



## Dane County Community Resource Guide

The attached list provides information about community resources in Dane County that may be helpful to individuals and families who are coping with progressive memory loss, Alzheimer's disease, or related dementias. Due to the changing nature of service agencies, this list may not be comprehensive. Although the Alzheimer's & Dementia Alliance does not endorse or promote one agency over another, we are available to help families identify those services which might best meet the individual's needs and circumstances.

If you have questions or need more information about resources available in our nine county service area, please call our Helpline at **1-888-308-6251**.

This resource guide will be updated periodically on our website: [www.alzwisc.org](http://www.alzwisc.org)

**Revised January 2012**

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**Main Office**

517 North Segoe Road, Suite 301  
Madison, WI 53705  
608.232.3400  
608.232.3407 fax  
888.308.6251 toll-free

**Grant/Richland Regional Office**

8820 Hwy 35/61 S  
Lancaster, WI 53813  
608.723.4288  
608.723.6122 fax  
888.308.6251 toll-free

**Columbia/Sauk Regional Office**

2825 Hunters Trail  
Portage, WI 53901  
608.742.9055  
608.745.3940 fax  
888.308.6251 toll-free



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### ***Alzheimer's & Dementia Alliance***

The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) provides support and education in south central Wisconsin for individuals and families living with dementia as well as for professional service providers. Our organization can be a guide for people affected by Alzheimer's disease and other dementias as well as their families as they learn about the disease, plan for the future, and cope with day-to-day challenges. The ADAW also advocates on the state level about matters that affect dementia-related research and legislation. Our services include:

- Helpline: **608-232-3400** or **888-308-6251**
- Family consultations
- Caregiver support groups
- Early-stage support group
- [www.alzwisc.org](http://www.alzwisc.org)
- Family & professional training workshops
- Quarterly newsletter & email newsletters
- Resource library
- Public policy advocacy
- Provision of information and resources

As an independent, nonprofit organization, 100% of the donations we receive remain in Wisconsin and are tax-deductible.

### ***What is Dementia?***

Dementia is a loss of intellectual functions (such as thinking, remembering and reasoning) that is severe enough to interfere with a person's everyday life. Symptoms may include short-term memory loss, inability to think problems through or complete tasks, confusion, difficulty concentrating, and behavior changes.

Some disorders that can cause dementia include:

Alzheimer's disease

Vascular disease

Lewy Body dementia

Huntington's disease

Pick's disease

Creutzfeldt-Jakob disease

Parkinson's disease

Other conditions that may cause or mimic dementia include depression, brain tumors, nutritional deficiencies, head injuries, hydrocephalus, infections (AIDS, meningitis, syphilis), thyroid problems and drug reactions.

Dementia is not a part of normal aging.

## What is Alzheimer's Disease?

Alzheimer's disease is the most common cause of dementia, affecting an estimated 5.4 million Americans, **including more than 110,000 in Wisconsin**. Alzheimer's disease is a progressive, degenerative disease that attacks the brain and results in impaired memory, thinking and behavior.

There are currently four drugs prescribed to treat the symptoms of Alzheimer's disease. In some people, these medications may improve daily life by enhancing memory and cognitive ability or by slowing the progression of Alzheimer's symptoms. Early diagnosis is very important to maximize the effect of available treatment.

## 10 Warning Signs of Alzheimer's Disease

1. **Memory Loss:** frequently forgetting important dates, events, conversations, or phone numbers; not remembering them later. Repeating oneself in conversation.
2. **Difficulty performing familiar tasks:** forgetting ingredients in recipes, less able to balance a checkbook or pay bills, more difficulty reading maps, operating equipment.
3. **Problems with language:** forgetting simple words, substituting unusual words, speaking in generalities to avoid the need to recall specific terms and details.
4. **Disorientation to time and place:** getting lost in familiar places, not knowing where one is, not knowing the time of day, day of week, month or year.
5. **Poor or decreased judgment:** dressing inappropriately, unable to set limits on purchases, giving away unusually large amounts of money.
6. **Problems with abstract thinking:** forgetting how to use numbers, difficulty with reading and reasoning.
7. **Misplacing things:** putting things in unusual places like firewood in the clothes dryer or a purse in the refrigerator, or forgetting where things are usually kept.
8. **Changes in mood or behavior:** rapid mood swings, from calm to tears to anger, for no apparent reason.
9. **Changes in personality:** doing or saying things that are out of character, abnormal confusion, suspicion, or fearfulness.
10. **Loss of initiative:** more passive, sleeping more than usual or withdrawing from usual hobbies, activities, and social situations.

If you recognize some of these warning signs in yourself or a loved one, please see your primary doctor. You may also wish to contact a memory diagnostic clinic for a more thorough evaluation. *There are also many conditions that can cause dementia-like symptoms that are reversible if a*

*treatable cause is found.* Early diagnosis of Alzheimer's disease or other disorders causing dementia is an important step in getting appropriate treatment, care and support services.

