs/find-information-about-drug>

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.

Phone: (800) 438-4380

Email: adear@mail.nih.gov

<https://www.nia.nih.gov/research/clinical-trials>

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/clinical-trials-and-studies/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/>

Lewy Trial Tracker

By completing the survey, volunteers will receive notifications about clinical studies that may be of interest to you related to Lewy Body Dementia.

<https://www.lbda.org/participate-in-research-survey/>

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.

Phone: (608) 265-0407

Email: adrc@medicine.wisc.edu

<https://www.adrc.wisc.edu/about>

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://www.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/>

The Lewy Body Dementia Association (LBDA)

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 (ADRC) of Southwest Wisconsin

Caregiver support groups designed for family, friends, and other caregivers who are caring for a person with dementia, a chronic illness, or a disability. Groups are designed for caregivers to gain validation, emotional support, and strategies to cope and care for your loved on. The ADRC of Southwest Wisconsin has six caregiver supports groups and a listing of online caregiver support groups. Below is a listing of the current caregiver support groups. If you would like to attend or would like to learn more, please contact your local ADRC.

Caregiver Connect
2nd Wednesday each month
1:00pm to 2:00pm
Fennimore, WI

Caregiver Support Group
3rd Thursday each month
5:30pm to 6:30pm
Platteville, WI

Daytime Caregiver Support Group
4th Thursday each month
10:30am to 12:00pm
Monroe, WI

Nighttime Caregiver Support Group
2nd Thursday each month
6:00pm to 7:00pm
Monroe, WI

Mug Club
3rd Tuesday each month
10:30am to 11:30am
Dodgeville, WI

Caregiver Support Group
4th Tuesday each month
10:00am to 11:00am
Shullsburg, WI

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/media/wi/documents/Support-Groups-Regional-updated-4-24-23.pdf>

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)

American Parkinson Disease Association

Parkinson's Disease specific support groups and activities per region.

<https://www.apdaparkinson.org/wp-content/uploads/2023/11/Updated-List-11.14.23.pdf>

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.

<http://wisconsincaregiver.org/>

Eldercare Locator

A nationwide service that connects older adults and their family caregivers with local supports.

Phone: 1-800-677-1116

<https://eldercare.acl.gov/Public/Index.aspx>

Trialta

Trialta is an online learning portal designed for family caregivers that allows them to access content and resources related to their caregiving journey. Caregivers may connect with other caregivers by participating in the Community Chat, live webinars and support groups, or reading care stories from other caregivers. Additionally, caregivers may learn tips and strategies through a variety of toolkits, articles, and videos specific to their needs.

<https://wisconsincaregiver.trialta.com>

Wisconsin Department of Health Services

Resources for Family Caregivers

<https://www.dhs.wisconsin.gov/publications/p02034.pdf>

Care Beyond Family

*Adapted from [ADRC Dane County](#)

It is difficult to know when to begin looking for facility care for a loved one. However, if you are the primary care provider for someone with a form of dementia, you may begin asking this question as the disease progresses. The most important thing to remember is that there is no “right” time for everyone. Each person and family are different, and there are several factors to consider. To discuss these factors, a family meeting is recommended, including family, close friends, your medical team and, when possible, the person living with the disease.

Like with all aspects of dementia care, it is important to be informed when making decisions related to care outside of the home. Below, you will find a brief description of additional supports and facilities that may help in the caregiving journey.

Supportive Home Care is a type of support that provides a wide variety of services to support both the person with dementia and the family caregiver in the home. This service may include respite care and companionship, which allows the caregiver time to attend to their own needs while the person with dementia is engaged and safe. Additional services may include assistance with Activities of Daily Living (ADLs) like bathing, dressing, toileting, and/or other personal care, assistance with Instrumental Activities of Daily Living (IADLs) like meal preparation, housekeeping, grocery shopping, or medication reminders. Be sure to discuss specific care needs with your chosen agency.

