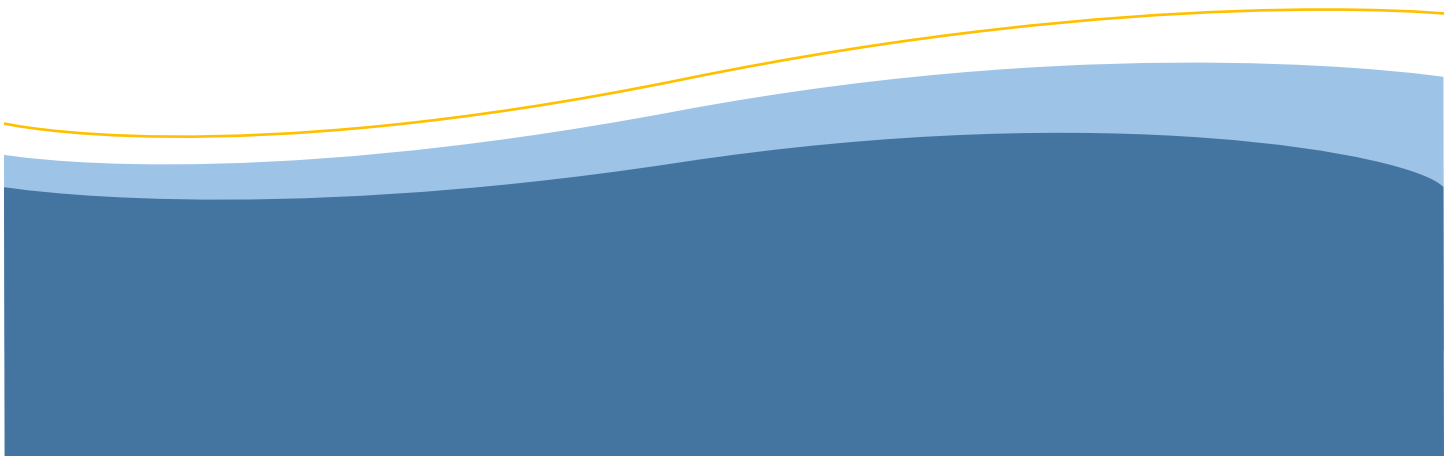


# Dementia Care Resources

\* *Dementia Friendly Information and resources for Caregivers and others who support people living with a dementia.*





## Quick Reference for Services:

When I need...	I can ask for.....	7/23
Help around the house	In-home assistance Assistive technology (like home modifications) Helpers	Page 17 Page 32 Page 43
Help with meals	Home-Delivered meals Help with meal preparation (in-home assist) Senior dining	Pages – 39 thru 43
Companionship, Friendship, or time away	Leisure Activities Respite Care Resources	Page 49 Page 53
To feel more secure	Safety Issues	Page 55
Rides to the doctor, or for shopping etc.	Transportation Services	Page 61
Health Care in my Home	Care in the home	Page --17 thru 22
Help for the person who takes care of me	Respite care	Page 53
A place where I can go for a few hours some days to get health or personal care and be around people while still living at home	Day Programs and Services for Adults	Page 27
Help planning my future long- term care needs or help with benefit issues	Contact the ADRC and request assistance, you can also ask for the Benefit Specialist	Page 60
A new living space with some help when I need it	Contact the ADRC at 262-833-8777 and request a copy of the living options directory or talk with us about your housing needs and concerns. We would be happy to help	

For many other categories, check the table of contents on page 3 or the Index at the back of this directory if you know the name of the place you are looking for. You can also call the friendly staff at the ADRC with any questions you might have.

**262-833-8777**  
**866-219-1043 Toll Free**  
**WI Relay 711 for TTY users**



*The purpose of the Purple Angel Dementia Campaign is to raise awareness, give hope to and empower people with dementia by giving out information on how shops, businesses and other services can support people who have these progressive diseases – both elderly and younger onset.*

*The symbol was designed by Norman McNamara of Devon UK together with Jane Moore, a carer from Cornwall and is becoming known as a global emblem which can be used by anyone who is voluntarily raising awareness of dementia*

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# About the Aging and Disability Resource Center

## **Mission**

To provide older adults and people with physical or intellectual/developmental disabilities the resources needed to live with dignity and security and achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center (ADRC) is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

## **Role of the ADRC**

ADRCs provide a central source of reliable and objective information about a broad range of programs and services. They help people understand and evaluate the various options available to them. By enabling people to find resources in their communities and make informed decisions about long-term care, ADRCs help people conserve their personal resources, maintain self-sufficiency and delay or prevent the need for potentially expensive long-term care. ADRCs also serve as the single access point for publicly funded long-term care, including Family Care and IRIS.

ADRC services are available to older adults and people with disabilities regardless of income and regardless of the person's eligibility for publicly funded long-term care. ADRC services are also available to families, friends, caregivers, and others who work with or care about older people or people with disabilities. To promote use of their services, ADRCs should be physically accessible and be able to provide information and assistance in a private and confidential manner, provide a welcoming and inviting place where customers feel comfortable coming for services, and be available at a location preferred by and at a time convenient to individual customers.

## **Location and Contact information to call or walk-in:**

### **Main Office:**

14200 Washington Ave

Sturtevant, WI 53177

Phone: **262-833-8777**

TTY: WI Relay 711

Toll Free: 1-866-219-1043

Email: [ADRC@racinecounty.com](mailto:ADRC@racinecounty.com)

Website: <http://www.adrc.racinecounty.com>

***We look forward to serving you  
Sincerely,  
The staff members of the ADRC***

*The information in this booklet was compiled as a guide to available services and programs. It is intended to be used by Aging and Disability Resource Center of Racine County (ADRC) staff members when meeting or talking with consumers. For more detailed or current information, call the agency listed, or contact the ADRC.*

*The ADRC does not endorse, rate, comment, or evaluate resources, programs, or providers, and therefore cannot guarantee the quality of services provided. All information in this booklet is based upon the best information available at the time of publication, and the ADRC assumes no responsibility for changes, errors, or omissions.*

# Advance Directives/Guardianship

*Preparing for the future can provide you with the comfort of knowing that you can maintain control over your personal affairs. While you can still make decisions, please have the conversation with the important people in your life and complete the necessary advanced directive forms. When an advanced directive is in place, your designated person will have peace of mind knowing that they'll be able to care for you according to your wishes. You'll feel better knowing that they will be able to step in to assist when needed, without legal hassles.*

*Completing an advance directive form, as a "just in case" document, which then becomes a powerful instrument only when it is needed. There are several types, as well as various degrees of responsibility that you can delegate. **Be sure** to do financial as well as healthcare.*

*Please don't let people you care about carry the burden of wondering if they are making the right decisions for you when you are no longer able to do so. These documents are recommended for all adults, 18 and older.*

## **Wisconsin Department of Health Services (DHS)**

**608-266-2536**

<https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>

The Wisconsin Department of Health Services has advanced directive forms available online. These forms are designed to be completed without the assistance of an attorney. Given your particular circumstances or concerns, however, you may want to seek legal advice from an attorney. The forms available are:

- Declaration to Physicians (Wisconsin Living Will)
- Power of Attorney for Health Care
- Power of Attorney for Finance and Property
- Authorization for Final Disposition

These forms, or variations of these forms, may also be available from your attorney, physician, or hospital.

## **Do Not Resuscitate (DNR) Information**

**608-266-1568**

See: <https://www.dhs.wisconsin.gov/ems/dnr.htm>

Your attending physician may issue a do-not-resuscitate order for a "qualified patient."

The purpose of a do-not-resuscitate order is to ensure that medical care provided in the emergency department and out-of-hospital settings is consistent with the patient's desire and the attending physician's authorization.

## **Wisconsin Guardianship Support Center**

**855-409-9410**

<https://gwaar.org/guardianship-resources>

Email - [guardian@gwaar.org](mailto:guardian@gwaar.org)

The Wisconsin Guardianship Support Center (GSC) provides information and assistance on issues related to guardianship, protective placement, advance directives, and more. Operated by Greater Wisconsin Agency on Aging Resources, Inc, the GSC is staffed by Attorney Grace Knutson who responds to requests for information through a toll-free helpline or by e-mail. Calls are returned in the order in which they are received.

**Other resources include contacting your healthcare provider or medical group, or your local hospital as they have forms and guidance available. You can also contact the ADRC. See page 107 for other information under "Decision Making and Advance Directives."**

## Power of Attorney for Healthcare

The Power of Attorney for Health Care (POA-HC) form makes it possible for adults in Wisconsin to authorize other individuals to make health care decisions on their behalf should they become incapacitated.

You need two adult witnesses not related to you by blood, marriage, domestic partnership or adoption and not directly financially responsible for your healthcare. \*

POA-HC starts when **2 physicians** (or one physician and one psychologist) have personally examined and **sign a statement** of determined incapacity \*

Form available at:  
<https://www.dhs.wisconsin.gov/guide/end-life-planning.htm>

# Power of Attorney 101

## Power of Attorney for Finance and Property

The Power of Attorney for Finance and Property (POA-F) form makes it possible for adults in Wisconsin to authorize other individuals to make decisions about your property (including your money) whether or not you are able to act for yourself.

POA-F requires a Notary to witness signature

POA-F starts **IMMEDIATELY** unless otherwise stated in the special instructions\*

Form available at:  
<https://www.dhs.wisconsin.gov/guide/end-life-planning.htm>

\*Additional information and definitions are available on the Power of Attorney Forms.

# At Risk Adults

*Adults who, because of their economic, environmental, or family situation or a health problem or disability, are considered more likely than others to be affected by or become involved in self-destructive behavior, criminal activity, abuse, substance abuse, chronic unemployment, homelessness, unwanted pregnancy, and other problems which threaten their health, safety and/or personal development.*

## Domestic Violence Issues

*Programs that provide information and/or services that deal with the topic of domestic violence, for example, spouse/partner abuse.*

### National Domestic Violence Hotline

**800-799-7233**

### BeLEAF Survivors (former Sexual Assault Services)

**262-637-SAFE (7233)**

<https://beleafsurvivors.org/>

24-hour crisis line, 24-hour hospital response, short and long-term counseling, support groups, legal advocacy, family advocacy, community awareness activities, and prevention education.

### Women's Resource Center

**262-633-3274**

PO Box 1764

**262-633-3233 24-hr crisis**

Racine, WI 53401

**262-763-8600 Love Inc**

<https://www.wrcracinewi.com/>

Provides crisis intervention, advocacy, education, and prevention services for a diverse population of victims or individuals at risk of domestic abuse and/or sexual assault. In the Burlington area contact Love Inc at 262-763-6226

## Abuse Reporting

*Programs that provide information and/or services that deal with the topic of elder and/or dependent adult abuse or neglect.*

### Elders and Vulnerable Adults at Risk - Adult Protective Services

**262-833-8777**

After hours line – if emergency call **911**

### Crisis and 24-hr line:

**262-638-6741**

### Wisconsin Department of Health Services

<https://www.dhs.wisconsin.gov/aps/>

Information regarding reporting and other resources regarding Adults at Risk or Elder Abuse.

# Care in the Home

## 1. Reasons, Needs, and Interest

Home care services can enhance health and quality of life by helping someone to maintain independence in their own home. The type of home care service someone may need depends on mental and physical health, support available from family or friends, and if the person lives in their own home or in a facility that provides some types of assistance. Home care services can range from help with chores to professional health care and rehabilitation. Services provided in the home can be helpful as people become frailer with age, are disabled, are recovering from illness, surgery, or accident, or have a terminal or chronic illness. Finding the right home health care services requires talking with the person in need, the person's doctor, other health professionals, and local agencies.

Important considerations:

What are the person's needs and abilities?

Will the person be willing to accept care in the home?

What types of services are available in the community and who will pay for them?

## 2. How Will I pay for Home Care?

*Adapted from the Visiting Nurse Associations of America website: <http://vnaa.org>*

### **Medicare**

Medicare is a national health insurance program designed primarily for people 65 years of age and older, some disabled people less than 65 years of age, and people with end-stage renal disease. Medicare is provided by the Federal government. Medicare pays for certain healthcare services in the home. This is known as the Medicare home health benefit.

If you have Medicare coverage, you can use your home health benefits if you meet **all** of the following conditions:

1. Your doctor must decide that you need medical care at home and make a plan for this care.
2. You must need one or more of the following: intermittent (not full-time) skilled nursing care; physical therapy; speech pathology services or continued occupational therapy.
3. The home health agency caring for you must be approved by the Medicare Program (Medicare-certified).
4. You must be homebound or normally unable to leave home unassisted. To be homebound means that leaving home takes considerable and taxing effort. A person may leave home for medical treatment or short, infrequent absences for non-medical reasons, such as a trip to attend religious services. You can still get home healthcare if you attend adult day care.

### **Eligibility is also based on the amount of services you need**

If you meet the conditions above, Medicare pays for your covered home health services for as long as you are eligible, and your doctor says you need them. However, the skilled nursing care and home health aide services are only covered on a part-time or "intermittent" basis. This

means there are limits on the number of hours per day or days per week that you can get skilled nursing or home health aide services.

If you meet all four (4) of the conditions, Medicare will cover:

- Skilled nursing on a part-time basis. This care can only be delivered safely by a registered or licensed practical nurse.
- Home health aide services on a part time basis. These services include help with personal care such as bathing, using the toilet, or dressing. Medicare does not cover home health aide services unless you are also getting skilled care such as nursing or other therapy.
- Physical therapy, speech language pathology services, and occupational therapy if the doctor says you need it.
- Hospice care.
- Medical social services to help with social and emotional concerns related to your illness.
- Certain medical supplies, like wound dressings but no prescription drugs.

**Medicare does not pay for:**

- 24-hours a day care in the home.
- Meals delivered to your home.
- Homemaker services like shopping, cleaning, and laundry when this is the only care you need, and when these services aren't related to your plan of care.
- Personal care given by home health aides like bathing, dressing, and using the bathroom when this is the only care you need.

If you would like more information about Medicare, call 1-800-MEDICARE. (633-4227)

**Medicaid**

Medicaid is a joint federal and state program that helps pay medical costs for some people with limited or low income and resources. Some people qualify for both Medicare and Medicaid. In general, most of your healthcare costs are covered if you have Medicare and Medicaid. To qualify for Medicaid, you must have a low income, little savings and have no other substantial assets, as defined by your state. To find out more information on what Medicaid covers for home healthcare, contact the Aging and Disability Resource Center at 262-833-8777.

**Private Insurance**

Typically, insurance plans cover some home healthcare services for acute needs. As with Medicare, most insurance plans require that a doctor determine that the care is needed and has developed a plan for care in the home. The best way to determine if you have this coverage with your insurance is to call the number listed on the back of your insurance card. Home healthcare services paid for by private insurance generally require the patient to pay a portion of the services (co-pay and/or deductible). Hospice care and long-term care coverage vary from plan to plan. Again, check with your insurance company to see what services are covered, what you may be responsible to pay, and any other plan requirements.

**Payment by Individual (Out of Pocket or Private Pay)**

There may be times when home healthcare is not covered by Medicare, Medicaid, or private insurance such as: The benefits have been exhausted; The insurance will no longer cover the care; The person may not qualify for federal or state financial assistance; or the person no longer meets the Medicare and/or Medicaid conditions to receive care.

Whatever the reason may be, the fact is, many patients and their families prefer to pay for home healthcare services privately. It allows them more flexibility in the type and amount of service they wish to receive. This avoids any limits on care that a government or insurance plan may fund. Home healthcare services can be purchased by the hour or by the visit (for home health aides, a four-hour minimum is common). Many home healthcare agencies have someone who will come to your house to evaluate your needs and help you to create a plan.

### 3. Types of Home Care Available

*Adapted from MayoClinic.com*

#### **What home care services are available?**

Home care services provide you with a range of assistance, including skilled medical care, home support services, or a combination of both.

#### **Skilled care**

Conducted under the direction of your doctor, skilled care consists of services provided by health care professionals such as nurses, medical social workers and physical therapists. It can also include activities such as home dialysis and physical therapy. There are several types of professional home care providers: Physicians, Registered and Licensed Practical Nurses (RN, LPN), Social Workers, Physical Therapists, Speech Therapists, Occupational Therapists, and Dietitians.

#### **Supportive Home Care services (or In-Home Assistance)**

Home support services include tasks such as light housecleaning, running errands and preparing meals. These services may be all you need to allow you to continue living independently in your own home. (This type of in home- assistance business is generally private pay, and are not licensed)

- **Home care assistants or home health aides** help with daily activities such as getting in and out of bed, getting around, bathing, using the toilet, and getting dressed.
- **Homemakers and chore workers** help prepare meals, shop, do laundry and other housekeeping chores.
- **Companions** stay with you if you cannot stay alone at home for medical or safety reasons. They provide companionship and some assist with household tasks.
- **Other services** (some are private pay, others are covered by insurances)  
Home care services can also include: Medical equipment delivery, set up and maintenance, Lab tests and X-rays, Medication delivery and pharmacy services, Respiratory therapy, dental care or treatment from other health professionals, Clergy visits, Transportation, Meal delivery, Emergency monitoring systems

#### **Combination care**

Some home care offers a combination of services provided by a team that includes a mix of doctors, social workers, registered nurses, dietitians, home health agency staff, visiting nurses, therapy specialists, home care aids, chore workers, clergy and others. The team carries out a detailed care plan tailored to meet your specific needs.

## **4. What to Look for When Choosing Home Care Services.**

*Adapted from the American Cancer Society website: [www.cancer.org](http://www.cancer.org)*

There are several questions you might ask when you're looking at a home care service.

### **Licensure**

Is the provider licensed in Wisconsin? Home Health, Personal Care (PCA), and Hospice agencies generally are, but in-home assistance agencies are generally private businesses.

### **Consumer information**

Does the agency have written statements that list services, eligibility requirements, costs and payment procedures, staff job descriptions, and malpractice and liability insurance? Ask that they send you any brochures or other information they can share about their services.

### **References**

How many years has the agency been serving your community? Can the agency give you references from care professionals who have used this agency? Ask for names and phone numbers. A good agency will give these to you if you ask. Talk to these people about their experiences. You may also wish to check with your local Better Business Bureau, your local Consumer Bureau, or the State Attorney General's office. They can tell you if complaints have been made against the agency.

### **Admissions**

How flexible is this agency in applying its policies to each patient or working out differences? If the agency has up-front conditions that you do not feel comfortable with, it may be a sign that it is not a good fit for you. Is the agency willing to help you find out whether you or your family member qualifies for Medicare-covered home care, or whether you even want it? This can be useful in finding out how willing they are to work with you. Can the agency ensure patient confidentiality? What safeguards are in place?

### **Plan of care/ Preliminary evaluation**

Does a nurse or social worker evaluate you before you are admitted to find out which services will be needed? Is it done in your home rather than over the telephone? Does it highlight what you can do for yourself? Does it include talking with your family doctor, and other professionals who are already providing you with health and social services? Are other members of your family consulted? Does the agency create a plan of care for each new patient? Is the plan carefully and professionally developed with you and your family, or is it based only on what you asked for? Is the plan of care written out and copies given to all involved? Check to see if it lists specific duties, work hours/days, and the name and phone number of the supervisor in charge. Is the plan of care updated as your needs change? Ask if you can see a sample plan of care.

### **Personnel**

If you are dealing with an agency, are references on file for home care staff? Ask how many references the agency checks (2 or more should be required for each staff member who gives in-home care). Does the agency train, supervise, and monitor its caregivers? Ask how often the agency sends a supervisor to the patient's home to review the care being given to the patient. Ask whether the caregivers are licensed and bonded. Whom can you call with questions or complaints? How are problems resolved?



**Family caregiver**

Does the agency require a family primary caregiver as a condition of admission? How much is expected of the family caregiver? Can the home care agency offer help to coordinate and supplement the family's efforts by filling in around job schedules, travel plans, or other responsibilities? If you live alone, what other options can the agency suggest?

**Costs**

How does the agency handle payment and billing? Get all financial arrangements such as costs, payment procedures, and billing in writing. Read the agreement carefully before signing. Be sure to keep a copy. What resources does the agency provide to help you find financial aid if it is needed? Are standard payment plan options available?

**Equipment**

If equipment such as a respirator, oxygen machine, or dialysis machine is used, does the agency teach you or a responsible family member how to use and care for the equipment at home? Who is available if equipment problems come up during nights and weekends?

**Quality of care**

Does the agency have a 24-hour telephone number you can call when you have questions or complaints? How does the agency respond to your very first call? Does the telephone staff seem caring, patient, and competent from the first contact, even if they need to return your call? Do they speak in simple language, or do they use a lot of jargon? What is the procedure for receiving and resolving complaints? How an agency responds to that first call for help may give you a good idea of the kind of care to expect. You may also ask if the agency does customer satisfaction surveys. If so, ask to see the results of the last survey.

**Emergency**

Does the agency have an emergency plan in place in case of a power failure or natural disaster? Ask to see a copy of the plan. In case of an emergency, you need to know if the agency can still deliver its services to your home.

**Services**

How quickly can the agency start services? What are its service boundaries -- do they serve your area? Does the agency offer specialized services by rehabilitation therapists, dietitians, family counselors, or art therapists when these could improve your comfort? Does the agency Offer to lend used medical equipment or other items that might also enhance your quality of life?

**Patient's rights and responsibilities**

Does the agency explain these? Ask to see a copy of the agency's patient's rights and responsibilities information if it is not offered to you.

## **5. Other Resources for Care in the Home Information:**

**Alzheimer's Association** – Caregiver Center: Call 24/7 at **800-272-3900**

<http://www.alz.org/care/>

Information can also be used for someone who does not have Alzheimer's.

**AARP** -Providing Care in the Home

[http://assets.aarp.org/external\\_sites/caregiving/homeCare/index.html](http://assets.aarp.org/external_sites/caregiving/homeCare/index.html)

and <https://www.aarp.org/caregiving/>

**Eldercare Locator: 800-677-1116**

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

**Health in Aging.org:**

<http://www.healthinaging.org/>

The American Geriatrics Society Foundation for Health in Aging (FHA) provides up-to-date information on health and aging. HealthinAging.org content is based on resources that the American Geriatrics Society has developed for its professional members.

**Long Term Care. gov** - helps consumers see long-term care planning options for their age group <http://longtermcare.gov/>

**Medline Plus**

Various resources listed under home care services

<http://www.nlm.nih.gov/medlineplus/homecareservices.html>

**National Alliance for Caregiving (The) - NAC**

<http://www.caregiving.org/resources/> Established in 1996, The NAC is a non-profit coalition of national organizations focusing on issues of family caregiving. Alliance members include grassroots organizations, professional associations, service organizations, disease-specific organizations, a government agency, and corporations.

**National LGBT Caregiver Support Program 212-741-2247**

<https://www.lgbtagingcenter.org/resources/resources.cfm?s=3>

**VA Caregiver Support Programs**

[https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp)

**Care Sharing - Lots of Helping Hands**

<http://nac.lotsahelpinghands.com/eldercare/home/> : The National Alliance for Caregiving has partnered with **Lotsa Helping Hands** to expand resources available to family caregivers. Through this website, visitors may create their own caregiving site to coordinate support needed for the caregiver and care recipient. Lotsa Helping Hands is a free caregiving coordination web service that provides a private, group calendar where tasks for which a caregiver needs assistance can be posted. Family and friends may visit the site and sign up online for a task. The website generates a summary report showing who has volunteered for which tasks and which tasks remain unassigned. The site tracks each task and notification, and reminder emails are sent to the appropriate parties.

