



**WE ARE HERE TO SUPPORT
PEOPLE WITH DEMENTIA AND
THEIR CAREGIVERS IN ORDER
TO ENSURE THE HIGHEST
QUALITY OF LIFE POSSIBLE
WHILE LIVING AT HOME**

**DEDICATED TO
IMPROVING THE LIVES
OF PEOPLE WITH DEMENTIA
THROUGHOUT
DANE COUNTY**

SUPPORT FOR FAMILY CAREGIVERS

Our ADRC staff are dementia capable. They have an understanding of dementia and can help caregivers connect to services that will help to relieve stress.

In addition, we have a Dementia Care Specialist who will meet with individuals and families to help with:

- Understanding dementia, discussing the process and how this disease will affect loved ones over time
- Future planning and developing a family action plan so everyone is prepared in times of need
- Information about the First Responder Tool which will provide information in the event of an emergency
- Strategies and tools to cope with behavioral changes and skills that can help reduce stress in the home. Programs utilized could include Memory Care Connections or the DICE™ intervention.
- Obtaining supportive services including grants, support groups and educational programs



FOR MORE INFORMATION

Contact Ellen Taylor or Kayla Olson
Taylor.Ellen@countyofdane.com
Olson.Kayla@countyofdane.com
 Phone: 608-240-7400

RELAY: 711

TOLL FREE: 1-855-417-6892



**DEMENTIA
SERVICES
AND
SUPPORT**



WHAT IS DEMENTIA?

Dementia is a result of physical changes in the brain that cause a slow and steady decline in thinking and ability. It causes a change in functioning from a prior level of social and daily living skills.



It is not a normal result of aging, nor is it normal age-related memory loss. It can be caused by Alzheimer's disease, strokes, Parkinson's disease, Lewy body disease, frontotemporal disease and other conditions.

There is no cure for these diseases, but people can learn to improve the quality of life for both the person and the family and friends who care for them.

WHAT WE DO

We work with individuals and organizations to:

- improve the lives for people living with dementia and their caregivers
- make communities dementia-friendly
- advocate for policies that improve services for people with dementia

SERVICES OFFERED:

Memory Screens

We offer free, confidential memory screens for those who:

- are concerned about memory changes
- are at risk of Alzheimer's disease due to family history
- Want to check their memory now for future comparison.

In general, the earlier the diagnosis, the easier it is to treat memory loss.

Dementia Friendly Community

A Dementia Friendly Community is one in which local businesses, organizations, first responders, churches and community groups make simple changes that help a person with dementia feel welcome and safe.

Trained volunteers can provide a no-cost 30 minute training about dementia and how to better serve those living with dementia.

Organizations that participate train at least 50% of their members and management education, will receive a purple angel decal signifying them as dementia friendly and are listed on the ADRC web site.

Virtual Dementia Tour™

The ADRC has a license to offer the Virtual Dementia Tour for the community and local

groups. This is an experience that gives participants an idea of what it is like to have dementia. This is done by altering their senses and providing tasks for them to do in a controlled setting. This has been proven to increase the understanding and empathy for those living with these types of conditions.

SUPPORT FOR PEOPLE LIVING WITH DEMENTIA

- **Memory Cafés & Early Stage Programs**
Memory Cafés, Spry Society, **SPARK!** and other programs have been designed to help people living with early stage dementia to feel connected and supported by their community. The ADRC can help you connect with these programs.
- **Music and Memory™**
Caregivers are taught to set up personalized music playlists, delivered on iPods and other digital devices, for their loved ones. These musical favorites tap deep memories. Many Dane County libraries are offering this service. We can help you connect to these programs.