### **MEMORY DIAGNOSTIC CLINICS**

Memory diagnostic clinics offer a comprehensive, team approach to assessment, diagnosis and treatment. The staff at the memory diagnostic clinics is trained to identify the reason you or your loved one are experiencing memory loss or confusion. If you have Medicare, 80% of the cost of the evaluation should be reimbursed and most supplemental insurance policies should pay for the additional 20%. The results of the evaluation will be shared with your primary physician for continued follow-up. *For more information, contact:*

**Fort Health Care Memory Center**  
611 Sherman Ave East, Fort Atkinson, WI 53538  
**920-568-5334**    [www.forthhealthcare.com](http://www.forthhealthcare.com)

**Memory Disorders Clinic**  
**(For anyone at any age and must have referral from primary care provider)**  
**Neurology Clinic, UW Hospital**  
600 Highland Avenue  
Madison WI 53705  
**608-263-5442**

**\*UW-Health Hospital & Clinics Memory Assessment Clinic**  
**(For people 65 years of age and older)**  
2880 University Avenue, Room 100  
Madison WI 53705  
**608-263-7740**  
[www.uwhealth.org](http://www.uwhealth.org)

**William S. Middleton Veterans Hospital**  
**Geriatric Research Education Clinic Center**  
2500 Overlook Terrace, Madison, WI 53705  
**608-256-1901 ext. 17000**    [www.madison.va.gov](http://www.madison.va.gov)

**Dean Memory Assessment Center**  
**Dean Clinic**  
1313 Fish Hatchery Rd., Madison, WI 53715  
**608-252-8040**  
[www.deancare.com/medical-services/neurology/memory-assessment-center/](http://www.deancare.com/medical-services/neurology/memory-assessment-center/)

### **GERIATRIC MENTAL HEALTH SERVICES**

Geriatric mental health services can be beneficial in addressing the psychiatric and emotional needs of the person with dementia and can also help with challenging behavioral symptoms. Some signs that indicate mental health services may be needed include frequent or extreme mood swings,

depression, suicidal tendencies, agitation, aggression, uncontrollable wandering or major changes in sleep.

#### Inpatient Geriatric Mental Health Services

***Mendota Mental Health Institute***

301 Troy Dr., Madison, WI 53704

608-301-1000 [www.dhfs.wisconsin.gov/MH\\_Mendota/index.htm](http://www.dhfs.wisconsin.gov/MH_Mendota/index.htm)

***Stoughton Hospital - Geriatric Psychiatry Unit***

900 Ridge St., Stoughton, WI 53589

608-873-2242 [www.stoughtonhospital.com](http://www.stoughtonhospital.com)

#### Outpatient Geriatric Mental Health Services

***Mobile Outreach to Seniors Team (MOST)***

c/o Mental Health Center of Dane County

625 W. Washington Ave., Madison, WI 53703

608-280-2480      Crisis: 608-280-2600

### **INFORMATION, REFERRAL & ASSISTANCE**

There are agencies in every county who are available to provide general information and referral assistance to help you locate resources in your area.

***Alzheimer's & Dementia Alliance***

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

608-232-3400 or 888-308-6251

(See p. 3 for more information on Alzheimer's & Dementia Alliance programs and services.)

***Area Agency on Aging of Dane County***

608-261-9930

[www.co.dane.wi.us/aging](http://www.co.dane.wi.us/aging)

***Senior Hotline to Help (Dane County)***

608-266-9007

This Hotline is an information and referral service from the Dane County Department of Human Services Area Agency on Aging and Long Term Support units. They can provide information on services and programs available to seniors.

***Elder Abuse & Neglect Helpline***

608-261-9933

Use this Helpline to report suspected abuse or neglect of an elder living in the community. This may include physical, emotional, or financial abuse as well as self-neglect.

**United Way 2-1-1**

**2-1-1 (inside Dane County)** [www.unitedwaydanecounty.org](http://www.unitedwaydanecounty.org)

**608-246-435 (outside Dane County and cellular phones)**

United Way 2-1-1 is a community resource line, providing 24-hour, 365-day a year, free and confidential comprehensive telephone information and referral services for people in Dane County, Wisconsin, who are in need of help or who want to give help.

**A Place for Mom**

**1-866-333-6252**

A Place for Mom is a free consultative resource for families searching for senior housing and care. Facility information is offered based on the client and family's clinical, financial and geographic needs and preferences. In order to provide this service at no cost, participating facilities and agencies pay a fee to A Place for Mom, Inc.

