

# **Dementia Resource Guide**



**Becoming a Dementia Friendly Community  
In Juneau County, Wisconsin**

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# The Juneau County Dementia Coalition

*Improving the lives of those living with & touched by dementia.*

Our mission is to educate businesses, organizations and community members about dementia and advocate for individuals living with dementia, their families and caregivers.

This booklet is meant for informational purposes only and is not all inclusive. The Juneau County Dementia Coalition does not recommend one service over another. The Juneau County Dementia Coalition does not endorse, rate, comment or evaluate resources, programs, or providers. Therefore, the Juneau County Dementia Coalition does not assume, warrant or guarantee the quality of services provided.

## Contact Us:

Juneau County Dementia Coalition, c/o Martha Airth-Kindree, Mile Bluff Medical Center, 1050 Division Street, Mauston, WI 53948, Phone: 608 847 1495 Email: [mairth-kindree@milebluff.com](mailto:mairth-kindree@milebluff.com)

Or: Gina Laack, ADRC of Eagle County, 200 Hickory Street, Mauston, WI 53948, Phone: 608-847-9371 or 877-794-2372 Email: [glaack@co.juneau.wi.us](mailto:glaack@co.juneau.wi.us)

## Partners:

- Aging & Disabilities Resource Center of Eagle County
- Alzheimer's and Dementia Alliance of Wisconsin
- Mile Bluff Medical Center
- Wonewoc Public Library
- Hatch Public Library
- Curran, Hollenbeck & Orton
- Festival Foods of Mauston
- St. Paul's Lutheran Church

# What is Dementia?

Dementia is an umbrella term that describes a wide range of symptoms associated with a decline in memory, problem solving, or other thinking skills. These declines are significant enough to reduce a person's ability to perform everyday activities. Many conditions can cause dementia. There are many types of dementia and it can develop at any age. Alzheimer's disease is the most common form of dementia accounting for 60 to 80 percent of cases.

Some types of dementia are at this time irreversible. Alzheimer's Disease, Frontotemporal Dementia, Lewy Body Dementia, Vascular Dementia, Mixed Dementia are medical terms for irreversible dementia conditions.

There are other medically treatable conditions that cause comprise in memory and mental function. Examples include thyroid conditions, infections, some types of vitamin and nutritional deficiency, tumors and other lesions of the brain lesions.

## 10 Warning Signs & Symptoms:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, work or play
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking and writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

**Source:** [www.alz.org](http://www.alz.org)

★ If you or someone you know has 2 or more of the warning signs please seek medical evaluation from a qualified physician or dementia assessment clinic.

# Types of Dementia

| Irreversible  | Reversible  |
|---|---|
| <p><b>Alzheimer’s Disease</b>-is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. ...</p> <p><b>Frontotemporal Dementia</b>-is an umbrella term for a diverse group of uncommon disorders that primarily affect the frontal and temporal lobes of the brain — the areas generally associated with personality, behavior and language.</p> <p><b>Lewy Body Dementia</b>-is the second most common type of progressive dementia after Alzheimer's disease dementia. Protein deposits, called Lewy bodies, develop in nerve cells in the brain regions involved in thinking, memory and movement (motor control).</p> <p><b>Mixed Dementia</b>-is a condition where changes representing more than one type of dementia occur</p> | <p><b>Medication &amp; Interactions</b>- Multiple medications increase the chance for medication interactions and negative side effects, and both of these are well-documented causes of confusion and memory loss.</p> <p><b>Thyroid Condition</b>- <u>hypothyroidism</u> and <u>hyperthyroidism</u> - <u>memory loss</u>, <u>difficulty finding the right word</u> and <u>concentrating</u>, poor <u>spatial organization</u>, A deficiency in thiamine (vitamin B1) includes confusion, <u>memory loss</u>, <u>hallucinations</u> and <u>confabulation</u> (making up stories).</p> <p><b>Infections</b>-Urinary tract infections, Sepsis and Pneumonia can cause memory loss, confusion, irritability, and behavior changes.</p> <p><b>Vitamin/Mineral Deficiency</b>- Low levels of vitamin B12 can cause <u>memory loss</u> and <u>behavior changes</u>, such as <u>agitation</u> and</p> |

simultaneously in the brain.

**Other Dementia-**Aids Dementia Complex , Huntington's, Parkinson's Disease, Multiple Sclerosis, Traumatic Brain Injury, Down Syndrome

**Vascular Dementia-** is a general term describing problems with reasoning, planning, judgment, memory and other thought processes caused by brain damage from impaired blood flow to your brain.

irritation.

**Poor Nutrition/Hydration-**Diet lacking in certain B vitamins, dehydration can cause altered electrolyte levels causing confusion, memory loss and problems with coordination.

**Tumors and Lesions-** Brain tumors can cause many symptoms including some that affect memory, judgment, personality changes and impulse control.

# Living Well with Dementia

- Partner with your doctor and learn more about what type of dementia you have, possible medications for treatment, ask questions, gather information, etc.
- Educate yourself. Learn all you can about the disease and what to expect now and in the future.
- Join a support group and/or a Memory Café. Talk to others about how you are feeling.
- Work with your family and/or an attorney to review or create a power of attorney for healthcare and finance.
- Learn options and resources available in the community through the ADRC.
- Work with your family to create a plan of care for health care needs.
- Exercise regularly and learn new things.
- Eat a brain healthy diet.
- Learn how to continue to live safely in your home.
- Learn about safe driving tips. Visit [www.alz.org/driving](http://www.alz.org/driving)
- Call the ADRC or Alzheimer's Association, or Alzheimer's Alliance to learn about resources in our area.

Knowledge is power...know your options!! For more ideas on living with Dementia, visit the websites found on page 32 ?, pick up a copy of the workbooks at the ADRC, or set up an appointment.