Home Healthcare is often confused with Supportive Home Care, but is different in terms of the services provided. A home healthcare agency provides part-time and intermittent skilled nursing and other therapeutic services on a visiting basis to an individual's home. These services may include nursing, wound care, physical therapies, occupational therapies, and speech therapies. If there is a need for skilled nursing care, personal service care (i.e., bathing) may be provided.

Assisted Livings may be called *Community Based Residential Facilities (CBRFs)*. This type of facility provides care for individuals who need some level of care, but not 24-hour care. Types of services typically offered in assisted living facilities may include meals, personal cares, laundry, housekeeping, medication management, and social/recreational activities. Residents have access to staff.

Skilled Nursing Facilities (SNFs) may be referred to as *Nursing Homes*. This type of facility provides care for individuals needing 24-hour care. Skilled nursing facilities offer 24-hour nursing services and may also provide physical therapy, occupational therapy, or speech therapy. SNFs also have a social worker and recreational activity programming.

Memory Care is a form of long-term care that is offered in facilities that are licensed as a CBRF or SNF. This type of care serves individuals with Alzheimer's disease or another form of dementia, or other memory problems.

In-Home Supports and Facilities

Each county in the service region maintains a service guide, which includes a listing of all supportive home care, home healthcare, assisted livings, and skilled nursing facilities in the respective county. These listings are available by calling your local ADRC or visiting <https://adrcswi.org/service-guides/>.

To obtain have a copy of a listing mailed or emailed to you, please call your local ADRC.

Grant County	Green County	Iowa County	Lafayette County
608-723-6113	608-328-9499	608-930-9835	608-776-4960
8820 Hwy 35/61	N3152 State Road 81	303 West Chapel	15701 County K
South	Monroe, WI 53566	Street	Darlington, WI
Lancaster, WI 53813		Dodgeville, WI	53530
		53533	

Selecting a Care Option Right for You

The Aging and Disability Resource Center of Southwest Wisconsin does not endorse or recommend specific agencies or facilities. On the next page, you will find a listing of care options across Grant, Green, Iowa, and Lafayette counties. If you would like a county-specific resource, please contact your local ADRC.

Considerations for In-Home Health Aides

While no list of questions and considerations can be comprehensive, AARP's Prepare to Care planning guide for families offers ten questions to consider asking agencies before hiring in-home help.

1. How do you recruit home health aides, and what are your hiring requirements?
2. Do you do criminal background checks on prospective aides? How about drug screening?
3. Are health aides certified in CPR, or do they have any health-related training?
4. Are the aides insured through your agency?
5. What competencies are expected of the aide? Lifting and transfers? Personal care skills (bathing, dressing, toileting)? Training in behavioral management, cognitive support?
6. How do you assess what the aide is capable of doing?
7. What is your policy on providing a substitute home health-care aide in the event a regular care provider cannot perform services in your contract?
8. If there is a dissatisfaction with a particular home-care provider, can he or she be replaced "without cause"?
9. Does the agency provide a supervisor who is responsible for regularly evaluating the quality of home care?
10. Does supervision occur over the telephone, through progress reports or in person at the home of the older adults?

Considerations for Facility Care

*Adapted from [ADRC Dane County](#)

The WI Department of Health Services, Division of Quality Assurance (DQA) is responsible for regulation and oversight for multiple types of facilities including Community Based Residential Facilities (CBRF) and Skilled Nursing Facilities/Nursing Homes (SNF).

When choosing a facility that is right for you or your loved one, you may choose to review the State Survey history and reports. These reports contain important information about a facility's history of licensure, complaint investigation, quality of care and abuse investigations. You can ask the facility about their Survey reports when you visit, or you can look them up online on the Wisconsin Department of Health Services website.