**Senior Centers/Senior Coalitions**

(See "Outreach & Case Management" list) Senior Centers and Coalitions offer a wide variety of programs and services for older adults including information, assistance, and referral as well as social activities, classes, and meals.

**OUTREACH & CASE MANAGEMENT SERVICES**

Case managers can help you by assessing what resources you and your family might need and by helping you access these services and plan for the future.

**Dane County Senior Center/ Outreach Offices:**

<i>Belleville Senior Center</i>	<i>424-6007</i>
<i>Colonial Club (Sun Prairie)</i>	<i>837-4611</i>
<i>DeForest Senior Center</i>	<i>846-9469</i>
<i>East Madison/Monona Coalition</i>	<i>223-3100</i>
<i>Fitchburg Senior Center</i>	<i>270-4290</i>
<i>McFarland Outreach</i>	<i>838-7117</i>
<i>Middleton Senior Center</i>	<i>831-2373</i>
<i>North/Eastside Senior Coalition</i>	<i>243-5252</i>
<i>Northwest Dane Senior Outreach</i>	<i>767-3757</i>
<i>Oregon Area Senior Center</i>	<i>835-5801</i>
<i>South Madison Coalition</i>	<i>251-8405</i>
<i>SW Dane Senior Outreach</i>	<i>437-6902</i>
<i>Stoughton Senior Center</i>	<i>873-8585</i>
<i>Verona Senior Center</i>	<i>845-7471</i>
<i>Waunakee Senior Center</i>	<i>849-8385</i>

West Madison Senior Coalition	238-7368
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**Care Management Services**

There are also private case managers with whom families can contract to coordinate a variety of services for individuals and families, usually for a fee.

**Aging Manager**  
**Shannon Wall, MSSW**, 1602 Lakeview Ave., Madison, WI 53704  
**608-242-7791** [www.agingmanager.com](http://www.agingmanager.com)

**Atempo LLC**  
**Nancy Nie, RN**, CCM3917 Partridge Rd., DeForest, WI 53532  
**608-335-8218**

**Marianne Ewig, MSW, ACSW**  
 711 Orchard St. Suite 201, Madison, WI 53715  
**608-204-7323**

**Jewish Social Services of Madison**  
 63 Enterprise Lane, Madison, WI 53719  
**608-278-1808** [www.jewishmadison.org/](http://www.jewishmadison.org/)

**Kristin Scheeler, MSSW, CAPSW**  
 3240 University Ave. Ste. 3A, Madison, WI 53705  
**608-441-8620**

**Nurse Advisor**  
*Connie Hundt Golden, RN, MSN*  
 222 N. Midvale Blvd Suite 25, Madison, WI 53705  
 Phone: **608-231-3110** Cell: 608-712-0392

**Supportive Elder Services, LLC**  
 313 Price Place Suite 110, Madison WI 53705  
 Phone: 608-231-6734

**SUPPORT GROUPS**

At support groups, family caregivers come together to learn new information; support one another, and share caregiving tips, experiences, and ideas. Most meet monthly. Many are specifically for those caring for loved ones with memory loss or dementia.

Contact the Alzheimer’s & Dementia Alliance at 608-232-3400 or 1-888-308-6251 for a list of support groups in your area.

## **LEGAL SERVICES**

Legal and financial planning should begin as soon as possible. Planning includes reviewing financial and long-term care resources and options, and completing legal documents that will authorize another person to make health care and financial decisions on the affected person's behalf when it becomes necessary. If planning is done early, the person with the disease can actively participate in making the necessary arrangements. It is often a good idea to consult with an attorney who specializes in elder law. A benefit specialist can also guide you in this process.

- **To obtain free copies of the basic power of attorney forms, contact:**

***Elder Law Center, Coalition of Wisconsin Aging Groups***  
2850 Dairy Drive, Suite 100, Madison WI 53718  
608-224-0606                      [www.cwag.org](http://www.cwag.org)

***Department of Health & Family Services, Division of Public Health***  
PO Box 309, Madison WI 53701-0309    [www.dhfs.state.wi.us/forms/AdvDirectives](http://www.dhfs.state.wi.us/forms/AdvDirectives)

- **Elder Law Attorney**  
***An attorney who specializes in elder law can help you develop a legal and financial plan, write Powers of Attorney for Health Care and Finances, and help with guardianship proceedings.***

**For information on where to find an attorney who specializes in elder law, contact the**

Wisconsin State Bar Assoc.    608-257-4666 or 800-362-9082. [www.wisbar.org](http://www.wisbar.org)

Alzheimer's & Dementia Alliance    608-232-3400 or 1-888-308-6251 [www.alzwisc.org](http://www.alzwisc.org)

National Academy of Elder Law Attorneys 520-881-4005 [www.naela.com](http://www.naela.com)