# Brain Health

Exercise, socialize, rest, relaxation, and diet contribute to a healthier brain. Here's how:

**Cognitive Activity:** In order to keep your brain healthy, it is important to keep it working and learning. Do crossword or number puzzles. Piece together puzzles; learn a new craft or hobby. Learn a new subject or a second language. Volunteers read out loud to young audiences at library or school. Participate in board or card games. Sing karaoke or with your radio, learn to play an instrument. Lifelong learning increases cognitive activity and stimulates the brain, contributing to brain health. Sleep deprivation and disturbed sleep (often referred to as obstructed sleep apnea) can also affect brain function and mood.

**Mental Activity:** In order to maintain a healthy brain, it is important to 'exercise the brain' as well. Mental activities have both short and long term effects on brain function. Engage in learning – participate in a class, learn new things such as cooking, photography or computers. Connect with nature and identify birds, trees, wildlife. Learn to meditate, use prayer, and listen to music

Remaining mentally active improves mood, reduces risk of depression and isolation by increasing social interactions and causes us to use our problem-solving skills. By engaging in these mental activities, we cause our brain to 'exercise itself.'

**Physical Activity:** In order to maintain a healthy brain and increase oxygen in the blood flow to the brain, stay physically active. Walk daily, dance, participate in muscle stretching and strengthening programs (yoga, tai chi, Pilates). Enroll in water aerobics or swim class as this is gentle to muscles and joints yet increases the heart's work. Eventually, with regular exercise, other health conditions (high blood pressure, diabetes, extra weight) will be improved. These improvements will result in improved heart and brain health.

Socializing improves physical, mental and emotional health.

- Join a club, such as a women's or men's club around an activity.
- Play golf, tennis, cards, do crafts, and continue in a religious group to connect.

- Volunteer in your community such as reading at a school, helping at an animal shelter or food pantry.

Social activity decreases isolation. Remaining socially connected with family, friends, and the community is important. Socializing contributes to overall brain health.

An excellent resource is the Healthy Brain Initiative of the Center for Disease Control. Their website is free of product promotion and offers research based information. (<https://www.cdc.gov/aging/healthybrain/resources.htm>)

Rest and relaxation can be important to brain and overall physical health.

Suggested Relaxation and Restful activities:

- Schedule regular rest periods allowing a short daily nap, approximately 20-30 minutes mid-day to improve brain health and lower heart rate and blood pressure.
- Schedule regular sleep periods at night (7-9 hours) to allow the body and brain to rest, repair and recharge for the next day.

Adequate rest and sleep can promote a healthy brain by allowing the body to be recharged enough to participate in physical, mental and social activities each day. Rest is important during times of illness and injury to allow the body to repair itself. By allowing rest, the brain is able to repair, recharge and remain a healthier brain than when it is constantly deprived of oxygen, overstimulated and stressed.

Relaxation activities:

- Meditation (eyes open or closed) or through reading, prayer, or chanting is a way to exercise the brain in the area that affects emotion.
- Learning mindfulness helps the body and brain to heal.
- Deep breathing exercises several times a day is helpful.

Practices such as prayer or meditation can change the way a brain works by brain activity, moving from the area that causes anxiety and depression toward the area of

happiness and relaxation. These activities can improve blood flow and oxygenation to the brain when coupled with deep breathing exercises. More oxygen to the brain makes the brain healthier.

# Nutrition, healthy diet, & Supplementation

Nutrition is important for the body to work on a cellular level. A healthy diet includes a diet which balances. Nutritional deficiencies can be corrected by diet but sometimes additional evaluation is needed and supplementation is necessary to optimal cellular function – thus creating a healthy heart and brain.

**Nutrition:** Proper nutrition including a balance of food groups helps us function at the best level. Sometimes one can have nutritional deficiencies anyway. It is important to evaluate for the primary care physician and a dietician evaluation for nutritional deficiencies. To improve heart and brain health, evaluate your essential fatty acid profile, vitamin B & D, cholesterol, and iron levels.

**Healthy Diet:** Heart healthy diets benefit your body and brain. A diet low in fat, using the right ‘fats’, and high in vegetables, fruits, and plant based nutrients improve heart and brain disease.

**Supplementation:** As we age it is important to evaluate and correct nutritional deficiencies. A diet rich in omega 3-6-9 fatty acids is important. Sources include certain oils (fish and olive oil). Olive oil is rich with omega fatty acids, vitamins E & K, and a trace amount of iron. A diet rich in minerals such as calcium, magnesium and phosphorus is important (milk, cream and dairy). When you are deficient and cannot correct it with diet, supplementation in other ways may need to occur.

**Vitamin B12 & Iron Deficiencies:** Individuals with a vitamin B12 deficiency, who have had brain issues with memory, confusion & fatigue, have been shown to improve with vitamin B12 shots or long term supplementation. Vitamin B12 is important to brain and nervous system function. By improving B12 levels it is possible to improve the neurotransmitter chemicals of the brain and improve brain function. Individuals with low iron, who have had fatigue and poor brain performance, have been shown to improve after correcting and restoring iron levels. Iron is an essential component to red blood cells that carry oxygen to the heart and brain. Improving iron and red blood cells improves heart and brain health.

# Caregiving & Caregivers

Caring for an individual with Alzheimer's disease or a related dementia can be challenging and, at times, overwhelming.

Caregiving can include:

- Practical assistance with basic activities of daily living (e.g. housekeeping, shopping, meal preparation)
- Personal care (e.g. help with monitoring medication, bathing)
- Physical help (e.g. assistance with movement, supervision, direct medical care)
- Emotional and social support (e.g. housing, medical, and daily check-in calls)  
Behavioral support (e.g. communicating effectively, managing challenging behaviors)
- Financial help (e.g. financial support, managing finances)

Resource: [www.caregivingtoolkit.com](http://www.caregivingtoolkit.com)

# What is a Dementia Friendly Community?

In an effort to help people with Alzheimer's disease and related dementias feel included, safe, and understood in their community, cities and towns throughout the State of Wisconsin and United States are transitioning to Dementia Friendly Communities. Juneau County is making a commitment to understand, respect, empower, and support the unique needs of individuals with dementias.