DQA provides information on surveys that were conducted at assisted living facilities and skilled nursing facilities within the past three years. The Survey History may include:

- The types of surveys conducted (e.g., recertification survey, complaint investigation, verification visit)

- Survey exit dates
- Statements of Deficiency (SODs)/Notices of Non-Compliance
- Provider's Plans of Correction (POCs)/Statements of Compliance
- Enforcement Actions

A message will display if no survey information is available for a provider. Survey information for providers that have branch and satellite locations is only displayed under the main provider's location.

For additional information on Survey Reports, and DQA's role in regulating Assisted Living and Nursing Home facilities, please see: <https://www.dhs.wisconsin.gov/guide/provider-search.htm>. Additionally, you may ask the facility to provide the results of their most recent state survey results.

How do I look up the survey history of a facility online?

1. Go to DQA's Provider Search website:
<https://www.forwardhealth.wi.gov/WIPortal/Subsystem/Public/DQAProviderSearch.aspx>
2. Use the Provider Search options to narrow down your search by:
 - Provider Name
 - Location: County/City/Zip Code
 - Provider/Facility Type
3. Once you locate the facility of interest, click on the name of the facility to access the Survey History.

The National Institute on Aging offers five tips for choosing a nursing home or long-term care placements:

1. Consider the person's needs and wants
2. Talk to friends, family, and others in your area
3. Call and visit different facilities
4. Ask questions during your visit
5. Find out about costs and contracts

To read the full article, please visit <https://www.nia.nih.gov/health/assisted-living-and-nursing-homes/how-choose-nursing-home-or-other-long-term-care-facility>.

For Concerns or Complaints about Long-Term Care

The long-term care ombudsman service is for adults aged 60 or older through the Wisconsin Board on Aging & Long-Term Care. An ombudsman is an advocate and can help older adults with concerns and problems related to their rights as a long-term care resident or consumer. These services are available to people who live in long-term care facilities (SNF, CBRFs) or get services from managed-care organizations (i.e., Family Care, IRIS). For more information, please visit <https://longtermcare.wi.gov/Pages/Ombudsman.aspx>.

Contact the Ombudsman Program at 800-815-0015 or BOALTC@wisconsin.gov.

Educational Resources - County

Dementia Care Specialist (DCS) Program

The DCS works one-on-one with people with dementia or cognition concerns, their caregivers, or their family members to provide support, education, and resources to ensure the highest quality of life possible while living in the community. Additionally, the DCS serves as a community resource to provide education and training to local businesses, facilitate caregiver support groups, and lead educational classes for caregivers and community members. The DCS is a catalyst in the dementia-friendly initiative and works to raise awareness of the unique needs of people with cognitive concerns and dementia.

Boost Your Brain and Memory

Boost Your Brain and Memory is a multi-faceted, whole-person program offering a unique approach to brain fitness. This seven-week course is led by one of the Dementia Care Specialists who guides adults through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. This course is typically offered four times a year. Please contact your local ADRC to find out more information, date and time, and location for each class.

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 could be 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 DCS offers this for family members and caregivers of individuals with dementia, community organizations, and other general community members.

Stress-Busting Program for Family Caregivers

The Stress-Busting Program is a multi-component, evidence-based program that provides support to family caregivers of persons living with dementia. The program content includes stress and the impact of long-term stress, managing difficult behaviors/conditions, grief, loss, and much more. Each week, participants will learn and practice a new stress management technique. If you are interested in this program, please contact your local ADRC to find out when the class will be offered.

Savvy Caregiver or Powerful Tools for Caregivers

The ADRC of Southwest Wisconsin may occasionally run these classes, but not on a routine basis. However, other ADRCs throughout the state often hold virtual classes. Contact your local ADRC to inquire about additional courses throughout the year.

Educational Resources - Online

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/>

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>

Trualta

Trualta is an online learning portal designed for family caregivers that allows them to access content and resources related to their caregiving journey. Caregivers may connect with other caregivers by participating in the Community Chat, live webinars and support groups, or reading care stories from other caregivers. Additionally, caregivers may learn tips and strategies through a variety of toolkits, articles, and videos specific to their needs.

