



## Rock County Community Resource Guide

The attached list provides information about community resources in Rock 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 Dec 2011**

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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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**Community  
Health Charities**  
Wisconsin  
WORKING FOR A HEALTHY WISCONSIN  
support@alzwisc.org  
[www.alzwisc.org](http://www.alzwisc.org)

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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 form 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. The ten warning signs of Alzheimer's disease are listed below. There are currently three drugs prescribed to treat the symptoms of mild to moderate Alzheimer's disease and one drug to treat later stage Alzheimer's disease. In some people, these medications may improve daily life by enhancing memory and cognitive ability. 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 or phone numbers: not remembering them later.
2. **Difficulty performing familiar tasks:** forgetting ingredients in recipes, change in ability to balance checkbook or pay bills.
3. **Problems with language:** forgetting simple words or substituting unusual words.
4. **Disorientation to time and place:** getting lost in familiar places, not knowing where he/she is, not knowing time of day, day of week, month or year.
5. **Poor or decreased judgment:** dressing inappropriately, unable to set limits on purchases or giving away large amounts of money.
6. **Problems with abstract thinking:** forgetting how to use numbers, difficulty reading.
7. **Misplacing things:** putting things in unusual places like firewood in clothes dryer or purse in the freezer.
8. **Changes in mood or behavior:** rapid mood swings-from calm to tears to anger- for no apparent reason.
9. **Changes in personality:** doing things that are out of character, confusion, suspicion or fearfulness.
10. **Loss of initiative:** very passive, sleeping more than usual or withdrawing from usual activities.

If you recognize several 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 will be reimbursed and most supplemental insurance policies will 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:*

#### **Stateline Area Memory Clinic**

##### **Beloit Clinic**

1905 Huebbe Parkway  
Beloit, WI 53511 **608-364-1288**

#### **Fort Health Care Memory Center**

611 Sherman Ave East  
Fort Atkinson, WI 53538 [www.forthhealthcare.com](http://www.forthhealthcare.com)  
**1-920-568-5334** (leave a message on the answering machine)  
*Operates on the first Tuesday and third Thursday of each month.*

#### **Janesville Geriatric Assessment Center**

Mercy Clinic South  
849 Kellogg Ave. [www.mercyhealthsystem.org](http://www.mercyhealthsystem.org)  
Janesville, WI 53546 **608-755-7960**

#### **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)

**Dean Memory Assessment Center**  
**Dean Clinic**

1313 Fish Hatchery Rd., Madison, WI 53705  
608-252-8040

### **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 Drive, Madison, WI 53704

(608) 301-1000 [www.dhfs.wisconsin.gov/MH/Mendota/index.hmt](http://www.dhfs.wisconsin.gov/MH/Mendota/index.hmt)

##### ***Senior Behavioral Sciences***

1185 N Elm St, Platteville, WI 53818

**608-348-3656**

[www.southwesthealth.org/seniors/memorydiagnosticservices.html](http://www.southwesthealth.org/seniors/memorydiagnosticservices.html)

##### ***Stoughton Hospital***

Geriatric Psychiatry

900 Ridge Street

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 help with general information and referral assistance to help you locate resources in your area.

*For more information contact:*

***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.)

**Alzheimer's Support Center of Rock County**

20 S Main St. Suite 5 [www.alzheimerssupportcenter.org](http://www.alzheimerssupportcenter.org)

Janesville, WI 53545 **608-314-8500**

**Rock County Council On Aging**

51 S Main [www.co.rock.wi.us/aging](http://www.co.rock.wi.us/aging)

Janesville, WI 53545 **608-758-8455**

**Mercy Health Systems**

Senior Connections

1010 N Washington St [www.seniorservicesrock.com](http://www.seniorservicesrock.com)

Janesville, WI 53548 **608-741-3810**

**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.

**Kristin Scheeler, MSSW, CAPSW**

3240 University Ave. Ste. 3A, Madison, WI 53705

**608-441-8620**

**SUPPORT GROUPS**

**(groups– coordinated by The Alzheimer's Support Center 608-314-8500)**

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.

**Beloit**

**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month 1:00 - 2:00 pm**

Sun Valley Presbyterian Church

1650 Sun Valley Dr

Facilitator: Tracy McWilliams 608-676-4056

**3<sup>rd</sup> Tuesday of the month 7:00 pm - 8:00 pm**

The River of Life United Methodist Church, 511 Public Ave

Facilitator: Julie Ojeda **608-365-5529** and Nancy Toubl **608-362-8866**

## **Janesville**

**2nd Thursday of the month 10:00 am - 11:30 am**  
Council on Aging, 3328 Hwy 51 N  
Co-Facilitators: Paulette Steinke and  
Julie Seeman **608-758-8455**

**1st Tuesday of the month 6:00 pm – 7:30 pm**  
First Lutheran Church  
Room 301, 612 N. Randall  
Facilitator: Tammy Pence **608-314-8500**