A Dementia Friendly Community is:

A Dementia Friendly Community is one where businesses, churches, citizens, and organizations are trained to see through the eyes of a person with dementia. Look for the Dementia Friendly notification in business windows. Anyone can encourage a business to be trained including caregivers.



For more information or to arrange training, contact the Aging & Disability Resource Center's Dementia Care Specialty at, 608-847-9371 or 877-794-2372

# Adaptive Equipment/Assistive Devices/Home Modifications

Resources in this section help individuals be as independent as possible with daily living skills, movement at home or in the community, and getting in and out of a home/apartment and all interior spaces.

## **Aging and Disability Resource Center of Eagle Country Mauston Office:**

The local ADRC office has a loan closet with available equipment that has been donated and can be checked out by community members. The inventory of the equipment and availability varies.

220 LaCrosse Street Mauston WI 53948 Phone: 608-847-9371

## **Habitat for Humanity ReStore:**

N3696 US-12 Mauston WI 53948 Phone:608-847-2000

**Independent Living Resources (ILR):** Centers for Independent Living help people with disabilities achieve or maintain more self-sufficient and productive lives in their communities.

4439 Mormon Coulee Road, LaCrosse WI 54601

149 E. Mill Street, Richland Center WI 53581 Phone: 608-787-1111

Toll Free: 1-888-474-5745

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

## **Mile Bluff Medical Center:**

Mile Bluff's Rehabilitation Services Department is made up of a multi-disciplinary

team of experts who are dedicated to restoring and building the abilities of individuals who experience cognitive and physical limitations due injury, illness, developmental delay, aging or psychosocial issues.

1050 Division Street Mauston WI 53948 Phone: 608-847-1422

**Office for the Deaf and Hard of Hearing:** Provides information and referral services on a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or hard of hearing individuals, including, but not limited to the following:

- Available Technologies for Accessibility
- Community Services and Resources
- Communicating with People Who Are Deaf, hard of hearing and Deaf-Blind

1 West Wilson Street Room 558 Madison WI 53701 Phone: 855-359-5252

Website: [www.dhs.wisconsin.gov/odhh](http://www.dhs.wisconsin.gov/odhh)

**SSM Health at Home:** SSM at Home provides a full range of medical equipment and supplies. Whether you are recovering from surgery or living with a chronic condition, their team of knowledgeable home medical equipment specialists are available to help with product selection and insurance related questions.

164 2<sup>nd</sup> Street Reedsburg WI 53959 Phone: 608-524-8440

**St. Vincent de Paul Society:**

925 W State Street Mauston WI 53948 Phone: 608-847-6235

**Wisconsin Council of the Blind and Visually Impaired:** Provides one-on-one and group support for people who are newly diagnosed, including low vision evaluations, in-home visits and assistive technology. Provides teaching about the causes of vision loss, available medications and visual aids.

754 Williamson Street Madison WI 53703 Phone: 608-255-1166

Toll Free: 800-783-5213

Website: [www.wcblind.org](http://www.wcblind.org)

# Adult Respite

Programs helping individuals socialize and/or receive care outside the home, offer the in-home family caregiver a break either during the day or overnight. Funding may be available to those with a diagnosis of dementia who are financially eligible. Contact ADRC Caregiver Support Coordinator.

Reminisce Adult Day Services provides “compassionate respite care for older adults with Alzheimer's and dementia so families can continue living their best life.”

442S. Albert Ave, Suite A  
Reedsburg WI 53959  
608 495 1344

# Adult Protective Services

Providing services for at-risk adults ages of 18 and above who may be the victim of abuse, neglect, or incapable of providing for their own safety or well-being due to dementia. To make a referral as a community citizen or mandated reporter, contact APS Intake/Referral at 715-246-8255. APS will assess safety & risk and implement necessary supports for individuals in the least restrictive setting. If it is an after-hours emergency, call 911. Law Enforcement will be dispatched and assess situation to make a decision whether or not emergency protective placement is needed at that time

**Ombudsman Program:** If you have concerns/complaints regarding the treatment of a loved one who is receiving care in a nursing home, community-based residential facility (CBRF), Residential Care Apartment Complex (RCAC), Adult Family Home (AFH), or a person served by Community Options Program or in the Family Care/Partnership/PACE program – you can also contact the Long Term Care Ombudsman. The Ombudsman provides advocacy services to people age 60 and older who are consumers of Wisconsin long term care programs. For more information call 800-815-0015 or [BOALTC@Wisconsin.gov](mailto:BOALTC@Wisconsin.gov)

# Aging and Disability Resource Center Services

The Aging and Disability Resource Center (ADRC) of Eagle Country provides services to individuals age 60 and over and age 18-59 with a disability in Juneau County Support is extended to their families, caregivers, and those who love them.

**Caregiver Support:** The ADRC provides information, support, assistance and education for care partners, support groups, and adult day respite. The agency also hosts caregiver info sessions and an annual Caregiver Conference.

**Dementia Care Specialist:** ADRC provides education, consultation, and support including Memory Cafés, assistance and training to individuals suspecting or diagnosed with dementia. Dementia Care Specialists provide free business/faith community training and Memory Care Connections to caregivers.

**Elder Benefit Specialist and Disability Benefit Specialist:** The agency assists with public and private benefits such as Medicare, Medicaid, Social Security, SSI, SSDI, Supplemental Insurance, prescription drug coverage.

**Information & Assistance/Option Counseling:** We provide accurate and unbiased information about local, regional, and state resources to meet the care needs of callers and their friends or family members. We assist with enrolling eligible persons into long term care programs available through the State of Wisconsin.

**Senior Nutrition Sites:** Socialization and hot, nutritious meals served in a group setting at seven locations within Juneau County for a suggested donation. Contact the ADRC for a current list of meal sites.

