



Dementia Resource Guide

ADRC of the Lakeshore

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What is “Dementia”?



It is **NOT** normal aging

Dementia is a disease of the brain. It is characterized by a set of symptoms that cause a change in a person’s activities of daily living due to cognitive changes. Some signs and symptoms include poor judgement and decision-making, inability to manage a budget, losing track of the date or season, difficulty having a conversation, and misplacing things and being unable to retrace steps to find them.



Gradual Changes VS. Sudden Onset

Typically, in dementia, the early symptoms are gradually noticeable over a longer period of time (about 1-2 years). If it’s very sudden (within a week – a few months), it might be a result of an infection (think of UTIs) or a result of vitamin deficiencies.



What is “Normal Aging”?

Some typical age-related changes are noticeable as our brains age with the rest of our body. We might make a bad decision once in a while, miss a monthly payment, forget which day it is and remember it later, sometimes forgetting words, and losing things from time to time. These, however, are normal.





Know the 10 Signs

“The Alzheimer’s Association has created a list of warning signs for Alzheimer’s and other dementias to help identify problems early. Individuals may experience one or more of these signs in different degrees. If you or someone you care about is experiencing any of these signs, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future.” *(From the Alzheimer’s Association “Know the 10 Signs”).*

1. Memory Loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood and personality

For more information visit the Alzheimer’s Association website at alz.org, or call the Dementia Care Specialist at the ADRC of the Lakeshore at 1-877-416-7083.





Getting a Dignified Diagnosis

When You Start To Notice Changes

If you start to notice changes that disrupt your daily life (i.e. not “normal aging”), give your doctor a call to discuss what options or resources they might have for you. Another recommendation is to get a Memory Screen. Memory Screens are short tests that are not diagnostic, but can pick up on some cognitive changes. They are free at the ADRC. Just call to schedule with the Dementia Care Specialist.

Finding a Specialist/Getting a Diagnosis

It is important that you ask your doctor any questions regarding a possible diagnosis of dementia. Once your doctor has done the necessary tests to rule out any underlying medical conditions that might be causing dementia-like symptoms, ask your doctor to see if they could refer you to a specialist. A doctor who specializes in geriatrics, psychology, or neuropsychology would be able to explore more options to give a proper and dignified diagnosis. Here are some memory clinics affiliated with the WI Alzheimer's Association in diagnosing dementia:

- Aurora Two Rivers Memory Assessment Clinic
2219 Garfield Street
Two Rivers, WI 54241
920-793-2281
Physician: Dr. Tracy Sherman
- Lakeshore Memory Clinic
339 Reed Ave
Manitowoc, WI 54220
Physician: Dr. Cameron Goetz
- Door County Memory Care
323 S. 18th Avenue
Sturgeon Bay, WI 54235
920-746-3504
Physician: Dr. Paul Board, Dr. Ronald Kodras





After the Diagnosis

After there's been a diagnosis of dementia or related cognitive impairments, you might wonder what resources and supports are available.

Education

Virtual Dementia Tour: an in-person educational, evidence-informed program that simulates what dementia might be like. This unique experience takes you through what a person with dementia might experience. Your senses will be altered and your brain will be challenged. Deemed as one of the most life-changing experiences, the VDT is a strong tool to have in your toolbox of caregiving tips. Please contact the ADRC of the Lakeshore for more information or questions.

Dementia 101 & 201: Presentations given by the Dementia Care Specialist on various aspects of dementia and Alzheimer's disease. Topics vary from "Basics of Dementia" to "How to Handle Behaviors." Lectures are held about four times a year. Call the ADRC to find out when the next class will be held.

Powerful Tools for Caregivers: A 6-week program that equips caregivers with the necessary tools in order to be a healthy and effective caregiver. Caregivers get the opportunity to learn healthy coping skills, engage better with their care recipients, empower one another, build camaraderie, and assemble their toolbox of caregiving skills. Please call the ADRC of the Lakeshore for more information.

Boost Your Brain and Memory: An instructor-led class with a holistic and evidence-based approach to improving brain health. This class will teach you new habits to help you maintain cognitive health as well as practice new skills for better memory performance. This program is intended for those who are not diagnosed with dementia, to learn ways they can lower their risk of developing dementia.





After the Diagnosis

Support Groups

Early Stages Support Group (MTWC & KEW): 2 support groups run simultaneously. One for caregivers, and one for care recipients who have been diagnosed with an early stage cognitive impairment. Manitowoc meets every 1st Tuesday of the month and Kewaunee meets every 2nd Wednesday. Both meet from 10-11:30am at the ADRC of the Lakeshore building. Assessment required prior to attending.