Other Care Sharing Calendars:

**Care Calendar:** <http://www.carecalendar.org/>

**Care Together:** <http://www.caretogether.com>

**Share the Care/ Wisconsin Share the Care and Trualta**

Create a unique caregiving family from friends, relatives, co-workers, neighbors, and acquaintances. Visit the Share the Care website at <http://www.sharethecare.org/>, or you can look for resources about this, including the Trualta program at The Wisconsin Family Caregiver Support Center at <http://wisconsinfamilycaregiver.org/>. You can also contact the Aging and Disability Resource Center of Racine County at 262-833-8777 and ask about caregiver support or any of these programs.

# Home Health Care Agencies:

## Skilled Nursing Level of Care

*Programs that provide necessary medical services in the homes of people who are aged, ill or convalescing. These will always require a doctor's order so you may wish to start with your physician's recommendation. If you would like a listing of these types of providers contact the ADRC at 262-833-8777. They are **not** included here as they are rarely used to provide respite or caregiver assistance needs in the long-term care of a person with dementia.*

**Hospice Information- See Palliative Care/Hospice beginning on page 51**

## In-Home Assistance/Supportive Home Care:

*You may be thinking "If only I had a little help, I could continue providing care, or I/we could remain living in my own home or apartment." The following agencies can provide the help you need to remain home or assist you as a caregiver to someone with dementia.*

**Private Pay or Long-Term Health Care Insurance Coverage** (These services are generally not covered by Medicare or Medicaid as they are not licensed): To make a complaint about these types of businesses - contact the Better Business Bureau. Contact the ADRC for a listing of Personal Care Agencies who accept certain forms of Medicaid or to discuss the kind of in-home assistance you are needing.

### **A Better Life with Love**

614 6<sup>th</sup> St, Racine, WI 53403

**262-770-4346**

### **ADL Supportive Home Care**

318 N Rochester St, Mukwonago, WI 53149

<http://www.adlsupportivehomecare.com/>

**262-363-4400**

### **Always Best Care Senior Services**

16859 W Greenfield Ave, New Berlin, WI 53151

<https://www.alwaysbestcare.com/wi/brookfield/>

**262-439-8616**

### **Amada Senior Care**

16655 W Bluemound Rd. Ste 290, Brookfield, WI 53005

<https://www.amadaseniorcare.com/milwaukee-senior-care/>

**262-395-7928**

### **ANS Personal Care Services**

2731 Washington Ave, Racine, WI 53405

<http://www.anshomecare.com/>

**414-481-9800**

### **Assisting Hands Home Care of SW Milwaukee**

9130 W Loomis Rd, Ste 950, Franklin, WI 53132

<https://www.assistinghands.com/79/wisconsin/swmilwaukee/>

**262-565-6898**

### **Assured Health Care**

495 N Riverside Dr, Ste 203, Gurnee, IL 60031

<https://www.assuredhealthcare.com/>

**847-775-7445**

### **At Home Loving Care**

PO Box 744, Muskego, WI 53150

<http://www.athomelovingcare.com/>

**262-432-1703**

<b>Aveanna Home Health</b> 330 S Executive Dr, Ste 110, Brookfield, WI 53005 <a href="https://www.aveanna.com/">https://www.aveanna.com/</a>	<b>262-782-8292</b>
<b>Brightstar Healthcare</b> 5220 Washington Ave, Ste 102, Racine, WI 53406 <a href="https://www.brightstarcare.com/racine/">https://www.brightstarcare.com/racine/</a>	<b>262-637-7767</b>
<b>Caring Hands at Home</b> 7761 W Ryan Rd, Ste 2, Franklin WI 53132 <a href="https://caringhandsathome.net/">https://caringhandsathome.net/</a>	<b>414-525-4881</b>
<b>Caring with Honor</b> 927 Main St, Racine WI 53403 <a href="https://caringwithhonor.com/">https://caringwithhonor.com/</a>	<b>844-604-0463</b> <b>414-585-8383</b>
<b>Celestial Caregivers</b> 5605 Washington Ave, Ste I, Racine, WI 53406 <a href="http://www.celestialcarellc.com/index.php">http://www.celestialcarellc.com/index.php</a>	<b>414-395-4286</b>
<b>Christian Servants Home Care</b> 2100 English St, Racine WI 53403 <a href="https://www.christianservantshomecare.com/">https://www.christianservantshomecare.com/</a>	<b>262-220-5299</b>
<b>Comfort Keepers</b> Two Locations <a href="https://www.comfortkeepers.com/find-location">https://www.comfortkeepers.com/find-location</a>	<b>Racine Office</b> <b>Waukesha Office</b> <b>262-884-3930</b> <b>262-542-5800</b>
<b>Cornerstone Caregiving</b> 3200 Sheridan Rd Ste 102, Kenosha, WI 53140 <a href="https://cornerstonecaregiving.com/">https://cornerstonecaregiving.com/</a>	<b>262-597-3033</b>
<b>Fox River Homecare, LLC</b> W2745 County Road D, Ste A, Elkhorn WI 53121 <a href="https://www.facebook.com/FoxRiverHomeCare/">https://www.facebook.com/FoxRiverHomeCare/</a>	<b>262-642-2124</b>
<b>Heal to Thrive</b> 809 Cedar, Rockford, IL 61102 <a href="https://healtothrive.com/">https://healtothrive.com/</a>	<b>779-210-7387</b>
<b>Hearts to Home</b> 6340 N Green Bay Ave, Glendale, WI 53209 <a href="http://www.heartstohomellc.com/">http://www.heartstohomellc.com/</a>	<b>414-352-9040</b>
<b>Heritage Health Services</b> 6634 Durand Ave, Racine WI 53406 <a href="http://www.wihhs.com/">http://www.wihhs.com/</a>	<b>262-554-8800</b>
<b>Home Health Managers</b> 11053 N Towne Square Rd, Mequon, WI 53092 <a href="http://homehealthmanagers.com/">http://homehealthmanagers.com/</a>	<b>414-228-9401</b>

<b>Home Helpers</b> 158 W Chestnut St, Burlington, WI 53105 <a href="http://homecareburlingtonwi.com/">http://homecareburlingtonwi.com/</a>	<b>262-757-0012</b>
<b>Home Instead</b> 2 Area Locations: 6011 Durand Ave, Ste 500, Racine WI 53406 425 Milwaukee Ave, Ste B, Burlington, WI 53105 <a href="http://www.homeinstead.com/427">http://www.homeinstead.com/427</a>	<b>262-598-0290</b> <b>262-947-4030</b>
<b>Interim HealthCare</b> 6233 Bankers Rd, Ste 18-E, Mount Pleasant, WI 53403 <a href="https://www.interimhealthcare.com/racinewi/home/">https://www.interimhealthcare.com/racinewi/home/</a>	<b>262-910-1391</b>
<b>Kenosha Visiting Nurse Association</b> 600 - 52 <sup>nd</sup> St, Kenosha, WI 53140 <a href="http://www.kvna.net/">http://www.kvna.net/</a>	<b>262-656-8400</b>
<b>Loving Hearts Homecare</b> 10505 Corporate Dr, Ste 105D, Pleasant Prairie, WI 53158 <a href="https://lovingheartshomecare.com/">https://lovingheartshomecare.com/</a>	<b>262-842-2228</b>
<b>Maxim Healthcare Services Inc</b> 933 N Mayfair Rd, Ste 201, Milwaukee, WI 53226 <a href="https://www.maximhealthcare.com/locations/milwaukee-wi">https://www.maximhealthcare.com/locations/milwaukee-wi</a>	<b>414-475-9330</b>
<b>MCFI Home Care</b> 2020 W Wells St, Milwaukee, WI 53233 <a href="http://www.mcfihomecare.net/Home-Care-Services.htm">http://www.mcfihomecare.net/Home-Care-Services.htm</a>	<b>414-290-0050</b> <b>888-331-5696</b>
<b>No Place Like Home</b> 204 E Commerce Ct, Unit #2, Elkhorn, WI 53121	<b>262-910-1135</b>
<b>Restorative Home Care w/Nurse Managed Care</b> <a href="http://www.restorativehomecare.com/">http://www.restorativehomecare.com/</a>	<b>414-477-3438</b>
<b>Right at Home</b> 6044 8 <sup>th</sup> Ave, Kenosha, WI 53143 <a href="https://www.rightathome.net/kenosha-racine">https://www.rightathome.net/kenosha-racine</a>	<b>262-654-5410</b>
<b>Senior Helpers</b> 6211 Durand Ave, Ste 101, Racine, WI 53406 <a href="https://www.seniorhelpers.com/wi/racine/">https://www.seniorhelpers.com/wi/racine/</a>	<b>262-554-7783</b>
<b>Society's Assets Racine</b> 5200 Washington Ave, Racine, WI 53406 <a href="http://www.societysassets.org/">http://www.societysassets.org/</a>	<b>262-637-9128</b>
<b>Staff One Home Health Care</b> 10817 W Lincoln Ave, West Allis, WI 53227 <a href="http://staffoneltd.com/">http://staffoneltd.com/</a>	<b>414-453-7350</b>

**Synergy HomeCare**  
223 N Route 21, Gurnee, IL 60031  
<http://www.synergyhomecare.com/>

**262-842-2363**  
**847-388-0014**

**TheKey**  
409 E Silver Spring Dr, Ste A,  
Whitefish Bay, WI 53217  
<https://thekey.com/>

**844-856-5665**  
**262-875-8363 local**

**Todd's In-Home Care**  
6123 Green Bay Rd, Ste 250, Kenosha, WI 53142  
<http://www.toddsinhomecare.com/>

**262-605-4700**

**Touching Hearts at Home**  
PO Box 70 Burlington, WI 53105  
[www.touchinghearts.com/kenosha/](http://www.touchinghearts.com/kenosha/)

**262-212-3596**

**Transitions at Home**  
640 Broad St, Elkhorn, WI 53121

**262-723-2700**

### **Assistance with Bathing – Private Pay:**

*With this “bath only” service, the provider will come to home. Most in-home assistance agencies (listed above) will provide bathing but may combine this with other services.*

**Kenosha Visiting Nurse Association Inc**  
600 52<sup>nd</sup> St, Kenosha, WI 53140  
<http://www.kvna.net/>

**262-656-8400**

Will also do hair care, oral hygiene/denture care, shaving and dressing.

### **In- Home Physician Visits:**

*Sometimes you are no longer able to get out to go to the doctor's office. It is possible to have one come to your home.*

**Harmony Cares Medical Group**  
**(former Visiting Physicians)**  
2514 S 102<sup>nd</sup> St, Ste 160, West Allis, WI 53227  
<https://harmoniycaremedicalgroup.com/>

**414-255-0300**

**800-839-6583**

### **In-Home Foot Care:**

*Please contact the ADRC for a listing of current providers that will come to the home to provide foot care services at 262-833-8777.*

### **In Home Hair Care:**

*Provider comes to your home, serving men & women. Also, check with in-home assistance agencies that may provide basic hair care.*

**Head to Toe**  
Perms, color, cuts, and sets. Also, offers nail care services.

**262-632-6400**

**Barb Sorenson**  
Perms, color, cuts, and sets.

**262-939-0261**

## Around the Clock Caregivers:

### Live-In Providers:

*Hire a caregiver to live in your home and help you with all your activities of daily living. Most agencies provide the candidates; the consumer or their family members are responsible for contracting with the caregiver, but some may be on an hourly basis or flat rate.*

<b>Caregiver Associates</b> N3319 University Rd, Lake Geneva, WI 53147	<b>920-395-3902</b>
<b>Comfort Keepers</b> 1127 Prairie Dr, Ste 600, Racine, WI 53406 <a href="http://www.comfortkeepers.com/office-830">http://www.comfortkeepers.com/office-830</a>	<b>262-884-3930</b>
<b>Freedom Care LLC, 24 hr Live-In ...</b> 611 Lakeshore Dr, Beaver Dam, WI 53916 <a href="https://www.freedomcarellc.com/default.html">https://www.freedomcarellc.com/default.html</a>	<b>920-885-5936</b>
<b>Good People LLC</b> 1029 N Jackson St #1209, Milwaukee, WI 53203 <a href="https://www.goodpeople.us">https://www.goodpeople.us</a> or email <a href="mailto:info@goodpeople.us">info@goodpeople.us</a>	<b>800-608-8003</b> <b>414-759-7482</b>
<b>Home Care Services</b> 9429 72 <sup>nd</sup> St, Kenosha, WI 53142 <a href="http://www.homecarewisconsin.com/">http://www.homecarewisconsin.com/</a>	<b>262-694-4941</b>
<b>Home Helpers</b> 158 W Chestnut St, Burlington, WI 53105 <a href="https://www.homehelpershomecare.com/burlington/">https://www.homehelpershomecare.com/burlington/</a>	<b>262-757-0012</b>
<b>Irene's International Home Health Care</b> PO Box 2250, 1132 Waukegan Rd, Ste 205 Glenview IL 60025	<b>262-248-1874</b>
<b>Right at Home</b> 6044 8 <sup>th</sup> Ave, Kenosha WI 53143 <a href="https://www.rightathome.net/kenosha-racine">https://www.rightathome.net/kenosha-racine</a>	<b>262-619-4155</b>
<b>Synergy HomeCare</b> 223 N Route 21, Gurnee, IL 60031 <a href="http://www.synergyhomecare.com/">http://www.synergyhomecare.com/</a>	<b>262-842-2363</b> <b>847-388-0014</b>
<b>TheKey</b> 409 E Silver Spring Dr, Ste A, Whitefish Bay, WI 53217 <a href="https://thekey.com/">https://thekey.com/</a>	<b>844-856-5665</b> <b>262-875-8363 local</b>
<b>Touching Hearts at Home</b> PO Box 70 Burlington, WI 53105 <a href="http://www.touchinghearts.com/kenosha/">www.touchinghearts.com/kenosha/</a>	<b>262-212-3596</b>

*Continued next page...*

## **Private Pay 24-Hour Shift Care (not live-in providers):**

Check with any of the In-Home Assistance Agencies/Supportive Home Care agencies beginning on page 19. Most of them do offer 24-hour shift care.

**Private Pay or Long-Term Health Care Insurance Coverage** (These services are generally not covered by Medicare or Medicaid as they are not licensed) To make a complaint about these businesses - contact the Better Business Bureau. Contact the ADRC for a listing of Personal Care Agencies who accept certain forms of Medicaid.

## **Caregiver Support**

### **Am I a Caregiver?**

*Most of us are spouses, daughters, sons and other relatives or friends and neighbors. Do you regularly help someone with things like meals, getting medications, going to the doctor, driving to the store or other places? If so, you are also considered a caregiver. Remember that an important task for caregivers is to also be sure to care for themselves. Below are some resources to help with that.*

Caregiver support can come in many forms and is different for each situation. Most common forms of support include time away (called Respite see page 53), someone to talk to about your specific situation, and sometimes it can mean participating in certain programs that can provide goods or services to make the caregiving job easier, or the opportunity to learn something new about a disease or a method of helping.

## **Classes and Programs**

*These caregiver classes are offered periodically by the ADRC Caregiver Support staff. Some other organizations may offer programs of education about disease process and other aspects of caregiving. See a listing of those organizations beginning on page 25.*

### **Classes for Caregivers:**

Contact the ADRC at 262-833-8777 for more information

#### **Powerful Tools for Caregivers**

An educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend. • Reduce stress • Improve self-confidence • Locate helpful resources • Better communicate feelings • Increase their ability to make tough decisions

### **Online Training (Available 24/7):**

#### **Dementia-Capable Wisconsin: A Guide for Family Caregivers**

<https://www.dhs.wisconsin.gov/dementia/families.htm>

#### **Dementia Generalist Training for Family and Friends (UW Oshkosh)**

<https://wss.ccdet.uwosh.edu/stc/dhsdementia>

Please contact the ADRC for a code which will allow you access to this course at no cost.



## **Alzheimer's Association Training & Education Center**

**800-272-3900**

<https://training.alz.org/>

## **Tualta**

<https://wisconsincaregiver.tualta.com/login>

You're tired of general information. Tualta addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a care manager. Contact the ADRC for more information about this free program 262-833-8777 or simply sign up.

## **Programs for Caregivers:**

### **Alzheimer's Family Caregiver Support Program (AFCSP)**

<https://www.dhs.wisconsin.gov/aging/alzfcgsp.htm>

Assists individuals to purchase services and goods related to the care of someone with Alzheimer's disease or related disorders. Contact the ADRC at 262-833-8777.

### **Hidden Heros - Respite Care Program**

**202-249-7170**

<https://hiddenheroes.org/>

Various programs to assist caregivers of **veterans** including the opportunity for free respite care. Elizabeth Dole foundation.

### **Wisconsin's Family Caregiver Support Programs**

**886-843-9810**

<https://wisconsincaregiver.org/>

Resource information and contacts to caregiver support in each Wisconsin County. In Racine County contact the ADRC to be connected to Caregiver Support.

## **Support Groups**

### ***General Caregiver Groups/ Alzheimer's Specific:***

*For groups are sponsored by the Aging and Disability Resource Center of Racine County, call 262-833-8777. Also, call if you have questions or would like to register. All groups are subject to change. For Alzheimer's Specific group times and locations contact the Alzheimer's Association at 800-272-3900.*

## **Specialty Support Groups/Support Services**

### ***In-Person Support***

### **Aging and Disability Resource Center – Caregiver Support Specialists**

**262-833-8777**

[https://www.adrc.racinecounty.com/site/459/caregiver\\_support.aspx](https://www.adrc.racinecounty.com/site/459/caregiver_support.aspx)

14200 Washington Ave, Sturtevant, WI 53177

Trained Caregiver Support Specialists provide several types of support for those caring for someone over age 60, caregivers who are over 60 and anyone caring for a person with dementia. This free service can include one-on-one visits to develop personalized strategies and offer individual support. Call and request a referral for caregiver support.

## **Parkinson's Disease Support Group - Local**

### **Neuro Advantage Rehabilitation**

**262-260-8451**

13200 Globe Dr, Ste 206, Mount Pleasant 53177

<https://www.neuroadvantagerehab.com/>

Guest speakers at times. They also offer a specialty exercise group.

***Please check with other organizations (see pages 25-26) for other types of support offerings.***

## **Online Support**

### **Alzheimer's Association**

**800-272-3900**

<https://www.alz.org/care/overview.asp>

Free, online community for everyone affected by Alzheimer's or another dementia.

ALZConnected <https://www.alzconnected.org/> Members can share their questions, experiences and tips via message boards and live chat rooms. Toll free phone number can be used 24/7.

### **Hilarity for Charity - Online Support Group**

<https://wearehfc.org/programs/>

Designed to help people under the age of 40 who are navigating their way through this disease while attending school, raising families of their own or developing careers, our online Support Groups are offered in a variety of time zones to help fit caregivers' busy schedules.

## **Telephone Support**

### **AARP- Friendly Voice**

**888-281-0145**

<https://aarpcommunityconnections.org/>

**888-497-4108** Spanish

Request a call back from a friendly volunteer. Caller ID will say 800 service, look for the number 888-281-0145. English and Spanish available. Weekdays 9 am to 5 pm.

### **Alzheimer's Association**

**800-272-3900**

Offers 24/7 support on their helpline

### **Alzheimer's Foundation of America**

**866-232-8484**

<https://alzfdn.org/caregiving-resources/2860-2/>

Various telephone base support groups, and national helpline

### **VA Caregiver Support**

**855-260-3274**

<https://www.caregiver.va.gov/>

General caregiver line but will discuss dementia care issues.

### **SAGE National LGBT Elder Hotline**

**877-360-5428**

<https://www.sageusa.org/>

General caregiver line available. Available 24/7 in English and Spanish.

### **The Friendship Line**

**800-971-0016**

<https://www.ioaging.org/services/friendship-line>

National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors. Also does grief support through assistance and reassurance. They also make on-going outreach calls to lonely older adults. (non-profit). Not dementia specific but can be helpful.

## **Organizations that Help**

*Many disease specific, and caregiver organizations offer information, education, and support in various forms for those with that disease, and their caregivers.*

### **Alzheimer's Association Wisconsin Chapter**

**800-272-3900**

Milwaukee Office

**414-479-8800**

620 S 76<sup>th</sup> St, Suite 160, Milwaukee, WI 53214

National: 255 N Michigan Ave, Fl17, Chicago, IL 60601

<https://www.alz.org/wi>

Core services include 24-hour helpline, care consultation, support groups, educational programs, Safe Return program, and resource center.

### **Alzheimer's Foundation**

**866-232-8484**

<https://alzfdn.org/>

Support, services and education

### **Alzheimers.gov**

**800-438-4380**

<https://www.alzheimers.gov/>

Resources from the Administration for Community Living on Alzheimer's disease and other forms of dementia.

### **Caregiver Support - (ADRC)**

**262-833-8777**

14200 Washington Ave, Sturtevant, WI 53177

<https://adrc.racinecounty.com>

Information and some funding for respite care and other services to assist families caring for someone with Alzheimer's disease or dementia and related disorders.

### **Family Caregiver Alliance/National Center on Caregiving**

**800-445-8106**

<https://www.caregiver.org/>

### **Family Caregiving Center – AARP**

**877-333-5885**

<https://www.aarp.org/caregiving/>

### **Frontotemporal Degeneration, The Association for**

**866-507-7222**

<https://www.theaftd.org/>

\*Offers a monthly Caregiver Support Group in conjunction with the Alzheimer's Association. 3<sup>rd</sup> Wednesday of the month. Contact 414-479-8800 for more info.

### **Huntington's Disease Society of America – Wisconsin Chapter**

**877-330-2966**

<https://wisconsin.hdsa.org/>

### **Lewy Body Dementia Association**

**800-539-9767**

<https://www.lbda.org/>

### **National Alliance for Caregiving**

Online resources: <https://www.caregiving.org/resources/>

**Parkinson's Foundation Helpline****800-473-4636**<https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Helpline>Available 9 am to 8 pm (ET) in English and Spanish, or email [helpline@parkinson.org](mailto:helpline@parkinson.org)**Respite Care Association of Wisconsin****608-222-2033**<https://respitecarewi.org/>

Information, programs, training and a registry related to respite across the lifespan.

**US Veterans Department****855-260-3274**[https://www.va.gov/GERIATRICS/pages/Alzheimers\\_and\\_Dementia\\_Care.asp](https://www.va.gov/GERIATRICS/pages/Alzheimers_and_Dementia_Care.asp)

For those caring for a Veteran, resources on dementia care through the VA and information on new research on dementia in Veterans.

**Wisconsin Alzheimer's Institute****608-263-9949**

Program that provides information, education, research, outreach, advocacy and service programs to help improve lives, advance knowledge and inspire hope.

<https://www.wai.wisc.edu/>**Wisconsin Parkinson's Association****414-312-6990**<https://www.wiparkinson.org/>

Providing hope, community, support and resources for people with Parkinson's and their loved ones.

## **How to Support a Caregiver**

As every situation and individual differs, there are many ways to support caregivers. See Part 3 for handouts and further information. (*Adapted from Share the Care Wisconsin*)  
Some areas where others can help:

- Help with daily tasks
- Create respite opportunities
- Financial assistance
- Lending an ear

**As a caregiver**, you may be uncomfortable or need to overcome some of your fears but if you simply make your needs known, you may be pleasantly surprised by the willingness of others to pitch in. Many times, friends and family members want to help, but don't know how. If you have trouble asking for help, try some of the tips below:

**You have permission** – it's okay to ask for help from family, friends, and others – you don't have to do everything yourself. It's a good idea to make a list of things you would like help with. Be specific. You can think about matching this to the skills or availability of people you know or even groups that help out.

**Set aside time** to talk with and ask the person you have in mind if they would like to help, and in what way. Point out areas where they might be able to help out, and make sure they understand how helpful and important this is to you and the person you are caring for. See "Asking Family and Friends for Help" in Part 3 page 84.