**Home Delivered Meals** are also served from all Nutrition Sites. Special diets are available, as well as frozen meals, for those who need them on weekends or holidays. NOTE: All home delivered meals require an order from your attending physician. Information about homebound meals is available at the ADRC office in the Courthouse Annex 847- 9371.

# Alzheimer's Association

The Alzheimer's Association is a health organization in Alzheimer's care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. If you have Alzheimer's, are a caregiver, a professional, or want information about the disease, treatment and research, they are a recognized organization to refer to. Online: go to [alz.org](http://alz.org), click on the state in which you live to access area information. Helpline answers 24/7 at 800- 272-3900 or [www.alz.org](http://www.alz.org). This expert help includes questions about behaviors, specific types of dementia and how to communicate.

## Alzheimer's & Dementia Alliance of Wisconsin

The Alzheimer's & Dementia Alliance of Wisconsin is a nonprofit organization that is specifically designed to provide a link to resources for people with Alzheimer's disease or related dementias. We are also deeply concerned with providing support to those who care for persons with dementia. Our mission is to help caregivers take care of themselves as well as provide a quality life for the person with Alzheimer's disease or a related dementia.

The Alliance provides information and resources regarding Alzheimer's disease and related dementias. We have many programs and services to offer you on an ongoing basis. Give us a call if you have any questions or would like to talk personally with any of our staff (608.232.3400 or 888.308.6251 toll-free, M-F, 8:30 a.m. to 4:30 p.m.).

### **Adams/Juneau Regional Office**

P.O. Box 83, Mauston, WI 53948 Phone: 608.516.6248

# Caregiver Programs

## Powerful tools....

**Memory Café:** Socialization and support for those with diagnosis and their caregivers. See page 23

## Caregiver Support Groups:

For those caring for frail/elderly or Alzheimer's/dementia. Groups are held the 1<sup>st</sup> Tuesday of the month from 1 – 2:30 pm at the Daily Grind (241 E. State Street, Mauston, WI).

For more information or to be added to a mailing list – contact the Caregiver Support Coordinator at the ADRC of Juneau County or Alliance at ...

For other Caregiver support groups in other states go to [www.alz.org](http://www.alz.org) and click on the state and type of support groups in the search window.

## Other Area Support Groups:

Refer to ADRC News or call 800-273-2333

**National Alliance on Mental Illness (NAMI) (Tomah office)** – Information about mental health, family and peer to peer support as well as crisis intervention – P.O. Box 154, River Falls, WI. Contact 715-639-2078 or email at [namiscv@gmail.com](mailto:namiscv@gmail.com)



# Dementia Assessment Clinics

**Richland Center: Richland Medical Center Geriatric Assessment and Memory Care Clinic**, 608-647-6161. This clinic is a member of the Wisconsin Alzheimer's Institute (WAI)-Affiliated Dementia Diagnostic Clinic Network. Network clinics differ from other memory clinics in that their staff has received training/observation time and/or guidance from the WAI and the UW Health Memory Assessment Clinic. The Richland Medical Center Geriatric Assessment and Memory Care Clinic has two locations: Center Creek Professional Building in Richland Center and Reedsburg Area Senior Life Center

**WAI** has ([wai.wisc.edu](http://wai.wisc.edu)) has a list of memory care clinics throughout the state.

## Driving Assessment

**Mile Bluff Medical Center** Referral from healthcare provider needed for assessment. Two-part comprehensive driver assessment consists of clinical and in-vehicle assessments. All information is kept confidential, but involvement with physician and family is encouraged. With permission, physician is given a copy of completed assessment results. Call the medical center's Rehabilitation department at 608 847 1422.

\*For reliable information about dementia and driving, visit [www.alz.org/driving](http://www.alz.org/driving) or call 800-272-3900 (Alzheimer's Association). Or contact the Wisconsin Department of Transportation – Medical Review Unit at 608-266-2327. Email [dre.dmv@dot.state.wi.us](mailto:dre.dmv@dot.state.wi.us) or website <http://www.dot.wisconsin.gov/drivers/drivers/aging/impaired.htm>

**Memory screen events.** To receive a free memory screen and learn what to do. If you are having concerns, contact the ADRC of Eagle County to schedule a screen.

**Alzheimer's Association Wisconsin State Conference** held annually in May. The Wisconsin State Conference on Alzheimer's Disease and Related Dementias is one of the nation's largest educational forums dedicated to Alzheimer's disease. Coordinated annually by the Alzheimer's Association chapters of Wisconsin, this conference attracts nearly 1,000 professional and family caregivers, medical professionals and those experiencing dementia today.

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

**Walk to End Alzheimer's.** To find a walk in your area click on [www.alz.org/memorywalk](http://www.alz.org/memorywalk)

**WI Alz Conference** sponsored by the Greater Wisconsin Alzheimer's Association held annually in May. Call 800-272-3900.

Visit [www.gwaa/caregiverconference](http://www.gwaa/caregiverconference)

## Guardianship/Protective Placement

A guardianship action is used to appoint someone to make medical and/or financial decisions for an incapacitated person. A protective placement action is necessary when an incompetent person meets guidelines for placement/services.

**Adult Protective Services:** St. Croix County Behavioral Health Services 715-246-8255. (Is this information accurate for JC?)

**WI Guardianship Support Center** at 855-409-9410 [www.gwaar.org/for-seniors-and-families/elder-law-and-advocacy-center/wisconsin-guardianship-support-center.html](http://www.gwaar.org/for-seniors-and-families/elder-law-and-advocacy-center/wisconsin-guardianship-support-center.html) or the Wisconsin Department of Health Services [www.dhs.wisconsin.gov/clientrights/guardianship.htm](http://www.dhs.wisconsin.gov/clientrights/guardianship.htm)

# Legal/Financial Planning

**Elder Law Attorneys:** Provide legal services for adults 60 and over such as advance health care directives, power of attorney for finance, guardianship, trusts, long term care planning, Medicaid, and resident rights. For information contact ADRC Elder Benefit Specialist at 800-372-2333 or WI State Bar Association at 800-362-9082.

