

Dementia Resource Guide

ADRC of the Lakeshore

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ADRC

Aging and Disability Resource Center

of the Lakeshore

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What is Dementia?

It is NOT normal aging



Dementia is a brain disorder that describes a series of symptoms impacting an individual's daily activities due to cognitive changes. Common signs and symptoms include:

- Poor judgement
- Difficulty completing tasks and carrying on a conversation
- Confusion with date and time
- Mood changes
- Misplacing items and unable to retrace steps
- Withdrawal from activities

*Page 2 - Further explanation

Gradual Changes VS. Sudden Onset



Typically, in cases of dementia, early symptoms tend to emerge gradually over a period of time, around 1 to 2 years. However, if the onset is abrupt, occurring within a week to a few months, it could be attributed to an infection (example: urinary tract infection) or vitamin deficiencies.

What is "Normal Aging"?



There are age-related changes that become apparent as our brains age alongside our bodies. We may occasionally forget to pay a bill on time, lose track of the day only to recall it later, struggle to find the right words, or misplace items from time to time. However, these occurrences are completely normal.

Know the 10 Warning Signs

The Alzheimer's Association has developed a list of warning signs for Alzheimer's disease and other forms of dementia to aid in the early identification process. Individuals may experience one or more of these signs to varying extents. If you or someone you care about is experiencing any of these symptoms, it is crucial to consult a doctor for a proper assessment. Early diagnosis allows you to pursue treatment options and make plans for your future.

Alzheimer's Association 10 Signs

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
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 additional details, please visit the Alzheimer's Association website at **alz.org**, or reach out to the Dementia Care Specialist at the ADRC of the Lakeshore by calling 1-877-416-7083.

ALZHEIMER'S® ASSOCIATION

Getting a Definitive Diagnosis

When You Start To Notice Changes

If you begin to notice changes that disrupt your daily life (i.e. not "normal aging"), reach out to your doctor to explore potential options or resources available to you. Additionally, consider undergoing a cognitive screening. These brief assessments are not diagnostic, but can help identify certain cognitive changes. They are free at the ADRC, simply call to schedule an appointment with the Dementia Care Specialist.

Finding a Specialist/Getting a Diagnosis

It is crucial to address questions you have with your doctor regarding a potential dementia diagnosis. Once your doctor has ruled out other medical conditions that might mimic dementia-like symptoms, consider requesting a referral to a specialist for a comprehensive evaluation.

Specialists in geriatrics, psychology, or neuropsychology can help explore additional options and provide a definitive diagnosis. Here are some memory clinics helpful in diagnosing dementia:

- Aurora Two Rivers Memory Assessment Clinic
  2219 Garfield Street
  Two Rivers, WI 54241
  (920) 793-2281
- Lakeshore Memory Clinic
  339 Reed Ave
  Manitowoc, WI 54220
  Referral Needed
- Prevea Health Clinic
  1821 S. Webster Ave.
  Green Bay, WI 54301
  (920) 272-1610
- Door County Memory Care
  323 S. 18th Avenue
  Sturgeon Bay, WI 54235
  (920) 746-3504

After the Diagnosis

Once a diagnosis of dementia or related cognitive impairments are made, several resources and support systems are available for you!

Education

Virtual Dementia Tour (VDT):

An in-person educational program that provides an evidence-informed simulation of what dementia may feel like. This unique experience will alter your senses, challenge your brain, and offer a profound insight into dementia. The VDT is a transformative experience to enhance your caregiving skills.

Dementia 101 & 201:

The Dementia Care Specialist conducts presentations covering a range of topics related to dementia and Alzheimer's disease. Subjects include everything from the "Basics of Dementia" to "How to Handle Behaviors."

Boost Your Brain and Memory:

An instructor-led class that takes a holistic and evidence-based approach to enhancing brain health. You will learn new habits aimed at supporting cognitive health and practice skills designed to improve memory performance. This program is specifically intended for individuals who **have not been diagnosed** with dementia, to learn ways they can reduce their risk.

Memory Cafés

Memory Cafés welcome those experiencing early-stage dementia, mild memory loss, or cognitive impairment, as well as their family and friends. Below is a list of local memory cafés.

Manitowoc:
When: 1st Wednesday of the month from 10:00 - 11:30 a.m.
Where: Manitowoc Public Library - Balkansky Room

The Lakeshore Memory Café
connect • create • cherish

Kewaunee: Watch for Memory Cafés near you!

Support Groups

Manitowoc

Memory Support Network:

This support network provides a welcoming and confidential space for family members and friends of individuals living with dementia or cognitive impairment. The group offers emotional support, practical advice, encouragement, and connection with others facing similar challenges. Through shared experiences, members can find understanding, compassion, and a sense of community as they navigate their caregiving journey.

When: Every 1st Tuesday of the month from 10:00 - 11:30 a.m.
Where: 1701 Michigan Ave, Manitowoc, WI 54220
(ADRC of the Lakeshore)

Family Caregiver Support Group:

This support group is for all family caregivers who are caring for an individual aged 60 and over, or 18 and over with irreversible dementia. Participants have the option to join virtually!