Talk with the ADRC regarding a referral for Caregiver Support and get more information and connection to resources. 262-833-8777

# Day Programs and Other Services

*Day programs and services can also be considered a form of respite for caregivers while also providing a safe environment for the person with dementia.*

## Adult Day Care

*An Adult Day Care provides services in a group setting to older adults. These services may include personal care, meals, medical care, transportation, and social activities. Licensed.*

### **Brown's Adult Day Center LLC**

**262-260-8144**

3417 Douglas Ave  
Racine, WI 53402

### **Quality Care Services**

**414-416-0058**

2051 Mead St  
Racine, WI 53403

### **The Manna House Adult Day Care**

**262-583-0653**

1034 West Blvd, #2  
Racine, WI 53405  
<https://www.adultdaycareatmannahouse.com/>

## Social Day Programs

### **Our Harmony Club LLC**

**262-880-5301**

A social day program held at different community sites throughout Racine County. Provides a safe environment for up to 6 hours – 9:30am to 3:30pm. Call for locations and further information.

<https://www.ourharmonyclub.org/>

## Specialty Programs

### **Memory Café**

<https://www.alz.org/wi/helping-you/early-stage-programs/memory-cafe>

Memory Cafés occur in many Southeastern Wisconsin locations, and you are welcome to attend any of them. If you or someone you know has been experiencing changes in memory, diagnosed with mild cognitive impairment (MCI) or early-stage dementia, involvement in early-stage programs can be very helpful. Participating in a positive, supportive, and stimulating program may enhance personal well-being and may help individuals remain healthier longer.

In **Racine County** –

Share your stories and socialize with others who have worries about their memory.

- **Contact the ADRC for local Memory Café information 262-833-8777**

**Music and Memory****262-833-8777**

<https://www.dhs.wisconsin.gov/music-memory/music-memory-overview.htm>

The Wisconsin Department of Health Services has collaborated with ADRCs and the national MUSIC & MEMORYS organization to bring personalized music to caregivers and their loved ones who are living in their own homes. Through the program, people with dementia receive an iPod, headphones, portable speaker, charger, and an iTunes gift card. The participant receives an initial screening to confirm the participant's memory loss and eligibility. A music assessment would be conducted with the person and care partner. Subsequent visits would be used to pick up the loaded iPod and share information about community programs, the memory clinics, and other services. Staff administering the project are certified in the national MUSIC & MEMORY program.

**Parkinson's Dance Class****314-757-4045 (Elly)**

<https://danceforparkinsons.org/find-a-class/class-locations/united-states/wisconsin>

Kenosha Academy of the Performing Arts

7600 75<sup>th</sup> St, Kenosha, WI 53142

Rediscover the joy of movement with this program modeled after the Dance for PD® program in Brooklyn, NY. In conjunction with the Wisconsin Parkinson Association. Ask about cost and dates for the 9-week sessions or drop in for one or more of the sessions. Care partners attend at no charge. For more information or registration, please contact Elly Schaaf via email, [ellyschaaf@gmail.com](mailto:ellyschaaf@gmail.com) or phone, (314) 757-4045

**Parkinson's Exercise Group****262-260-8451**

Neuro Advantage Rehabilitation

13200 Globe Dr, Ste 206, Mount Pleasant 53177

<https://www.neuroadvantagerehab.com/>

Ongoing, meets weekly, call for day, time, and cost information.

**Wisconsin Parkinson Association** has listings of area Support and Exercise groups at:

<https://wiparkinson.org/support-exercise-groups/> or call: 414-312-6990

**Senior Companion Program****262-898-1941**

<https://www.racinedominicans.org/seniorcompanionprogram.cfm>

Sometimes the person with memory loss can feel socially isolated and may need a friendship beyond family and caregivers. Senior Companion visits are made at the home of the matched companion, senior housing facility, assisted living facility or nursing home. Volunteers and companions build relationships quickly. An hour can fly by when playing cards, doing a puzzle, reading aloud, watching a program, having a snack together, sharing stories and experiences or doing a craft. The possibilities are endless! Visits can also occur over the phone, or as pen pals.

**SPARK****262-636-9573 (Tricia)**

<https://www.ramart.org/education/spark/>

Discover FREE art experiences for people with memory loss and their caregivers at the RAM's Wustum Museum and the Racine Art Museum. Developed to provide a stimulating, yet non-threatening atmosphere, these creative experiences encourage the person with memory loss to actively engage in the moment and leave with a feeling of accomplishment and worth. Each program offers a unique mix of engagement focused activities explored through visual art conversation, sensory stimulants, creative writing/poetry, music, the art of movement and hands-on art making.

# Driver Training, Evaluation and Modification Resources

## **AAA –Senior Driver Safety and Mobility**

**800-236-1800**

<https://exchange.aaa.com/safety/senior-driver-safety-mobility/>

Offers several tools; self-evaluation, car fit clinics and refresher courses, and has resources for family and friends. Can access information on the AAA Roadwise Review, and more.

## **AARP Driver Safety Program**

**800-350-7025**

<https://www.aarpdriversafety.org/>

Driver improvement course for motorists age 50 and over that consists of 4 hours of classroom instruction aimed at refining existing skills and developing safer, more defensive driving habits. It is offered in local locations and can be taken online.

## **Adaptive Driving Specialists**

**414 721-8636**

<https://adaptivedrivingspecialists.wordpress.com/>

Adaptive Driving Specialists is a licensed driving school specifically geared toward providing comprehensive driver rehabilitation services, offering on-site evaluation and training throughout southeast Wisconsin. Qualified to provide clinical screening, behind-the-wheel evaluation, and on-road training.

Experienced staff is prepared to work with individuals with a wide range of disabilities, and with beginning or experienced drivers. We work with clients, families, and professionals to assist in making appropriate decisions with respect to driving. Services provided at your location

## **Adaptive Experts**

**651-324-0791**

<http://www.adaptiveexperts.com/wi.html>

Comprehensive driving evaluation determines the extent of a disability and how this impacts the ability to drive safely. Evaluation includes clinical pre-driver screening along with behind-the-wheel assessment and adaptive equipment recommendations. Services provided at your location

## **Ascension – St Joseph Campus**

**414-447-2208**

5000 W Chambers St

Milwaukee, WI 53210

A physician's prescription is required. Driver Skill Assessments are available at Ascension – St. Joseph Campus. Assessments will benefit anyone experiencing physiological or neurological changes that may affect driving ability. These might include a stroke, confusion or slowed reflexes.

Skills Assessed

Assessments are performed by specially trained Occupational Therapists who assess the following areas:

- Physical skills including range of motion, strength, and reaction time
- Visual perceptual skills: visual acuity, depth perception and peripheral vision
- Judgment and reasoning skills focused on knowledge and problem solving required for driving

*Continued next page...*

Based on the results of the assessment, an on-the-road assessment can be facilitated through an independent agency.

#### Program Components

- Driving skill assessment utilizing specialized equipment
- Referral for on-the-road assessment
- Community linkages for resources when driving is not recommended

Written report sent to referring physician including recommendations for therapeutic intervention

#### **Aurora Health Care – Clinical Driving Assessment**

Must have a physician referral to access the services of this program

See link below, or contact your Aurora physician for a referral to the nearest location.

<https://www.aurorahealthcare.org/classes-events/driver-readiness-program-through-aurora-sports-health>

#### **National Aging and Disability Transportation Center**

**866-983-3222**

<https://www.nadtc.org/>

Promotes the availability and accessibility of transportation options for older adults, people with disabilities and caregivers.

Helpful Publications (contact the ADRC if you need paper copies of these):

#### **A Talk with an Older Driver:**

[https://eldercare.acl.gov/Public/Resources/Factsheets/Talk\\_Elder\\_Driver.aspx](https://eldercare.acl.gov/Public/Resources/Factsheets/Talk_Elder_Driver.aspx)

#### **Driving Retirement:**

[https://www.adrc.racinecounty.com/Portals/\\_AgencySite/Info%20pieces/RetiringfromDrivingwithWorksheets3-2019.pdf](https://www.adrc.racinecounty.com/Portals/_AgencySite/Info%20pieces/RetiringfromDrivingwithWorksheets3-2019.pdf)

#### **Hanging Up the Keys:**

[https://www.adrc.racinecounty.com/Portals/\\_AgencySite/Transportation/Hanging\\_Up\\_the\\_Keys\\_Guide-Cover.pdf](https://www.adrc.racinecounty.com/Portals/_AgencySite/Transportation/Hanging_Up_the_Keys_Guide-Cover.pdf)

#### **Before you give up the Keys:**

[https://eldercare.acl.gov/Public/Resources/Brochures/docs/Give\\_Up\\_The\\_Keys\\_Roadmap\\_for\\_Transportation\\_Independence.pdf](https://eldercare.acl.gov/Public/Resources/Brochures/docs/Give_Up_The_Keys_Roadmap_for_Transportation_Independence.pdf)

#### **Senior Driving Resource**

**262-210-3707**

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

Online driving assessment and information resources to assist with continued driving safety.

#### **Wisconsin Council of the Blind & Visually Impaired- “When to Stop Driving and How to Talk to Your Loved Ones About It”**

**800-783-5213**

One-hour video presentation, tips on how to respectfully discuss no longer driving with loved one, along with several resources for evaluating the ability to drive, and ways to find safe and alternative modes of transportation. View this webinar at <http://tinyurl.com/h2q5zwn>



**Department of Motor Vehicles – Wisconsin  
Medical Review & Fitness Unit**

**608-266-2327**

<http://wisconsindot.gov/Pages/dmv/license-drvs/mdcl-cncrns/med-concerns.aspx>

*The following are online links. If you need printed copies, contact the ADRC or the DMV.*

**Special driving circumstances**

- [Driving with a disability](#)
- [Driving with a medical condition](#)
- [Reporting an unsafe driver](#)

**DMV "Be Safe, Not Sorry" series of medical outreach publications**

- [BDS344](#) – Medical professional guide for reporting drivers
- [BDS345](#) – Older driver workbook
- [BDS225](#) – Public guide for reporting medically-impaired drivers
- [BDS343](#) – Law enforcement guide for reporting drivers

**Alternative transportation options**

Check your county's [alternative transportation options](#) for those who choose not to or cannot drive.

**Medical Review & Fitness Unit**

P.O. Box 7918

Madison WI 53707-7918

**Email:** <https://trust.dot.state.wi.us/eif/emailInq.do?action=lookUpInquiry>

**Phone** (608) 266-2327

**Fax** (608) 267-0518

# Equipment and Supplies

*Most of the time when you are in need of equipment and supplies to care for someone, you are going to start with your doctor to make a recommendation or to write out a prescription for the item(s) needed.*

*Sometimes you may wonder if there is any device or item that can just make your life easier, but it is not considered a medical device. You may need to experiment or research things that can help in your situation.*

*Equipment is also known as Assistive Technology and tends to be long lasting. Medical supplies, on the other hand, are items you must replenish over time, like incontinence pads, or oxygen.*

## Where to Begin

1. If the item you need will require a prescription from a doctor, then steps you take would include contacting your insurer about any preferred providers of that item. Call the number on the back of your insurance card and ask about coverage and preferred providers. If the person has Medicare coverage start with **1-800- Medicare (800-633-4227)**. You can also check online at: <https://www.medicare.gov/>.
2. If your item will not be covered by insurance, then you might check with equipment loan closets, area thrift stores, the refurbished equipment dealer (some regular providers may also sell re-furbished equipment), or some of the big box stores who have lower prices.
3. Another idea is to check with the local Independent Living Center who can assist with information about what is available and financial programs that help. They can be reached at **262-637-9128** (located within Society's Assets) See their information on the next page.

## Assistive Technology:

*Equipment, appliances and assistive aids that enable people, including those who have physical or sensory limitations, to increase their mobility and/or their ability to communicate and live more comfortably. Some can be labeled durable medical equipment.*

### Agencies that provide Assistive Technology information, assistance, and referral:

#### Independent Living Center – Society's Assets

<http://www.societysassets.org/>

##### **Racine Office**

5200 Washington Ave, Ste 225  
Racine, WI 53406

##### **Elkhorn Office**

615 E Geneva St  
Elkhorn, WI 53121

**262-637-9128**

**800-378-9128**

**866-840-9761 TTY**

**262-723-8181**

**800-261-8181**

**866-840-9763 TTY**

Provides assistance to seniors and people of all ages with disabilities. Offers consumers comprehensive in-home services to assist people with living independently including

assistive technology/home and business modifications, and other tools for independence. Products available. The Independent Living Center is the access point for:

**WisTech**

<https://www.dhs.wisconsin.gov/wistech/index.htm>

WisTech provides information on selecting, funding, installing and using assistive technology.

**WisLoan**

<http://dhs.wisconsin.gov/Disabilities/wistech/wisloan.htm>

The WisLoan program offers loans for assistive technology. This helps people buy equipment such as hearing aids, modified vehicles, wheelchairs and ramps

**Wisconsin Department of Health Services**

**888-879-0017**

**Office for the Blind and Visually Impaired**

<http://dhs.wisconsin.gov/blind/>

819 N 6<sup>th</sup> St, Room 609-C, Milwaukee, WI 53203

Field Office for Racine County

Office for the Blind and Visually Impaired is the government agency designated to provide assessment, training, and information to adults with vision loss, their families and interested professionals. These services exist to enhance independent living skills and quality of life for persons with vision loss.

**Wisconsin Department of Health Services**

**Office for the Deaf and Hard of Hearing**

**262-290-4466**

<https://www.dhs.wisconsin.gov/odhh/index.htm>

141 NW Barstow St, Room 404, Waukesha, WI 53188

Information and referral regarding advocacy, laws, services, and technology.

**Providers that sell or rent assistive technology:**

*You may wish to first check with your insurance for a list of preferred providers*

**Ability Independence**

**262-697-9277**

6918 Sheridan Rd, Kenosha, WI 53143

<http://www.abilityindependence.com>

Lifts, ramps home modifications, some rental equipment.

**Access Ability Home Medical**

**414-486-6249**

1995 E Norse Ave

**877-486-9900**

Cudahy, WI 53110 (3 other area locations including Kenosha)

<http://www.hmestore.net>

Home medical equipment, mobility equipment.

**Access Elevator**

**414-727-2524**

<http://accesselevator.net>

Lifts, ramps, and many other home modifications

**Adaptive Technology Resources**

**800-770-8474**

<https://adaptivetr.com/>

Helps with assistive technology and training to meet individual goals for independence.

<p><b>Aero Care</b> (former Home Care Medical+/Oxygen One)  3805A Spring St, Ste 210, Racine WI 53405  <a href="https://homecaremedical.com/">https://homecaremedical.com/</a></p>	<p><b>262-898-2405</b></p>
<p><b>Alzheimer's Store (The)</b>  <a href="https://www.alzstore.com/">https://www.alzstore.com/</a>  Products and services that help caregivers, and people with dementia to feel safe and comfortable in their environment.</p>	<p><b>800-752-3238</b></p>
<p><b>AMRamp</b>  <a href="http://www.americanramp.com">http://www.americanramp.com</a>  Non- permanent ramps for purchase or rental. Also, carries Portable showers, lifts+.</p>	<p><b>888-715-7598</b></p>
<p><b>Apria Healthcare</b>  5345 S Moorland Rd, Brookfield, WI 53151  <a href="http://www.apria.com">http://www.apria.com</a>  Respiratory therapy and basic durable medical equipment available.</p>	<p><b>262-207-1551</b></p>
<p><b>Arrow Lift</b>  <a href="https://arrowlift.com/">https://arrowlift.com/</a>  Stair lifts, home elevators and other lifts.</p>	<p><b>920-325-3994</b></p>
<p><b>BILD (Bridgeway Independent Living Designs)</b>  9209 W Bluemound Rd, Milwaukee, WI 53226  <a href="https://www.bildnow.com/">https://www.bildnow.com/</a>  Modifications, lifts, ramps, and other equipment.</p>	<p><b>888-482-2453</b></p>
<p><b>Cherubini Enterprises, Inc.</b>  7426 W Donges Bay Rd, Mequon, WI 53092  <a href="http://ceibroda.com/">http://ceibroda.com/</a>  Broda Wheelchairs, Parts &amp; Accessories as well as ComforTek Tables and Chairs.</p>	<p><b>262-238-1000</b></p>
<p><b>DME Elevators &amp; Lifts</b>  9675 S 54<sup>th</sup> St, Ste 4, Franklin, WI 53132  <a href="https://www.dmelift.com/">https://www.dmelift.com/</a>  Stairway lifts, wheelchair lifts, home, and access elevator provider.</p>	<p><b>262-605-1300</b></p>
<p><b>Handi-Ramp</b>  5600 99<sup>th</sup> Ave, Unit A1, Kenosha, WI 53144  <a href="https://handiramp.com/">https://handiramp.com/</a>  Accessibility products, ramps, home and safety products and more.</p>	<p><b>800-876-7267</b></p>
<p><b>Kinex</b>  3811 Spring St, Racine, WI 53405  <a href="https://kinexmedical.com/">https://kinexmedical.com/</a>  Durable medical equipment and orthotics</p>	<p><b>262-687-5862</b></p>
<p><b>Lifeway Mobility</b>  210 W Campus Dr, Ste B, Arlington Heights, IL 60004  <a href="https://www.lifewaymobility.com/chicagoland/">https://www.lifewaymobility.com/chicagoland/</a>  Mobility products, lifts, ramps, modifications, and other products.</p>	<p><b>847-215-9490</b></p>

**Living Well Medical Scooters and Lifts** 262-652-6288  
3921 30<sup>th</sup> Ave, Kenosha, WI 53144  
<http://www.livingwellhomemed.com/>  
Home medical equipment and supplies

**Miller Mobility** 262-549-4900  
<https://millermobility.com/>  
Mobility products, lifts, ramps, and other products.

**National Seating and Mobility** 866-248-0756  
12040 W Feerick St, Unit D & E, Wauwatosa, WI 53222  
<http://www.nsm-seating.com>  
Custom mobility, Rehab and adaptive seating systems.

**NovaCare Orthotics and Prosthetics** 262-697-1160  
7201 Green Bay Rd, Kenosha, WI 53142  
<http://www.oandp.com/resources/networks/actra/default.htm>

**NuMotion** 414-762-1300  
440 W Bell Ct, Ste 400, Oak Creek, WI 53154  
<https://www.numotion.com/>  
Complex rehab technology including mobility devices and medical supplies.

**On the Go Mobility** 414-228-7100  
7289 N Teutonia Ave, Milwaukee, WI 53209 800-601-7267  
<http://onthegomobility.com/>  
Sell, rent and service Power Wheelchairs, Scooters, Lift Chairs, and Ramps.

**Orbit Medical** 262-784-2072  
2925 S 160<sup>th</sup> St, New Berlin, WI 53150  
<https://www.orbitmedical.com/>  
Mobility and home medical Supplies

**Prairie View Industries, Inc** 800-554-7267  
PO Box 575, Fairbury, NE 68352  
<http://www.pviramps.com/>  
Ramps of various types

**Vision Forward** 414-258-9200  
912 Hawley Rd, Milwaukee, WI 53213 877-258-9200  
<http://www.vision-forward.org/>

*Continued next page...*  
A full spectrum of programs and services designed to build confidence and independence for people living with vision loss. Programs: Support Services, Rehabilitation Services, Hawley Ridge Apartments, Independent Living option, Low Vision Services, Recreation, Resource Center (library), Outlook Shoppe (Adaptive aids store)

**Wisconsin Council of the Blind and Visually Impaired**

754 Williamson St, Madison, WI 53703

<http://www.wcblind.org>**608-255-1166****800-783-5213**

Provides supportive and rehabilitative services for legally blind or visually impaired persons including scholarships, computer training, speaker's bureau, free white canes, assistive devices, and referrals.

**Assistive Technology Note:** Local pharmacies, big box stores, and online resources offer basic medical equipment like walkers, canes and other supplies.

**Accessible Vehicle Rentals:**

Call the ADRC for information on other providers of vehicle modifications.

**Accessible Van Rentals****888-433-3839**<https://www.accessiblevans.com/>

Accessible van rentals for those going through rehab, replacing a vehicle that has been in an accident or in for servicing, or are simply traveling in Wisconsin. Rentals are available by the day, week, month, or longer. Pickup and delivery available. Also, sales of pre-owned converted vehicles.

**Equipment Loan Closets:****Independent Living Center – Society's Assets**<http://www.societysassets.org/>**Racine Office**

5200 Washington Ave, Suite 225

Racine, WI 53406

**Elkhorn Office**

615 E Geneva St

Elkhorn, WI 53121

**262-637-9128****800-378-9128****866-840-9761 TTY****262-723-8181****800-261-8181****866-840-9763 TTY**

Offers consumers comprehensive in-home services to assist people with living independently including assistive technology/home and business modifications, and other tools for independence. Products available, plus loan closet.

**Katy's Kloset****262-746-9034**

404 Wilmont Dr, Unit D, Waukesha, WI 53189

<http://www.teamupwithfamilies.org>

Equipment loans, and some medical supplies may be available.

**Love Inc****262-763-6226**

480 S Pine St, Burlington, WI 53105

<http://www.love-inc.net/>

See Also: As a lower cost option consider area resale & thrift stores.

## Medical Equipment & Supplies:

### **Access Ability Home Medical**

1995 E Norse Ave

Cudahy, WI 53110

<http://www.hmestore.net>

**414-486-6249**

**877-486-9900**

### **Aero Care** (former Home Care Medical+Oxygen One)

**262-898-2405**

3805A Spring St, Ste 210, Racine WI 53405

<https://www.oxygenone.com/>

Specialists in home oxygen and sleep therapy with equipment, technology, in-depth education, and clinical programs based on patient needs.

### **Apria Healthcare**

**262-207-1551**

5345 S Moorland Rd

Brookfield, WI 53151

<http://www.apria.com>

Home respiratory therapies and equipment. Specialty wound care.

### **Aurora at Home**

**262-653-9694**

5024 Green Bay Rd, Suite 150

**800-558-0755**

Kenosha, WI 53144

<https://ahc.aurorahealthcare.org/services/aurora-at-home/index.asp>

### **Homecare Delivered**

**866-938-3906 intake**

11013 W Broad St, 4<sup>th</sup> Fl,

**800-565-5644**

Glen Allen, VA 23060

<https://www.hcd.com/need-medical-supplies/>

Medical supplies including urological and ostomy.

### **Home Delivery Incontinent Supplies Company Inc**

**800-269-4663**

9385 Dielman Industrial Dr

Olivette, MO 63132

<http://www.hdis.com/>

### **J & B Medical Supply**

**800-737-0045**

50496 W Pontiac Trail

Wixom, MI 48393

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

Incontinence programs, diabetic supplies and more.

### **Lincare**

**262-884-0304**

1740 Wisconsin St

Sturtevant, WI 53177

<http://www.lincare.com/>

Home respiratory, medical service and supply. Many specialty products.

**LivingWell Medical Scooters and Lifts****262-652-6288**3921 30<sup>th</sup> Ave

Kenosha, WI 53144

<http://www.livingwellhomemed.com/>**Medical Service Company****262-654-4000**

4720 S Green Bay Rd

**800-824-1400**

Kenosha, WI 53144

<https://www.medicalserviceco.com/>

Home respiratory, medical service and supply.

**Orbit Medical****262-784-2072**2925 S 160<sup>th</sup> St, New Berlin, WI 53150<https://www.orbitmedical.com/>

Mobility and home medical Supplies

**Performance Health (former Patterson Medical)****800-323-5547**

4501 W Lake St, Ste 200

Elmhurst, IL 60126

<https://www.performancehealth.com/>



# Food, Meals and Nutrition

## Helpful Tips for Mealtimes

### Timing

- Keeping a routine as to time and place.
- Offer lighter meals more frequently.
- Allow a generous amount of time for a meal.

### Setting

- Remove distractions such as TV, radio, the view outside of the window or decorations and extra items on the table.
- Use solid-colored plates, glasses, placemats, and tablecloths.
- Minimize the silverware to only the pieces needed for the food served.