# Memory Cafés

The Memory Café is a safe, comfortable, and engaging environment for those with memory loss and their caregivers. It is a place where guests can laugh, learn, and remain socially engaged with others traveling the same journey.

The Memory Café monthly meeting will feature speakers, educational offerings, and special activities. Program content will vary based on guests' interests, needs, and concerns. Those with Alzheimer's disease (or related diagnosis), individuals with mild cognitive impairment and people who are concerned about memory loss, as well as family members or care partner are welcome.

Contact the ADRC for information or to be added to the mailing list and to check if the meeting location has changed due to an outing.

# Mental Health

**Behavioral Health Services of Juneau County** support for those who:

- Have a mental illness
- Are in need of stabilization for a crisis situation
- Could benefit from counseling

## **MENTAL HEALTH RESOURCES FOR JUNEAU COUNTY**

### **Behavioral Health Services of Juneau County**

Support for those who:

- Have a mental illness
- Could benefit from counseling
- Are in need of stabilization for a crisis situation

Juneau County Human Services- Behavioral Health

200 Hickory Street

Mauston, WI 53948

608-847-2400

### **Outpatient Counseling Options in Juneau County**

Support and counseling options for those who:

- Have a mental illness
- Are wanting Alcohol and Other Drug Abuse (AODA) counseling
- Could benefit from counseling

1) Juneau County Human Services

200 Hickory Street

Mauston, WI 53948

608-847-2400

2) Inside Out Psychological Services

102 West State Street

Mauston, WI 53948  
608-847-7924

3) Innervisions Counseling & Counseling Center (Branch in NL)

231 East State Street

Mauston, WI 53948

\* Main Office: (call for appts.)

840 Hwy 12 Ste #1

Baraboo, WI 53913

608-477-9858

4) Pine Valley Integrated Services

124 Grayside Avenue

Mauston, WI 53948

608-847-7575

\* Main Office:

W1889 Koval Road

Lyndon Station, WI 53944

**Institute on Aging Friendship Line**

Is both a 24 hour accredited crisis interventions line and a warmline for non-emergency emotional support calls for those age 60 and over or those living with disabilities, which assists and offers support for those who are lonely, isolated, depressed, frail, or suicidal.

## Palliative Care & Hospice for End Stage Dementia

A person with dementia qualifies for hospice care when a doctor certifies them as having 6 months or less to live and that person wants comfort care only, not curative or aggressive type of care.

Some of the signs and symptoms that Dementia patients may be appropriate for hospice care are:

- Urinary and fecal incontinence most of the time.

- • Unable to bathe, dress or walk without assistance.
- • The ability to speak is limited, 6-7 words or less, or not understandable.
- • Weight loss and frequent infections like pneumonia or urinary tract infections.

Hospice care can occur in the home, skilled nursing facility or assisted living. Any place you call home. If a person is not in the end stages of dementia, they may qualify for Medicare covered home health care if they have a condition that requires skills of a registered nurse or physical therapist. Examples include: wound care, rehab for hip fracture or other medical conditions that need monitoring. If you have questions about hospice or home care for you loved one with dementia.

Agrace

Tomah Hospice and Palliative Care (Hospice Touch)

Serenity House (tomah)

St. Croix Hospice

SSM at Home (Hospice and Palliative Care)

Saint Clare Hospice House

# Power of Attorney - Finance

## **What is a Power of Attorney for Finance (POA-F)?**

A POA-F is a document that you (the ‘principal’) complete and sign, naming another individual (the ‘agent’) to manage your finances. You determine the money you want the agent to have authority over, as well as the authority you want them to have. This document does not give your agent the power to make medical, long-term care or other health care decisions for you. (That would be a POAHC)

The agent’s authority takes effect *immediately* after you execute the document *unless* you expressly indicate otherwise. You retain the legal right to handle all of your finances as long as you are willing and able. Essentially, you and/or your agent have authority to make decisions about your finances. This is durable unless the principal states it ceases if he/she becomes incapacitated. POAF ceases upon death of the principal.

## **What is a Power of Attorney for Finance (POAF)? (cont.)**

If you do not complete a POA-F but later become incapacitated, there may not be anyone with legal authority to make necessary decisions and complete necessary transactions for you. Information and forms are available at [www.gwaar.org](http://www.gwaar.org) under WI Guardianship Support Center or 855-409-9410 or contact a social worker at a local hospital or nursing home.

# Power of Attorney – Health Care

## **What is a Power of Attorney for Health Care (POAHC)?**

A POA-HC is a document that authorizes another person (called the ‘agent’, for example a mother) to make health care decisions for the person executing the document (called the ‘principal,’ for example a daughter), consistent with the terms

of the document and based on the wishes of the principle, effective when the principal is unable to make health care decisions. It can include, a statement of wishes regarding future care. It is essential that principals talk to their agents about their wishes. POA-HC forms are available on online at <https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>

A dementia specific advance directive has also been developed recently and was sighted in a New York Times article. (Download the document at this website. <https://static1.squarespace.com/static/5a0128cf8fd4d22ca11a405d/t/5cd9efd571c10b87cbaf4676/1557786582104/dementia-directive.pdf>) This directive would be a supplement to a Health Care Power of Attorney. It is not intended to replace signature witnessed POA-HC document.

Most importantly, these documents should serve as *conversation* items with those who would be serving as decision makers if the POA is activated at a future time.

### **How does my POA-HC become effective or activated?**

For a POA-HC to become activated, the agent must be determined ‘incapacitated.’ Incapacity is determined by two doctors or one doctor and a licensed psychologist that an individual is ‘unable to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manage his/her health care decisions.’ The certification of incapacity must be attached to the POA-HC document. Section 155.01(8) of Wisconsin Statutes.

