

La Crosse County Dementia Care Program Guide



Phone: 608-785-5700 or 1-800-500-3910



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La Crosse County Dementia Care Resources & Support Programs



Our goal at Aging and Disability Resource Center of La Crosse County (ADRC) is to empower individuals with dementia and their caregivers to thrive in their communities. Connecting with local resources is essential for supporting their overall well-being, addressing social, emotional, physical, and spiritual needs. We provide education and connection to resources that enhance care and promote brain health, ensuring that everyone can live well and stay engaged.

The resources within this guide are broken into three sections: supports for caregivers, supports for people with cognitive concerns and symptoms of dementia (with or without a formal diagnosis of dementia), and community supports.

Programs/Resources Listed are:

- No Cost, unless noted (\$)
- No residency requirement, unless noted (LC) for La Crosse County residents
- Aging and Disability Resource Center of La Crosse County (ADRC)

For Caregivers

Caregiver Consultations

with Aging and Disability Resource Center (ADRC) of La Crosse County (LC)

Dementia caregiver consultations with ADRC professionals are available upon request (home, office, or phone) and provide personalized support for your current needs and future planning. Focused on safety concerns, disease progression, and available resources, these one-on-one sessions help create a customized plan. This complimentary service offers unlimited consultations, ensuring caregivers receive ongoing support as conditions change. Reach out anytime for assistance and guidance on connecting with the right resources.

Dementia Emergency Profile

(ADRC) (LC)

If an emergency occurs at the residence of someone living with dementia, it is important that first responders (police, fire, and EMT personnel) have immediate access to details about individual care needs. This project provides caregivers free preparedness tools to improve emergency response during a potential crisis. Call 608-785-5700 to discuss and receive your tools.



Comfort Closet (ADRC) (LC)

Complimentary items for a variety of caregiving needs. The closet includes

- Adaptive and assistive devices
- Safety items
- Educational materials (including books on a variety of caregiving topics)
- Items to provide companionship or engagement and purpose
- Personal care products
- Awareness Cards -discreet cards to alert
 - Discreet cards that alert people to your situation while respecting dignity.

Item availability is subject to change and ever growing.
Call 608-785-5700 to discuss your individual needs.



Local Caregiver Support Groups (In person & Online offerings)

Join peers who understand what you are going through for support, information, and education. Call ADRC of La Crosse County at 608-785-5700 for current listing or for help identifying which may best fit your need.

Peer Caregiver Support Program (facilitated by Causeway Caregivers)

Connects former caregivers with current caregivers for one-on-one support, socialization and knowledge; just a phone call, email or a cup of coffee away with someone who has “been there, done that.” Call 608-775-9999 to get connected or to offer your caregiving knowledge!



At Home Activity Kits

Kits provide fun, engaging activities for people with dementia, helping to stimulate cognition and enhance well-being at home. Check them out from the library to spend quality time with your loved one or for others, like visitors or respite providers, to enjoy together.

- **Activity Kits by La Crosse County Libraries**

Check out one of the five themed kits that contain three activities. Available at La Crosse County Libraries (Holmen, West Salem, Bangor, Onalaska, Campbell). Call 608-526-9600.

- **Senior Connections - Memory Kits by City of La Crosse Library**

Each kit has a theme and contains books, DVDS and suggested activities to spark joy, stimulate conversation and provide in-home engagement. Available at the La Crosse Main Library, call 608-789-7100.



Caregiver Wishes Grant (EndAlz Fest Foundation)

The Caregiver Wish Grant is designed to support caregivers by granting wishes up to \$1,000. This grant aims to ease the challenges of caregiving and improve the quality of life for caregivers and their families.

Apply online at: <https://endalzfest.com/>



Wisconsin's Family Caregiver Support Program Grants (wisconsincaregiver.org)

Provides caregiver grants through publicly funded grants for community resources and services that support family caregivers. Call 608-785-5700 to inquire.

Caregiver Education

Caregiver education equips individuals with the knowledge and skills to manage daily challenges, address symptoms, and provide quality care, ultimately improving the well-being and quality of life for both caregivers and those they support.



Savvy Caregiver Workshop (ADRC) (\$)

An evidence-based 7-week class where caregivers learn skills to manage daily care, learn to implement new approaches, and gain confidence for their important role. Offerings vary, call for next date 608-785-5700.



Powerful Tools for Caregivers Class (ADRC) (\$)

Six class sessions help caregivers take better care of themselves while caring for a friend or relative by addressing self-care behaviors, emotion management, self-confidence, and community resources. Class offerings vary, call for next date 608-785-5700.



