

Group Offerings

Group offerings vary throughout the year.

Call to get on the upcoming class list or schedule your own 1-1 appointment for DICE.

No Cost

There is no cost associated with this program

To find out how to participate in the program please contact:

La Crosse County ADRC
Dementia Care Specialist
608-386-0767

www.lacrossecounty.org/adrc



The DICE Approach

A complementary program to help guide Caregivers in Managing the Behavioral and Psychological Symptoms of Dementia.

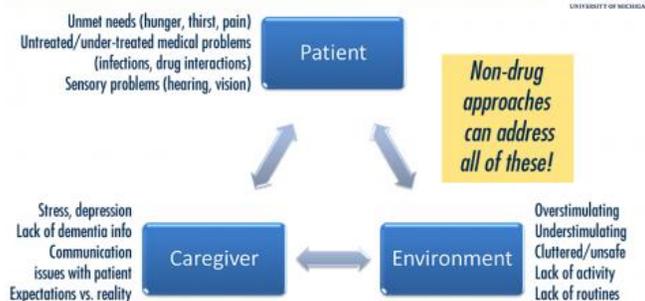


What Is The DICE Approach?

Many caregivers experience difficulties with managing the day-to-day behaviors associated with dementia. The behavioral and psychological symptoms of dementia (BPSD) can include showing anger, anxiety, refusing needed care, wandering, aggression and hallucinations, to name a few. There are few treatment options for BPSD and caregivers are often left to deal with these stressful behaviors on their own.

The DICE Approach is for family caregivers who would like to learn ways to better manage behaviors, both in addition to or without medications. Sessions will include activities that give caregivers a better understanding of the causes of BPSD, strategic plans to address, reduce or prevent behaviors and then how to apply the DICE approach when behaviors occur in the future.

What can cause behavior problems in dementia?



To participate, you must:

- Be willing to work 1-1 with the dementia care specialist to address your specific situation OR attend offered group DICE sessions
- Be able to look at BPSD in a holistic manner; person with dementia, environment and caregiver approach.

What does DICE stand for?

Dubbed “DICE” for Describe, Investigate, Evaluate, and Create, it details key patient, caregiver and environmental considerations with each step of the approach and describes the “go-to” behavioral and environmental interventions that should be considered.

What will happen once I register for a class or 1-1 appointment?

- The Wisconsin Alzheimer’s Institute received federal grant to help offer this resource to families. Caregivers who enroll will be asked to fill out baseline survey and additional survey at six months. Surveys are confidential and voluntary.
- Caregivers have access to dementia care specialist for in-home visits or call consults throughout the process as well as case consultation from a geriatric neuropsychologist and nurse



THE BENEFITS

Participants may experience a reduction in agitation, anxiety and increased quality of life and care.

Caregivers benefit by preventing, eliminating or reducing problematic and stressful behaviors while also learning a valuable tool which can be implemented in the future. Caregivers report higher levels of confidence and reduced stress.

Physicians benefit because DICE can be an excellent evidence-informed component added to existing treatment of dementia. DICE also enables clinicians to consider the roles of nonpharmacologic, medical and pharmacologic treatments concurrently.

The DICE Approach was developed and is researched at University of Michigan in their Program for Positive Aging