If an individual remains able to make their own health care decisions, the agent’s authority to make health care decisions *is not activated*.

**Without a POAHC or POAF, it may be necessary for your family or others to ask the court to appoint a Guardian of the Person and Guardian of the Estate. This process can be costly, time-consuming, cumbersome and emotionally draining.**

# Safety/Wandering

This section contains programs that are committed to safeguarding people and locating people who wander and may become lost.

**Comfort Zone** is a web application that includes a location-based mapping service or LBS. Client wears or carries a locator device or mounts one on his/her car. The device communicates with Comfort Zone web application. Family members can access information about the person's location by using the internet or calling the monitor center. For more information call 877-259-4850 or visit [www.alz.org/comfortzone](http://www.alz.org/comfortzone)

**First Call Medical Monitoring** service is a simple, cost-effective solution that allows individuals the satisfaction of independent living with the peace –of-mind that comes in knowing there's always someone to help. For more information call 800-924-3407 or visit [www.scecn.net/content/firstcall-medical-monitoring](http://www.scecn.net/content/firstcall-medical-monitoring)

**GPS SmartSole™** features a miniaturized GPS tracking device embedded in the insoles and powered by a rechargeable battery that lasts 2-3 days on a single charge. The GPS SmartSole™ sends a signal to the central monitoring website showing the wearer's exact location using a combination of satellite and cellular technology.

For more information call 855-566-9111 or visit [www.gpssmartsole.com](http://www.gpssmartsole.com) or go online to: [www.gpssmartsole.com/#sthash.EvmpdOL2.dpuf](http://www.gpssmartsole.com/#sthash.EvmpdOL2.dpuf)

**Life Assist Emergency Response System** is through Hudson Hospital Foundation. Serves Hudson, Roberts, Houlton, River Falls, New Richmond, Somerset, Lakeland and Bayport areas. Equipment includes button on necklace or wrist band, unit, phone cord, and plug. When button is pushed during business hours, Hudson Hospital staff will answer and assist. Outside of business hours, the "Care Center" through Life Assist will answer and assist. For more information, call Health

Resource Center at 715-531-6070.

**MedicAlert® & Alzheimer's Association Safe Return®** partnership offers client the best of both worlds – assistance when a person wanders or is lost and access to vital medical information in the time of need. For more information call 888-572-8566 or visit [www.alz.org/oc/in\\_my\\_community\\_10848.asp](http://www.alz.org/oc/in_my_community_10848.asp)

**PocketFinder** GPS Senior Tracker helps families track elderly loved ones or just keep up with remote family members who simply need monitoring. PocketFinder is especially useful for monitoring seniors who take public transit, community shuttles, ride a motorized scooter, or rely on friends and family for transportation. For more information visit [www.pocketfinder.com](http://www.pocketfinder.com)

**Project Lifesaver** is designed to provide security and comfort for the family while safe guarding the memory impaired and those who are least able to help themselves. State-of-the-art personalized radio-transmitters will be provided to people who are at risk of wandering away from their homes and becoming lost. This radio-transmitter is the size of a wristwatch and provides a constant radio signal. When a person of any age wanders away, a caregiver will notify the police and a team of officers will respond. For more information call 715-381-4320 or 715-377-5808 or visit [www.projectlifesaverpiercestcroix.org](http://www.projectlifesaverpiercestcroix.org)

**SafeLink GPS Tracking** is for seniors. It may increase safety for the elderly, promote independent living, and ultimately lead to a healthier life style. SafeLink is an assistive device, helping people to stay independent and give them more freedom. Not only can SafeLink locate the wearer within minutes if they are lost or fail to return home, it can also raise an alert if they have an emergency and need your help. For more information call 866-559-2217 or visit [www.safelinkgps.com](http://www.safelinkgps.com)

**Wisconsin's Silver Alert** is a public notification system that helps local law

enforcement in the rescue of missing persons walking and driving. It broadcasts information about missing person – especially senior citizens with Alzheimer’s disease, dementia or other mental disabilities – in order to aid in their recovery. Uses wide array of media outlets – such as commercial radio stations, television stations and cable television to broadcast information about missing person. Also uses variable message signs on roadways to alert motorists to be on the lookout for missing seniors. In cases in which a missing person is believed to be missing on foot, Silver Alerts have used Reverse 911 or other emergency notification systems to notify nearby residents of the neighborhood surrounding the missing person’s last know location. For more information call 608-245-8952 or visit [www.wisconsincrimealert.gov](http://www.wisconsincrimealert.gov)

## Transportation

### **NON-EMERGENT AND/OR PUBLIC TRANSPORTATION OPTIONS:**

#### **ABBY VANS**

1115 WEST 4TH ST. NEILLSVILLE, WI 54456

Office Hours: 6:00 am-10:00 pm, 24/7 depending on driver availability

Website: [abbyvans.com](http://abbyvans.com)

Phone Number: (800) 236-8438

- Wheelchair/Handicapped accessible: Yes; serves people with physical or developmental disabilities, including children
- Services dependent on availability of drivers and resources

Private pay and MTM

Primary Language: English

Counties Served: Most of central and south central Wisconsin

#### **ADRC OF SAUK COUNTY-Senior Escort Drivers & Public Bus Information**

505 BROADWAY ROOM 102 BARABOO, WI 53913

Website: <http://www.co.sauk.wi.us/adrc>

Phone Number: (608) 355-3289 Fax Number: (608) 355-4375

- Has a bus for public transportation
- Wheelchair/Handicapped accessible: Yes

- Volunteer escort driver transportation to qualified individuals to medical appointments call their transportation line at 608-355-3278. Serves individuals who are ambulatory, use assistance devices such as walkers and power chairs. Call 48 hours before your appointments, services dependent on availability of drivers and resources