- **Guardianship**  
A guardianship is a special relationship between two people, one of whom, called the guardian, acts on behalf of the ward. This relationship may be ordered by a circuit court when it finds that a person is no longer competent to manage his or her affairs. A relative, public official or any other person may petition the court to have a guardianship established. For questions related to advance planning alternatives, guardianship, or protective services/placement please call:

**Wisconsin Guardianship Support Center Hotline: 800-488-2596**  
[www.cwag.org/legal/guardian-support/](http://www.cwag.org/legal/guardian-support/)

## **FINANCIAL ASSISTANCE**

- **Benefit Specialist Program**

Benefit Specialists provide free information, assistance and advocacy to residents age 60 and older. Services range from providing information about eligibility criteria and help in applying for a wide range of benefits, to appealing application denials, terminations or reductions in benefits. Benefit Specialists receive in-depth, on-going training in the areas of benefit and entitlement programs and other issues affecting older adults, including Medicare, Medical Assistance, Social Security, Supplemental Security Income (SSI), Food Stamps, housing, the Community Options Program (COP), and more. An attorney provides supervision and support to Benefit Specialists and works closely with them to ensure high-quality advocacy and representation of older WI residents.

### **Benefit Specialist Program**

#### **Elder Law Center, Coalition of Wisconsin Aging Groups**

2850 Dairy Drive Suite 100, Madison, WI 53718  
608-224-0606 [www.cwag.org](http://www.cwag.org)

- **Financial Management Assistance**

A professional financial consultant can assist older adults with: check writing/bill paying, checkbook reconciliation, budget analysis and creation, Medicare/medical paperwork. Fees are charged on a per hour basis. Financial subsidies may be available.

For more information, contact:

#### **Independent Living, Inc.**

2970 Chapel Valley Road, Suite 203, Madison, WI 53711  
608-274-7900 [www.independliving.com](http://www.independliving.com)

- **Alzheimer's Family & Caregiver Support Program (AFCSP)**

The Alzheimer's Family Caregiver Support Program is designed to support families caring for a person with Alzheimer's disease or other irreversible dementia in their home. Limited funds can be used to purchase services such as in-home respite, home delivered meals, adult day care, personal care, or equipment and supplies needed for care.

*For information on how to access AFCSP, call the Alzheimer's & Dementia Alliance at 608-232-3400 or 888-308-6251*

- **Community Options Program (COP)**

The Community Options Program is a coordinated system of services aimed at assisting people who are elderly or disabled to remain in their own homes. Persons who appear to be at risk of entering a nursing home are eligible to receive a COP assessment and a service plan at no cost. Cost for COP services is determined on a case-by-case basis depending on the income, assets and expenditures of the individual needing services. Some people will pay for all or part of the services received; others may have all of their services paid for by COP. The cost will be

determined before services are provided, so that the individual can decide whether to accept services or not. Some people may have to have their names put on a waiting list due to limited funding.

*To apply for COP or for additional information, contact:*

**Dane County Department of Human Services - Long Term Support Unit**  
**608-261-9887** 2322 S. Park Street, Madison, WI 53713

- **Care Wisconsin Partnership Program**

The Care Wisconsin Partnership Program provides coordinated health care and long-term support services to Medicaid eligible older adults who have chronic conditions requiring a nursing home level of care. Care Wisconsin Partnership is part of the Wisconsin Partnership Program. The program provides the health and supportive care necessary to remain at home and active in the community.

*To apply for Care Wisconsin Partnership or for additional information, contact:*

**Care Wisconsin**

**608-240-0020** 2802 International Lane, Madison, WI 53704  
[www.carewisc.org](http://www.carewisc.org)

- **National Family & Caregiver Support Program (NFCSP)**

The National Family & Caregiver Support Program was developed by the Administration on Aging through the Older Americans Act to respond to the needs of family caregivers. The program offers: 1) information to caregivers about available services; 2) assistance to caregivers in gaining access to these supportive services; 3) individual counseling, organizing of support programs and training to assist caregivers; 4) respite care to enable caregivers to get temporary relief from caregiving responsibilities; and 5) limited supplemental services to complement the care provided by caregivers.

*For more information about this program, contact:*

**Area Agency on Aging of Dane County**

2322 S. Park St Madison, WI 53713  
**608-261-9930** [www.dane.wi.us/aging](http://www.dane.wi.us/aging)

- **Medical Assistance (Medicaid)**

The Medical Assistance (MA) program is a cooperative federal and state program that pays for medical care for individuals with low incomes and little assets. MA covers some institutional care, home-care, and prescription costs, as well as most other costs for essential medical services.

