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
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 

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

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

- 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...
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:
  - Garfield comics- [https://garfield.com/comic](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/](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/](https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/)

**Caregiver Help Desk:** 1-855-227-3640