*Boston University's researchers found that Alzheimer's patients eating from red plates consumed 25% more food than those eating from white plates. - "If you can't see your mashed potatoes, you probably won't eat them."*

### Preparation

- Have the food ready to eat before serving. Cut food into small bite-sized pieces. Soft finger foods may be easier to eat.
- Only serve 1-2 food choices at a time. Too many choices can make it overwhelming.
- Fill glasses only half full of liquids. Colored glasses are often more appealing.
- Prepare foods that the individual likes. If they did not eat it before, they most likely won't eat it now.
- Check the temperature of food and liquids.

### Assisting

- Eat with the person to provide an example of eating to the individual. Avoid sitting next to them watching their plate, waiting for them to eat.
- If additional assistance is needed, provide hand-over-hand assist. In the later stages of this disease, one's peripheral vision weakens so significantly that it gets to where their sight is binocular or telescopic. With that in mind, put your hands up to your eyes, form them as if you were looking through binoculars and consider what you see: Nothing but what is directly in front of you. Now, with that in mind, think again about this when you are assisting with mealtime.

### Other Thoughts

- As Alzheimer's disease progresses to the later stages, the person may not be able to chew or swallow easily. There are additional tips during this difficult time. Please talk with the healthcare provider to address adequate calories and protein for the individual, as well as, the need to use a thickener for liquids.
- Always consult your healthcare provider to determine if the person's pills can be crushed or substituted with liquid form, and/or ask for a referral to a registered dietician.

## Emergency Food:

*Programs that provide a limited amount of unprepared food for individuals or families during times of personal crisis, or for people who have no food or cannot afford to purchase food at retail costs.*

Sign up site for **City of Racine and east of I-94** **211**  
Or Toll Free: **866-211-3380**

**Love Inc** **262-763-6226**  
480 S Pine St, Burlington, WI 53105  
<http://www.love-inc.net/> **West end** of County residents

## Food Pantries:

*Programs that acquire food products through donations, canned food drives, food bank programs or direct purchase and distribute the food to people who are in emergency situations. Sign up with the central referral sites below.*

Sign up site for **City of Racine and east of I-94** **211**  
Or Toll Free: **866-211-3380**

**Love Inc** **262-763-6226**  
480 S Pine St, Burlington, WI 53105  
<http://www.love-inc.net/> **West end** of County residents

**Commodity Supplemental Food Program for Seniors** **262-637-8377**  
Free, monthly box of nutritious foods to low-income seniors aged 60 years and older.

## Food Stamps:

**FoodShare (Food Stamps)** **888-794-5820**  
1717 Taylor Ave - 2 North (Enter at Workforce Development door)  
Racine, WI 53403  
<http://dhs.wisconsin.gov/foodshare/>

## Groceries/Meal Delivery:

**Groceries:** *Suppliers that accept telephone orders and deliver food and household supplies to the homes of people who are unable to go out and shop on their own behalf or who choose delivery. Many local grocers now offer a **pick-up option** - contact your favorite directly.*

**GoGo Grandparent** **855-754-5328**  
<https://www.gogogourmet.com/>

Resource for individuals to access that cannot/do not use a computer or internet to get restaurant deliveries or grocery deliveries. (They also have another service that will set up Uber and Lyft rides.) The individual will need to call and register. They have service available to call 7am-10pm Cost - varies by trip.

**Boxed.com**  
Shelf stable items ordered in bulk.  
<https://www.boxed.com/>

## Online ordering Grocery Delivery Services that serve Racine County:

### Amazon Fresh

Must be an Amazon Prime member See: <https://smile.amazon.com/>

### Instacart

<https://www.instacart.com/>

### Shipt

<https://www.shipt.com/>

### Walmart+InHome

<https://www.walmart.com/plus/inhome>

### Woodman's

Kenosha <https://www.woodmans-food.com/kenosha>

Racine <https://www.woodmans-food.com/oakcreek>

Under the menu choose Online Shopping. Choose delivery or pick-up. Depending on your location in the Racine area you would get delivery from one of the locations.

### Meal Delivery:

*Services that will deliver several meals to your home. See **Meals on Wheel page 43** an option for those who are homebound and 60+*

### Chefs for Seniors

**262-492-4611 or  
262-664-3595**

Service that will shop, cook meals for the week, and clean up. Affordably priced for seniors.

### Freshly.com

**844-373-7459**

<https://www.freshly.com/>

Fresh ready to heat and eat meals delivered to the home.

### Homestyle Direct

**866-735-0921**

<http://www.homestyledirect.com> - ready to eat meals home delivered

### Magic Kitchen

**877-516-2442**

<https://www.magickitchen.com/>

Homestyle frozen meals, includes special diets.

### Midwest Meals

**715-598-7733**

<https://midwestmeals.com/>

Healthy ready to eat meals home delivered (fitness nutrition oriented)

### Mom's Meals

**866-971-6667**

<http://www.momsmeals.com/>

Fresh ready to heat and eat meals delivered to the home.

### Origin Meals

**Online only**

<https://www.originmeals.com/> Fresh meals delivered.

**Schwan's Fine Foods****888-724-9267**[www.schwans.com/](http://www.schwans.com/)

Several ordering methods, accepts Food Share

**Seattle Sutton's Healthy Eating****800-442-3438**<http://www.seattlesutton.com/> Will do national delivery, call, or place an order on-line.**Silver Cuisine by Bistro MD****844-404-3663**<https://www.silvercuisine.com/>

Nationwide, order the meals you prefer.

**Racine Free Meal Sites:***Free meals, no eligibility requirements, donations accepted.***Hospitality Center****262-634-5529**

614 Main St, Racine, WI 53403

<http://stlukesracine.com/hospitalitycenter.htm> M, T, Th, F—11:30 am —1:00 pm**Love Inc****262-763-6226**

480 Pine St, Burlington, WI 53105

<http://www.love-inc.net/> M & W 5:00 – 6:30pm**Other Free Meal Locations:**Sunday: **Our Savior Lutheran Church** 2219 Washington Ave 5 – 6 pmMonday: **St Luke's Episcopal Church-Hospitality Center** 614 Main St 5:30 pmTuesday: **St Vincent DePaul** at Northpoint United Methodist 3825 Erie St. 4:30 – 5:30 pmWednesday: **Zoe Outreach Ministries** 2130 Racine St 4:30 – 5:30 pmThursday: **St Patrick's** 1100 Erie St 5:30 – 6:15 pmFriday: **Food for the Soul**, 703 Washington Ave 6:00 pmSaturday: (sack lunches) **First United Methodist** Noon – 12:30 pm**Meal Help****Take Them a Meal**<https://takethemameal.com/>

Online tool for coordinating the delivery of meals to those in need due to illness or other reasons. Family, friends, co-workers, church members or other groups or individuals organize taking a person or family meals. This system allows the meal volunteers to sign up for the day or days when they will provide meals to recipients. Now offering prepared meals for 3-4 persons shipped to the home as well.

**Farmers Market Program**

Contact Racine Kenosha Community Action Program

**262-637-8377**

Vouchers for use at farmers markets statewide

For those age 60 + or Native American 55+

## Senior Dining - Congregate Meals:

*Meal sites for people over 60. Program provides hot, well-balanced lunch in friendly group settings. Participants may eat once a week or everyday Monday-Friday. **Reservations are necessary by 9:00 am the weekday before.** Participants are asked to donate toward the cost of the meal based on ability to pay. Sites are listed below- see webpage for maps of locations or call for that information. [http://www.adrc.racinecounty.com/site/457/nutrition\\_program.aspx](http://www.adrc.racinecounty.com/site/457/nutrition_program.aspx)*

### For Reservations call the Senior Meal Program

Call for the most current information

**262-833-8766**

**866-219-1043**

#### **Mount Pleasant Place**

5820 Lincoln Village Dr, Racine, WI 53406

Monday, Wednesday, and Friday at 11:30 am

#### **Salvation Army**

1901 Washington Ave, Racine, WI 53403

Monday through Friday at noon

#### **Burlington Senior Center**

587 E State St, Burlington, WI 53105

Monday through Friday at noon

## Home Delivered Meals:

*Provides meals to Racine County residents who are homebound and 60 + years old.*

*See the grocery/meal delivery section beginning on page 40 and 41 for other options that are private pay and do not have age or location limitations.*

#### **Meals on Wheels**

**262-833-8766**

[http://www.adrc.racinecounty.com/site/457/nutrition\\_program.aspx](http://www.adrc.racinecounty.com/site/457/nutrition_program.aspx)

## Helpers

*There has been information about in-home assistance in the form of personal care types of workers and other services that provide direct care to the person with dementia. There are other types of helpers available in the community. You can also look at the idea of setting up a **care team** to provide some of these activities. Here are some ideas:*

- Church or Faith Based programs
- Cleaners or maid services
- Handyman Services
- Veteran's programs

Continued...

Check with your church or faith community to see if there is any assistance or manpower you can take advantage of. Contact the ADRC or check the Yellow Pages for lists of handyman or cleaning services.

**Skill Bank** (located at the Volunteer Center of Racine)

**262-886-9612**

<http://www.volunteercenterofracine.org/>

Community residents who have specific abilities or talents such as cooking, gardening, sewing or home repair and who are willing to help those over age 55 with a variety of services at a negotiated fee.

**Veterans Service Officer**

**262-638-6702**

1717 Taylor Ave, Racine WI 53403

The Veterans Service officer and their staff members provide Veterans and their families with the information and services they need regarding benefits that may be due to them under Federal and Wisconsin state law. Also, has office hours in Burlington for the convenience of Veterans living in that area.

## Care Teams

*Most of us have a circle of family, friends, neighbors, other community connections, and volunteers. A care team uses that circle to provide support and options for the person with dementia and their caregiver.*

Please refer to page 60 for more information about Care Teams

# Housing

**Request a copy of the housing directory called *Living Options in Racine County*, or a dementia specific listing if it is not included as a handout with this Dementia Care Specific directory, by calling 262-833-8777. The directory is also available on the ADRC website at: [https://adrc.racinecounty.com/site/453/service\\_directory.aspx](https://adrc.racinecounty.com/site/453/service_directory.aspx)**

**General Housing:** If you are looking for ideas to increase safety in your existing home or apartment consider contacting the **Independent Living Center** for information and ideas on creating a safer environment and some tips and tricks for working with people who have dementia. Contact them at **262-637-9128**.

*At some point in your life, you may be faced with making a decision about an alternate residential care facility for yourself or for a loved one experiencing memory impairments. If the needs of that person can no longer be provided in the home, assisted living care facilities are a possible next option for providing safety and health monitoring.*

## Assisted Living in Wisconsin

There are three types of assisted living options licensed in the State of Wisconsin. There are also rehabilitation and other specialty facilities, and skilled nursing homes, but for the purposes of this directory we will focus on assisted living, and how the different types relate to the issues of "Memory Care." \* Depending upon the level of care needed, these facilities accommodate specific needs.

Assisted living facilities are designed to help people remain as independent as possible, while providing needed care. A person may need to consider moving to assisted living when they have difficulty with self-care; diminishing health; physical or cognitive abilities; a lack of sufficient community supports; or family is not available to provide enough care or supervision to keep them safe. Assisted living facilities are required to provide or arrange for these basics, and depending on individual need, other services like: health monitoring, assistance with medications, access to leisure activities, and personal care such as help with dressing, eating, bathing, grooming, toileting and mobility.

*\*Note that memory care is not currently a separately licensed category – rather it is a care focus, or stated philosophy of care.*

## **The three different licensed types of assisted living are described below:**

### **Residential Care Apartment Complex (RCAC)**

A Residential Care Apartment Complex (RCAC) is a place where 5 or more unrelated adults live. Each person has a separate, independent apartment with a door that locks, a kitchen, and a private, full bathroom. Residents in an RCAC must not need more than 28 hours of care per week (supportive, personal and nursing care combined). They can have a nurse on site. Additionally, a person must be legally competent when moving into this type of facility.

### **Adult Family Homes (AFH)**

An Adult Family Home (AFH) is a place where 3 or 4 unrelated adults, who are not related to the license owner, live and receive care, treatment, or services in addition to room & board, and may include up to 7 hours per week of nursing care per resident. They are not required to have a nurse on staff. Some AFHs are owned by people who also live on site, while others are owned by a person or company who provides staff for each shift throughout the day.

### **Community Based Residential Care Facilities (CBRF)**

A Community Based Residential Facility (CBRF) is a place where 5 or more unrelated adults live and receive care, treatment, or services in addition to room & board. People who live in these settings cannot need more than 3 hours a week of skilled nursing care and will have nursing staff on call 24/7. (Supportive and personal care is readily available based on need.) CBRFs come in a variety of sizes, based on the number of residents: small (5-8), medium (9-20) and large (21 or more).

Some people who live in assisted living centers pay the facility owner directly for their care, while other people receive public funding to help them cover the full cost of that care. Many people start as private pay residents and transition to public funding when their assets are fully depleted. **Medicare does not cover the costs associated with assisted living.** If you feel that you need an assisted living facility, but lack resources or assets to cover the costs, contact the ADRC about the publicly funded programs that may be able to assist with this.

## **Choosing an Appropriate Residential Care Facility**

General information about this is below. Also see the form “Residential Care Facility Considerations” in Part 3 of this directory on page 102. Note that you do not have to go

through every item on this list of considerations but be sure to compare those things that are important to you/your loved one.

- Consider the type of care that is needed, and determine the general location that you are interested in. Begin gathering information about the facilities available and narrow that down to those you are interested in. Remember that what feels homelike to you may be different for another and what you want to be sure of is the quality of care provided. Consider quality of life; will the resident be able to keep an important routine and such?
- Plan on visiting several places. Look around and talk with the staff as well as residents and family members that may be about. Visit at various times of day including mealtime. Are there food options available? If an activity is scheduled to be occurring, is it going on? Do staff members appear to be enjoying their work? You may think of other questions related to what is important to you.
- If you will be paying for the facility out of pocket, ask what happens if the person with dementia runs out of money. Some facilities will accept Medicaid through long term care programs, others may not. If you anticipate the need for this type of public assistance either now or in the future, speak with the ADRC about planning for this, or seek legal advice. Know that Medicare generally does not cover long term care services.
- Be sure to ask about other expenses that may be occurring above the general fees. For example, is there an extra charge if a meal has to be brought to the person's room? Are transportation services included, etc.
- See the form "Residential Care Facility Considerations" in Part 3 of this directory on page 102 or for a more extensive checklist see "Choosing Assisted Living" by the Wisconsin Department of Health Services at:  
<https://www.dhs.wisconsin.gov/publications/p6/p60579.pdf>

## Legal and Financial Considerations

*It is **vital** to do advance planning so that the person who is diagnosed with dementia has the opportunity to make their wishes and desires known to those who will care for them. Please review the Advance Directives section starting on page 8, if necessary. If legal help is needed here are some ideas:*

Note: There are other legal resources available in the Community Resource Directory that relate to mediation, special populations, and other specific needs.

**Lawyer Referral Services connect you to Lawyers within the practice type you need:**

**Milwaukee Bar Association Lawyer Referral & Information Service**

**414-274-6768**

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

LRIS' trained interviewers assess the caller's situation and determine the most appropriate way to proceed. If the caller is referred to an attorney, the first half-hour of attorney-client consultation will cost no more than \$20.00. LRIS serves: Milwaukee, Kenosha, Ozaukee, Racine, Washington, and Waukesha Counties.



**Wisconsin State Bar Association****800-362-9082**

PO Box 7158

Madison, WI 53707-7158

<http://www.wisbar.org/forPublic/Pages/for-public.aspx>

Offers several programs to assist the public in legal matters. See the legal explorer for information and links including Lawyer Referral, Consumer Alerts, Modest Means programs, Resources, Legal Q & A and more. Referrals can be requested on line as well as by phone.

**Low Cost or Free Legal Services****Free Legal Answers (Wisconsin) – Online only**<https://wi.freelegalanswers.org/>

Sponsored by the American Bar Association Wisconsin Free Legal Answers provides brief legal advice from volunteer lawyers when you have non-criminal legal questions. Use the website to ask your question and receive notification when a lawyer responds to your question on the website.

**Lagmann, Inc****414-755-3419**

230 W Wells St, Ste 201, Milwaukee, WI 53203

<http://www.lagmann.org/>

Not for profit legal co-operative, offers sliding scale fees. Wide variety of practice areas.

**Legal Action of Wisconsin Inc****262-635-8836**

245 Main St, Ste 202, Racine, WI 53403

**800-242-5840**<http://www.legalaction.org/>

Improper evictions, termination of housing assistance or custody cases where there are instances of ongoing abuse (with a referral). Serves low-income individuals and families. See website for other location programs.

**Other programs provided by Legal Action:****Free Civil Legal Aid to Low Income People**

New Caller/Intake Line

**855-947-2529****Elder Rights Project****844-614-5468**

Age 60 plus Civil legal aid to secure stability, and independence for elder abuse victims

**Low Income Taxpayer Clinic****414-274-3400****855-502-2468**

Free help to eligible low-income Wisconsin taxpayers with various IRS Tax matters; audits and appeals, collections, EIC, failure to file returns and more.

**Racine County Legal Clinic****262-652-5545**

**Free** clinic provides a chance to explain your situation to a volunteer attorney, receive feedback about your options, have paperwork looked over before filing, receive correct paperwork to be filed, and have a better understanding of the law. Call for location, to request an intake form, or with questions.

## **Personal Finance/Budget Counseling:**

### **City of Racine Financial Empowerment Center**

**262-200-0831**

<https://www.racinefec.org/>

Free one on one financial counseling for City of Racine Residents.

### **Credit.org**

**800-431-8157**

<https://credit.org/>

Independent Non-profit financial organization that assists consumers with credit card debt, housing debt and bankruptcy concerns. Housing counseling.

### **Green Path Financial Wellness**

**800-550-1961**

<http://www.greenpath.com/>

Nationwide, non-profit financial organization that assists consumers with credit card debt, housing debt and bankruptcy concerns. Housing counseling. Area office.

### **Money Management Int'l Non-Profit Debt Solutions**

**888-845-5669 or**

**866-889-9347**

<http://www.moneymanagement.org/>

Nationwide, non-profit financial organization that assists consumers with credit card debt, housing debt and bankruptcy concerns. Housing counseling, local office.

### **National Foundation for Credit Counseling (NFCC)**

**800-388-2227**

<http://www.nfcc.org/>

Consumer Debt advice linked website, Housing Credit Counseling linked website, bankruptcy and more. Will refer to professionals in this field.

## **Representative Payee Services and other Financial Services:**

### **DDIS-Developmental Disabilities Information Service**

**262-637-2707**

<http://www.ddisracine.org/>

Will provide representative payee and money management services for people with developmental disabilities.

### **iLIFE**

**888-958-7695**

<http://www.ilifefinancialmanagement.com/iLife.htm>

Will provide representative payee and money management services.

### **Society's Assets**

**262-637-9128**

5200 Washington Ave, Suite 225

**800-378-9128**

Racine, WI 53406

**866-840-9761**

<http://www.societysassets.org>

Offers Bill Paying Assistance and Representative Payee Services programs.

### **Your Best Life**

**262-483-4061**

Representative Payee, benefits and work incentives and ticket to work services.

<https://www.yblusa.com>

# Leisure Activities

*People with Alzheimer's disease or other forms of dementia need to be active and do things they enjoy. However, it is not easy for them to plan their days and do different tasks. They may have trouble deciding what to do each day or getting started with a task or activity. Caregivers can help.*

*Caregivers who are involved in leisure activities are taking care of themselves as well as the person they are caring for. You can do activities together, but the caregiver should also have leisure time for themselves if possible.*

The ADRC *Community Resource Directory*, and the directory *Resources for Adults Living with an Intellectual or Developmental Disability*, list many possible leisure activities available in our area. They include information on educational programs, exercise, reading assistance, recreation, and volunteering. This section will focus on a few that are dementia friendly or dementia specific. Also look for ideas in other sections of this directory including;

- Day Programs and other Services – page 27
- Memory Enhancement Programs – page 50
- Night-time Ideas – page 51
- Handout in Part 3- Adapting Activities for People with Alzheimer's Disease – page 80

## **Our Harmony Club LLC**

**262-880-5301**

<https://www.ourharmonyclub.org/>

A social day program held at different community sites throughout Racine County. Provides a safe environment for up to 6 hours – 9:30am to 3:30pm. Call for locations and further information.

## **Memory Café**

<https://www.alz.org/wi/helping-you/early-stage-programs/memory-cafe>

Memory Cafés occur in many Southeastern Wisconsin locations, and you are welcome to attend any of them. If you or someone you know has been experiencing changes in memory, diagnosed with mild cognitive impairment (MCI) or early-stage dementia, involvement in early-stage programs can be very helpful. Participating in a positive, supportive, and stimulating program may enhance personal well-being and may help individuals remain healthier longer.

**In Racine County –**

Share your stories and socialize with others who have worries about their memory.

**Contact the ADRC for local Memory Café information 262-833-8777**

## **Music and Memory**

**262-833-8777**

<https://www.dhs.wisconsin.gov/music-memory/music-memory-overview.htm>

Brings personalized music to caregivers and their loved ones who are living in their own homes. Through the program, people with dementia receive an iPod, headphones, portable speaker, charger, and an iTunes gift card. The participant receives an initial screening to confirm the participant's memory loss and eligibility. A music assessment would be conducted with the person and care partner. Subsequent visits would be used to pick up the loaded iPod and share information about community programs, the memory clinics, and other services. Staff administering the project are certified in the national MUSIC & MEMORY program.

**Senior Companion Program****262-898-1941**<https://www.racinedominicans.org/seniorcompanionprogram.cfm>

Sometimes the person with memory loss can feel socially isolated and may need a friendship beyond family and caregivers. Senior Companion visits are made at the home of the matched companion, senior housing facility, assisted living facility or nursing home. Volunteers and companions build relationships quickly. An hour can fly by when playing cards, doing a puzzle, reading aloud, watching a program, having a snack together, sharing stories and experiences or doing a craft. The possibilities are endless! Visits can also occur over the phone, or as pen pals.

**SPARK! At Racine Art Museum****262-636-9573**<https://www.sparkprograms.org/><https://www.ramart.org/education/spark/>

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through engaging in museum experiences, workshops and programs. SPARK! programs are **FREE** for families to attend together in a comfortable environment led by specially trained staff and volunteers.

## Memory Enhancement Programs

*Programs that work with you to improve memory and general wellness. These may also offer specialty services and social engagement.*

**Memory Masters****262-658-3508**<https://www.kafasi.org/memory-masters.html>

Boys and Girls Club, 1330 52<sup>nd</sup> St, Kenosha, WI 53140

Offered through Kenosha Area Family and Aging Services Inc, Memory Masters is a proactive brain health program that includes discussion, creative, mental, and physical activities, and an opportunity to socialize. Ongoing, held on Wednesdays from 9 am to Noon with the opportunity to attend the onsite senior dining program afterward. Cost is \$40/mo.

Must pre-register by calling, and you can experience a free “try it out” session.

**Specialty Program related to Mental Health and Behavior****WellQor Health and Management****646-687-4617 local**<https://wellqor.com/>**646-687-4646**

Local contact –

WellQor provides access to full-service psychology practices within comprehensive cognitive, emotional, and psychological disciplines to support and empower aging adults preventing further progression of their symptoms, includes psychotherapy, memory training to maintain function, compensatory skills, and brain health promotion. Typically covered under Medicare Part B benefits. Will serve individuals in the community via telehealth. Call for more information.

If you need assistance with information about other types of mental health resources, you can contact the **Racine County Behavioral Health Unit by calling 262-638-6741**

## Night-time Ideas

**Consider hiring** an in-home assistance worker/respite provider for night-time hours. See the around the clock caregivers on page 20. There are some programs that may help with the costs of these services. Contact the ADRC at 262-833-8777.

