While dementia is often thought of as a "memory" disorder, behavioral changes such as agitation, depression, confusion, wandering and many others are nearly universal. One or more behaviors will affect nearly every person with dementia over the course of their illness. The image to the right includes a few additional symptoms of dementia.

Behavioral changes in dementia can occur for many reasons; one reason is due to neuron (cells) loss or damage. There are different regions of the brain responsible for various actions our bodies do and depending on which part of the brain is affected (what that area is responsible for) can generally explain why we see certain symptoms.

We must also examine other factors that impact behavioral symptoms in dementia. There is an interconnected relationship of three important groups of factors that can contribute to behaviors. These factors are: the person with dementia, the caregiver, and the environment. Continue onto page 3 for more information and to learn about a systematic process which looks to replace, reduce or eliminate behaviors.
## Common Behaviors and Redirection Tips

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wandering or restlessness</td>
<td>• Provide meaningful activities</td>
</tr>
<tr>
<td></td>
<td>• Avoid overstimulation</td>
</tr>
<tr>
<td></td>
<td>• Create a daily plan</td>
</tr>
<tr>
<td>Physical or Verbal Aggression</td>
<td>• Assess for pain and that basic needs are met</td>
</tr>
<tr>
<td></td>
<td>• Ensure their safety while giving them space to calm down</td>
</tr>
<tr>
<td>Sleep Disturbances</td>
<td>• Have scheduled meal and rest times</td>
</tr>
<tr>
<td></td>
<td>• Create a comforting sleep environment</td>
</tr>
<tr>
<td></td>
<td>• Give clear explanations step by step without talking down to them</td>
</tr>
<tr>
<td></td>
<td>• Go at their pace</td>
</tr>
</tbody>
</table>

### Check out these resources for more support!

Sign up for Trualta! Trualta is an online education platform that is designed for families managing care at home and has a deep library of training modules that provide practical advice on a wide range of topics. Plus, it's free! [https://wisconsincaregiver.trualta.com/login](https://wisconsincaregiver.trualta.com/login)

Schedule a 1-1 care consultation appointment with your dementia care specialist. Not sure what to discuss? That is ok, we can help! La Crosse County Aging & Disability Resource Center 608-785-5700
A New Approach

The DICE Approach represents a simple but systematic method for understanding, assessing and managing behavioral and psychological symptoms in dementia (BPSD). DICE is an adaptation of the reasoning process used by dementia behavior experts and numerous research trials involving behavioral management skills training for family caregivers. Developed and Researched at The University of Michigan

Identify the who, what, why, when, where, surrounding the behavior

Brainstorm potential triggers, causes or underlying influences that could be causing.

Create a plan or response to specific conditions. Implement the plan.

Determine if the plan was effective, develop ongoing strategies to maintain and make recommendations or changes as necessary.

Would you like support in learning the DICE approach? Do you have a specific behavior you’d like to reduce, eliminate or cope with?

Connect with your dementia care specialist at the La Crosse County Aging & Disability Resource Center 608-785-5700 to get started!

Sign up for this newsletter: kflock@lacrossecounty.org
**UPCOMING SUPPORT & EDUCATION**

**Grief Education for Care Partners (Late Stage/End of Life)**
July 27, August 24, Sept. 28 10am to 11:30am
Community Connections Center 1407 St Andrew Street, LaCrosse
Grief is a complex and complicated response to loss both emotionally and physically. Everyone grieves in their own way, but you don’t have to alone. Join us for this new, monthly education for caregivers to get connected to resources.
To register, or for more information, please call 608-519-2088.

**SPARK!**
3rd Wednesday of Month, 10:30am-12:00pm
July 20 Scent-Sational, Aug. 17 Spice it up, Sept 21 Bee Happy
Clearwater Farm Onalaska | 760 Green Coulee Rd
**Registration Required: Call Amber 608-385-4819**
A free cultural program that actively engages people living with dementia and their caregivers in their community by stimulating conversation, providing peer support and inspiring creativity

**CAREGIVER FEEDBACK NEEDED:**
A Study to better support bereaved family caregivers!
We are seeking participants for a study on the experiences of bereaved family caregivers of a person with dementia. Have you experienced the loss of a family member to dementia within the past 10 years? Interested in helping ways to better support bereaved family caregivers of persons with dementia? If yes, please consider participating in this study. Participation will involve completing a brief online survey and participating in a focus group and/or an individual interview. The focus group and individual interview should each take 1-1.5 hours. Interested in participating? Please contact Dr. Erica G. Srinivasan at 608.785.6882 or esrinivasan@uwlnx.edu.