Connect + Learn Class

(collaboration with ADRC & Emplify by Gundersen)

Understand your diagnosis, prepare for the future, be connected to community and learn about ways to live well with dementia. Designed for new diagnosis of Early Onset Dementia/Mild Cognitive Impairment (MCI) or another form of dementia in the early stages. Classes offered in collaboration with local clinics to prepare for the journey ahead. Sessions offered annually; for care partners and persons living with dementia in early stages or MCI. Call for next scheduled session 608-785-5700.



Caregiver Education Series (ADRC)

Each month different topics like Introduction to caregiving; Caregiver Resources; Emergency Planning for Caregivers; Benefits; Financial Matters; Hiring Providers; and Technology Tips for Caregivers. Call for schedule: 608-785-5700.





Getting to Know Dementia Workshop (ADRC)

Six sessions designed to help caregivers learn about brain-related changes due to dementias, understand the Teepa Snow GEMS® State model of the progression of dementia, and how to adapt approaches to create positive relationships, learn how to connect with a person through the PositivePhysical Approach®. Call for next offering: 608-785-5700



Dementia LIVE (ADRC & Dementia Friendly Coalition)

An evidence-informed experience that immerses participants into what it may be like to live with dementia. Following the experience, participants engage in facilitated discussion which empowers caregivers with new tools and techniques to improve daily interactions, care processes and results in a deeper understanding. Offerings vary, Call 608-785-5700.



Rejuvenate and Recharge -Self-Care for Caregivers (ADRC)

The program invites current and former caregivers to year-round sessions that promote self-wellness and foster connections. Each session focuses on health and spiritual well-being, featuring educational content, practical exercises, and Q&A. Topics include mindful self-compassion, meditation, journaling, and strategies for managing diet, exercise, stress, and sleep. Call ADRC of La Crosse County for schedule: 608-785-5700.



Bringing Hope & Light to the Dementia Journey Conference (Statewide)

A full day conference designed to empower the community, professionals, those living with dementia and their family/caregivers with the tools and supports to provide meaning and purpose along the journey. Hosted by the Department of Health Services Aging & Disability Resource Center Dementia Care Specialist Program along with partners from across Wisconsin. Contact ADRC 608-785-5700 for details on annual date.



Caring Braver and Better Conference (La Crosse County Caregiver Coalition)

A day dedicated to empowering family caregivers through self-care and education. Whether new to caregiving or seasoned, attendees benefit from the education and hands-on activities. Held annually, call for date: 608-785-5700.



The Guided Light Newsletter (ADRC)

Quarterly newsletter to serve as a local “go-to guide” for local resources, support and learning all things dementia. Email adrc@lacrossecounty.org to receive a digital copy by email every quarter. Limited print copies available, call 608-785-5700.



Caregiver Connection Newsletter (ADRC)

Stay up to date with local caregiver education, read short articles about caregiving topics, puzzles and recipes for two. Call 608-785-5700 to have delivered to your inbox.



Online Resources:

- The Alzheimer’s Association <https://www.alz.org/wi>
- The Alzheimer’s Foundation of America <https://alzfdn.org/>
- Lewy Body Dementia Association <https://www.lbda.org/>
- Association for Frontotemporal Dementias <https://www.theaftd.org/>
- WI Parkinson Association <https://wiparkinson.org/>
- Alzheimer’s.Gov www.alzheimers.gov/



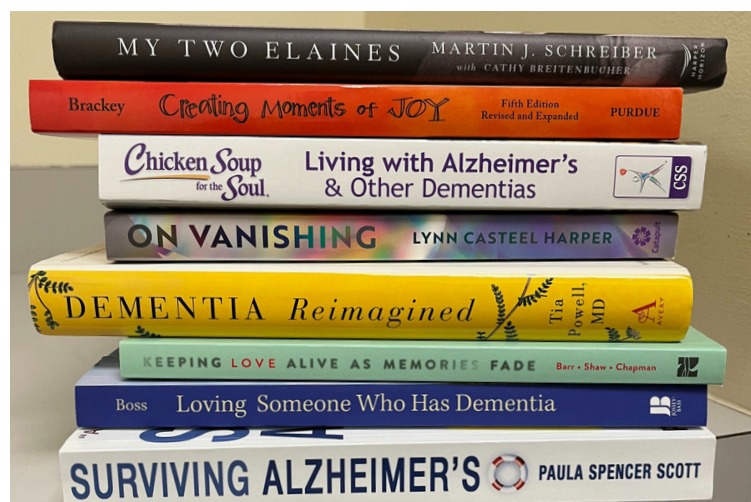
Research Opportunities:

- WI Disease Research Center
www.adrc.wisc.edu/get-involved
- TrialMatch
www.alz.org/alzheimers-dementia/research_progress/clinical-trials/trialmatch
- Alz.gov
www.alzheimers.gov/clinical-trials



Advocacy:

- National Alzheimer’s Impact Movement
<https://alzimpact.org/>
- Alzheimer’s Association-WI Chapter
<https://www.alz.org/wi> or
Call 1-800-272-3900
- Local Dementia Friendly Coalition
dementiafriendlylax@gmail.com



For Families

ADRC of La Crosse County has books, worksheets, and activities for kids to enjoy with their family members affected by dementia. Call to discuss your needs 608-785-5700.

