



Virtual Resources for care partners & individuals living with dementia during COVID 19

ADRC of La Crosse County 608-785-5700



**general caregiver tips and resources listed at end of document*

1:1 Support

Dementia Care Specialist: Available to connect via phone for support and education. **608-785-5780**

DICE consults for behavioral and psychological symptoms: Available to caregivers looking to reduce or eliminate problematic or challenging behaviors at home. Consults will examine environmental factors, caregiver approach and person with dementia to create non-pharmacological approach. Sessions length & number vary per situation. **608-785-5780**

24/7 Alzheimer's Association Helpline: 800-272-3900 Talk with master-level social workers for information, assistance and referrals.

Caregiver Virtual Support Groups:

Alzheimer's Association WI Chapter:

- Tuesdays 5:30-7:00 PM to register call 800.272.3900 ask for WI statewide group access
- Thursdays 1:00-2:30 PM to register call 800.272.3900 ask for WI statewide group access
- Last Tuesday monthly, 10am-11am to register call 715.861.6174

***NEW*Southwest Region Caregiver Connect:** A time to come together to chat and strategize how to get through this time together or just the day! Come with your coffee or tea to listen, gain support or ask your the questions! Three local dementia care specialists will host the group via zoom. Fill your cup and start your week off right! **Call 608-785-5780 to register and get link**

- Mondays 10am-11:00am

Education/Learning for Caregivers

DHS Online family caregiver training: discusses basic information about dementia and describes strategies for family caregivers to consider when providing care to someone who has changes in their behavior as a result of dementia. It also includes information on how to support family members who are providing care for a person with dementia, and how to take care of yourself as a family caregiver.

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

Virtual Alzheimer's Association Education Programs: www.alz.org/education

- *Understanding Alzheimer's and Dementia*
- *Healthy Living for Your Brain and Body*
- *Know the 10 Signs: Early Detection Matters*
- *Living with Alzheimer's: For People with Alzheimer's*
- *Living with Alzheimer's: For Caregivers (Early, Middle and Late Stage)*
- *Effective Communication Strategies*
- *Understanding and Responding to Dementia-Related Behavior*
- *Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning*
- *Legal and Financial Planning for Alzheimer's Disease*

Alzheimer's Association Community resource finder: General search for variety of supports in your area
<https://www.communityresourcefinder.org/ProviderSearch/Search?ProfileDefinitionId=93&location=56401>

Home Safety Checklist: Now that you're staying in more, it's important to give your house a check-up
<https://alz.org/media/Documents/alzheimers-dementia-home-safety-checklist-ts.pdf>

ALZConnected: Free, online community for anyone affected by Alzheimer's or other dementia including care partners, message boards and a Caregivers Forum available. <https://www.alzconnected.org/>

Alzheimer's Foundation of America: Provides online webinars and resources as well as online tips for family caregivers. **Helpline: 866-232-8484** <https://alzfdn.org/>

Community Resource Finder: Offers a variety of online and virtual supports including online chat and support groups.

<https://www.communityresourcefinder.org/ProviderSearch/Search?ProfileDefinitionId=93&location=56401>

Teepa Snow Videos:

https://teepasnow.com/?utm_source=Main%20List%20%28PAC%20and%20Pines%20Combined%29&utm_campaign=45928fb36e-

[EMAIL CAMPAIGN 2019 12 11 09 46 COPY 01&utm_medium=email&utm_term=0_e0c0b5e3df-45928fb36e-712308905&mc_cid=45928fb36e&mc_eid=affcd703b9](https://teepasnow.com/?utm_source=Main%20List%20%28PAC%20and%20Pines%20Combined%29&utm_campaign=45928fb36e-EMAIL_CAMPAIGN_2019_12_11_09_46_COPY_01&utm_medium=email&utm_term=0_e0c0b5e3df-45928fb36e-712308905&mc_cid=45928fb36e&mc_eid=affcd703b9)

Things to do at home:

- **Do your best** at maintaining a routine or semi-structured day filled with meaningful activity.
What is meaningful activity? Anything that provides purpose or joy! That could be an art project or it could be unloading the dishwasher. You know your loved one the best, do what they like.
- **Call people!** Talk about past memories or Spring and Summer days.. anything other than the pandemic.
- **Go outside. Look outside.** Look at nature shows on TV or youtube. Your brain on nature functions better. Look at calendar pictures
- **Limit your daily intake of news.** If you must, check once in the morning but never before bed. Here is something to check out daily instead, the Winding Rivers Library System ECHO project. Can you find your old school? Where did you grow up?
<https://recollectionwisconsin.org/collections>
- **Find a way to be more physically active.** Go for a walk. Look at an online senior exercise or chair yoga class. Walk around your house. Bend and Reach. Stretch. BREATHE! Deep belly breaths.
- **Participate in community virtually**, if you need caregiver camaraderie there are many available or gain some knowledge and check out:
 - Google Arts and Culture Museum Tours
<https://artsandculture.google.com/project/streetviews>
 - Google Earth National Park Virtual Tours: <https://www.msn.com/en-gb/travel/tripideas/google-earth-launches-virtual-tours-of-31-of-the-worlds-most-incredible-national-parks/ar-BB11KiPN?li=AAJsPCA>
- **Remain Creative.** Read poems-
<https://www.poetryfoundation.org/poems/52347/the-past-56d230bbc5f71> Craft by clipping or tearing favorite items out of magazines or old cards. Take pictures around

Be #Fit4Function with Go4Life®

Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

- Endurance**
So you can
climb steps, dance the night away
- Strength**
So you can
lift groceries, carry grandchildren
- Balance**
So you can prevent falls and related injuries
TIP: Use a chair or the wall for support.
- Flexibility**
So you can
drive, get dressed

Visit go4life.nia.nih.gov and be #Fit4Function.

Get exercise ideas, motivational tips, and more from **Go4Life®**, an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.

your house of yourself beings silly or together or go outside and catch Spring and nature coming alive!

- **Find ways to laugh.** Laughter improves oxygen intake, stimulates circulation, relaxes muscles. Here are some great resources to get you started:
 - Daily HaHa <http://www.dailyhaha.com/>
 - Garfield comics- <https://garfield.com/comic>
 - Create a Joy List—what do you love? What do you like? Smile and enjoy the happiness thoughts!

Other Caregiver Supports:

Caring From a Distance (CFAD)—an organization for long-distance caregivers. <http://www.cfad.org/>

Caregiver Teleconnection: Provides weekly live call-in events as well as archived programs all relating to caring for someone who is older or disabled. <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

Caregiver Help Desk: 1-855-227-3640