**Experience what it’s like to live with Dementia**
Friday September 30th, 2022
9:00am-3:00pm Gundersen Health System – La Crosse
Integrated Center for Education (ICE House)
Dementia Friendly Coalition is hosting Dementia Live which is a high-impact, evidence-informed facilitated experience that is followed by discussion which results in a deeper understanding of what it’s like to live with cognitive impairment and sensory changes. Open to public! Register for a 1 hour timeslot.
**Call ADRC at 608-785-5700**

**Virtual Coffee Connect Caregiver Group**
Every Monday 10:00am-11:00am  | Via Zoom
Register: kflock@lacrossecounty.org
This is a support group for dementia caregivers of middle stages of the disease that fosters a confidential space for sharing information, insight, advice, and encouragement.

**Connect Smart - Early/Middle Stage Support**
2nd & 4th Wednesdays, 12:30-2:00pm
Community Connections Center - 1407 Saint Andrews Street
To Register: Call 608-519-2088
Fun and engaging creative activities for persons living with dementia. This program offers small group sessions with activities to help people living with dementia maintain physical, social, emotional and cognitive skills, including movement, art and music. Care partner support and education is offered in a separate room during each session.

**MEMORY CAFE!**
A welcoming social gathering for people living with memory loss, Alzheimer’s & other related dementias and their care partners, family members, friends and others in the community. The café aims to decrease social isolation, create memories while enjoying time together! For more information and to register: Call 608-785-5700
**July 15** 10a-12pm Equestrian Therapy at HorseSense
*Register by 7/7
**Aug. 16** 10:30-11:30 Journey to the Stars @UWL Planetarium *Register by 8/12
**Sept. 13** 10-11am Mississippi Valley Conservancy Visitor Center

**Better Brain Fridays**
10-11:30am Virtual Webinar
Register for any of the following dates at www.adrcvents.org or call 608-715-839-4735
July 8 - Beneficial Bites: Whole, nutrient-dense food is so important for the health and well-being of our brain. Learn top foods that have been studied to provide benefits to our brain. July 22-Grief & Loss Affect the Brain: The stress caused from grief and loss can impair nerve growth and memory. Learn a variety of strategies to help rewire your brain!
Aug. 5 Gut-Brain Connection: Do you experience brain fog, anxiety, blue mood, and/or irritability? Learn about the 5R Program and a few other tips to gut health and more.

**Dementia Caregiver Education Hour!**
Community Connections Center - 1407 Saint Andrews Street
Mondays once per month 12:30-1:30pm
July 25 - Building a Support Network, August 29 - Safety Planning
Sept 26 - Grief, Oct 31 - Palliative Care, Nov 28 - Family Conflict
Join us in learning about a variety of caregiving topics, practical tools and resources for family caregivers of people living with dementia. Each session will cover a different topic and the recorded webinar will be streamed for in-person viewing & discussion with dementia specialist. Presentations by statewide dementia care specialists from virtual webinars hosted in 2021.
To register or have Questions? Call 608-785-5700

**Caregiver Podcast!**
For family caregivers to support, inform, connect, and recognize the numerous people who provide care. Listen to a range of topics related to caregiving and learn about resources https://anchor.fm/caring-better-braver

**Sign up for this newsletter : kflock@lacrossecounty.org**
"Steering into the Skid"
In 12 short scenes, all taking place in Tim and Amanda’s SUV, the audience comes to know this loving couple as they navigate the early progression of dementia. As months pass, the audience sees the subtle changes and adjustments the couple is forced to make on this journey together.

**Thursday October 13th, 2022**
*Doors open 4pm; Showtime 4:30pm*
Altra Federal Credit Union Operations Center
1700 Oak Forest Dr. Onalaska
Register by calling or scan QR code:
The Aging & Disability Resource Center
608-785-5700

**Wednesday November 2nd, 2022**
*Doors open 10:30am; Showtime 11am*
Black River Beach Neighborhood Center
1433 Rose St. La Crosse
Register by calling or scan QR code:
Black River Beach 608-789-8640
*Free on-site Respite is available upon request

"Fortune Cookies"
At age 80, Mona’s memory is sharp, but she fears the idea of memory loss as she's seen much of it among friends and neighbors. This play begins dialogue about future planning and stigma of dementia.

**Friday October 14th, 2022**
*Doors open 10:30am; Showtime 11:00am*
Altra Federal Credit Union Operations Center
1700 Oak Forest Dr. Onalaska
Register by calling or scan QR code:
The Aging & Disability Resource Center
608-785-5700

**Tuesday November 1st, 2022**
*Doors open 4:00pm; Showtime 4:30pm*
Black River Beach Neighborhood Center
1433 Rose St. La Crosse
Register by calling or scan QR code:
Black River Beach 608-789-8640
*Free on-site Respite is available upon request