

Dementia Outreach Specialists are ready to help in 10 counties

Dane County 608-232-3400

Green, Iowa, and Lafayette Counties 608-232-3400

Columbia, Marquette, and Sauk Counties 608-697-2838

Crawford, Grant, and Richland Counties 608-723-4288 We help individuals and families navigate the issues that come with memory loss and dementia, including Alzheimer's disease.

Our staff guide, educate, and support people living with dementia and those who care for them. We offer resources, referrals, help with planning - and a shoulder to cry on when things get difficult.

Alzheimer's and Dementia Alliance of Wisconsin services and programs:

- In-person and phone consultations for individuals with a diagnosis, their care partners, and even entire families
- Education programs for families, professionals, and the community
- Support groups for care partners
- Memory enhancement, creative expression, and social programs for persons with a diagnosis



Care Consultations and Family Meetings

ADAW dementia outreach specialists provide short-term, professional consultations, both in-person and by telephone. Staff educate individuals and families about dementia, help them access resources, advise around dementia communication and behaviors, and assist with problem solving and planning for future care needs. We provide handouts on a wide range of dementia topics and publish county-specific Resource Guides with information on financial support, respite services, adult day programs, assisted living options, and nursing homes. Dementia outreach specialists also provide books, videos, and brochures to families and professionals.

Support Groups for Care Partners

Support groups allow care partners to come together and share experiences, gain knowledge and skills, and seek mutual support. Groups are facilitated by ADAW dementia outreach specialists or trained volunteers. Meetings are scheduled at various times and places throughout our service area. Some groups meet online by computer or phone. ADAW offers support groups serving special care partner populations (e.g., men, adult children) and care partners of those individuals with less common diagnoses (e.g., Lewy body dementia, young-onset dementia). See the ADAW website (www.alzwisc.org) or phone 608-232-3400 for current groups and meeting schedules.

Education Programs

ADAW staff offer education programs for general audiences, care partners, individuals with a diagnosis, and professionals. Visit www.alzwisc.org for a current list of education programs.

For General Audiences

- Boost Your Brain Health. Interactive workshop featuring up-to-date advice and strategies to keep your brain sharp and resilient.
- We All Forget: Is It Normal Aging or Should I Be Concerned? For persons concerned about their own memory or those of friends and loved ones. Learn how our memory works and what's normal for our brains as we age.
- *Understanding Alzheimer's and Dementia.* An overview of Alzheimer's disease and dementia, including common warning signs, risk factors, and treatment options. Learn what to do if you are concerned about yourself or someone you know.
- *Legal and Financial Planning Seminar.* Provides those with a diagnosis and their family members a general overview of legal and financial issues to consider.
- *Conferences.* Opportunities for families, direct care workers, and other professionals to hear speakers on a variety of topics related to Alzheimer's disease and other dementias.

For Family Care Partners

- *ABCs of Alzheimer's and Dementia.* Sessions cover medical aspects of dementia, effects of dementia, safety, communication, and recent research.
- *The Caregiving Journey.* An intensive multiple-week program for family members caring for someone with middle stage dementia. Participants learn about the effects of dementia, gain insights into care partner strengths and challenges, enhance their problem-solving skills, and develop an individualized care plan.
- *Special topics.* Sessions include communication tips and strategies, safety at home, understanding and responding to behavior changes, family dynamics in the dementia journey, deciding about and planning for facility care, and end of life and dementia. Visit the ADAW website (www.alzwisc.org) or phone 608-232-3400 for specific sessions and schedules.

For Persons with a Diagnosis

- *Crossing Bridges.* An educational discussion group for people with mild memory loss or early-stage dementia and a care partner. Participants learn about dementia, gain coping skills, enhance their communication, and plan for the future. Provides an opportunity for those newly diagnosed to share with others in similar situations.
- Learning Among Friends. Follow-up program offering continuing education and support for those
 participants who have completed Crossing Bridges.

For Professionals

We develop customized training for professional audiences. Sample topics include effective communication, working with behaviors, addressing resistance to personal cares, and creating a life story. Contact Heather Moore at heather.moore@alzwisc.org to plan and arrange training.

Programs for Persons with a Diagnosis

- *Memory Cafés.* Drop-in programs for persons with memory loss to socialize and enjoy activities with family members and friends in an informal setting. Call 608-232-3400 or visit www.alzwisc.org for a full listing of area Memory Cafés.
- *Meeting of Minds.* A memory enhancement, creative engagement, and social support program for people with mild memory loss. Sessions usually include thinking and memory activities, light exercise, a focus on creative expression, and sharing of experiences. Contact Rose Kearney (RKearney@alzwisc.org) for more information.
- *Conversations.* Weekly support group for persons with a diagnosis. Contact Rose Kearney (RKearney@ alzwisc.org) for more information.