Moments of Meaning Packs for Kids (ADRC) (LC)

Complimentary comfort kits designed to bring families closer during challenging times, especially for those navigating dementia. These packs offer children, teens, and caregivers tools to foster connection, support emotional well-being, and create meaningful experiences. Tailored for the “sandwich generation” (caregivers balancing the care of elderly parents and their own families) these packs provide valuable resources for engaging with loved ones, honoring memories, and managing emotional health. It helps children and teens stay connected, offer comfort, and navigate the complexities of dementia while supporting their own emotional needs.

Dementia & Intellectual Disabilities

www.ndss.org/wp-content/uploads/2017/11/Aging-and-Down-Syndrome.pdf

Youth Dementia Friends (ADRC)

The goal of this program is to change the way people think, act and talk about Dementia. Kids participate in a short activity that incorporates learning about the basic functions of the brain, learn about dementia through a book reading and then how to communicate and make a difference in someone’s life with dementia. After, kids turn their understanding into action and draw a picture of how they’ll be a “dementia friend” and receive a special certificate. Call ADRC of La Crosse County for training for individuals or groups, 608-785-5700.

Books for Kids: www.alz.org/help-support/resources/kids-teens/for_kids

Books for Teens: www.alz.org/help-support/resources/kids-teens/for_teens

Lorenzo’s House: (<https://lorenzoshouse.org/>)

Online platform for kids and teens with a parent diagnosed with Younger-Onset dementias.

Frontotemporal Dementias: www.theaftd.org/living-with-ftd/kids-and-teens/

Brain Health from Hilarity for Charity (<https://hfcuniverse.learnworlds.com/>)

Seth Rogen presents school... FOR YOUR MIND! Learn scientifically proven ways reduce risk of dementia presented to kids!

Organizations with Helplines

Alzheimer's Association Wisconsin Chapter

A nonprofit organization that provides reliable information and care consultation, creates supportive services for families increasing funding for dementia research, and influences public policy changes.

Website: alz.org/wi **24/7 Helpline:** 1-800-272-3900

Alzheimer's Foundation of America

A nonprofit organization that provides support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias.

Website: alzfdn.org **Helpline:** 866-232-8484 or text 646-586-5283

The Association for Frontotemporal Degeneration - AFTD

A nonprofit organization that provides support, awareness, research, advocacy and education to individuals, families and caregivers affected by FTD.

Website: theaftd.org

Helpline: 866-507-7222 Monday - Friday 8am-4pm or email anytime info@theaftd.org

The Lewy Body Dementia Association - LBDA

A nonprofit organization dedicated to raising awareness of the Lewy body dementias (LBD), supporting people with LBD, their families and caregivers and promoting scientific advances. The Association's purposes are charitable, educational, and scientific.

Website: lbda.org **Lewy Line:** 800-539-9767



For People Living with Dementia



ALL Stages

→ **Dementia Emergency Profile (ADRC)**

If an emergency occurs at the residence of someone living with dementia, it is important that first responders (police, fire, and EMT personnel) have immediate access to details about individual care needs. This project provides caregivers free preparedness tools to improve emergency response during a potential crisis. Call 608-785-5700.

→ **Items for Calming, Purpose & Engagement (ADRC) (LC)**

A variety of items that can fill time at home or make community outings go smoother. Distraction kits, weighted blankets, activity muff/blankets, fidgets, companions and manipulatives, etc. Call to discuss your needs 608-785-5700.

→ **SPARK! Programs**

Creative engagement program for people with early to mid-stage memory loss and their care partners. SPARK! programs are FREE for families to attend together and designed to keep participants actively engaged and stimulated through conversations, creativity & multi-sensory activities.

- SPARK! at Clearwater Farm (Onalaska, WI). Call 507-319-9155
www.clearwaterfarm.org/programs/spark/
- Spark On the GO! ENDALZ Fest Foundation (La Crosse, WI). Call 608-385-4819
- MAMM SPARK! (Winona, MN). Call 507-474-1910 <https://mmam.org/spark>

→ **Coulee Region Giving Hearts Choir (\$)**

<https://givingheartschoir.org/>

Engage Socially...Have Fun Together...Contribute to our Community. A non-profit group for those in the early to mid-stages of Memory Loss along with care partners current and past, that come together to share a love of music. No musical talent required. Call Choir Director for information 608-792-8608.