To apply for Medical Assistance or for more information, contact:

**Dane County Department of Human Services**

**608-261-9887**

2322 S. Park Street, Madison, WI 53713

- **SeniorCare Prescription Drug Assistance Program**

SeniorCare is Wisconsin's Prescription Drug Assistance Program for Wisconsin residents who are 65 years of age or older and who meet eligibility requirements. Eligibility requirements include: Must be a Wisconsin resident; Must be 65 years of age or older; Must pay an annual enrollment fee; only income is measured. Assets, such as bank accounts, insurance policies, home property, etc., are not counted.

For more information, contact:

SeniorCare Customer Service Hotline **800-657-2038** [www.dhfs.state.wi.us/seniorcare](http://www.dhfs.state.wi.us/seniorcare)

## **EMERGENCY RESPONSE SERVICES**

- **MedicAlert® + Alzheimer's Association Safe Return®**

MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer's disease or a related dementia who are at risk of becoming lost. If someone enrolled in the program is reported missing, essential information is faxed to local law enforcement agencies to initiate a search. If a concerned citizen finds the missing person, the person's ID jewelry (bracelet or necklace) provides a toll-free number to call for help.

MedicAlert® + Alzheimer's Association Safe Return® then notifies the missing person's contacts and makes sure the person is safely returned home. To obtain more information or an application, call 1-888-572-8566.

- **Project Lifesaver**

The Project Lifesaver Program uses a locator system to help find a person with special needs, such as a person with memory loss or dementia, who is at high risk of becoming lost. It includes a special watch-like plastic bracelet worn on the wrist or ankle that includes a transmitter and batteries. If the person becomes lost or missing, the Dane County Sheriff's Department will activate a trained team to find the person using a portable tracking device. The signal range of the portable tracking device is ½ to 1 mile on the ground and up to 7 miles from the air. It is not deterred by buildings. Participants must live in Dane County and will be selected on a case by case basis. [There](#) is no cost for this program – funding is from donations.

For more information, call 608-849-2661.

## **TRANSPORTATION**

The Alzheimer's & Dementia Alliance has a list of transportation options available, and your local senior center or outreach office can provide further assistance in accessing these services.

Dane County Human Services has information about transportation needs including:

- Information for adults age 60 or over who would like to take part in trips to grocery stores, nutrition sites and social activities throughout Dane County
- Information for adults age 60 or over who need someone to drive them to various medical facilities in Dane County
- General information and referral to appropriate transportation resources.

Contact: **Dane County Human Services for the Older Adult Transportation Assistance Program: 608-242-6486 and/or the Caregiver Transportation Assistance Program: 608-224-3668.**

## **NUTRITION SITES AND HOME-DELIVERED MEALS**

Congregate nutrition sites and home-delivered meals are available in many communities on a donation basis. This is a great way to get help with one of your daily responsibilities and receive a hot, nutritious meal. Questions to ask may include the cost of the meals, how often they are offered, if transportation is available to congregate nutrition sites, and if special diets can be accommodated.

**For information on a nutrition site close to you or on home-delivered meals, contact:**

Your local Senior Center or Outreach office (see p. 7)

Home Health United  
608-257-6710 [www.homehealthunited.org](http://www.homehealthunited.org)

Independent Living, Inc.  
608-274-7900 [www.indepenliving.com](http://www.indepenliving.com)

## **HOME CARE SERVICES**

Home care agencies provide a variety of services to help people in their homes. Some home care agencies specialize in particular services while others provide a wide range of services. Most agencies charge a fee; volunteer organizations accept donations.

Some county aging units also keep lists of private individuals who provide home-care services in their county. It is up to the family to screen any private individual they hire, and to ensure that state and federal tax law is being adhered to. Note that anyone who hires a private individual as a home care worker on a regular or frequent basis may become an employer under the law and be responsible for paying unemployment insurance and social security/Medicare taxes to the government on the worker's behalf.

Using home care services can help to extend the period of time a loved one can be successfully cared for at home by supplying needed supplemental help and preserving the health and energy of the family caregiver.

- **Types of Home Care Services**

**Chore services** typically include light housekeeping, laundry, meal preparation and shopping.

**Companion care (respite)** typically includes oversight/companionship for the person with memory loss so that his or her primary caregivers can take time off from caregiving to keep appointments, attend events, catch up on chores, sleep, or simply enjoy a break. Companion care can be provided in a variety of settings, but is usually provided in the residence of the person receiving care. Companion care can often be combined with chore service and/or personal care assistance. Companions might also take people on outings, enabling them to attend events, volunteer, and visit favorite people and places.

**Personal care services** typically include assistance with dressing, bathing, grooming, meals and toileting, as needed.

**Home health care** is provided by nurses, certified nursing assistants or professional therapists and includes medication management, skilled nursing services, bathing, and occupational, physical, and speech therapies. Depending on the situation, the caregiver might be able to take a break from caregiving while home health care is being provided.