## **Rockton, IL**

**4th Wednesday of the month 4:30 – 5:30 pm**  
Hlghview in the Woodlands, 1000 Falcon Point  
Facilitator: Allison Ozolins **815-624-6700**

## **Edgerton**

**3rd Wednesday of the month 1:00 – 2:00 pm**  
Edgerton Library, 101 Albion St  
Facilitator: Tammy Pence **608-314-8500**

## **Whitewater**

**1st Thursday of the month 1:30 – 3:00 pm**  
Fairhaven's Hearthstone, 426 W North St.  
Facillitator Darlene Zeise **262-473-2140**

## **Milton**

**4th Friday of the month 9:30- 10:30 a.m.**  
The Gathering Place, 715 Campus  
Facillitators: Paula Schutt & Julie Seeman **608-868-3500**

## **Evansville**

**2nd Thursday of the month 1:30 – 2:30 p.m.**  
The Heights at Evansville Manor, 201 N 4<sup>th</sup> St  
Facillitator: Jenny Schmidt **608-882-9995**

## **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 be helpful to families in many ways. They 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 & Dementia Alliance 608-257-4666 or 1-800-362-9082  
[www.wisbar.org](http://www.wisbar.org)

Alzheimer's & Dementia Alliance 608-232-3400 or 1-888-308-6251  
[www.alzwissc.org](http://www.alzwissc.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/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 1-800-488-2596**  
[www.cwag.org/legal/guardian-support](http://www.cwag.org/legal/guardian-support)

**Rock County Guardianship Issues 608-757-5138**

## **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.

*For more information, contact:*

#### **Council on Aging**

51 S Main

Janesville, WI 53545 608-757-5414

Contact: Benefit Specialist [www.co.rock.wi.us/aging](http://www.co.rock.wi.us/aging)

#### **Senior Services of Rock County**

P.O. Box 1676

Janesville, WI 53547 608-757-5940 ext 4

Contact: Benefit Specialist [www.seniorservicesrock.com](http://www.seniorservicesrock.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 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 goods needed for care.

#### **Rock County Human Services**

1900 Center Ave

Janesville, WI 53546 608-741-3555

[www.co.rock.wi.us/Dept/HumanSvcs/HSD.htm](http://www.co.rock.wi.us/Dept/HumanSvcs/HSD.htm)

- **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:

**Rock County Human Services**  
**Community Options Program –Long-term Support**  
1900 Center Ave  
Janesville, WI 53546 608-741-3555  
[www.co.rock.wi.us/Dept/HumanSvcs/HSD.htm](http://www.co.rock.wi.us/Dept/HumanSvcs/HSD.htm)

- **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 five basic services including information to caregivers about available services; assistance to caregivers in gaining access to these supportive services; individual counseling, organizing of support programs and training to assist the caregiver; respite care to enable caregivers to get temporary relief from caregiving responsibilities; and limited supplemental services to complement the care provided by caregivers.

*For more information about this program, contact:*

**Rock County Council on Aging**  
51 S Main  
Janesville, WI 53545 [www.co.rock.wi.us/aging](http://www.co.rock.wi.us/aging)  
Information & Assistance Specialist 608-758-8455

- **Medical Assistance (Medicaid)**

The Medical Assistance (MA) program is a cooperative federal and state program that provides medical care to 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:*

**Rock County Human Services**  
1900 Center Ave  
Janesville, WI 53546 608-741-3488  
[www.co.rock.wi.us/Dept/HumanSvcs/HSD.htm](http://www.co.rock.wi.us/Dept/HumanSvcs/HSD.htm)

- **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

**1-800-657-2038**    <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.

### **TRANSPORTATION**

Transportation services differ among communities. Some areas offer bus or van services, have volunteer drivers or use ‘shared ride’ taxi services to provide transportation for older adults who do not drive.

*For more information:*

**Specialized Transit**  
**Rock County Council on Aging**  
**608-757-5054**

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

In many communities, congregate meal sites and home delivered meals are available on a donation basis to persons over age 60. This is a great way to get help with one of the your daily responsibilities and receive a hot, nutritious meal. Questions to ask may include the cost of the meals, if transportation is available to congregate nutrition sites, how often they are offered and if special diets can be accommodated.

**For information on the nutrition site closest to you or how to get home delivered meals, contact:**

### ***Rock County Council***

***[Call 608-757-5474 one day ahead for reservation at these sites]***

***BELOIT*** Grinnell Hall, 631 Bluff St  
Olympian Hill Sr, Apts., 431 Olympian Blvd  
Scoville Hall, 545 Public Ave

***CLINTON*** Clinton Sr Center, 508 Front St

***EVANSVILLE*** Creekside Place, 102 Maple

***JANESVILLE*** Faith Lutheran Church, 2116 Mineral Point  
Riverview Hieghts Apts, 930 N Washington St  
Garden Court Apts, 208 N Main St

***MILTON*** Gathering Place, 715 Campus St

### **Meals on Wheels**

***Beloit 608-362-3683***

***Rock County Coucil on Aging 608-757-5474***

***Mercy Health System 608-756-6638***

## **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 people at the end of life. An interdisciplinary team provides case management, pain and symptom management, nursing & personal care, medical equipment & supplies, prescriptions, spiritual support or referral, and grief and bereavement support. Services are provided at home, in a facility, or in a hospice in-patient facility.