Private Pay only, no insurance billed

Primary Language: English

Counties Served: Sauk County

### **BOB'S MEDICAL TRANSPORT**

W2725 WHITETAIL LN MONTELLO, WI 53949

Office Hours: 8:00 am to 4:30 pm

Phone Number: (608) 297-8403 Fax Number: (608) 297-8475

- Wheelchair/Handicapped accessible: Yes
- Services dependent on availability of drivers and resources

Private Pay; ContinuUs or Care Wisconsin only

Primary Language: English

Counties Served: Adams, Columbia, Dodge, Green Lake, Juneau, Marquette, Sauk, Waushara

### **BULLET CAB**

2709 SOUTH AVENUE

LA CROSSE, WI 54601

Phone Number: (608) 519-3200

Office Hours: 24/7

Cost and types of transport: Call for specifics – Does not have wheelchair accessible vehicles

Person must be able to transfer independently in and out of vehicle

Private Pay

### **COMFORT CARRIERS**

W7417 PINE AVENUE MEDFORD, WI 54451

Office Hours: 9:00 am to 4:30 pm

Phone Number: (715) 678-2030 Fax Number: (715) 678-2137

- Wheelchair/Handicapped accessible: Yes

Private Pay; Medical Assistance through MTM

Primary Language: English

Counties Served: Taylor, Clark, Western Marathon, Northern Wood

## **COUNTRY VIEW TRANSPORT**

227 COUNTY W, MINERAL POINT, WI 53565

Office Hours: 8:00 am to 5:00 pm

Phone Number: (608) 558-8542 for questions; 608 558-0449 for scheduling rides

Fax Number: (608) 967-1181

- Wheelchair/Handicapped accessible: Yes

Private pay and ContinuUs; Does not accept Medicare

Primary Language: English

Counties Served: Green, Lafayette, Dane, Grant, and some areas of Sauk

## **GUNDERSEN LUTHERAN COULEE TRAILS**

126 1/2 W JEFFERSON ST., VIROQUA, WI 54665

Office Hours: 8:00 am to 4:30 pm

Website: [http://www.uwlax.edu/pt/projects/lax\\_access/gundluth.htm](http://www.uwlax.edu/pt/projects/lax_access/gundluth.htm)

Phone Number: (608) 637-8884, (800) 771-8884 Fax Number: (608) 637-2395

- Wheelchair/Handicapped accessible: Yes
- Available to the general public
- Provides non-emergent transportation for medical needs
- Physician referral required for transportation

Private pay, Medicaid, No Medicare accepted; will not bill insurance companies.

Call for specific pricing

Primary Language: English

Physicians prior approval required

Counties Served: Crawford, Grant, Iowa, Juneau, Richland, Vernon,

## **HMH TRANSPORT, INC.-C/O MILE BLUFF MEDICAL CENTER**

1050 DIVISION ST., MAUSTON, WI 53948

Office Hours: 8:00 am to 4:00 pm

Website: [www.milebluff.com](http://www.milebluff.com)

Phone: Jill Finely, Director 608-847-2377

- Wheelchair/Handicapped accessible: Yes
- Individual must meet non-emergent transport criteria:
  - For Medicaid covered individuals: individual must have a physical/mental impairment that contraindicates safe travel from a common carrier, such as a taxi, mass transit, or private vehicle

- A SMV (Specialized Medical Vehicle) ***required for all Medicaid transports***. This completed form must be given to HMH Transport driver prior to transport
- Prior approval required for third party payor sources
- Individuals who private pay must complete a Private Pay Form prior to transport; form is then given to driver or Jill Finley in the Transportation Dept.
- No cot/stretchers transports allowed
- Transports will be within Juneau County and surrounding area, except with approval of the Department Director, Jill Finley
- Private pay-call for cost estimate, Medical Assistance

**JUNEAU COUNTY AGING AND DISABILITY RESOURCE CENTER-  
Senior Escort Drivers**

220 E. LA CROSSE ST. MAUSTON, WI 53948

Office Hours: 8:00 am to 4:30 pm

Website: [www.juneaucounty.com](http://www.juneaucounty.com)

Phone Number: (608) 847-9366 Fax Number: (608) 847-9442

- Must be ambulatory-no wheelchair access
- Available to seniors 60 years of age and over, or disabled (any age) but not wheelchair bound
- Transportation primary on weekdays and within city of Mauston
- Transportation requested outside of the city of Mauston will be for medical appointments only and will be charged round trip from driver's home, to pickup, to appointment, drop off, and back to driver's home.
- Transports within city of Mauston may be for medical appointments, shopping, pharmacy, etc.

Private Pay, will not bill insurance companies; call for pricing

Primary Language: English

Counties Served: Juneau

**MAUSTON CAB**

303 MANSION ST., MAUSTON, WI 53948

Phone Number: (608) 847-3008

Service Hours: Call for dates and times

Website: [www.mauston.com](http://www.mauston.com) (under the Mauston Taxi-Program Tab)

- Wheelchair/Handicapped accessible: No

- Must be ambulatory and able to get in and out of a vehicle
- Private Pay – Call for specific charges
- Primary Language: English

Counties Served: Juneau only within city of Mauston and up to 3 miles outside of city of Mauston limits.

## **MTM**

5117 W. TERRACE, SUITE 400, MADISON, WI 53718

Phone: 866-907-1493 to schedule transport; TTY: 800-855-2880

Service Hours: 7:00 am to 6:00 pm Weekdays; Urgent transports 24/7

Website: [www.mtm-inc.net/wisconsin](http://www.mtm-inc.net/wisconsin)

MTM is the State of Wisconsin's non-emergent medical transportation manager that arranges transportation for eligible Medicaid and Badgercare Plus members to covered medical appointments.