**Sundowning** – It can be common for people living with dementia to have increased confusion, anxiety, agitation, pacing, and disorientation beginning at dusk and going through the night. This syndrome can disrupt the body's sleep-wake cycle causing more behavioral problems late in the day. See the tip sheet in part 3 page 102.

**Music and Memory** – evening and night-time might be a good time to use resources from the Music and Memory program which includes an iPod filled with music that is meaningful to the person with dementia. Contact the ADRC to access this program 262-833-8777.

**Safety** - Be sure to address safety concerns – finding the way to the bathroom, dark hallways. Potential for elopement etc. There are tips and products available to help including bed and chair sensors, special lighting, special door locks or alarms, and sensor mats for the floor. Check out Equipment and Supplies, page 32 and see the Safety Section on page 55.

## Palliative Care/Hospice Care

*Many Hospice agencies offer a program for individuals with a dementia diagnosis focusing on comfort and dignity at the end of life. **Hospice is** a distinct way of caring for people who are terminally ill — and for providing support to their family. The primary purpose of hospice care is to manage pain and other symptoms during the last six months of life where treatments focus on comfort rather than curing the underlying disease, but Hospice services are usually available for as long as they are needed. If someone receiving hospice care lives beyond six months, services are usually still covered by Medicare, Medicaid, and many private insurers as long as a physician recertifies that the person is terminally ill and still meets hospice care requirements. It is also best to check with the insurance provider and/or Medicare about coverage for these services. Some hospice agencies will offer advanced care management services up until hospice begins.*

*The **definition of palliative care** is compassionate comfort care that provides relief from the symptoms and physical and mental stress of a serious or life-limiting illness. Palliative care can be pursued at diagnosis, during curative treatment and follow-up, and at the end of life. Palliative care is begun at the discretion of the physician and patient at any time, at any stage of illness, terminal or not. Palliative care, from office visits to prescription charges, is paid for by insurance (not currently Medicare), by the patient or by charity.*

See an Article about Hospice and Dementia from the American Hospice Organization at:  
<https://americanhospice.org/caregiving/alzheimers-disease-and-other-brain-diseases-and-hospice-care/>

*A list of Agencies begins on the next page...*

## Agencies that provide Hospice/Palliative care

<b>Allay Home and Hospice</b> 725 Cornerstone Crossing, Ste C, Waterford, WI 53185 <a href="http://www.allayhh.com/">http://www.allayhh.com/</a>	<b>262-634-6603</b>
<b>Ascension at Home with Compassus</b> 1055 Prairie Dr, Racine, WI 53406 <a href="https://www.ascensionathome.com/wisconsin">https://www.ascensionathome.com/wisconsin</a>	<b>262-417-9393</b> <b>800-924-7705</b>
<b>AseraCare Home Health and Hospice</b> 2775 S Moorland Rd, Ste 201, New Berlin, WI 53151 <a href="http://www.aseracare.com">http://www.aseracare.com</a>	<b>414-785-1356</b> <b>800-598-5132</b>
<b>Aurora at Home Hospice</b> 116 N Dodge St, Burlington, WI 53105 <a href="https://www.aurorahealthcare.org/services/home-care">https://www.aurorahealthcare.org/services/home-care</a>	<b>262-757-2575</b>
<b>Badger Hospice</b> 125 N Executive Dr, Ste100, Brookfield, WI 53005 <a href="https://badgerhospice.org/">https://badgerhospice.org/</a>	<b>262-222-1012</b>
<b>Commonheart Home Health and Hospice</b> 3900 N Main St, Racine, WI 53402 <a href="https://commonheart.com/">https://commonheart.com/</a>	<b>844-206-4930</b>
<b>Compassionate Care Hospice (an Amedisys Company)</b> 16655 W Bluemound Rd, Ste 310, Brookfield, WI 53005 <a href="https://locations.amedisys.com/wi/brookfield/16655-w.-bluemound-road-compassionate-care-hospice-an-amedisys-company">https://locations.amedisys.com/wi/brookfield/16655-w.-bluemound-road-compassionate-care-hospice-an-amedisys-company</a>	<b>888-796-8280</b> <b>414-257-1708</b>
<b>Gentiva Hospice</b> 10150 W National Ave, Ste 200, West Allis, WI 53227 <a href="https://www.gentivahs.com/services/hospice-care/gentiva-hospice">https://www.gentivahs.com/services/hospice-care/gentiva-hospice</a>	<b>414-546-3200</b> <b>888-436-8482</b>
<b>Harmony Cares Hospice</b> 2514 S 102 <sup>nd</sup> St, West Allis, WI 53227 <a href="https://harmoni-cares-hospice.com/">https://harmoni-cares-hospice.com/</a>	<b>414-395-8650</b>
<b>Holistic Homecare and Hospice</b> 8777 W Forest Home Ave, Greenfield, WI 53228 <a href="http://www.holistichh.com/">http://www.holistichh.com/</a>	<b>414-231-3130</b>
<b>Horizon Home Care and Hospice</b> 11400 W Lake Park Dr, Milwaukee, WI 53224 <a href="http://horizonhomecareandhospice.org/">http://horizonhomecareandhospice.org/</a>	<b>414-586-6263</b>
<b>Hospice Alliance Inc</b> 10220 Prairie Ridge Blvd, Pleasant Prairie, WI 53158 <a href="http://www.hospicealliance.org/">http://www.hospicealliance.org/</a>	<b>262-652-4400</b> <b>800-830-8344</b>

**Legacy Hospice**

850 Elm rove Rd, Ste 21, Elm Grove, WI 53122

<https://www.legacyhospicecares.com/>**262-879-8014****Moments Hospice**

1139 S Sunnyslope Dr, Ste 200, Mount Pleasant, WI 53406

<https://momentshospice.com/>**414-485-9001****Preceptor Home Health Care and Hospice**

W175N11117 Stonewood Dr, Ste 100, Germantown, WI 53022

<https://preceptorhc.com/>**262-293-3951****ProMedica (Heartland) Home Health Care and Hospice**9114 58<sup>th</sup> Pl, Ste 500, Kenosha, WI 53144<http://www.heartlandhospice.com/>**866-216-5708****262-652-4730****St Croix Hospice**

409 Hallberg St, Unit F, Delavan, WI 53115

<http://stcroixhospice.com/>**262-725-7021****Vitas Healthcare**

8338 Corporate Dr, Ste 100, Racine, WI 53406

<http://www.vitas.com/>**262-321-3970****What are Hospice and Palliative Care?**

National Institute on Aging

<https://www.nia.nih.gov/health/what-are-palliative-care-and-hospice-care>

If you need a copy of the article at the above link, call the ADRC 262-833-8777

## Respite Care

*Time away from caregiving for those times when you need a break, a vacation, or to attend to other needs.*

**Respite care** has several forms including in-home respite (a caregiver comes in – see In-Home Assistance Agencies pages 17 -21 or Palliative Care/Hospice Agencies page 52), short stays in assisted living facilities, emergency respite, sitter-companion services, or adult day care (See also page 27 for day programs in the area). Contact individual assisted living facilities or nursing homes about short-term respite stays. Many are willing to accommodate this request if they have space available – this can also be a try out period for a facility you think you may want to use when the time comes.

**Respite Care options in approximate order of cost (from least to most):**

- A care team of family and friends who are able to meet the needs of the care receiver.
- Adult Day Care or social day options (like Our Harmony Club) which are available daytime, usually weekdays.
- Part-time services from an in-home assistance or personal care agency or from a private provider.
- Live-in caregiver (agency or private)

*continued...*

- Around-the-clock services from an agency
- A respite stay at an Assisted Living or Skilled Nursing Facility

### **ARCH National Respite Network**

<https://archrespite.org/>

Information and materials, and the ARCH National Respite Network includes the *National Respite Locator*, a service to help caregivers and professionals locate respite services in their community.

### **Our Harmony Club LLC**

**262-880-5301**

<https://www.ourharmonyclub.org/>

A social day program held at different community sites throughout Racine County. Provides a safe, environment for up to 6 hours – 9:30am to 3:30pm. Call for locations and further information.

### **Senior Companion Program**

**262-898-1941**

<https://www.racinedominicans.org/seniorcompanionprogram.cfm>

Sometimes the person with memory loss can feel socially isolated and may need a friendship beyond family and caregivers. Senior Companion visits are made at the home of the matched companion, senior housing facility, assisted living facility or nursing home. Volunteers and companions build relationships quickly. An hour can fly by when playing cards, doing a puzzle, reading aloud, watching a program, having a snack together, sharing stories and experiences or doing a craft. The possibilities are endless! Visits can also occur over the phone, or as pen pals.

### **Caregiver Support at the ADRC Respite Program**

**262-833-8777**

14200 Washington Ave  
Sturtevant, WI 53177

<https://adrc.racinecounty.com/>

The ADRC has trained Caregiver Support Specialists to support those caring for someone over 60, caregivers who are over 60 years of age, and anyone caring for a person with dementia.

**Care Teams:** Is there anyone who has said to you, “If there is anything I can ever do for you, just let me know”, then you should ask us about Care Teams. See page 60

### **Respite Care Association of Wisconsin**

**608-222-2033**

6320 Monona Dr, Ste 407  
Madison, WI 53716

<https://respitecarewi.org/>

Resource and referral information regarding respite services across the lifespan. Offers online and in person training programs to increase the quality of respite care available and to support anyone who provides care. They have developed a caregiver registry.



# Safety Issues

*There are several areas of safety considerations for people with dementia. There is a checklist in part 3 and an included booklet “Safer at Home” available with this directory (If it is not included for some reason, contact the ADRC and one will be provided)*

## General Safety Information

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

**262-833-8777**

<https://adrc.racinecounty.com/>

Speak with a resource specialist or request a referral for caregiver support.

### **Alzheimer’s Association**

**800-272-3900**

<https://www.alz.org/help-support/caregiving/safety/home-safety>

Information on a variety of safety topics. Look under “Help and Support – caregiving- then safety for general dementia safety tips. You can also contact other organizations specific to the persons diagnosis as they may offer other safety tips specific to that issue. Examples include; Lewy Body, Frontotemporal, Huntington’s and Parkinson’s- See pages 27 & 28.

### **Independent Living Center – Society’s Assets**

**262-637-9128**

<https://www.societysassets.org/>

Provides assistance to seniors and people of all ages with disabilities. Offers consumers comprehensive in-home services to assist people with living independently including assistive technology/home and business modifications, and other tools for independence. Products available. Can provide a safety evaluation.

### **Elopement Alert Form**

[https://adrc.racinecounty.com/site/456/senior\\_services.aspx](https://adrc.racinecounty.com/site/456/senior_services.aspx) (found on this page)

Racine County Residents of Special Needs Special Needs Alert Program (**SNAP**) The Racine County Sheriff’s Office has implemented a program that will aid Law Enforcement Officers in contacting and locating residents of Racine County with special needs. The program can assist individuals with all types of special needs, such as, Alzheimer’s, Autism, Down Syndrome, Dementia and those with hearing and vision impairments. By completing the attached form, you will provide the Sheriff’s department with crucial information that can assist in providing the best care during emergencies. For additional questions, please call the Racine County Sheriff’s Office Dispatch Center at 262-886-2300.

### **EZ ID**

**262-886-9612**

<https://www.volunteercentrofracine.org/ez-id>

Media ready ID kits provided though the Volunteer Center of Racine with registration events around the area.

### **Safe Return/ Medic Alert (Alzheimer’s Association)**

**888-572-8566**

<https://www.alz.org/care/dementia-medical-alert-safe-return.asp>

24-hour nationwide emergency response service for individuals with Alzheimer’s or a related dementia who wander or have a medical emergency.

## **Medical Bracelet - Medic Alert**

<https://www.medicalert.org/>

**888-633-4215**

## **The Alzheimer's Store**

<https://www.alzstore.com/>

**800-752-3238**

Products and services that help caregivers, and people with dementia to feel safe and comfortable in their environment.

Please speak with the Aging and Disability Resource center for other/additional information about **personal emergency response systems** if you would like more information on these.

## **Safety Tips:**

### **Safety from Wandering and Getting Lost**

Ideas include:

- Send for a medical ID bracelet (note- most push button alarm item will not work in long term as the person does not use the item or takes it off.)
- Give the name and a recent photo to the local police (see elopement alert form information page 55)
- Tell trusted neighbors that the person might get lost
- Use a motion sensor or alarm at the exit door or door to a risky room
- Lock sliding glass doors with a lock or wooden dowel
- Check out other technologies available to help through the Independent Living Center at 262-637-9128

### **Making the Kitchen Safer**

Tips Include:

- Remove or cover stove knobs/controls
- Reset water temperature to 110-120 degrees Fahrenheit
- Lock or hide medicines (including over the counter and herbal medications)
- Lock Poisons, like cleaning supplies, in a cabinet or closet
- Remove knives and scissors from the counter tops
- Unplug electrical appliances when not in use
- Unplug or supervise the microwave oven

### **Medications**

In the early stages of Alzheimer's, or another form of dementia, the person with dementia may need help remembering to take medications. If unsupervised someone could take too much or too little of a needed medication which can have serious health consequences. There is technology that can assist with medication management, but the supervision of a caregiver is the most effective method. Figure out where the trouble spots occur – forgetting to take the right medication at the right time and at the right dosage- and formulate interventions based on this. See the Managing Medications tip sheet in Part 3 page 101.

## **Making the Bathroom Safer**

Tips Include:

- Install safety rails in the tub and shower
- Use non-skid appliques or mats in the shower and tub
- Use a bench in the tub or shower
- Replace shower head with handheld shower
- Remove glass shower doors and replace with a shower curtain
- Use a cordless, rechargeable electric shaver in place of a razor

## **Moving About Your Home Safely**

Tips Include:

- Highlight step edges with contrasting tape
- Increase the brightness of lamps and fixtures, and be sure there are no cords to trip over
- Use nightlights in the bathroom and hallways (or create a rope light pathway)
- Remove scatter rugs
- Use nonskid rugs in the bathroom, kitchen and at entrances
- Replace extension cords with surge protectors

## **Driving, Smoking, Tools and Guns**

Check out the Driving Resources information sheet in part 3 on page 97-98 for various resources for testing skills and reporting those who should not be driving.

Tips Include:

- Help the person stop driving
- Hide the car keys or disable the vehicle
- Help the person stop smoking
- Hide all reminders of smoking
- Remove power tools or lock in the garage or other safe place
- Store all firearms in a locked cabinet or closet
- Use a gun lock

## **Preparing for Emergencies**

Tips Include:

- Have an emergency kit to take with you if you have to leave
- Put emergency phone numbers at every telephone and program them into your cell phone
- Keep a telephone and flashlight at your bedside
- Hide a spare key outside the house
- Install smoke alarms and carbon monoxide alarms on each level of your home

See Checklist on page 94 for additional tips

# Support Groups

Support groups are an effective tool in a caregiver's life. Research has shown that participating in caregiver support groups results in very real benefits that can significantly improve your quality of life.

- Feeling less lonely, isolated, or judged
- Gaining a sense of empowerment and control
- Improving your coping skills
- Reducing distress, depression or anxiety and having lower rates of clinical depression
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options
- Improving your caregiving ability and giving better quality of life for the older adult

For a listing of local support groups sponsored by the ADRC and other groups, see under **Caregiver Support** beginning on **page 22**. There are other types of specialty support groups available including those for other diseases or concerns, and those for grief. Check your local newspaper, community hospital or clinic, or call the ADRC for a connection to caregiver support at 262-833-8777.

# Tools and Programs that Help

**The Wisconsin Alzheimer's Family and Caregiver Support Program (AFCSP)** was created to enhance the lives of informal and family caregivers while helping people with Alzheimer's Disease or other forms of irreversible dementia to remain living in the community as long as possible.

## How Does the Program Work?

Funds are available in each county for qualified individuals to provide temporary caregiver respite care and purchase goods and services needed to help care for someone with irreversible dementia.

## What Can the Program Provide?

Typical goods and services can include:

- ♥ Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work and snow removal, etc.)
- ♥ Emergency response systems
- ♥ Transportation expenses
- ♥ Incontinence supplies
- ♥ Home safety modifications
- ♥ Home-delivered meals
- ♥ Specialized clothing
- ♥ Activities and hobby supplies
- ♥ Legal expenses related to guardianship
- ♥ Caregiver counseling services
- ♥ Caregiver education classes
- ♥ Individualized services as approved.

### Benefits of Accepting Help

Caring for someone with dementia can be stressful. Learning about the disease and accepting help from others can make the task easier.

No person can do everything alone. Caregiver respite care and support services relieve stress, protect the caregiver's health and enhances the joy of caregiving.

## Who is Eligible?

Families are eligible if three criteria are met:

1. There is a diagnosis of Alzheimer's disease or other forms of irreversible dementia
2. The person with dementia **resides in a community or home setting (not a facility)**
3. The person with dementia and spouse have a gross annual income of \$48,000 or less  
(Costs related to dementia-related care may be deducted when calculating gross income)

## Care Teams

*Most of us have a circle of family, friends, neighbors, and other community connections and volunteers. A care team uses that circle to provide support and options for the person with dementia and their caregiver.*

- Have you been taking care of someone for a long time?
- Are you feeling burnt out?
- Do you feel you can't do this alone anymore?

Find out about a model program on how to create a unique caregiving family from friends, relatives, co-workers, neighbors, and acquaintances.

Some materials from Share the Care Wisconsin have been incorporated into Part 3. See pages 84 and 85.

If you would like a copy of the full handbook for this program and/or would like to discuss this further, you can contact the Aging and Disability Resource Center of Racine County at 262-833-8777 and ask for caregiver support.

Here are websites providing information or related to the Share the Care model:

**Wisconsin Caregiver Support Programs information-** <https://wisconsincaregiver.org/>

Visit the national **Share the Care** website at <https://www.sharethecare.org>

## Long Term Care

### Options Counseling

Because there are many choices when it comes to services, resources, and programs, the Aging and Disability Resource Center is available to assist with exploring these options helping you come to the most informed decision.

Circumstances are different for each person we speak with. Through personal contacts we are able to assess what your need is and determine how best we can help. Help can be in the form of information, resources, or publicly funded programs. Options Counseling is accessed by calling the ADRC at: 262-833-8777 for any person who is a Racine County resident that may require assistance.

### Public Funding for Long Term Care

There are circumstances that a person may require assistance through publicly funded programs to get their needs met. The ADRC works with any person regardless of their income. However, through the options counseling process at the ADRC it may be determined whether or not a person may wish to pursue a publicly funded program and in turn, qualify for this. When accessing public dollars (programs funded through federal, state, and local county dollars) there are qualifiers that may vary from program to program and are based upon a person's circumstances.

### Specialty Resources

The ADRC may have information on other items, services or programs that may be helpful to your specific situation.

# Transportation

## General Transportation:

*Public providers, or private companies, that transport people who can get in and out of vehicles with little or no assistance. Some, like public bus systems, will accommodate wheelchair users.*

### West End Express

**262-764-0377**

Seniors 60 and over, as well as ambulatory adults with disabilities can use the Shuttle weekdays between 9:30 am and 3:30 pm on demand. Call for more information.

### GoGo Grandparents

**855-464-6872**

<https://gogograndparent.com/>

Use Lyft or Uber without a smart phone. 24/7 operators monitor your ride. Has a cost for the service in addition to the ride fees.

### MyRide – Car Rides for Seniors

**262-417-7544**

<https://www.volunteercenterofracine.org/myride/>

6216 Washington Ave, Ste D

Racine, WI 53406

Monday – Friday between 9 and 5 pm. Advance notice is required. Donation requested but not required. Must be age 55 or older or visually impaired.

### RYDE Racine Transit (former - Belle Urban System BUS) - **262-637-9000**

#### Reduced Transit Fee

<http://cityofracine.org/Racine-Transit/>

Transports only within the city of Racine; reduced fee passengers use same buses and same routes as other passengers. For information pick up pamphlet at: City Hall, City Clerk's office, Rm 102 or Dept. of Transportation, Rm 304 located at: 730 Washington Ave. *Must show your Reduced Fare Identification Card to bus driver each time you ride.*

**Wheelchair accessible** - The RYDE buses are equipped with easy-to-use automated lifts or ramps. Reduced fares are offered to persons with disabilities. If you need an attendant, they ride free. No advance notice is necessary when planning your ride. For safety, bus operators will assist with boarding the bus. Also, bus operators will only deboard at safe locations.

### Tietel's Transport

### Burlington Rides

**262-206-7043**

### Rides to other surrounding areas

**779-770-4051**

These two van services work together to provide medical or non-medical appointments for Burlington and Waterford area residents. There are set fees for various locations; call for pricing to Waterford, Racine, Mitchell Airport, Madison, and O'Hare Airport. Person must be ambulatory. Can transport standard wheelchairs, no scooters, or electric wheelchairs. Will go within 100-mile radius of Burlington for base rate plus mileage. Best to call well in advance for longer distances. Available 24/7 and is a Safe Ride provider for Racine Kenosha, and Walworth Counties. Call for specific pricing.

## Medical Transportation:

*Many transportation providers offer specialized transportation for individuals that need a wheelchair or other assistive device, such as a scooter or walker. Programs that provide non-emergency transportation for individuals, who require routine medical services and who, because of financial problems or their physical condition, are unable to use other available means of transportation.*

**Note:** Due to changing energy costs, check with providers for current charges.

### Medicaid Users Only:

#### **Veyo**

**866-907-1493**

<https://wi.ridewithveyo.com/>

Non-emergency transportation coordination for people with Medicaid (includes certain BadgerCare and T-19 members)

## Paratransit Program/Specialized Transportation:

*A number of persons with disabilities rely on this system to get to work or to the grocery store. For seniors, the system also provides rides to adult day care, senior nutrition sites, or dialysis appointments. These buses may take people who are in wheelchairs or who are able to walk but who cannot take the other types of transportation, either because they are not going to a medical appointment or are not covered by Title XIX.*

#### **D.A.R.T. (Dial-A-Ride)**

**262- 619-2438 or  
262-637-9000**

<http://cityofracine.org/Departments/Racine-Transit/Paratransit/Paratransit/>

The DART transportation is provided by RYDE Racine Transit. Accessible transportation from door to door for medical appointments and personal needs within City of Racine for eligible disabled living within 2 miles of a city bus route and unable to utilize regular bus service. \*If you are outside of this area, see Ktown below. If you are unsure, call DART. You must apply to be eligible for this service and a physician certified disability form is required. Monday - Friday, 8:00am - 4:00pm. At least 24 hours advance notice is required. Cost: \$4 each way; must have exact amount in cash and pay at time of ride; will not bill Title 19. Visit the City of Racine Transit website at <http://cityofracine.org/Racine-Transit/> for more information.

## Specialized Transportation Program:

#### **Ktown Transportation**

**262- 764-0377 or  
866-430-6377**

<http://ktowntransportation.com/>

Accessible transportation door to door for medical appointments and personal needs. Transports qualified residents of Racine County to locations in the city and county of Racine that are not accessible through the RYDE Racine Transit system. Monday - Friday 6:00am - 6:00pm. 48-hour advance notice required for all rides. Cost: \$5 (or \$8 if going across County) one way, by cash or personal check; exact amount required; will not bill Title 19. Will transport to Milwaukee and Kenosha on designated days for medical appointments only, at additional cost- call for more information. **Be sure to ask for the "Racine County Specialized Transportation Program."**



## **Medical or non- Medical Private Pay Options:**

### **A-N-T Transportation**

**262-764-3441**

Private, Non-Emergency Ambulatory and Wheelchair Transportation. Weekdays 7 am to 5 pm. Advance notice required, call for rates.

### **Caribe Transportation**

**262-412-5937 or**

**262-744-5954**

Personal van transport – Private pay only

Insured and bonded. Can provide wheelchair transport. Racine and surrounding counties.

Available- 6 am to 11 pm, 7 days per week.