Family Caregiver Support Group Hybrid (MTWC & KEW): A support group specific for those caregiving for loved ones diagnosed with Alzheimer's. Includes an option to join virtually. Manitowoc meets every 3rd Thursday from 2-3:30pm at the ADRC of the Lakeshore building and Kewaunee meets every 3rd Thursday from 9:30-11am at St John's Lutheran church in Luxemburg.

Men's Caregiver Support Group (MTWC Only): A support group for male caregivers. Meets every 3rd Wednesday from 9-10am

Memory Cafes

Memory Cafes welcome those experiencing early stage Dementia, mild memory loss or cognitive impairment, and family and friends of those affected. Below is a list of local memory cafes.

Manitowoc: The Lakeshore Memory Café

When: 1st Wednesday of the month from 10-11:30am

Where: Balkansky Room at the Manitowoc Public Library

Kewaunee: There are currently no memory cafes in Kewaunee County.





Future Planning: Long-Term Care Options

Caring for a loved one with dementia poses many challenges for families and caregivers. If you are considering looking into some long-term options available to you in the community, you can call us at 1-877-416-7083 to receive more information. We can provide you with options counseling and lists of which facilities in the area can help you in determining the care you need. The Wisconsin Department of Health Services has several resources that can help you in starting this process. You can visit their website at www.dhs.wisconsin.gov for more information.

Future Planning: POAs

It is important as caregivers to be planning ahead, both for our loved ones and for ourselves. One way in which we can do this is to draft advance directive paperwork. A Power of Attorney (POA) is a legal document giving one person the power to act for another person. The two most common types of POAs are POA of Healthcare, and POA of finances. Both of these documents can be found on the Wisconsin Department of Health Services. If you are needing assistance in filling out the paperwork, consult a trusted family member, attorney, or call the ADRC for more resources. Use this web link to access the Advance Directives documents: www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm





Volunteer Opportunities

Our Dementia care programs are always looking for volunteers. These programs are a great way to serve your community, learn how more about caring for those with dementia, and empower caregivers and care recipients alike.

- Memory Café
- Virtual Dementia Tour
- Dementia Friendly Business Trainings
- And more...

Lending Library

We understand that the search for reliable information can be overwhelming. If you are looking for further education, please call the ADRC of the Lakeshore at 1-877-416-7083. We have a selection of literature, videos, and other resources that may help you as you seek to understand dementia.

Respite

Our Family Caregiver Specialist Program has options for respite services. If you, or a loved one, are a caregiver in search of respite or are simply in need of a break from caregiving, please call the ADRC for information. They can walk you through our two grant programs, AFCSP & NFCSP, which can aid caregivers in search of resources or services. Call 1-877-416-7083 for more information.





Become Dementia-Friendly

The Purple Angel Initiative

In an effort to help members of our community who have been diagnosed with dementia remain active in their regular routines, we offer the Purple Angel training to local businesses. This training is geared towards employers of a business and their employees. It equips the business with education on how to appropriately interact with their patrons who begin to show signs of dementia, and once they've been diagnosed. This training includes 30 minutes of general education regarding signs of dementia and how to communicate with someone who has early signs of dementia. After the training is over, the business is awarded the "Purple Angel" decal (as seen below) to display on their business storefront and a certificate of completion.

For a list of trained businesses, please visit our website at www.adrcofthelakeshore.com

If you are a business owner, or employee, and would like to receive this free training, please call the DCS at the ADRC of the Lakeshore for more details or to schedule your training. Call toll-free 1-877-416-7083.





Dementia Care Specialist Program

The Dementia Care Specialist (DCS) is a resource for you and the community as you journey through caregiving or if you're an individual with dementia. DCS's throughout the state share 3 common goals: to support individuals with dementia, support family caregivers, and offer community support.

Support for Individuals with Dementia

A DCS offers free cognitive screens (Memory Screens) for those who are noticing changes in cognition and memory. These screens are not diagnostic, but can determine a baseline of memory impairment and take steps towards receiving a dignified diagnosis.

Support for Family Caregivers

DCS's can help family caregivers with care planning, exploring options, or learning more about dementia in order to best care for their loved ones. Support groups and family consultations are also available resources to caregivers through the DCS program. Families can also utilize the Memory Cafes as a social activity to engage with their loved ones.

Community Support

The DCS assists in the development of dementia friendly communities. Whether it's through providing Memory Cafes, educational programs, Purple Angel Business Trainings, or other forms of education, the DCS program is your resource for community education regarding dementia.



Additional Resources



The Alzheimer's Association

24/7 Hotline: 800-272-3900
Website: alz.org



The Wisconsin Alzheimer's Institute

Phone: 608-263-2862
Website: wai.wisc.edu



WI Dept. of Health Services

Website: dhs.wisconsin.gov

Contact Us

If you have further questions or would like more information regarding Dementia, please reach out to our Dementia Care Specialist at the ADRC of the Lakeshore

Phone: 1-877-416-7083 Web:
www.adrcofthelakeshore.com

