

**Dementia Care  
Resources and  
Support  
for Trempealeau County**

# Notes

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## **Get Moving!**

**Research suggests that moderate physical activity can:**

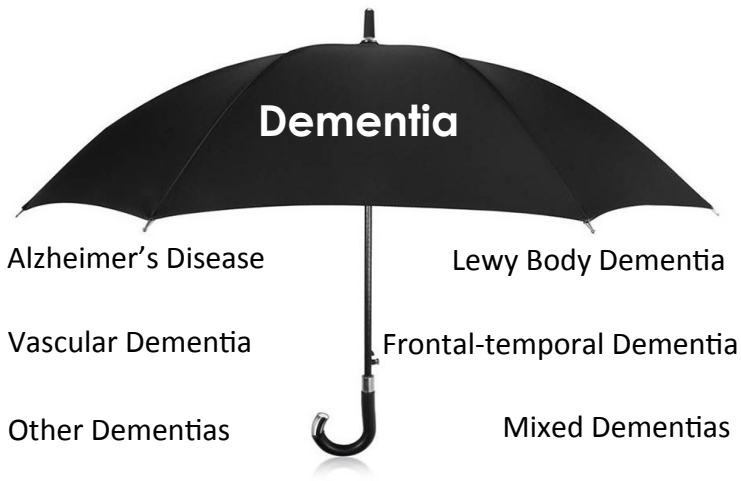
- Improve blood flow in the brain
- Maximize the brain's use of oxygen
- Help to prevent death of brain cells
- Increase the size of brain areas responsible for memory
- Improve memory and thinking

# Contents

Activities for People Living with Dementia.....	4
Adaptive Equipment.....	4
Adult Day Services.....	5
Adult Protective Services.....	6
Aging & Disability Resource Center.....	6
After the Diagnosis.....	20
Alzheimer’s Association.....	6
Annual Education Events.....	7
Caregiver Educational Class.....	7
Dementia Coalition of Chippewa County.....	7
Dementia Diagnostic Clinic.....	8
Elder Law Attorneys.....	8
Guardianship.....	9
Home Care and Hospice Services.....	10
Location Devices.....	11
Medical Equipment Loan Closet.....	5
Memory Café.....	11
Memory Care Assisted Living Facilities.....	12
Memory Care Clinics.....	13
Memory Screenings.....	13
Music and Memory.....	13
Power of Attorney.....	14
Safety.....	16
Support Groups and Programs.....	16
Transportation.....	17
Veteran’s Service Office.....	17
Virtual Dementia Tour.....	18
What is a Dementia Friendly Community?.....	3
What is Dementia?.....	2
Websites.....	18

# 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](http://www.alz.org)

# 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.

Trempealeau 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.

Trempealeau County is working with local businesses on raising awareness and becoming more Dementia Friendly. For more Information, contact the Aging & Disability Resource Center at 715-538-2001.



# **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](http://www.pinterest.com/explore/dementia-activities)
- [www.alz.org/national/documents/brochure\\_activities.pdf](http://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

## **Transportation**

For a complete list of transportation options, contact the Aging & Disability Resource Center at 715-538-2001.

## **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](http://www.best-alzheimers-products.com)

### **E-Pill Medication Management Devices**

Easy-to-use locked automatic pill dispenser for home use  
[www.epill.com](http://www.epill.com)

### **The Alzheimer's Store**

A wide range of Alzheimer's products for comfort and security [www.alzstore.com](http://www.alzstore.com)

## **Medical Equipment Loan Closet**

### **Veteran's Service Office**

36245 Main Street Room 108 Whitehall, WI 54773

Call for more information on veteran services. 715-538-2511  
ext. 217 and 217

## **Aging and Disability Resource Center of Trempealeau County**

36245 Main St.

Whitehall, WI 54773

715-538-2001

[www.co.chippewa.wi.us/government/public-health](http://www.co.chippewa.wi.us/government/public-health)

## **Adult Day Services**

### **Church St. Community Club**

### **Pigeon Falls Health Care Center**

13197 Church St. Pigeon Falls, WI 54760

715-983-2293

<http://www.tchcc.com/pigeon-falls/adult-day-program>

### **Aptiv Inc.**

### **Community-Based Day Services**

Offices in La Crosse and Mondovi

3000 South Ave La Crosse, WI 54601

608-784-9450

132 South Eau Claire Street

Mondovi, WI 54755

715-926-3987

[www.aptiv.org](http://www.aptiv.org)

## **Adult Protective Services**

Trempealeau County Department of Human Services 715-538-2001. 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 Trempealeau County**

No Cost resource to Trempealeau 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.

## **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](http://www.alz.org/gww)

## **24/7 Helpline**

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

## **Alzheimer's Association Walk to End Alzheimer's**

La Crosse (September) 715-720-7611

Eau Claire (September) 715-720-7611



## **Annual Education Events**

### **Alzheimer's Association Fall Conference**

(November) Florian Gardens, 715-720-7611

### **Alzheimer's Association Spring Conference**

(May) 414-479-8800

### **Azura Memory Care Conference**

(May) Florian Gardens, 715-832-6696

### **Annual Wellness Festival of the Greater Coulee Region**

(May) Galesville, WI 715-538-2001

## **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, 715-538-2001

You can find additional caregiver resources at:

<http://www.wisconsincaregiver.org>

## **Dementia Diagnostic 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.

### **Mayo Clinic Health System Dementia Program**

La Crosse, WI  
608-791-9505

### **Gundersen Memory Center**

La Crosse, WI  
608-782-7300

### **Marshfield Clinic Memory Disorders Clinic**

Chippewa Falls, WI  
1-866-333-1996 or 715-858-4444

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

### **Mayo Clinic Health System Memory Care Clinic**

Eau Claire, WI  
Phone: 715-838-1900

## **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. Once guardianship paperwork is completed, 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 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](http://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](http://www.dhs.wisconsin.gov/clientrights/guardianship.htm)

## **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 Trempealeau County at 715-538-2001.

## **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](http://www.alz.org).

## **Bluewater Security**

[www.bluewatersecurityprofessionals.com](http://www.bluewatersecurityprofessionals.com)

## **GPS Shoe**

[www.gpsshoe.com](http://www.gpsshoe.com)

## **GPS Smart Sole**

[www.gpssmartsole.com](http://www.gpssmartsole.com)

## **MedicAlert & Safe Return**

[www.alz.org/care/dementia-medic-alert-safe-return.asp](http://www.alz.org/care/dementia-medic-alert-safe-return.asp)

## **PocketFinder**

[www.pocketfinder.com](http://www.pocketfinder.com)

Pocket Personal Finder GPS Locator

## **Revolutionary Tracker**

[www.revolutionarytracker.com](http://www.revolutionarytracker.com)

## Safe Link GPS Tracking

[www.safelinkgps.com](http://www.safelinkgps.com)

## Silver Alert

[www.wisconsincrimealert.gov](http://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 715-538-2001

- ◆ [La Crosse—Black River Neighborhood Center](#)
- ◆ [La Crosse —SpringBrook Community Assisted Living](#)
- ◆ [West Salem—Hazel Brown Leicht Memorial Library](#)
- ◆ [Eau Claire—Chippewa Valley Museum](#)
- ◆ [Eau Claire—St. John's Lutheran Church](#)

Food, fun and friendships.  
Join us anytime!



# **Memory Care Assisted Living Facilities**

## **Bluffview Memory Care**

2101 Bluffview Ct, Holmen, WI 54636  
608-526-5864

## **Eagle Crest**

622 Bennora Lee Ct. La Crosse, WI 54601  
608-791-2700

## **Hearten House**

2571 7th St. S. La Crosse, WI 54601  
608-784-4523

## **Azura Memory Care of Eau Claire**

3712 Damon St, Eau Claire, WI 54701  
715-832-6696

## **Lake Hallie Memory Care**

4407 124th Street, Chippewa Falls, 54729  
715-738-0011  
[www.lakehalliememorycare.com](http://www.lakehalliememorycare.com)

## **Our House Senior Living-Memory Care**

733 W Hamilton Ave, Eau Claire, WI 54701  
715-832-3970

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

[www.dhs.wisconsin.gov/publications/p6/p60579.pdf](http://www.dhs.wisconsin.gov/publications/p6/p60579.pdf)

## **Memory Screenings**

A free wellness tool that helps identify possible changes in memory and cognition. Contact the Aging & Disability Resource Center, [715-538-2001](tel:715-538-2001)

## **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](http://musicandmemory.org/wp-content/uploads/2012/12/Music-Memory-How-to-Create-a-Personalized-Playlist-for-Your-Loved-One-at-Home.pdf)



## **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**.



## **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](http://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>

## **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 \$48,000 or less. For more information please contact the ADRC at 715-538-2001.

### ***Dementia Support Groups***

Mayo Clinic Health System  
Franciscan Healthcare Elder Services  
608-392-9505

### ***Caregiver Support Program***

Church Street, Pigeon Falls  
2nd Thursday of the month  
1:30-3:00pm  
715-983-2293

### ***Early Stage Memory Loss Support Group***

Lake Street Methodist Church  
337 Lake Street, Eau Claire County  
Contact ADRC of Eau Claire for dates  
715-839-4735

## **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 715-538-2001.

## **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.

## **Veteran's Service Office**

36245 Main Street Room 108 Whitehall, WI 54773

Call for more information on veteran services. 715-538-2511 ext. 217 and 218

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

## **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://www.alz.org)

<http://blog.alz.org>

Alzheimer's Disease Education and Referral Center (ADEAR)

[www.nia.nih.gov/Alzheimers](http://www.nia.nih.gov/Alzheimers)

Alzheimer's Foundation of America

[www.alzfdn.org](http://www.alzfdn.org)

Alzheimer's Reading Room

[www.alzheimersreadingroom.com](http://www.alzheimersreadingroom.com)

Caregiving with Purpose

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

National Institutes on Aging  
Alzheimer's Disease Education and Referral Center  
[www.nia.nih.gov/alzheimers/topics/caregiving](http://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](http://www.teepasnow.com)

This Caring Home  
[www.thiscaringhome.org](http://www.thiscaringhome.org)

Us Against Alzheimer's  
[www.usagainstalzheimers.org](http://www.usagainstalzheimers.org)

Wisconsin Alzheimer's Institute  
[www.wai.wisc.edu](http://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!



# After the Diagnosis: Living Well with Dementia

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- 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](http://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](http://www.actonalz.org/pdf/Living-Well.pdf)
- [www.actonalz.org/pdf/Taking-Action.pdf](http://www.actonalz.org/pdf/Taking-Action.pdf)



36250 Main Street Whitehall, WI 54773  
715-538-2001 • 800-273-2001 • tty: use Relay (711)  
[resourcecenter@tremplounty.com](mailto:resourcecenter@tremplounty.com)  
[http://www.tremplounty.com/tchome/  
aging\\_disability\\_resource\\_center](http://www.tremplounty.com/tchome/aging_disability_resource_center)