When: Every 3rd Thursday of the month from 2:00 - 3:30 p.m.
Where: 1701 Michigan Ave., Manitowoc, WI 54220
(ADRC of the Lakeshore)

Men's Caregiver Support Group:

A support group for male caregivers.

When: Every 3rd Wednesday of the month from 9:00 - 10:30 a.m.
Where: 1701 Michigan Ave., Manitowoc, WI 54220
(ADRC of the Lakeshore)

Kewaunee

Caregiving Together:

This is an opportunity for all friend and family caregivers to meet other caregivers, share their experiences, and gain support in providing care. All caregivers are welcome to join this support group if they are caring for individuals aged 60 and older, as well as individuals aged 18 and older with dementia.

When: Every 2nd Wednesday of the month from 9:30 - 11:00 a.m.
Where: 810 Lincoln St., Kewaunee, WI 54216
(ADRC of the Lakeshore)

Dementia Care Specialist Program

The Dementia Care Specialist (DCS) serves as a valuable resource for both individuals with dementia and their caregiver.

Supporting Individuals with Dementia

The DCS provides complimentary cognitive screenings for those who are noticing changes in their cognition and memory. While these screenings are not diagnostic, they can help establish a baseline for memory impairment and guide you towards obtaining a respectful diagnosis.

Supporting Family Caregivers

DCS professionals can guide family caregivers with care planning, exploring options, or understanding more about dementia to provide the best care for their loved ones.

Additionally, support groups and family consultations are valuable resources offered to caregivers through the DCS program. Families can also take advantage of the Memory Cafés as a social activity to engage with their loved ones.

Supporting the Community

The DCS assists in the vital role of fostering dementia-friendly communities through initiatives such as Memory Cafés, educational programs, Purple Angel Business Trainings, or other forms of educational opportunities. The DCS program serves as your resource for community education on dementia.



Become Dementia-Friendly

The Purple Angel Initiative

To assist members of our community diagnosed with dementia in maintaining their daily routines, we offer the Purple Angel training to local businesses!

This training targets both business owners and their employees. It will equip them with knowledge to interact appropriately with their patrons displaying early signs of dementia or those who have already received a diagnosis.

This training includes 30 minutes of general education and how to communicate with an individual who has early signs of dementia. Upon completion of the training, participating businesses receive the "Purple Angel" decal (as seen below) to display on their storefront, along with a certificate of completion.

If you are a business owner or employee interested in this free training, please contact the Dementia Care Specialist at the ADRC of the Lakeshore at 1-877-416-7083.

Schedule Your Training Today!

Volunteer Opportunities

Our Dementia Care Programs are continually seeking volunteers! Participating in these programs is an excellent opportunity to serve your community, gain insights into caring for individuals with dementia, and support both caregivers and care recipients. Volunteer opportunities include:

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

Please call the ADRC of the Lakeshore at 1-877-416-7083 for more information!

Memory Kits

A memory kit is a collection of items and activities for individuals with dementia or a cognitive impairment. The kits are designed to help reminisce, create new memories, and have meaningful conversations with caregivers and loved ones!

Items in the Memory Kits:

- DVD
- Photo Cards
- I-Spy Activity Card
- Puzzle/Crossword/Word Search
- Busy Bottles
- Dry Erase Markers

Themes:

- Handyman
- Homemaker
- Great Outdoors
- Cat
- Dog
- Farm
- Patriotic
- Spring
- Winter
- Autumn
- Summer

Respite

Our Family Caregiver Specialist Program has options for respite services. If you or a loved one are a caregiver seeking respite or simply in need of a break from caregiving responsibilities, please call the ADRC for assistance. They can guide you through our two grant programs, AFCSP & NFCSP, designed to support caregivers in finding resources and services. For more information, call 1-877-416-7083.

Future Planning: Long-Term Care Options

Caring for a loved one with dementia presents many challenges for families and caregivers. We can provide options for counseling and lists of local facilities that can assist you in determining the care you require. If you are exploring long-term care options within your community, you can call us at 1-877-416-7083 for additional information.

The Wisconsin Department of Health Services has various resources that can help you begin this journey. For more details, please visit their website at: **www.dhs.wisconsin.gov**.

Future Planning: POAs

As caregivers, it is crucial for you to plan ahead - not just for your loved ones, but for yourselves as well! One effective approach is to prepare advanced directives documents. A Power of Attorney (POA) is a legal document that grants one individual the authority to act on behalf of another. The two most common types of POAs are:

- POA of Healthcare
- POA of Finances

You can find both of these documents on the Wisconsin Department of Health Services website: **www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm.**

If you need help completing the paperwork, consider reaching out to a trusted family member, an attorney, or contact the ADRC for additional resources.

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

Wisconsin Department of Health Services

Phone: (608) 266-1865
Website: dhs.wisconsin.gov

Contact Us

For more information on dementia, please contact the ADRC of the Lakeshore's Dementia Care Specialist.

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

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