### **Helping Hands Transportation**

**262-636-0039**

Weekdays 5 am to 8 pm, varied weekend times. Can transport wheelchair with a week's notice. Call for rates.

### **Medix**

**262-539-2680**

Van wheelchair transport. Will transport within City and County of Racine. Van transport also goes to Milwaukee, Kenosha, and Walworth Co. medical appointments. No Medicaid or insurance for ambulatory/wheelchair transports. Private pay rate – call for pricing.

Requires 1 1/2-week notice for medical appointments.

### **NMotion Medical Transportation Inc**

**608-473-1477**

<https://nmotionmt.com/>

Non-emergency van transport will take ambulatory, wheelchair or stretcher. Will go across counties or into nearby states. For those who are having difficulty arranging other transportation. Base rate plus mileage. Call for pricing and further information.

### **Out and About**

**262-716-4859**

Private pay, west end of county. Available 24/7. Call for rates.

### **RMK Transportation LLC**

**414-303-4807**

Serves Racine, Kenosha, and some of Milwaukee Counties 7 am to 6 pm, weekends possible. Personal and medical

### **Tootl**

**414-376-2222**

<https://www.ridetootl.com/>

Wheelchair and other transportation 24/7. Check website or call for rates.

## **Taxi Services:**

*Organizations that provide door-to-door automobile transportation for people who are willing to pay an established fare that is usually recorded by a meter. Riders must be able to get into and out of cab independently.*

**Note: Due to changing energy costs, check with providers for current charges.**

### **Designated Driver**

**262-884-4248**

<http://www.ddwisconsin.net/>

Flat Rate Taxi service serving east of I-94 and to airports. Advance reservations preferred but will do on-request rides if there is availability. Call for rates and additional information.

## **Ambulance:**

*Programs that provide ground vehicles which rapidly transport acutely ill or injured individuals to health care facilities for treatment or from one health care facility to another for specialized care. Ambulances are equipped and staffed to provide medical care during transit.*

### **Ambulnz** (former LJH)

**262-658-4448**

Stretcher only for Medical and emergency. Will also do relocation transport such as hospital to skilled nursing facility, etc. Will accept any type of insurance that will cover.

### **Elite Ambulance** (former Erickson)

**262-632-5412**

Serving the greater Racine/Kenosha area: BLS (Basic Life Support) Response and Transport. Long Distance Ground Transports if the destination is up to 300 miles. Nursing Homes/Hospital Transports consist of coming to/from nursing homes or hospitals around the community. Special Event EMS Coverage - provide services at company picnics or community events upon request.

### **Lakeview Critical Care EMS**

**262-957-6930**

Serves central and southern Wisconsin. Basic life support to critical care, short distance inter-facility and long-distance ground transport.

### **Medix**

**262-637-1331**

See also Medical Transportation. Will transport within City and County of Racine. Call regarding Ambulance Base rate for private pay. If going to ER, no medical necessity certification needed.

### **Midwest Medical Transport**

**262-638-8888**

Offers full capacity EMS transportation with staffed ambulances that include EMTs, Paramedics and Registered Nurses.

## **Other:**

### **Disabled Parking Identification Card**

**608-266-3041 Info only**

<https://wisconsindot.gov/Pages/dmv/vehicles/dsbld-prkg/default.aspx>

Apply online or through the mail at no cost, or at local DMV for Counter Fee. Your doctor may have the forms available, as they are required to sign these before you can submit them to the DMV.

# Travel

*Traveling between cities? Want to take a tour throughout the country or abroad for the purpose of study or personal enjoyment? These programs will help people with their travel plans; or will take riders to other communities, or to airport locations.*

## **Able Trek Tours**

**800-205-6713**

PO Box 384

Reedsburg, WI 53959

<https://www.abletrektours.com/>

Special needs and other tours plus charter bus services. Call toll free for brochure.

## **Amtrak**

**800-872-7245**

<https://www.amtrak.com>

AMTRAK train service between Milwaukee and Chicago is available in Sturtevant at the AMTRAK station on County. H, (Wisconsin Street). Train service can be accessed by using BUS route 27 on weekdays and route 7 on Saturdays. Tickets are purchased on the train from the conductor or from a local travel agent. For schedule and fare information, call AMTRAK at their national information number.

## **Coach USA Airport Express**

**877-324-7767**

[https://www.coachusa.com/airport-transportation?partner\\_code=CUSA](https://www.coachusa.com/airport-transportation?partner_code=CUSA)

Coach USA Airport Express service is available to O'Hare International Airport and Milwaukee from the Petro Station/Iron Skillet on I-94 and Hwy. 20. There are fifteen runs to O'Hare airport 365 days a year. Limited weekday connections are available using Belle Urban System route 20 leaving the Racine Transit Center located on the 1400 block of State Street at 6:20 a.m. and 7:10 a.m. and 4:10 p.m. and 5:10 p.m. Coach USA Airport Express tickets can be purchased from the bus driver or a local travel agent.

## **Greyhound**

**800-231-2222 or**

**414-272-2156**

<https://www.greyhound.com/home/>

US and International Destinations. Discounts available for seniors, military, veterans, students and children.

## **Metra**

**312-322-6777**

<https://metra.com/>

Commuter train service is available in Kenosha to downtown Chicago, intermediate points and the entire METRA rail system around Chicago. In addition, METRA trains connect with the Chicago Transit Authority (CTA) buses and elevated trains in the city and 38 nearby suburbs. No direct Belle Urban System service is available to the METRA station in Kenosha at 5262 13th Ave., but Wisconsin Coach Lines does make a stop at the station. Tickets are purchased on board the trains from the conductor, or in Chicago at the METRA station. Service is available to and from Kenosha with nine weekday trips, five trips from and seven trips to Kenosha on Saturday and three round trips on Sundays.

**Road Scholar Program****800-454-5768**<https://www.roadscholar.org/>

Elderhostel – now Road Scholar- is America's first and the world's largest educational travel organization for adults. A not-for-profit organization that provides exceptional learning adventures. Road Scholar offers nearly 8,000 programs a year in more than 90 countries. Call or visit the website for catalog.

**Road Scholar Caregiver Grant Program**<https://www.roadscholar.org/about/giving/caregiver-grants-form/>

Eligible caregivers are the primary unpaid caregiver providing daily care and support for an ill or disabled family member (spouse, parent, adult child, partner or sibling).

**Search Beyond Adventures****800-611-0402**

4603 Bloomington Ave  
Minneapolis, MN 55407

<https://www.searchbeyond.com>

Provides all-inclusive escorted vacations for travelers with disabilities and special needs, ages 17 and up. Most of our travelers have developmental disabilities, although some participants may have only a physical disability.

**Wisconsin Coach Lines****262-542-8861 or  
877-324-7767**<https://www.coachusa.com/bus-schedules>

Wisconsin Coach Lines provides intercity bus service between Kenosha, Racine, and Milwaukee every day. On weekdays, there are eight trips in each direction, and on Saturdays, Sundays, and certain holidays there are four trips in each direction. In Racine, the main connection point with Wisconsin Coach Lines is at the Racine Transit Center which is located on the 1400 block of State Street, although WCL buses can be flagged down at any point along their route, at posted City bus stops and at safe and practical rural locations.

Tickets can be purchased on the WCL buses. For route, timetable and fare information, call Wisconsin Coach Lines information at 262-542-8861.

## **Part 2**

### **About Dementia**



# About Dementia

*In Part 2, we will share brief information about diseases that can cause the symptoms of dementia. There are many places to seek expanded information. Start with trusted sources if you are looking online, check with your local reference librarian, and with your physician.*

**For General Reference see: [Alzheimers.gov](https://www.alzheimers.gov)**

**<https://www.alzheimers.gov/>**

The Federal Government portal to information on Alzheimer's disease and related dementias care, research, and support.

**For additional information and 24/7 support line**

**800-279-3900**

**Alzheimer's Association**

**<https://www.alz.org/sewi>**

## Understanding Dementia

**Alzheimer's Disease** is the most common type of irreversible dementia. Other causes that fall under the Dementia umbrella are:



- **Early Onset Alzheimer's Disease**
- **Vascular Dementia**
- **Creutzfeldt-Jakob Disease**
- **Frontotemporal Dementia**
- **Mixed Dementia**
- **Dementia due to Parkinson's Disease**
- **Dementia with Lewy Bodies**
- **Normal Pressure Hydrocephalus (NPH)**
- **Dementia due to Huntington's Disease**
- **Wernicke-Korsakoff Syndrome**
- **Posterior Cortical Atrophy**
- **Alzheimer's secondary to Down's Syndrome**
- **Chronic Traumatic Encephalopathy**
- **Dementia Due to Traumatic Brain Injury**
- **Primary Progressive Aphasia**

## Dementia

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. **Alzheimer's is the most common type of dementia.**

### Symptoms & Behaviors

**Dementia is not a specific disease. It's an overall 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.

While **symptoms of dementia can vary greatly**, at least **two** of the following core mental functions must be significantly impaired to be considered dementia:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

## Early Onset Alzheimer's Disease

**Alzheimer's is not just a disease of old age.** Younger-onset (AKA- early-onset) Alzheimer's affects people **younger than age 65**. Up to 5 percent of the more than 5 million Americans with Alzheimer's have younger-onset.

### Symptoms & Behaviors

In the early stages of Alzheimer's, a person may function independently. He or she may still drive, work and be part of social activities. Friends, family or neighbors begin to notice difficulties. During a detailed medical interview, doctors may be able to detect problems in memory or concentration. Common difficulties include:

- Problems coming up with the right word or name
- Trouble remembering names when introduced to new people
- Having greater difficulty performing tasks in social or work settings
- Forgetting material that one has just read
- Losing or misplacing a valuable object
- Increasing trouble with planning or organizing

**Alzheimer's Association**

**Helpline:**

**800-279-3900 24/7**

<https://www.alz.org/sewi>



## Vascular Dementia

Vascular dementia is a decline in thinking skills caused by conditions that block or reduce blood flow to the brain, depriving brain cells of vital oxygen and nutrients.

### Symptoms & Behaviors

Vascular dementia symptoms include:

- **Confusion**
- **Disorientation**
- **Trouble speaking or understanding speech**
- **Vision loss**

Vascular dementia symptoms may be the most obvious when they happen soon after a major stroke.

## Creutzfeldt-Jakob Disease

CJD is the most common human form of a group of **rare**, fatal brain disorders affecting people and certain other mammals. Variant CJD ("**mad cow disease**") occurs in cattle, and has been transmitted to people under certain circumstances.

### Symptoms & Behaviors

Rapid fatal disorder that impairs memory and coordination and causes behavior changes.

#### Creutzfeldt-Jakob Disease Foundation

HelpLine 800-659-1991

<https://cjdfoundation.org/>

## Frontotemporal Dementia

Frontotemporal dementia (FTD) or frontotemporal degenerations refers to a group of disorders caused by **progressive nerve cell loss** in the brain's **frontal lobes** (the areas behind your forehead) or its **temporal lobes** (the regions behind your ears).

### Symptoms & Behaviors

Frontotemporal dementia symptoms cause:

- **deterioration in behavior and personality**
- **language disturbances**
- **alterations in muscle or motor functions.**

Grouped under FTD fall into three subtypes:

- **Behavior variant frontotemporal dementia (bvFTD)**- In bvFTD, the nerve cell loss is most prominent in areas that control **conduct, judgment, empathy and foresight**, among other abilities.
- **Primary progressive aphasia**- This form of frontotemporal degeneration that affects **language skills, speaking, writing and comprehension**.
- **Disturbances of motor (movement or muscle) function**- produces **changes in muscle or motor functions** with or without behavior (bvFTD) or language (PPA) problems.

#### The Association for Frontotemporal Degeneration

HelpLine 866-507-7222

<https://www.theaftd.org/>

## Mixed Dementia

**Mixed dementia is a condition in which abnormalities characteristic of more than one type of dementia occur simultaneously.** Physicians may also call mixed dementia "Dementia — multifactorial."

### Symptoms & Behaviors

Mixed dementia symptoms may vary, depending on the types of brain changes involved and the brain regions affected. In many cases, symptoms may be similar or even indistinguishable from those of Alzheimer's or another type of dementia. In other cases, a person's symptoms may suggest that more than one type of dementia is present.

## Dementia due to Parkinson's Disease

**Parkinson's disease dementia is the impairment in thinking and reasoning that eventually affects many people with Parkinson's disease. Secondary diagnosis to Parkinson's.**

### Symptoms & Behaviors

Parkinson's disease dementia is a decline in thinking and reasoning that develops in someone diagnosed with Parkinson's disease at least a year earlier. Common symptoms include:

- **Changes in memory, concentration and judgment**
- **Trouble interpreting visual information**
- **Muffled speech**
- **Visual hallucinations**
- **Delusions**, especially paranoid ideas
- **Depression**
- **Irritability and anxiety**
- **Sleep disturbances**, including excessive daytime drowsiness and rapid eye movement (REM) sleep disorder

**Parkinson's Disease Foundation**

**800-473-4636**

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

## Dementia with Lewy Bodies

**Dementia with Lewy bodies (DLB)** is a type of progressive dementia that leads to a decline in thinking, reasoning and independent function **because of abnormal microscopic deposits that damage brain cells over time.**

### Symptoms & Behaviors

Symptoms of dementia with Lewy bodies:

- **Changes in thinking** and reasoning
- **Confusion** and alertness that varies significantly from one time of day to another or from one day to the next
- Parkinson's symptoms, such as a hunched posture, **balance problems and rigid muscles**
- Visual **hallucinations**
- **Delusions**
- **Trouble interpreting** visual information
- **Acting out dreams**, sometimes violently, a problem known as rapid eye movement (REM) sleep disorder
- Malfunctions of the "automatic" (autonomic) nervous system
- **Memory loss** that may be significant but less prominent than in Alzheimer's.

**Lewy Body Dementia Association**  
**Caregiver Helpline**  
**800-539-9767**  
[support@lbda.org](mailto:support@lbda.org)

## Normal Pressure Hydrocephalus (NPH)

Normal pressure hydrocephalus is a brain disorder in which excess cerebrospinal fluid accumulates in the brain's ventricle.

### Symptoms & Behaviors

Symptoms considered hallmarks of normal pressure hydrocephalus are:

- **Difficulty walking** that's sometimes compared to the way a person walks "on a boat," with the body bent forward, legs held wide apart and feet moving as if they're "glued to the deck."
- **Decline in thinking skills** that includes overall slowing of thought processes, apathy, impaired planning and decision-making, reduced concentration and changes in personality and behavior.
- **Loss of bladder control** which tends to appear somewhat later in the disease than difficulty walking and cognitive decline.

**Hydrocephalus Association**  
[support@hydroassoc.org](mailto:support@hydroassoc.org)

## Dementia due to Huntington's Disease

Huntington's disease is a progressive brain disorder caused by a **single defective gene on chromosome 4** — one of the 23 human chromosomes that carry a person's entire genetic code.

### Symptoms & Behaviors

Symptoms of Huntington's disease

- **Uncontrolled movement** of the arms, legs, head, face and upper body.
- **Decline in thinking and reasoning skills**, including memory, concentration, judgment and ability to plan and organize.
- **Alterations in mood**, especially depression, anxiety, and uncharacteristic anger and irritability.
- **Obsessive-compulsive behavior**, leading a person to repeat the same question or activity over and over.

Wisconsin Chapter Huntington's Disease Society of America

#888-HDSA-506 (Helpline)

<http://www.hdsawi.org/>

## Wernicke-Korsakoff Syndrome

Wernicke encephalopathy and Korsakoff syndrome are different conditions that often occur together. Both are due to brain damage caused by a lack of vitamin B1. **Lack of vitamin B1** is common in people with alcoholism. It is also common in persons whose bodies do not absorb food properly (malabsorption), as sometimes occurs with a chronic illness or after obesity (bariatric) surgery.

### Symptoms & Behaviors

Symptoms can include:

- **Problems learning new information**
- **Inability to remember recent events** and long-term memory gaps.
- **Memory problems may be strikingly severe** while other thinking and **social skills are relatively unaffected.**
- **"Confabulate," or make up information they can't remember.** They are not "lying" but may actually believe their invented explanations.

AL-ALON Family Services

Racine: (262)634-9902

Alcoholics Anonymous

Main: (262)554-6611

Hotline: (262)554-7788

## Posterior Cortical Atrophy

Posterior cortical atrophy is a rare, degenerative brain and nervous system (neurological) syndrome that results in gradually declining vision.

### Symptoms & Behaviors

Symptoms of Posterior Cortical Atrophy include:

- **Difficulties reading**
- **Decline in judging distances**
- **Inability to recognize objects and familiar faces.**

Posterior cortical atrophy may be due to Alzheimer's disease, dementia with Lewy body or other neurological conditions.

## Alzheimer's Secondary due to Down Syndrome

Estimates show that Alzheimer's disease affects about 30% of people with Down syndrome in their 50s. By their 60s, this number comes closer to 50%.

### Symptoms & Behaviors

Individuals with Down Syndrome symptoms of dementia may include:

- **Behavioral:** Physical aggression, loud vocalizations, restlessness, agitation, wandering, hitting, disturbed sleep, change in appetite, aberrant motor behavior, repetitive speech
- **Psychological:** Anxiety, depressive mood, hallucinations, delusions, irritability, mood swings, apathy (#1), disinhibition, confusion, being uncooperative, stubbornness (2<sup>nd</sup> most reported)

#### Down Syndrome Association of Wisconsin

11709 W Cleveland Ave, Suite 2

West Allis, WI 53227

Phone: 414-327-3729

**Toll-free National Down Syndrome Society Helpline:**

Phone: 800-221-4602

## Chronic Traumatic Encephalopathy (CTE)

Chronic Traumatic Encephalopathy (CTE) is a degenerative brain disease found in athletes, military veterans, and others with a history of repetitive brain trauma.

### Symptoms & Behaviors

Symptoms of Chronic Traumatic Encephalopathy (CTE) include:

- memory loss, confusion, impaired judgment, impulse control problems, aggression, depression, anxiety, suicidality, parkinsonism, and, eventually, progressive dementia. These symptoms often begin years or even decades after the last brain trauma.

## Dementia due to Traumatic Brain Injury (TBI)

Traumatic brain injury results from an impact to the head that disrupts normal brain function. Traumatic brain injury may affect a person's cognitive abilities, including learning and thinking skills. Individuals experience different combinations of symptoms depending on the part of the head injured, the force of the blow, the damage caused, and the person's personality before the injury.

### Symptoms & Behaviors

Symptoms of dementia in head-injured persons include the following:

- Problems thinking clearly
- Memory loss
- Poor concentration
- Slowed thought processes
- Irritability, easily frustrated
- Impulsive behavior
- Mood swings
- Inappropriate behavior in social situations
- Grooming and dressing eccentric or neglected
- Restlessness or agitation
- Insomnia
- Aggression, combativeness, or hostility
- Headache
- Fatigue
- Vague, nonspecific physical symptoms
- Apathy

**Brain Injury Alliance of WI**  
6409 Odana Road, Suite 1H  
Madison, WI 53719  
Phone: 1 (262) 790-9660

## Primary Progressive Aphasia

Primary progressive aphasia is a rare nervous system (neurological) syndrome that affects your ability to communicate. Symptoms begin gradually, often before age 65, and worsen over time. People with primary progressive aphasia can lose the ability to speak and write, and, eventually, to understand written or spoken language.

### Symptoms & Behaviors

Primary progressive aphasia symptoms of dementia may include:

- People with primary progressive aphasia eventually lose the ability to speak and write, and to understand written and spoken language.
- As the disease progresses, other mental skills, such as memory, can become impaired. Some people develop other neurological conditions. With these complications, the affected person eventually will need help with day-to-day care.
- People with primary progressive aphasia can also develop behavioral or social problems as the disease progresses, such as anxiety or irritability. Other problems might include blunted emotions, poor judgment or inappropriate social behavior.

**National Aphasia Association**  
PO Box 87, Scarsdale, NY 10583  
Email: [naa@aphasia.org](mailto:naa@aphasia.org)

# **Part 3**

## **Supplements and Forms**





# Supplements and Forms

*This section contains information that can assist with planning for care and includes tools as well as tips and tricks.*

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# Adapting Activities for People with Alzheimer's Disease

<https://www.nia.nih.gov/health/adapting-activities-people-alzheimers-disease>

Doing things we enjoy gives us pleasure and adds meaning to our lives. People with [Alzheimer's disease](#) need to be active and do things they enjoy. However, don't expect too much. It's not easy for them to plan their days and do different tasks.



People with Alzheimer's may have trouble deciding what to do each day, which could make them fearful and worried or quiet and withdrawn, or they may have trouble starting tasks. Remember, the person is not being lazy. He or she might need help organizing the day or doing an activity.

## Activity Planning

Plan activities that the person with Alzheimer's enjoys in your daily routine, and try to do them at a similar time each day. He or she can be a part of the activity or just watch. Here are things you can do to help the person enjoy the activity:

- Match the activity with what the person with Alzheimer's can do.
- Choose activities that can be fun for everyone.
- Help the person get started.
- Decide if he or she can do the activity alone or needs help.
- Watch to see if the person gets frustrated.
- Make sure he or she feels successful and has fun.
- Let him or her watch if that is more enjoyable.

## Try These Activities

The person with Alzheimer's disease can do different activities each day. This keeps the day interesting and fun. Here are some daily activities people with Alzheimer's may enjoy:

- **Household chores:** Wash dishes, set the table, prepare food, sweep the floor, dust, sort mail and clip coupons, sort socks and fold laundry, sort recycling materials or other things.
- **Cooking and baking:** Decide what is needed to prepare the dish; measure, mix, and pour; tell someone else how to prepare a recipe; watch others prepare food.
- **Exercise:** Take a walk together, [watch exercise videos](#) or TV programs made for older people, use a stationary bike, use stretching bands, throw a soft ball or balloon back and forth, lift weights or household items such as soup cans.

- **Music and dancing:** Play music, talk about the music and the singer, ask what the person with Alzheimer's was doing when the song was popular, sing or dance to well-known songs, attend a concert or musical program.
- **Pets:** Feed, groom, walk, sit and hold a pet.
- **Gardening:** Take care of indoor or outdoor plants, plant flowers and vegetables, water the plants when needed, go to school events, talk about how much the plants are growing.
- **Visiting with children:** Play a simple board game, read stories or books, visit family members who have small children, walk in the park or around schoolyards, go to school events, talk about fond memories from childhood.

## Going Out

People in the early stages of Alzheimer's disease may still enjoy going out to places they enjoyed in the past. For example, the person might enjoy going to a favorite restaurant, park, shopping mall, swimming pool, museum, or theater. Keep going on these outings as long as you are comfortable with them.

## Plan Ahead for Outings

Here are some tips to make outings fun:

- Plan outings for the time of day when the person with Alzheimer's is at his or her best.
- Keep outings from becoming too long. Take note of how tired the person gets after a certain amount of time. Bring the person home before he or she becomes overtired.
- Use a business-size card to tell others about the person's disease. Sharing this information with store clerks or restaurant staff can make outings more comfortable for everyone. For example, the card could say "My family member has Alzheimer's disease. He might say or do things that are unexpected. Thank you for your understanding."

## Eating Out

Going out to eat can be a welcome change, but it can also be challenging. Planning can help. Before choosing a restaurant, think about its layout, menu, noise level, waiting times, and the helpfulness of the staff. Ask yourself:

- Does the person with Alzheimer's disease know the restaurant well?
- Is it quiet or noisy most of the time?
- Are tables easy to get to? Do you need to wait before being seated?
- Is the service quick enough to keep the person from getting restless?
- Does the restroom meet the person's needs?
- Are foods the person with Alzheimer's likes on the menu?
- Is the staff understanding and helpful?