**A live-in caregiver** provides 24 hour/day assistance in the home. Services include personal care, home chores, companionship and oversight of the person in need of care. Some people hire someone they know to live in the home. Others look for live-in caregivers through the local university or by placing an advertisement. Some companion care and home health agencies can provide 24 hour/day shift care.

**Hospice care:** Hospice services are available to individuals at the end of life. Services usually can be provided in the home or in a facility. Some agencies have free-standing hospice in-patient facilities. Hospice provides nursing care, respite, and grief support for families.

**Home Care Service Agencies**

	<b>Chore Svs</b>	<b>Companion Care</b>	<b>Personal Care</b>	<b>Home Health</b>	<b>Live In Care</b>	<b>Hospice</b>
<b>Aegin Place</b> 5801 Town Hall Dr, Sun Prairie, WI 53590 <b>608-837-3494</b> <a href="http://www.aeginplace.com/html/wisconsin.html">www.aeginplace.com/html/wisconsin.html</a>					X	

	Chore Svs	Companion Care	Personal Care	Home Health	Live In Care	Hospice
<b>BrightStar Healthcare</b> 3240 University Ave, Suite 3A, Madison, WI 53705 608-441-8620 <a href="http://www.brightstarcare.com/Madison">www.brightstarcare.com/Madison</a>	X	X	X	X	X	
<b>Care Wisconsin</b> 2802 International Lane Madison, WI 53704 608-240-0020 <a href="http://www.carewisc.org">www.carewisc.org</a>		X		X		
<b>Catholic Charities Companion Care</b> 426 S. Yellowstone Dr. Suite 100, Madison, WI 53719 608-833-4800 <a href="http://www.catholiccharitymadison.org">www.catholiccharitymadison.org</a>		X				
<b>Colonial Club Senior Center</b> 301 Blankenheim Lane, Sun Prairie, WI 53590 608-837-4611 <a href="http://www.colonialclub.org">www.colonialclub.org</a>	X	X				
<b>Comfort Keepers</b> 5396 King James Way, Suite 210 Fitchburg, WI 53713 608-442-1898 <a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>	X	X			X	
<b>ComForcare Home Care</b> 6515 Grand Teton Plaza, Suite 241 Madison, WI 608-836-1868	X	X	X	X	X	
<b>Good People</b> 1-800-608-8003 <a href="http://www.goodpeople.us">www.goodpeople.us</a>					X	
<b>Helping Hands Homecare LLC</b> 608-437-5678 or 866-437-5678	X				X	
<b>Home Care International</b> 1-262-657-8467					X	
<b>Home Health United, Inc. Xtra Care</b> <a href="http://www.homehealthunited.org">www.homehealthunited.org</a> 800-924-2273	X	X	X	X		
<b>Home Instead Senior Care</b> 6400 Gisholt Dr. Suite 209, Madison, WI 53713 608-663-2646 <a href="http://www.homeinstead.com/363">www.homeinstead.com/363</a>	X	X	x		x	

	Chore Svs	Companion Care	Personal Care	Home Health	Live In Care	Hospice
<b>Agrace HospiceCare, Inc.</b> 5395 E. Cheryl Pkwy, Madison, WI 53711 <b>608-276-4660</b> <a href="http://www.agracehospicecareinc.com">www.agracehospicecareinc.com</a>						X
<b>Independent Living</b> 2970 Chapel Valley Road, Suite 203., Madison, WI 53711 <b>608-274-7900</b> <a href="http://www.indepenliving.com">www.indepenliving.com</a>	X	X		X		
<b>Interim Healthcare</b> 702 N. Blackhawk Ave. Suite 215, Madison, WI 53705 <b>608-238-0268</b> <a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a>		X	X	X		
<b>Maxim Healthcare Services</b> 5752 Tokay Blvd., Madison, WI 53719 <b>608-232-1000 or Toll free 866-873-2345</b> <a href="http://www.maxhealth.com">www.maxhealth.com</a>	X	X	X	X		
<b>Meriter Home Care Agency</b> 2180 W. Beltline Hwy., Madison, WI 53713 <b>608-417-3717</b> <a href="http://www.meriterhomehealth.com">www.meriterhomehealth.com</a>				X		
<b>Midwest Home Care LLC</b> Madison, WI 53713 <b>608-276-6000</b> <a href="http://www.midwesthomecare.com">www.midwesthomecare.com</a>	X	X	X			
<b>Northwest Dane Senior Services</b> <b>608-767-3757</b>	X					
<b>Project for Older People, Middleton Outreach Ministry:</b> <b>608-836-7338</b>	X					
<b>Recover Health</b> 2801 Coho St Suite 102, Madison, WI 53713 <b>608-274-8193</b> <a href="http://www.recoverhealth.org">www.recoverhealth.org</a>	X	X	X	X		
<b>REM Health of Wisconsin, Inc.</b> 1317 Applegate Rd. Suite 100, Madison, WI 53719 <b>608-274-8193</b>		X	X	X		
<b>Respite Care Team Ministry</b> 6165 Mineral Point Rd, Madison, WI 53705 <b>608-833-4800</b>	X	X				