<https://wisconsincaregiver.trualta.com/>

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

Includes educational videos on many topics related to dementia.

<https://www.youtube.com/@teepasnowvideos/featured>

Safety

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>

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://wisconsincrimealert.widj.gov/silver-alerts-notify-public-when-risk-or-vulnerable-senior-goes-missing>

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/safety/home-safety-checklist-alzheimers-disease>

Falls Free Wisconsin – Wisconsin Institute for Healthy Aging

This website allows you to learn about fall risks, identify fall hazards in the home, and find additional information related to falls.

<https://fallsfreewi.org/>

Driving

The Hartford – Free Home and Car Safety Guides

Provided downloadable PDF guides related to driving and dementia.

<https://www.thehartford.com/resources/mature-market-excellence/publications-on-aging>

Wisconsin's Division of Motor Vehicles (DMV) – Be Safe, Not Sorry

A guide for concerns about someone who could be dangerous behind the wheel.

<https://wisconsin.gov/Documents/dmv/shared/bds225.pdf>

Mercy One Safe Driver Program – Clinical Driver Evaluation

An evaluation that will assess skills needed for safe driving.

https://www.mercyone.org/dubuque/_assets/documents/pmr_clinicaldrivereval_handout.pdf

Planning and Prevention

Memory Screening (Brain Wellness Checks) at the Aging and Disability Resource Center

A memory screen is a free wellness tool that helps identify possible changes in memory and cognition. You may also hear these called “Brain Wellness/Health Checks.” These screens are not diagnostic, but may serve as a baseline for your memory and cognition at that point in time. Memory screens are available to consumers who are

- Concerned about their memory
- Do not have a diagnosis of dementia
- Over 65 years of age and want to track their cognitive ability over time

To schedule this free service, contact your local Aging and Disability Resource Center (ADRC). Generally, these screens take less than 10 minutes to complete. If there are concerns with the score, ADRC staff can explain the results and work with you to determine next steps. If desired, staff can relay your results to your primary care provider.

Dementia Care Specialist

Provides free one-on-one education, support, and consultation for people with dementia, their caregivers, families. Topics include but are not limited to: defining dementia, memory concerns, safety considerations, symptom management and tracking, caregiver resources, and engagement activities. The Dementia Care Specialists may also assist with emergency planning.

Advanced Directives

**adapted from Brown County Resource Guide*

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 and Wisconsin’s state documents here:

<https://gwaar.org/guardianship-resources> *under “Find What You Need” at the bottom of the page

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>

End of Life 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. Hospice meets individuals where they call home, whether that be at their residence or at a facility like assisted living or nursing home. It includes a team of support consisting of a physician, nurses, home health aides, social workers, spiritual support, and/or volunteers.

The main goal of hospice is to provide comfort and symptom control, not curative treatment. Services may include: medical care, pain & symptom management, home nursing visitation, bereavement services (for the patient and members of the family), counseling, etc. These services are often covered by Medicare, Medicaid, and other private insurance plans.

What is palliative care?

Palliative care may be implemented at any point of a chronic disease or serious illness to help with symptom relief, comfort, and emotional support. Families are recommended to consult with a physician or nurse practitioner for appropriateness of this service.

Hospice and Palliative Care Services

Each county in the service region maintains a service guide, which includes a listing of all hospice and palliative care agencies in the respective county. These listings are available by calling your local ADRC or visiting <https://adrcswi.org/service-guides/>.

To obtain have a copy of a listing mailed or emailed to you, please call your local ADRC.

Grant County	Green County	Iowa County	Lafayette County
608-723-6113	608-328-9499	608-930-9835	608-776-4960
8820 Hwy 35/61	N3152 State Road 81	303 West Chapel	15701 County K
South	Monroe, WI 53566	Street	Darlington, WI
Lancaster, WI 53813		Dodgeville, WI	53530
		53533	