## Home Care Service Agencies

	Chore Svs	Companion Care	Personal Care	Home Health	Live In Care	Hospice
<b>Accura Home Health</b> 2727 S Kemp Rd Avalon, WI 53505 <b>608-676-2337</b>			X	X		
<b>Alternative Homecare</b> 1519 W. Court St. Janesville, WI 53548 <b>608-758-3324</b>		X				
<b>At-Home Healthcare</b> 1969 W Hart Rd Beloit, WI 53511 <b>608-363-5885</b>				X		
<b>Beloit Chore Service 365-5670</b>	x					
<b>Beloit Regional Hospice</b> 655 3rd St. Ste. 200 Beloit, WI 53511 <b>608-363-7421</b> <a href="http://www.beloitregionalhospice.com">www.beloitregionalhospice.com</a>						X
<b>ResCare</b> 2510 Mineral Point Ave Janesville, WI 53548 <b>608-755-0592</b>	X			X		
<b>Home Health United Janesville Office</b> 2475 Milton Ave Janesville, WI 53545 <b>608-758-4141 or 888-889-4141</b> <a href="http://www.homehealthunited.org">www.homehealthunited.org</a>				X		
<b>Home Health United</b> 4801 Hayes Dr. Madison, WI 53704 <b>800-924-2273</b> <a href="http://www.homehealthunited.org">www.homehealthunited.org</a>			X			X
<b>Home Instead Senior Care</b> <b>314-9241</b>		X				
<b>Agrace HospiceCare, Inc.</b> 3001 W Memorial Dr. Janesville, WI 53548 <b>608-755-1871</b> <a href="http://www.agracehospicecareinc.com">www.agracehospicecareinc.com</a>						X
<b>Mercy Assisted Care Home Health</b> 901 Mineral Point Avenue Janesville, Wisconsin <b>608-754-2201</b> <a href="http://www.mercyassistedcare.org">www.mercyassistedcare.org</a>	X	X		X		
<b>Mercy Hospice</b> 901 Mineral Point Ave. Janesville, WI 53548 <b>608-754-2201</b> <a href="http://www.mercyassistedcare.org">www.mercyassistedcare.org</a>						X

	<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>Senior Services of Rock County</b> 120 N Crosby Ave Janesville, WI 53548 608-757-5959 <a href="http://www.seniorservicesrock.com">www.seniorservicesrock.com</a>	X	X		X		
<b>Society's Assets</b> 800-261-8181				X		
<b>SouthernCare Hospice</b> 402 Gammon Place, Ste 110 Madison, WI 53719 608-833-3295 866-419-2773 <a href="http://www.southerncareinc.com">www.southerncareinc.com</a>						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:*

**LSS Beloit Adult Day Center 608-362-8611**  
**LSS Janesville Adult Day Center 608-741-6434**  
**Kandu Adult Day Services 608-755-4123**

### **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 (see "Rock County Facility Care Guide") for 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, "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.

#### ***Cedar Crest Independent Living***

1700 South River Road  
Janesville, WI 53546 608-756-0344 [www.cedarcrestnet.com](http://www.cedarcrestnet.com)

#### ***Huntington (The)***

3801 North Wright Road  
Janesville, WI 53545 608-868-5035 [www.huntington-place.com/location.html](http://www.huntington-place.com/location.html)

#### ***Kelly House Assisted Living Apartments***

121 South Fifth St  
Evansville, WI 53536 608-882-4191

#### ***Milton Senior Living***

600 Sunset Drive  
Milton, WI 53563 608-868-3000 [www.miltonseniorliving.com](http://www.miltonseniorliving.com)

#### ***Riverside Terrace***

3055 Riverside Drive  
Beloit, WI 53511 608-365-7222 [www.riversideterrace.org/RCAC1.HTM](http://www.riversideterrace.org/RCAC1.HTM)

#### ***Swifhaven Community RCAC***

124 Henry St  
Edgerton, WI 53534 608-884-2828 [www.swifhavenedgerton.com/apt.htm](http://www.swifhavenedgerton.com/apt.htm)

- **Adult Family Homes (AFH)**

Adult Family Homes 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 seven 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 five 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 three 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 and 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.**

- **Nursing Homes**

Nursing homes are facilities that offer skilled nursing care and other services including: three 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 Rock County, see the Rock County Facility Care guide.**

### **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