	Chore Svs	Companion Care	Personal Care	Home Health	Live In Care	Hospice
<b>Senior Helpers</b> 4726 East Towne Blvd, Madison, WI 53704 <b>608-729-5365</b> <a href="http://www.seniorhelpers.com">www.seniorhelpers.com</a>	X	X	X		X	
<b>Sosiab Care, Inc.</b> 3208 E Washington Ave, Madison, WI 53704 <b>608-244-1160</b> <a href="http://www.sosiabcare.com">www.sosiabcare.com</a>			X			
<b>South Madison Coalition</b> 608-251-8405	X					
<b>SouthernCare Hospice</b> 402 Gammon Place, Ste 110 Madison, WI 53719 <b>608-833-3295 or 866-419-2773</b> <a href="http://www.southerncares.com">www.southerncares.com</a>						X
<b>Stoughton Hospital Home Health</b> 900 Ridge St., Stoughton, WI 53589 <b>608-873-2366</b> <a href="http://www.stoughtonhospital.com">www.stoughtonhospital.com</a>				X		
<b>Supportive Elder Services LLC</b> 313 Price Place, Suite 110, Madison, WI 53705 <b>608-231-6734</b>		X				
<b>Supportive Home Care</b> 1020 Mills St., PO Box 395, Black Earth, WI <b>53515 608-767-3757</b>		X				
<b>University Hospital Home Health Agency</b> 2030 Pinehurst Dr., Middleton, WI 53562 <b>608-203-2273</b> <a href="http://www.uwhospital.org/homecare">www.uwhospital.org/homecare</a>				X		
<b>West Madison Senior Coalition</b> <b>608-238-7368</b>	X					

### **ADULT DAY SERVICES**

Adult day programs provide structured support for the older person and are another way for a caregiver to obtain respite from caregiving responsibilities. Some programs are dementia specific. Participants engage in a variety of pastimes, including exercise, music, social activities, and meals. Costs vary. Individuals who meet eligibility requirements may qualify for financial support or sliding fee scales. *For more information, contact:*

#### **Belleville Senior Center**

130 S. Vine St., P.O. Box 267, Belleville, WI 53508  
**608-424-6007**

**Colonial Club Senior Activity Center**

301 Blankenheim Lane, Sun Prairie, WI 53590  
608-837-4611 [www.colonialclub.org](http://www.colonialclub.org)

**East Madison/Monona Coalition of Aging**

4142 Monona Dr, Madison, WI 53716  
608-223-3100 [www.emmca.org](http://www.emmca.org)

**Care WI – Connections (Adult Day Center)**

2917 International Lane, Madison, WI 53704  
608-240-0020 [www.carewisc.org](http://www.carewisc.org)

**Care WI – The Gathering Place (Memory Loss Day Center)**

2917 International Lane, Madison, WI 53704  
608-240-0020 [www.carewisc.org](http://www.carewisc.org)

**Oregon Area Adult Daycare**

219 Park St., Oregon, WI 53575  
608-835-5801 [www.oregonseniorcenter.org](http://www.oregonseniorcenter.org)

**Rural Respite Program**

1020 Mills St., PO Box 395, Black Earth, WI 53515  
608-767-3757

**St. Mary's Adult Day Health Center**

2440 Atwood Ave., Madison, WI 53704  
608-249-4450 [www.stmarysmadison.com](http://www.stmarysmadison.com)

**Social Center- A Family Adult Day Center**

4938 Black Oak Dr, Madison, WI 53711  
608-274-9050

**FACILITY RESPITE**

Respite at residential care facilities may be arranged during the day, for an overnight visit, or multiple day stays. This type of respite is helpful for caregivers who need a longer break to take a vacation or attend to other responsibilities. Please contact individual facilities more details on available respite services at residential facilities.

## **RESIDENTIAL CARE**

There are a variety of facilities including residential care apartment complexes, adult family homes, community-based residential facilities and skilled nursing facilities available to meet the different levels of care that may be needed by a person with dementia. When the time comes for someone to move to a care facility, it can be very difficult for both the person and the family. In addition, finding the right setting to meet the needs of the person with dementia can be both challenging and time consuming.

The Alzheimer's & Dementia Alliance has a handout available, "*Residential Care: A Guide for Choosing a New Home*" that offers tips and examples of questions to ask as you search for a care facility. Call 608-232-3400 or 1-888-308-6251 for your free copy.