- Wheelchair/Handicapped accessible: Yes
- Schedule rides at least two business days in advance; unless trip is urgent.
- Forms may be required prior to transport
- Items needed to know prior to calling: patient's DOB, Name, Address, Phone, ID# for insurance, Height & Weight, Wheelchair needs including manual or electric, size of wheelchair, weight of wheelchair, type of lift vehicle required to be able to accommodate wheelchair, time of pickup, location of pickup, destination.
- Note that MTM services will NOT provide any wheelchair for patients, and will NOT return a wheelchair provided by any facility until the next time that particular transportation company comes back to our location. Or, MBMC staff need to go get the wheelchair.

Payment by Medicaid and Badgercare Plus

Primary Language: English

Counties Served: Within the State of Wisconsin

## **VERNON COUNTY UNIT ON AGING**

318 FAIRLANE DRIVE, SUITE 219 VIROQUA, WI 54665

Office Hours: 8:30 am to 4:30 pm M-F

Website: [www.vernoncounty.org/UOA](http://www.vernoncounty.org/UOA)

- Wheelchair/Handicapped accessible: No
- Must be ambulatory
- Available to seniors 60 years of age and over, or disabled (any age) but not wheelchair bound

- Transports dependent on driver availability

Phone Number: (608) 637-5201 Fax Number: (608) 637-5501

Private Pay

Primary Language: English

Counties Served: 100 mile radius from Viroqua, WI; call for pricing

## **VETERANS AFFAIRS MEDICAL APPOINTMENT TRANSPORT**

(608) 372-3971 Ext. 66227

Stops: In Juneau County at Kwik Trip Mauston, Hwy 82 exit 7:00 a.m. and  
BP Lyndon Station exit 79 7:30 a.m.

<http://www.davwi.org/transportation.html>

## **WHEELS OF INDEPENDENCE**

2703 INDUSTRIAL ST., WISCONSIN RAPIDS, WI 54495

Office Hours: 7:30 am to 5:00 pm

Phone Number: (715) 423-7818 Fax Number: (715) 423-8283

Website: [www.wheelsofindepence.com](http://www.wheelsofindepence.com)

- Wheelchair/Handicapped accessible: Yes
- Private Pay, ContinuUs, Medicaid (via MTM)
- Local or statewide transportation; call for pricing

Primary Language: English

Counties Served: Primarily Wood; outside county transport dependent on  
availability of driver and resources.

**\*Your Clinic/Hospital may also provide transportation to medical  
appointments. Contact your healthcare provider for more information.**

## **Veterans Services**

### **Veterans Service Office:**

220 East State Street, Rm. 101

Mauston, WI 53948

612-847 9385

VSO advocates for and can assist with:

## **STATE BENEFITS**

- Aid to Needy Veterans (Health)
- Education Grants including WI GI Bill
- Federal Claims Service
- State Veterans Cemeteries
- Veterans Assistance Program - Homeless and At-Risk
- Wisconsin Veterans Homes at King and Union Grove
- Wisconsin Disabled Vet Property Tax Credit Certification
- Eligibility for all State Benefits

## **FEDERAL BENEFITS**

- Burial Allowance Benefits and Government Monuments
- Chapter 33: Post- 9/11 GI Bill
- Chapter 106: Montgomery GI Bill, Selected Reserve
- Chapter 30: Montgomery GI Bill, Active Duty
- Chapter 31: Vocational Rehabilitation Benefits
- Chapter 35: Survivors' and Dependents' Educational Assistance
- Dependency and Indemnity (DIC) and Death Pension - widows and orphans
- Non-Service Connected Disability Pension Benefits
- Healthcare Benefit through VA Health Care System
- Home Loan Guarantee
- Incarcerated Veterans
- Service Connected Disability Compensation Benefits including sexual trauma claims
- Service Disabled Veterans Insurance (RH) claims and policy changes
- Availability to speak to groups about veterans benefits
- DD214 and Record Procurement

## **LOCAL BENEFITS**

### **COMMISSION AID**

The Juneau County Veterans Service Commission is able to provide emergency subsistence aid to needy and indigent veterans.

## RIDES FOR VETERANS

The Service Office is able to provide transportation assistance with the cooperation of the Juneau County Aging Department for scheduled visits at a VA Medical Facility. Availability is based on need.

## DD214 REGISTRATION

The Service Office will have your original DD214 registered/put on file with the Juneau County Register of Deeds. We can provide, on request, with 24 hours of notice.

## Web-Based Resources:

**Visit these sites for a variety of information regarding Caregiving and/or Dementia.**

**Alzheimer's Association**    [www.alz.org](http://www.alz.org)

**American Association of Retired Persons (AARP)**    [www.aarp.org/home-family/caregiving](http://www.aarp.org/home-family/caregiving)

**Caregiver Action Network**    [www.caregiveraction.org](http://www.caregiveraction.org)

**CaregiverHelp**    [www.caregiverhelp.com](http://www.caregiverhelp.com)

**Caregiver Resource Kit – Medicare.gov**  
[www.medicare.gov/campaigns/caregiver/caregiver-resource-kit.html](http://www.medicare.gov/campaigns/caregiver/caregiver-resource-kit.html)

**Caregiver Toolkit**    [www.caregivertoolkit.ca](http://www.caregivertoolkit.ca)

**Center for Disease Control**    [www.cdc.gov](http://www.cdc.gov)

**Family Caregiver Alliance**    [www.caregiver.org](http://www.caregiver.org)

**Greater Wisconsin Agency on Aging Resources (GWAAR)**    [www.gwaar.org](http://www.gwaar.org)

**National Alliance for Caregiving**    [www.caregiving.org](http://www.caregiving.org)

**National Caregivers Library**    [www.caregiverslibrary.org](http://www.caregiverslibrary.org)

**National Institutes of Health**    [www.nih.gov](http://www.nih.gov)

**Healthy Brain Initiative**    [www.cdc.gov/aging/healthybrain/resources.htm](http://www.cdc.gov/aging/healthybrain/resources.htm)

**Healthy Aging**    <https://wihealthyaging.org>

# NOTES