Before going to the restaurant, decide if it is a good day to go. If it is, think about the best time to go. Earlier in the day may be best, so the person with Alzheimer's is not too tired. Also, the restaurant may be less crowded, and service may be quicker. If you decide to go later, try to get the person to take a nap first.

Before you leave home, gather what you need. Helpful items may include utensils, a towel, wipes, or bathroom items.

## At the Restaurant

- Tell the waiter or waitress about any special needs, such as extra spoons, bowls, or napkins.
- Ask for a table near the restroom and in a quiet area. Seat the person with his or her back to busy areas.
- Help the person choose a meal, if needed. Suggest food you know the person likes. Read parts of the menu or show the person pictures of the food. Limit the number of choices.
- Ask the server to fill glasses half full or leave the drinks for you to serve.
- Order finger food or snacks to hold the attention of the person with Alzheimer's.
- Go with the person to the restroom. Go into the stall if the person needs help.

## Participating in Spiritual Activities

Like you, the person with Alzheimer's may have spiritual needs. If so, you can help the person stay part of his or her faith community. This can help the person feel connected to others and remember pleasant times. Here are some tips for helping a person with Alzheimer's disease who has spiritual needs:

- Involve the person in spiritual activities that he or she has known well. These might include worship, religious or other readings, sacred music, prayer, and holiday rituals.
- Tell people in your faith community that the person has Alzheimer's disease. Encourage them to talk with the person and show him or her that they still care.
- Play religious or other music that is important to the person. It may bring back old memories. Even if the person with Alzheimer's has a problem finding the right words to speak, he or she still may be able to sing songs or hymns from the past.

## Traveling Overnight

Taking a person with Alzheimer's disease on an overnight trip is a challenge. Traveling can make the person more worried and confused, so it's important to think ahead. Here are some tips.

### Plan Ahead

- Talk with the person's doctor about [medicines](#) to calm someone who gets upset while traveling.
- Find someone to help you at the airport, train station, or bus station.
- Keep important documents with you in a safe place. These include health insurance cards, passports, doctors' names and phone numbers, a [list of medicines](#), and a copy of the person's medical records.
- Pack items the person enjoys looking at or holding for comfort.
- Travel with another family member or friend.
- Take an extra set of clothing in a carry-on bag.

People with memory problems [may wander around](#) a place they don't know well. In case someone with Alzheimer's disease gets lost:

- Make sure the person wears an [ID bracelet](#) or something else that tells others who he or she is.
- Carry a recent photo of the person with you on the trip.

## After You Arrive

- Allow lots of time for each thing you want to do. Don't plan too many activities.
- Plan rest periods.
- Follow a routine like the one you use at home. For example, try to have the person eat, rest, and go to bed at the same time he or she does at home.
- Keep a well-lighted path to the toilet, and leave the bathroom light on at night.
- Be prepared to cut your visit short if necessary.

## Visiting Family and Friends

Spending time with family and friends is important to people with Alzheimer's disease. They may not always remember who people are, but they often enjoy the company. Here are some tips to share with people you plan to visit:

- Be calm and quiet. Don't use a loud voice or talk to the person with Alzheimer's as if he or she were a child.
- Respect the person's personal space, and don't get too close.
- Make eye contact and call the person by name to get his or her attention.
- Remind the person who you are if he or she doesn't seem to know you. Try not to say, "Don't you remember?"
- Don't argue if the person is confused. Respond to the feelings that he or she expresses. Try to distract the person by talking about something different.
- Remember not to take it personally if the person doesn't recognize you, is unkind, or gets angry. He or she is acting out of confusion.
- Have ready some kind of activity, such as a familiar book or photo album to look at. This can help if the person with Alzheimer's is bored or confused and needs to be distracted. But be prepared to skip the activity if it is not needed.

Read about [this topic in Spanish](#). Lea sobre [este tema en español](#).

## For More Information About Adapting Activities for People with Alzheimer's

### **NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center**

1-800-438-4380 (toll-free)

[adear@nia.nih.gov](mailto:adear@nia.nih.gov)

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

The National Institute on Aging's ADEAR Center offers information and free print publications about Alzheimer's disease and related dementias for families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources.

### **Family Caregiver Alliance**

1-800-445-8106 (toll-free)

[info@caregiver.org](mailto:info@caregiver.org)

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

Content reviewed: May 18, 2017

# Asking Family and Friends for Help\* – Part 1

**How good are you at asking for help? Choose the answer that best fits your situation.**

1. Do you talk to your close friends and family and share with them when you have any difficulties in your life?
  - ☐ I talk their ears off daily.
  - ☐ I often share with friends and family.
  - ☐ I only bring something up if it's very important.
  - ☐ I am a private person and don't share many details with friends and family.
2. Do you often feel like you have more to do in a day than is possible?
  - ☐ I never have enough time to get things done.
  - ☐ I am very busy but seem to manage.
  - ☐ I have a good balance with my time.
  - ☐ I have great balance with time to relax built in.
3. In the past week, how many times have you asked someone to help you with even a small task?
  - ☐ Not at all.
  - ☐ A few times.
  - ☐ Several times.
  - ☐ 15 or more times.
4. When you do ask for help, how does it make you feel?
  - ☐ Relieved, like a weight has been lifted.
  - ☐ Good, like I have accomplished something.
  - ☐ Nervous if the person will actually be able to help me.
  - ☐ Guilty for asking.
5. Out of the following options, what is the most important to you?
  - ☐ Feeling in control.
  - ☐ Feeling stress-free.
  - ☐ Getting everything done.
  - ☐ Being liked and appreciated.
  - ☐

It's not always easy to ask for help, even when you desperately need it. Perhaps you're afraid to impose on others or worried that your request will be resented or rejected. Choose the answer that best fits your situation (check all that apply).

- ☐ You should be able to do everything yourself; it's your responsibility.
- ☐ It's not all right to leave the person you care for with someone else.
- ☐ No one will help even if you ask. They say they will help, but never do.
- ☐ You don't have the money to pay someone to watch the person for an hour or two.
- ☐ You feel guilt or shame for not being able to take care of everything yourself.
- ☐ You don't feel motivated to ask for help.
- ☐ You don't feel comfortable communicating your feelings.
- ☐ You're a private person and don't want others in your home. You don't want anyone to know your business.
- ☐ They offered but never called back.
- ☐ Other feelings or reason that keeps you from asking for help:

*\*\*\*This checklist is simply for your consideration of the issues that are part of asking for help. It is for your use only.*

## Asking Family and Friends for Help\* – Part 2

*You may be uncomfortable or need to overcome some of your fears but if you simply make your needs known, you may be pleasantly surprised by the willingness of others to pitch in. Many times, friends and family members want to help, but don't know how. If you have trouble asking for help, try using some of the tips below:*

### Make it easier:

---

- You have permission – it's okay to ask for help from family, friends, and others. You don't have to do everything yourself.
- Set aside one-on-one time to talk to the person. Ask the person if they'd like to help and if so, in what way. Start a conversation. Make a list of Family/Friends/Neighbors that have offered help.
- Go over a list of **Needs, Wants and Desires** that you have thought about and have written down.
- Point out areas in which they might be able to help out (maybe your brother is good at Internet research, or your friend is a financial whiz).
- Make sure the person understands what would be most helpful to both you and the caregiving recipient; be specific. You can ask if they have something specific they would be interested in helping with.

### Let's practice – think of this as an experiment!

---

1. Make a list of what you need help with. Use your **Needs, Wants and Desires** list including particular errands, the laundry, some cooking, walking the dog, changing a light bulb, maybe even a shoulder to cry on.
2. Write down the names of friends and relatives who have offered to help (even if their offer was made quite a while ago).
3. From what you know, match people with tasks based on their interests, their strengths, their time flexibility and your comfort level with them, given the intimacy of the particular task.
4. Pick just one thing off the list and contact the person you've chosen. Be direct. So, instead of saying, "If I only knew someone who could take this coat to the cleaners," ask outright: "Can you take this coat to the cleaners for me? I'm not well enough to go out."

### Here are the steps to "Asking for Help"

---

1. Look at the person.
2. Ask the person if he or she has time to help you.
3. Clearly explain the kind of help that you need.
4. Thank the person for helping!

*\*Asking Family and Friends for Help is adapted from materials from Share the Care Wisconsin. If you would like a copy of the booklet, call the ADRC and ask for caregiver support.*

## We Could Really Use Help With...

*Adapted from Share the Care Wisconsin*

<b>Companionship</b> (visiting, sitting, reading, recording, storytelling, making calls)	Decorate the house/room, bring DVDs/CDs, write cards or notes and send, have a birthday party, bring flowers, write a poem, "be there", listen to the radio, get-away night or weekend, make a collage of photos, fill or organize a photo album, visit in hospital if needed, problem solving, write a letter or card, watch a sporting event, listen to or play music, have a party, record anecdotes-gather information, read a book or listen on tape, watch TV or movie, paint a picture, take pictures in general or at special events.
<b>Transportation</b> (appointments, shopping, ride, sight- seeing, visit a friend, shopping)	Appointments in general: eye exam, doctors, dentist, therapy, or other appointments. Go to bkf/lunch/supper or to a coffee shop. Go to the library. Shopping: a new outfit, spring flowers or plants, groceries. Short excursions: sight-seeing, home tours, Holiday lights.
<b>Household Chores</b> (cleaning, dishes, dusting, vacuuming, laundry, etc.)	Do laundry, take out garbage, dust, change the sheets, set clocks, put up new curtains, do the ironing, vacuum the house, clean bird cage, clean cupboards, clean bathroom, organize closet or drawers, clear clutter, clean the cat box or dog yard, feed the animals, take the dog for a walk
<b>Errands</b> (groceries, mail, pick up/drop off, etc.)	Drop off/pick up library books, water plants, pick up mail from post office or mail box, get stamps, go to dry cleaner, pick up something at the store, make follow-up calls
<b>Personal Care</b> (bathing, dressing, hair, makeup)	Give pedicure/manicure, give a massage, help with shower or bath, back rub, color hair, find a podiatrist who will make a house call, find a beautician/barber who will make a house call, help with makeup, help with therapy exercises
<b>Meal Preparation</b> (provide meal, assist with meal preparation, baking, cooking)	Cook dinner, bake a cake or cookies, make a favorite dessert, plan a menu, look at favorite recipes and make something, prepare meals for week
<b>Social/Community Outings</b> (movie, play, park, visit friends, groups)	Take a person for a Sunday drive, go fishing, go to a book reading, go to a concert in the park, attend a play, go to a movie, go to a birthday party, go to a museum or art gallery
<b>Spiritual Needs</b> (communion, pastor visit, parish nurse, scripture reading, church, bible study)	Read scripture. Attend or host a Bible study. Listen to hymns. Arrange for or provide communion. Attend with or provide a ride to church. Go to church picnic.
<b>Yard/Property Management</b> (seasonal work or household repair)	Rake the lawn, prune, weed garden, change a light bulb, shovel snow – sidewalk or roof, house sit, program the TV/remote, set up computer or other electronics, walk around the property and look for safety concerns, walk dog, pet sit
<b>Bookkeeping Assistance</b>	Pay bills, balance checkbook, contact bank representative, find someone to do taxes, organize and file
<b>Other</b>	Find a personal care worker or home care. Provide a get-away for care partner.



# Assistive Technology for Those with Dementia

*\*Information from Share the Care Wisconsin*

Assistive technology refers to devices or systems that support a person to maintain or improve their independence, safety, and well-being. This technology can be used in a variety of ways and for a variety of purposes. It can support people in carrying out everyday tasks and activities, enhance a person's safety, support their social participation, and monitor their health. Care partners may find it offers them support and reassurance as well. There are many different technologies that can be adapted or designed to meet the needs of someone with dementia.

This section gives an overview of some possible technologies, devices and services available:

Daily living devices help someone who has difficulties with memory loss, orientation or communication that are affecting their daily life.

- Clocks and calendars. Calendar clocks can be helpful for people who lose track of which day it is. Some clocks also show clearly whether it is morning or evening. These can help prevent people getting confused about the time, particularly in the light summer evenings.
- Medication aids. Simple boxes for pills have separate compartments for days of the week and times of day. Some can be pre-filled by a pharmacist and locked. When the medication needs to be taken, the dispenser sets off an alarm and the right compartment opens, allowing the person to access their medication. There are also devices that can send an alert to a friend or relative to notify them if the medication hasn't been taken.
- Location devices and solutions. These can be used to help someone find things they regularly misplace, such as keys or a wallet. A small electronic tag is attached to each item. They may be more helpful for the care partner.
- Communication aids. These can support people with dementia to stay in touch with others. The most common type of devices is adapted telephones. These can be pre-programmed with frequently used numbers with photo identity. Another option is video chat, where people talk to and see each other via a computer, tablet, or smartphone. For a person who has problems with speech, communicating using cards that combine pictures and text may help. Someone caring for the person might use these cue cards to offer different options for an activity, for example. The person would then point or nod to choose the one they want.

Safety is a big concern for people with dementia and their care partners, especially if the person lives alone. Technology that supports someone to remain safe can help them to stay living at home longer. Technology designed to support a person's safety includes the following:

- Automatic lights that come on when the person is moving around. They can help to prevent trips and falls.
- Automated shut-off devices that can stop the gas supply if the gas has been left on or turn off a cooker if it's been left on. Water isolation devices that can turn off a tap if it's left running, preventing flooding.
- Special plugs that allow users to choose a certain water depth in a sink or bath. They can also include a heat sensor that changes the color of the plug when it reaches a certain temperature.
- Fall or movement sensors that can register or alert if a person has fallen or is moving.
- Telephone blockers that can be used to stop nuisance calls.

Walking can have both positive physical and psychological benefits. However, at times walking presents risks, such as the person getting lost or leaving the house during the night when they are not appropriately dressed. Safe walking technology can enable some people with dementia to have greater freedom and independence, which can ultimately reduce the use of unpleasant solutions such as drugs and physical restraints.

*Continued next page*

## **Assistive Technology** ... Continued from previous page

Types of safer walking devices include:

- An alarm system. This provides an alert when someone has moved outside a set boundary (e.g. the front garden).
- Location-monitoring services. These use satellite or mobile phone technology to locate and track the person. The types of devices include watch-based devices, smartphone apps, key rings and pendants. These are generally used when there is a particular risk of the person getting lost or going missing.

Devices can support engagement, social participation and leisure as well. Assistive technology has traditionally been used to help people with dementia remain safe and continue with everyday activities. It is increasingly being used to support a person's social life and provide opportunities for activities and enjoyment. This can help them to maintain their relationships, skills, and well-being. Opportunities for enjoyable activities are important for supporting the well-being of a person with dementia. These can include reminiscence, creative activities (e.g. music), video calling, and life story work. Types of assistive technology that could be used for leisure include:

- Digital photo frames. These can be programmed to show a slide show of photographs and may help support conversation with others.
- Puzzles and games.
- Sensory stimulation. Devices that use touch, sound and light (e.g. sensory cushion).
- Electronic games and apps (e.g. video-sharing app to support discussion about the past).
- Mental stimulation (e.g. brain training devices).
- Easy to use equipment (e.g. music players and radios).

There is no one-size-fits-all approach to choosing assistive technology; what works for one person may not work for another. It is important to make sure the technology is supporting the person and not restricting them. It is also a good idea to look at the person's living space and see if there are adaptations to the environment that may help (e.g. making sure there are good lighting levels and removing trip hazards).

When choosing assistive technology, some things to consider include:

- Whether there is definitely a need for assistive technology, or whether there is another solution.
- The degree of memory loss and types of difficulties the person has.
- The person's needs, preferences, and ability to use devices, and how these might change over time.
- Whether the person has any other conditions that may affect how they use the technology (e.g. poor sight or hearing).
- The level of support the person can rely on.
- How well the technology will fit in with the person's usual routines.
- Whether the technology requires a phone line or internet access.
- The cost of the technology; some devices are expensive.

It is important that assistive technology is always used for the right reasons. It should be primarily for the benefit of the person with dementia - to enhance their independence, safety, and daily living. In practice, it will often benefit the care partner but it is important that the person's needs are put first. It is also important that they are clear about the purpose of the technology and how they might benefit from it.

# Compassionate Communication With People Who Have Memory Impairment

## What to Avoid:

- Don't reason.
- Don't argue.
- Don't remind them that they forget.
- Don't question recent memory.
- Don't take it personally!

## What to Do:

- Give short, one-sentence explanations
- Allow plenty of time for comprehension.
- Repeat instructions exactly the same way several times.
- Eliminate "but" from your vocabulary; substitute "nevertheless".
- Avoid insistence. Try again later.
- Agree with them or distract them to a different subject or activity.
- Accept the blame when something's wrong (even if it's a fantasy).
- Leave the room, if necessary, to avoid confrontations.
- Respond to the feelings rather than the words.
- Be patient, cheerful, and reassuring. Go with the flow.
- Practice 100% forgiveness, as memory loss progresses daily.

*Please elevate your level of generosity and graciousness*

## Examples of Compassionate Communication

<p><b><u>Don't Reason</u></b></p> <p><b>Person with dementia:</b> <i>"What doctor's appointment? There's nothing wrong with me."</i></p> <p><b>Don't: (reason)</b> <i>"You've been seeing the doctor Every three months for the last two years. It's written on the calendar and I told you about it yesterday and this morning."</i></p> <p><b>DO: (short explanation)</b> <i>"It's just a regular checkup."</i>  <i>(accept blame) "I'm sorry I forgot to tell you."</i></p>	<p><b><u>Don't Question Recent Memory</u></b></p> <p><b>Person with dementia:</b> <i>"Hello, Mary. I see you've brought a friend with you."</i></p> <p><b>Don't: (question memory)</b> <i>"Hi Mom. You remember Eric, don't you? What did you do today?"</i></p> <p><b>Do: (short explanation)</b> <i>"Hi Mom. You look Wonderful! This is Eric. We work together."</i></p>
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*Continued...*

<p><b><u>Don't Argue</u></b></p> <p><b>Person with dementia:</b> <i>"I didn't write this check for \$500. Someone at the bank is forging my signature."</i></p> <p><b>Don't:</b> (argue) <i>"What? Don't be silly! The bank Wouldn't be forging your signature."</i></p> <p><b>Do:</b> (respond to feelings) <i>"That's a scary though."</i> (reassure) <i>"I'll make sure they don't do that."</i> (distract) <i>"Would you help me fold the towels?"</i></p>	<p><b><u>Don't take it personally</u></b></p> <p><b>Person with dementia:</b> <i>"Who are you? Where's my husband?"</i></p> <p><b>Don't:</b> (take is personally) <i>"What do you mean – who's your husband? I am."</i></p> <p><b>DO:</b> (go with the flow, reassure) <i>"He'll be home for dinner. (distract) "How about some milk and cookies? Would you like chocolate chip or oatmeal?"</i></p>
<p><b><u>Don't confront</u></b></p> <p><b>Person with dementia:</b> <i>"Nobody's going to make decisions for me. You can go now...and don't come back!"</i></p> <p><b>Don't:</b> (confront) <i>"I'm not going anywhere and you can't remember enough to make your own decisions."</i></p> <p><b>Do:</b> (accept blame or respond to feelings) <i>"I'm sorry This is a tough time."</i> (reassure) <i>"You know what? Don has a new job. He's really excited about it."</i></p>	<p><b><u>Do repeat exactly</u></b></p> <p><b>Person with dementia:</b> <i>"I'm going to the store for a newspaper."</i></p> <p><b>Don't:</b> (repeat differently) <i>"Please put your shoes on...you'll need to put your shoes on."</i></p> <p><b>Do:</b> (repeat exactly) <i>"Please put your shoes On...Please put your shoes on."</i></p>
<p><b><u>Don't remind them they forget</u></b></p> <p><b>Person with dementia:</b> <i>"Joe hasn't called for a long time. I hope he's okay."</i></p> <p><b>Don't:</b> (remind) <i>"Joe called yesterday and you talked to him for 15 minutes."</i></p> <p><b>Do:</b> (reassure) <i>"You really like talking to Joe, don't you?"</i> (distract) <i>"Let's call him when we get back from our walk."</i></p>	<p><b><u>Do eliminate 'but'; substitute 'nevertheless'</u></b></p> <p><b>Person with dementia:</b> <i>"I'm not eating this. I hate chicken."</i></p> <p><b>Don't:</b> (say 'but') <i>"I know chicken's not your favorite food, but it's what we're having for dinner."</i></p> <p><b>Do:</b> (say 'nevertheless') <i>"I know chicken's not your favorite food, (smile) nevertheless I'd Appreciate it if you'd eat a little bit."</i></p>

## Remember...

- You can't control memory loss, only your reaction to it. *Compassionate communication will significantly heighten quality of life.*
- People with dementia are not crazy or lazy. They simply say and do things that seem normal due to their memory impairments. Forgive them...always. For example: they don't hide things; they protect them in safe places...and then forget. *Don't take 'stealing' accusations personally.*
- Their disability is memory loss. Asking them to remember is like asking a blind person to read. ("Did you take your pills?" "What did you do today?") *Don't ask and don't test memory. A loss of this magnitude reduces the capacity to reason.*
- Expecting them to be reasonable or to accept your conclusion is unrealistic. "You need a shower." "Day care will be fun." "You can't live alone.") *Don't try to reason or convince. Give a one-sentence explanation or search for creative solutions. Memory loss produces unpredictable emotions, though, and behavior, which you can alleviate by resolving all issues peacefully. Don't argue, contradict, confront, blame, or insist.*
- Reminders are rarely kind. They tell the person with dementia how disabled they are – over and over again. Reminders of the recent past imply "I remember, I'm okay; you don't, you're not." Ouch! *(If they're hungry, don't inform them they ate an hour ago, offer a snack or set a time to eat soon.)* Some days they may seem normal when they're actually living a different reality. Reminders won't bring them into yours. Note: For vascular dementia, giving clues may help recall. If it doesn't work, be kind...don't remind.
- Ethical dilemmas may occur. If, for instance, the person with dementia thinks a dear spouse is alive, and truthful reminders will create sadness, what should you do? To avoid distress, try these ways of kindness: 1) distract to another topic, 2) start a fun activity, or 3) reminisce about their spouse, "I was just thinking about\_\_\_\_\_. How did you two meet?" You might even try, "He's gone for a while. Let's take our walk now."
- Open-ended question ("Where shall we go?" "What do you want to eat/wear/do?") are surprisingly complex and create anxiety. *Give them a simple choice between two items or direct their choice, "You look great in the red blouse."*
- They are scared all the time. *Each person with dementia reacts differently to fear. They may become passive, uncooperative, hostile, angry, agitated, verbally abusive, or physically combative. They may even do them all at different times, or alternate between them. Anxiety compels them to resist changes in routine, even pleasant ones. Your goal is to reduce anxiety whenever possible. Also, they can't remember your reassurances. Keep repeating them!*

**Call the Alzheimer's Association 24/7 HELPLINE 1-800-272-3900, if you need suggestions on handling challenging situations.**

alzheimer's  association®

(Handout developed by Liz Ayers, a former caregiver and a volunteer of the Alzheimer's Association Orange County Chapter. Adapted by the Alzheimer's Association of Southeastern Wisconsin, December 2004)

# Driving Safety and Alzheimer's Disease

Good drivers are alert, think clearly, and make good decisions. When a person with [Alzheimer's disease](#) is not able to do these things, he or she should stop driving. But, he or she may not want to stop driving or even think there is a problem.



As the [caregiver](#), you will need to [talk with the person](#) about the need to stop driving. Do this in a caring way. Understand how unhappy the person may be to admit that he or she has reached this new stage.

## Safety First

A person with some [memory loss](#) may be able to drive safely sometimes. But, he or she may not be able to react quickly when faced with a surprise on the road. Someone could get hurt or killed. If the person's reaction time slows, you need to stop the person from driving.