- *Residential Care Apartment Complex (RCAC)*  
A residential care apartment complex is an apartment that includes a kitchen, living area, bedroom, private bathroom and an array of services including meals, housekeeping, laundry, arranging medical appointments and transportation. RCACs may provide up to 28 hours per week of personal care and/or nursing services. These facilities are most appropriate for a person with dementia who is in the very early stages, who can make their own decisions regarding care options, and who can live independently with minimal assistance, or for the person with dementia and his or her spouse together. These facilities are registered by the Wisconsin Department of Health & Family Services.

### Dane County RCACs

#### ***Attic Angel Place***

8301 Old Sauk Rd., Middleton, WI 53562  
**608-662-8842**      [www.atticangel.org](http://www.atticangel.org)

#### ***Avalon Assisted Living Community***

2879 Fish Hatchery Rd., Madison, WI 53713  
**608-270-6041**

#### ***Chapel Valley II***

5781 Chapel Valley Rd. Fitchburg, WI 53711  
**608-278-8626**

#### ***Independent Living Retirement Community***

602-606 N Segoe Rd. Madison, WI 53705  
**608-204-0900**      [www.indepenliving.com](http://www.indepenliving.com)

#### ***Inglewood***

405 N 8<sup>th</sup> St., Mt. Horeb, WI 53572

608-437-5511 [www.inglesidecenter.com](http://www.inglesidecenter.com)

**Kindred Hearts**

605 Chase Blvd. Sun Prairie, WI 53590 [www.khearts.com](http://www.khearts.com)  
608-837-2124

**Meadowmere**

5601 Burke Rd., Madison, WI 53718  
608-268-9100 [www.meadowmere-wi.com](http://www.meadowmere-wi.com)

**The Heights at Capitol Lakes Retirement Community**

110 S Henry St., Madison, WI 53718  
608-283-2000

**Oak Park Place**

702 Jupiter Dr., Madison, WI 53718  
608-663-8600 [www.oakparkplace.com](http://www.oakparkplace.com)

**Oakwood Village University Woods Apartments**

6209-6225 Mineral Point Rd., Madison, WI 53703  
608-230-4266 [www.oakwoodvillage.net](http://www.oakwoodvillage.net)

**Oakwood Village Prairie Ridge Apts**

5565 Tancho Dr., Madison WI 53718  
608-230-4528 [www.oakwoodvillage.net](http://www.oakwoodvillage.net)

**Sun Prairie Retirement Center**

228 W. Main St Sun Prairie WI 53590  
608-837-5959

**Waunakee Manor Retirement Center**

800 Holiday Dr., Waunakee, WI 53597  
608-849-5016 [www.waunakeemanor.com/wmapartment.htm](http://www.waunakeemanor.com/wmapartment.htm)

**Willow Pointe Assisted Living**

1125 North Edge Trail, Verona, WI 53593  
608-848-5701

- **Adult Family Homes (AFH)**

Adult Family Homes also combine housing and care. Adult Family Homes provide assistance and/or supervision with activities of daily living to four or fewer individuals. No more than 7

hours per week of nursing care can be given in an AFH. These facilities are licensed by the Wisconsin Department of Health & Family Services.

- **Community Based Residential Facilities (CBRF)**

A CBRF is a place where 5 or more individuals live and receive care with 24-hour supervision. These facilities offer private or semi-private bedrooms with shared living and dining areas. Services include meals, snacks, activities, and assistance or supervision with activities of daily living. No more than 3 hours per week of nursing care can be provided in a CBRF setting. CBRFs are generally smaller than skilled nursing facilities. CBRFs are licensed by the Wisconsin Department of Health & Family Services. **When considering a move to a CBRF, it is necessary to inquire about a CBRF pre-admission assessment to insure that you have information on all care options.** Contact the Dane County Department of Human Services Long Term Support Unit at 608-261-9887 for more information.

- **Nursing Homes**

Nursing homes are facilities that offer skilled nursing care and other services including: 3 meals per day, snacks, activities, assistance with activities of daily living, and dietician and social work services. They are most appropriate for frail individuals who have medical or nursing care needs. Some nursing homes have special care units designed to address the special needs of people with dementia.

For a listing of Adult Family Homes, Community Based Residential Facilities, or Nursing Homes in Dane County, contact the Alzheimer's & Dementia Alliance: 608-232-3400 or 1-888-308-6251 [www.alzwisc.org](http://www.alzwisc.org)

### **LONG TERM CARE OMBUDSMAN**

An ombudsman protects and promotes the rights of long-term care consumers and Community Options Program participants by working with them and their families to achieve quality care. The program is provided at no charge. Ombudsmen can investigate complaints and help families resolve problems with long-term care service providers.

*For more information, contact:*

Wisconsin Board on Aging & Long Term Care 1402 Pankratz St. Suite 111, Madison, WI 53704  
<http://longtermcare.wi.gov/> 1-800-815-0015