Here are some other things to know about driving and memory loss:

- The person may be able to drive short distances on local streets during the day but may not be able to drive safely at night or on a freeway. If this is the case, then limit the times and places the person can drive.
- Some people with [memory problems](#) decide on their own not to drive, while others may deny they have a problem.

Signs that the person should stop driving include new dents and scratches on the car. You may also notice that the person takes a long time to do a simple errand and cannot explain why, which may indicate that he or she got lost.

To find out if a person with Alzheimer's is still competent to drive, watch him or her drive at different times of the day, in different types of traffic, and in different road conditions and

weather. If riding with the driver is not possible, follow the driver in another vehicle. Over time, a picture will emerge of things the driver can and cannot do well.

## When Driving Becomes Unsafe

Here are some ways to stop people with Alzheimer's disease from driving:

- Try talking about your concerns with the person.
- Take him or her to get a driving test.
- [Ask the doctor](#) to tell him or her to stop driving. The doctor can write, "Do not drive" on a prescription pad, and you can show this to the person.
- Hide the car keys, move the car, take out the distributor cap, or disconnect the battery.

## Finding Other Transportation Options

If a person with Alzheimer's can no longer drive, find other ways that the person can travel on his or her own. Contact your local [Area Agency on Aging](#) or [Eldercare Locator](#) for information about transportation services in your area. These services may include free or low-cost buses, taxi service, or carpools for older people. Some churches and community groups have volunteers who take seniors wherever they want to go. Family and friends are another great resource.

If the person with Alzheimer's disease won't stop driving, ask your State Department of Motor Vehicles about a medical review. The person may be asked to retake a driving test. In some cases, the person's license could be taken away.

Read about [this topic in Spanish](#). Lea sobre [este tema en español](#).

## For More Information About Driving Safety and Alzheimer's

### **NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center**

1-800-438-4380 (toll-free)

[adear@nia.nih.gov](mailto:adear@nia.nih.gov)

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

The National Institute on Aging's ADEAR Center offers information and free print publications about Alzheimer's disease and related dementias for families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources.

### **Eldercare Locator**

1-800-677-1116 (toll-free)

<https://eldercare.acl.gov>

Content reviewed: May 18, 2017

# Home Safety Check List and Tips

## Living Room

- ☐ Leave generous space to move safely around furniture\*
- ☐ Make sure furniture and lamps are steady and stable
- ☐ Make sure electrical and other cords are out of the way
- ☐ Have cordless or cell phone by favorite sitting place

## Kitchen

- ☐ Have everything within reach so that you do not need to climb
- ☐ Wipe up any spills immediately
- ☐ Eliminate throw rugs\*

## Bathroom

- ☐ Install anchored grab bars in bathtub/shower and by the toilet area
- ☐ Consider a raised toilet and/or a safety frame around the toilet
- ☐ Use a non-skid bathmat
- ☐ Use a shower chair and handheld sprayer, if it is difficult to stand in the shower
- ☐ Install night lights in bathroom and hallway/room outside of bathroom
- ☐ Set the thermostat on the water heater no higher than 120-degree Fahrenheit

## Bedroom

- ☐ Have good lighting next to bed
- ☐ Have a phone next to bed
- ☐ Remove clutter and cords from the floor\*

## Stairs

- ☐ Have handrails on both sides of the stairs
- ☐ Make sure stairs are properly lit
- ☐ Do not put items on the stairs

## Walkway and Entryways

- ☐ Have a small bench in your entryway to help you put on and remove your shoes/boots
- ☐ Turn the lights on ahead of you while moving through the house\*

**\* = Applies to ALL rooms**

*continued next page*



### **Keep emergency numbers handy**

- ☐ Emergency Service: **911**
- ☐ Poison Control: 1-800-222-1222
- ☐ Family member or friend to call in case of emergency
- ☐ Doctor's office

### **Protect against fire and related dangers**

- ☐ Avoid using extension cords to plug lights or appliances into a socket
- ☐ Install a smoke detector and replace the battery two times a year (each time you change your clocks for Daylight Savings Time) Ask for assistance with this if needed.
- ☐ Keep a working fire extinguisher in the kitchen and near fireplaces or wood burning stoves.
- ☐ Never smoke in bed or leave candles burning in an empty room
- ☐ Make sure space heaters are at least 3 feet away from anything that can burn and turn off space heaters when you leave the room. NEVER use the oven for heating your home
- ☐ Always unplug electrical cords by the plug (do not pull on the cord)

### **Prevent Falls**

- ☐ Choose non-slip footwear, e.g., slippers with rubber/no-slip bottoms
- ☐ Do not wear socks or stockings when walking on smooth floors; they can be very slippery
- ☐ If you use a cane or a walker, be sure to use it at all times instead of holding onto walls and furniture
- ☐ Replace cane tip when showing wear
- ☐ Do not rush to answer the phone

### **Prevent Poisoning**

- ☐ Keep prescription medication in the original containers so you do not mix up your medicines
- ☐ Keep all medications out of the reach of children and pets
- ☐ Ask your pharmacist to put large-print labels on medication bottles to make them easier to read. Easy open bottles also available on request or ask about dose packaging
- ☐ Take your medications in a room with lots of light so you can see the labels
- ☐ Bring all your pill bottles with you to your doctor's appointments so he or she can look at them and make sure you are taking them correctly

### **Protect Against Abuse**

- ☐ Keep your windows and doors locked at all times (be aware during warm weather)
- ☐ Be aware of phone scams and unwanted solicitors. Hang up.
- ☐ Do not give personal information over the phone to someone you have not called.
- ☐ Be aware of the message you leave on your answering machine – use a generic version or a simple “leave a message,” without leaving identifying or location information
- ☐ Leave an inside and outside light on when returning after dark
- ☐ Trim bushes away from walkways and doors to prevent unwanted guests or animals in the yard.

# Medication Management

Adapted from Alzheimer's Association <https://www.alz.org/help-support/caregiving/safety/medication-safety>

## Working with the doctor and pharmacist

Individuals with Alzheimer's or other forms of dementia, may take medications to help ease the symptoms of the disease and to address depression, sleeplessness, anxiety or other behaviors that are disruptive.

- **Coordinate with all care providers.** A person with dementia may be under the care of more than one doctor. Make sure all health care team members know about any prescription and over-the-counter medications, including herbal or vitamin supplements. Each time you go to an appointment, take a list of current medications and dosages. Ask the ADRC for "File of Life" materials which provides an easy method of keeping current.
- **Ask your doctor or pharmacist to check for possible drug interactions.** When a new medication is prescribed, ask whether it is okay to take it with other current medications. Also, remind the health care team of any allergies to medications or side effects that have occurred in the past.
- **Get details.** Find out as much as possible about every medication, including name, purpose, dosage, frequency and possible side effects. If troubling side effects occur, report them to the doctor.
- **Take as directed.** Do not ever change dosages without first consulting the doctor who prescribed the medication. If cost or side effects are an issue, tell the doctor. There may be other solutions.
- **If swallowing is a problem, ask if the medication is available in another form.** A liquid version may be available, or in some cases medications can be crushed and mixed with food. However, no pill or tablet should be crushed without first consulting your physician or pharmacist. Crushing some medications may cause them to be ineffective or unsafe.
- **Maintain medication records.** Keep a written record of all current medications, including the name, dosage and starting date. Consider signing up for MedicAlert®+ Alzheimer's Association Safe Return®, a service that provides an online personal health record of health conditions and current medications. You can also use the File of Life which allows you to carry a medication list with you in your wallet or purse. This record will be invaluable in the event of a serious drug interaction or overdose.

*Continued next page...*

## Giving medication to someone with Alzheimer's

In the early stages of Alzheimer's, the person with dementia may need help remembering to take medications. If unsupervised someone could take too much or too little of a needed medication which can have serious health consequences. As a caregiver, you may find it helpful to:

- **Use a pill box organizer.** Using a pill box or keeping a daily list or calendar can help ensure medication is taken as prescribed.
- **Develop a routine for giving the medication.** Ask the pharmacist if medications should be taken at a certain time of day or with or without food. Then create a daily ritual. This might involve taking medications with breakfast or right before bed.

As the disease progresses, you'll need to provide a greater level of care. In addition to using a pill box organizer and keeping a daily routine, try these tips:

- **Use simple language and clear instructions.** For example, say "Here's the pill for your high blood pressure. Put it in your mouth and drink some water."
- **If the person refuses to take the medication, stop and try again later.**
- **If swallowing is a problem, ask if the medication is available in another form.** Talk to the doctor who prescribed the medication or the pharmacist to find out if a liquid version is available or if it is safe to crush the medication and mix it with food. Be aware that no pill or tablet should be crushed without first consulting your physician or pharmacist, since it can cause some medications to be ineffective or unsafe.
- **Make changes for safety.** Be sure to place medications in a locked drawer or cabinet to avoid accidental overdose and throw out medications that are no longer being used or that have expired.
- **Have emergency numbers easily accessible.** Keep the number of your local poison control center or emergency room handy. If you suspect a medication overdose, call poison control or 911 before taking any action.

## Our Plan B

*For Sharing Care with another, or for use in an emergency -This document can be modified for your use*

**Family First Responder(s):** Who will begin passing the message that help is needed?

Name	Contact Number	Email Address

**Phone/text tree-** Who will make sure everyone stays informed?

**Other helpers** (and what they can do):

Is there **Power of Attorney for Health Care** or similar **Advance Directive**?

Where to find a copy:

Who is the agent (stand-in decision-maker)?

Has it been activated?    Yes            No            ( This would require two signatures on a Declaration of Incapacity form, indicating that the Care Receiver is unable to make his or her own decisions regarding health care.)

For planning and resource information contact the **Aging & Disability Resource Center (262-833-8777)**

They can also provide power of attorney forms and answer basic questions on POA. Questions to consider and discuss with the ADRC:

What community resources can be useful?

How will services be paid for?

*Continued next page*

## Information needed by Substitute Caregiver(s):

The following **help is needed** with:

Bathing

Dressing

Grooming

Personal hygiene

Getting around (Is assistance needed, e.g. is a gait belt, a cane, walker, or wheelchair needed?)

Special diet/ food consistency

### Medication management

Meds are kept \_\_\_\_\_

#### Medication Schedule

Medication Name	Dose	Time	Special Considerations*

**\*Special considerations:** e.g. give with food, give without food, split or crushed...

Pharmacy used \_\_\_\_\_

### Medical Providers(s)

Contact information and best way to convey a message (e.g. through nurse or other office staff)

Provider	Location	Contact

*This document can be modified for your use, or you can devise your own*

# Residential Care Facility Considerations

In choosing a residential care facility there are several factors to consider, including the type of facility, staff members, special programs and general treatment residents receive. Note that you do not have to go through every item listed on this checklist but be sure to compare those things that are important to you/your loved one. *-Adapted from Alzheimer's Association materials*

## Family Concerns

- Are family members/caregivers encouraged to participate in care planning
- How and when are family members contacted regarding changes in the resident's condition and care needs
- Families are encouraged to communicate with staff members

## Care Provision – Staff Members

- Medical care is provided
- Personal care and assistance is provided
- Staff recognizes that persons with dementia are unique individuals and care is personalized to meet individual needs, abilities, and interests
- Staff members have been trained in dementia specific care
- There is access to medical staff -doctors, nurses, nurse practitioners and such
- Staff can handle challenging behaviors
- There is a good ratio of residents to staff

## Programs and Services Available

- Services and programming are based on specific health and behavioral care needs
- Activities are planned and take place as scheduled, at facility and outside of the facility
- Activities are available on weekends or during evenings
- Activities are designed to meet specific needs, interests, and abilities
- Transportation is available for medical appointments and shopping for personal items
- Care planning meetings are held regularly
- Therapies available if needed (PT, OT Speech etc.)
- Religious services and celebrations are available to residents

## Residents

- Personal care is provided with respect and dignity
- Personal care times are flexible based on the individual's schedule
- Residents are comfortable, relaxed and involved in activities
- Residents are well-groomed, clean, and dressed appropriately
- Check rate of falls for residents
- Check the State licensed listings for specialty programs the facility offers. See if the residents living there appear to have similar health or behavioral concerns as the person you are placing. Look for a good fit.

## **Environment**

- Facility is free from unpleasant odors
- Indoor spaces that allow freedom of movement that promotes independence
- Indoor and outdoor spaces are available and are safe, secure and monitored
- The facility is easy to navigate
- There are visiting areas for families to meet and when appropriate an area for overnight guests
- Resident rooms are clean and spacious
- Residents can bring familiar items with them, such as photos, bedding, a chair

## **Meals/Food**

- There are regular meal and snack times
- Food is appetizing (ask to see a weekly menu and come in during a meal)
- The dining environment is pleasant
- Family and friends can join at mealtime
- Staff monitors for adequate nutrition
- Staff are able to provide for special dietary needs
- Staff provide appropriate assistance which is based on the individual's ability – examples include; encouragement, getting someone started, or assisted feeding if needed)
- There are no environmental distractions during mealtime (like a noisy TV etc.)
- Access to water 24/7 and encouragement to stay hydrated

## **Policies and Procedures**

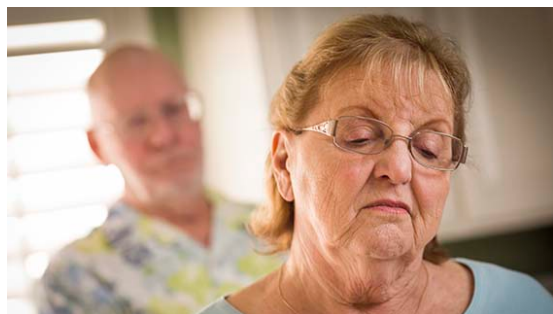
- Family and friends are able to participate in care
- Visiting hours work for the family
- Discharge policy has been discussed (learn about any situation or condition that would lead to a discharge from the facility, such as a change in behavior or financial circumstances)
- Is continuing care available as a resident's needs change
- Aging in place policy where the resident can stay in the same facility or even room throughout the course of the disease
- Escort to the emergency room if a visit is required
- Available end of life palliative or hospice care

*For a more extensive checklist see "Choosing Assisted Living" by the Wisconsin Department of Health Services at: <https://www.dhs.wisconsin.gov/publications/p6/p60579.pdf> or request a copy from the ADRC by calling 262-833-8777.*

# Tips for Coping with Sundowning

<https://www.nia.nih.gov/health/tips-coping-sundowning>

Late afternoon and early evening can be difficult for some people with Alzheimer's disease. They may experience sundowning—restlessness, agitation, irritability, or confusion that can begin or worsen as daylight begins to fade—often just when tired caregivers need a break.



Sundowning can continue into the night, making it hard for people with Alzheimer's to fall asleep and stay in bed. As a result, they and their caregivers may have trouble getting enough sleep and functioning well during the day.

## Possible Causes

The causes of sundowning are not well understood. One possibility is that Alzheimer's-related brain changes can affect a person's "biological clock," leading to confused sleep-wake cycles. This may result in agitation and other sundowning behaviors.

Other possible causes of sundowning include:

- Being overly tired
- Unmet needs such as hunger or thirst
- Depression
- Pain
- Boredom

## Coping with Sundowning

Look for signs of sundowning in the late afternoon and early evening. These signs may include increased confusion or anxiety and behaviors such as pacing, wandering, or yelling. If you can, try to find the cause of the person's behavior.

If the person with Alzheimer's becomes agitated, listen calmly to his or her concerns and frustrations. Try to reassure the person that everything is OK and distract him or her from stressful or upsetting events.

You can also try these tips:

- Reduce noise, clutter, or the number of people in the room.
- Try to distract the person with a favorite snack, object, or activity. For example, offer a drink, suggest a simple task like folding towels, or turn on a familiar TV show (but not the news or other shows that might be upsetting).



- Make early evening a quiet time of day. You might play soothing music, read, or go for a walk. You could also have a family member or friend call during this time.
- Close the curtains or blinds at dusk to minimize shadows and the confusion they may cause. Turn on lights to help minimize shadows.

### **Preventing Sundowning**

Being too tired can increase late-afternoon and early-evening restlessness. Try to avoid this situation by helping the person:

- Go outside or at least sit by the window—exposure to bright light can help reset the person's body clock
- Get physical activity or exercise each day
- Get daytime rest if needed, but keep naps short and not too late in the day
- Get enough rest at night

Avoid things that seem to make sundowning worse:

- Do not serve coffee, cola, or other drinks with caffeine late in the day.
- Do not serve alcoholic drinks. They may add to confusion and anxiety.
- Do not plan too many activities during the day. A full schedule can be tiring.

### **If Problems Persist**

If sundowning continues to be a problem, seek medical advice. A medical exam may identify the cause of sundowning, such as pain, a sleep disorder or other illness, or a medication side effect.

If medication is prescribed to help the person relax and sleep better at night, be sure to find out about possible side effects. Some medications can increase the chances of dizziness, falls, and confusion. Doctors recommend using them only for short periods of time.

### **For More Information About Sundowning**

#### **NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center**

1-800-438-4380 (toll-free)

[adear@nia.nih.gov](mailto:adear@nia.nih.gov)

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

The National Institute on Aging's ADEAR Center offers information and free print publications about Alzheimer's disease and related dementias for families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources.

#### **Mayo Clinic**

[www.mayoclinic.org/patient-care-and-health-information](http://www.mayoclinic.org/patient-care-and-health-information)

#### **Family Caregiver Alliance**

1-800-445-8106 (toll-free)

[info@caregiver.org](mailto:info@caregiver.org)

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

#### **National Respite Locator Service**

[www.archrespice.org/respitelocator](http://www.archrespice.org/respitelocator)

Content reviewed: May 17, 2017

# Share the Care Wisconsin

We hope you are interested in learning more about Share the Care Wisconsin or other programs that can support your caregiving journey. Share the Care is a program that will help you begin and/or enrich a care circle based on an already-existing circle of family, friends, neighbors, and other community connections and volunteers. This circle of support will help you remain independent, safe, and social in your own home for as long as possible.

The Share the Care support circle comes together to coordinate the needs and requests of the person with Alzheimer's or other dementia and their care partner. Each member of the circle identifies what they are most comfortable doing based on the person with dementia or care partner desires.

You can get further information and help with Share the Care by contacting the ADRC at 262-833-8777

## Other online links to information:

### Wisconsin Department of Health Services:

<https://www.dhs.wisconsin.gov/dementia/resources.htm>

Provides information on various resources on statewide Dementia Redesign programs

### Wisconsin Family Caregiver Support Programs:

<http://wisconsincaregiver.org/>

Caregiver support information, and access to the Share the Care manual online

Check into the Trualta Educational program that is available as another resource for you.

*Friends in your life are like pillars on  
your porch. Sometimes they hold  
you up, and sometimes they lean on  
you. Sometimes it's just enough to know  
they're standing by.*

— Ralph Waldo Emerson

# Decision Making and Advance Directives

*Sometimes a person needs help with making decisions about important things in their life like healthcare, managing their money, or making other everyday choices about where to live and work. They might need a little bit of help, a great deal of help, or they may not be capable of making most decisions. There are tools available called advance directives that can supply that help.*

***Most of the time you would only choose one** or possibly two depending on how much help the person needs with making those important decisions. Keep in mind that healthcare and finances are two separate areas that require their own documents. It is important to do both. Below are listed several types of advance directives starting with those that are the least restrictive.*

Less Restrictive

## Healthcare Focused:

### Release Forms

These forms give permission for a named person to access certain types of records. (for example- providing permission for someone to talk with your doctor or see your medical records.) This can be limited, usually for a certain time period, or permanent. Documents for this are usually provided by the agency you want to have your representative access.

### Supported Decision Making Agreements

Supported Decision-Making is a set of strategies that help individuals with disabilities have more control over their life and future. It involves family and friends working together with the individual to support them in making complex decisions. You can stop or change this agreement at any time. Forms for Supported Decision making can be found at: <https://www.dhs.wisconsin.gov/library/f-02377.htm>

### Power of Attorney

This is a legal arrangement where you give permission for someone to make decisions on your behalf when it has been determined you are not able to. There are Power of Attorney (POA) documents for both **healthcare** and for financial decisions, and you can complete both or only one type. It is not required to use an attorney to complete these forms, but you can get assistance with this process. POAs can be changed in certain circumstances which vary for each type. You can find forms at the ADRC, your medical provider, or online at: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>

### Living Will

Allows the friend or family member to make end of life decisions when the individual is in a terminal situation or persistent vegetative state. You can find forms at the ADRC, your medical provider, or online at: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>

### Guardianship

A guardian is a person who looks after and is legally responsible for someone who is unable to manage their own affairs. Some, or all of your rights are transferred to another person by a judge during a formal court process. This can only be reversed or changed by a formal court process. This process would begin with your County's Probate Court. In Racine County contact 262-636-3137. For general questions you can contact the Guardianship Support Center (see over) or see: <https://www.dhs.wisconsin.gov/clientrights/guardianship.htm>

More Restrictive

**Other resources** include contacting your healthcare provider or medical group, or your local hospital as they have forms and guidance available particularly for POA healthcare forms. The Wisconsin Department of Health Services (DHS) has information and forms for POA's, Living Will, Final Disposition, and Do Not Resuscitate orders.

See: <https://dhs.wisconsin.gov> and use the alphabetical index to search.

**See the next page for Financial tools**

## Financial Focused:

### Dual Signature Bank Accounts

Requires 2 signatures for each check written, and the form is available at the Bank.

### Representative Payee

The Social Security Administration (SSA) will appoint a representative payee (payee) who will manage the payments on behalf of the beneficiary. Generally, they look for family or friends to serve as payees, otherwise they look for qualified organizations. Changes must be made through SSA. See: <https://www.ssa.gov/payee/>

### Conservatorship

If you wish you can legally appoint someone to manage your finances. See: <https://gwaar.org/guardianship-resources> "Managing your Finances Through Conservatorship."

### ABLE Accounts

Allows eligible individuals with disabilities to save money in a tax-exempt account that may be used for qualified disability expenses. Individuals with disabilities can save money while keeping their eligibility for federal public benefits. Able information: <http://ablenrc.org/>

### Special Needs Trust

Managed by a trustee. Funds must be used to benefit the individual.. Can be set up through a bank or through WISPACT: <https://www.wispact.org/>

### Power of Attorney

This is a legal arrangement where you give permission for someone to make decisions on your behalf when it has been determined you are not able to. There are Power of Attorney (POA) documents for both healthcare and for **financial decisions**, and you can complete both or only one type. It is not required to use an attorney to complete these forms, but you can get assistance with this process. POAs can be changed in certain circumstances which vary for each type. You can find forms at the ADRC, your medical provider, or online at: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>

**Guardianship** — see the first page

### Why are these steps important?

At the age of 18, regardless of ability, parents no longer have legal responsibility for their son/daughter's medical, financial, or legal decisions unless certain protective supports are established through legal forms or the court system. If an adult who has been competent to make their own legal decision suffers an illness or accident that leaves them unable to make decisions, they will need supports as well. Wisconsin law generally encourages that protective supports be the least restrictive necessary to provide the required protection.

**To get help with questions** about these types of decision-making supports talk with the **ADRC** or contact the **Wisconsin Guardianship Support Center** to get information and assistance on issues related to adult guardianship, protective placement, advance directives, and more. Website: <https://gwaar.org/guardianship-resources>

Toll-Free Helpline (855) 409-9410 **Email**  
[guardian@gwaar.org](mailto:guardian@gwaar.org)

**ADRC of Racine County**  
**262-833-8777**

**Toll Free 866-219-1043**  
[www.adrc.racinecounty.com](http://www.adrc.racinecounty.com)



**Some last words of encouragement:**

**Identify a center point**

Someone you can call no matter what  
If you can't think of one  
Call the Alzheimer's Association.  
They are available 24/7- 365 days a year.  
800-279-3900

**Do what you can today**

**If you take one step at a time there will be progress,  
and the load can get lighter.**

Please remember that your best is **Good Enough...**



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