→ **Advocacy & Research:**

Refer to resources listed on page 7 in caregiver section.

For People Living with Dementia



Mild Cognitive Impairment

(Also see ALL Stages on page 10)



Connect + Learn Class (collaboration with ADRC & Emplify)

Learn about disease progression, future preparation, and living well with dementia through sessions for care partners and those with MCI, offered in collaboration with a local clinic. Call 608-785-5700 for the next session.



HABIT Program (Mayo Clinic Health System - MCHS)

Healthy Action to Benefit Independence & Thinking (HABIT) is a 10-day Brain and Body Wellness Program for people living with mild cognitive impairment and a support partner offered four times annually in Rochester MCHS. The program builds on existing strengths and recognizes that procedural memory, otherwise known as 'habit memory,' can be utilized to promote the highest level of function and independence. For more information: HabitProgram@mayo.edu or Call Mayo Clinic in Rochester 507-266-5100



Healthy Living with MCI Education Series

(ADRC and Wisconsin Alzheimer's Institute)

A quarterly support and educational series for people and families living with Mild Cognitive Impairment (MCI) and their caregivers offered in collaboration with Wisconsin Alzheimer's Disease Research Center. Live-stream facilitation by Dr. Nathaniel Chin, a memory clinic doctor with UW Health and medical director of the Alzheimer's Disease Research Center. Call to register for next session 608-785-5700.



New Friends Program (Wisconsin Alzheimer's Institute)

UW-Madison students meet with people living with a diagnosis of mild cognitive impairment, Alzheimer's disease or other dementia (mentors) to connect informally throughout the year online. New Friends helps students (future health professional) gain a personal perspective of life with memory loss and a look at the realities faced by family caregivers. Questions: 608 265-4042 or <https://wai.wisc.edu/new-friends/>



The Guided Light Newsletter (ADRC)

Quarterly newsletter to serve as a local "go-to guide" for local resources, support and learning all things dementia. Email adrc@lacrossecounty.org to receive a digital copy by email every quarter. Limited print copies available, call 608-785-5700.

For People Living with Dementia



Mild Cognitive Impairment and Early Stages

(Also see ALL Stages on page 10)



EXPAND Program (UW-La Crosse)

A physical activity program specifically designed for individuals with neurologic disorders. Participants work with PT students to meet goals for health & function. Held twice annually during Spring/Fall semesters. For enrollment details contact: 608-785-5072 or 608-785-8470.



Embrace (ADRC and La Crosse Parks & Rec. Dept)

Offers socialization and enrichment for persons with dementia, including monthly musician and guest topic presenters. Care partner support and education available in a separate room during each session. For questions and schedule, call ADRC 608-785-5700. TO Register, call: La Crosse Park & Rec. Black River Beach 608-789-8640.



STAR Center - Recreation Programming (STAR Association) (\$)

STAR's mission is to encourage routine physical activity in individuals of all abilities to minimize secondary health issues due to disability and inactivity. Programs appropriate for people with MCI or early-stage dementias include:

- **Brain & Body Fitness**-An evidenced-based exercise, cognitive stimulation and social program to improve fitness, mood and maintain function.
- **Functional Strength (50+)**-Perform functional movements to enhance strength, mobility, cardiovascular health, and flexibility in everyday life.
- **Chair One Fitness**-chair-based dance fitness program.
- **Drums Alive-Drummercise**- includes expression and creativity through the rhythm of drumming and the passion of movement.
- **Boccia**-"i" stands for inclusive and the "a" stands for adaptive- work on Boccia skills (throwing, aiming, defensive/offensive play, learn scoring and basic rules)

For schedules and to register, call 608-797-6295 or <http://starcenterlacrosse.org>



Memory Camp (EndAlz Fest and Oasis Respite)

Respite care with camp experiences for loved ones with dementia in the beginning to mid stages. Held in the Spring, Fall & Winter. Each camp features unique weekly in/outdoor learning activities, lunch, and socialization. Call for schedule: 608-780-0471.

For People Living with Dementia



Middle Stages

(Also see ALL Stages on page 10)



Music for the Soul (La Crosse Main Library) (LC)

Music has proven successful in reducing anxiety, calming feelings of agitation and inspiring memories for persons living with dementia. Call 608-785-5700 for referral to receive personalized music device.



Oasis Respite (Causeway Caregivers) (\$)

www.oasisrespite.org

Trained professionals and volunteers provide supervision, lead activities, and serve a nutritious snack while caregiver takes time 'off'. Participants socialize with others while enjoying a variety of stimulating activities. Call 608-780-0471 to schedule an hour of discovery time.



A Time for Joy Respite (\$) (Immanuel Lutheran – Viroqua)

For people living with dementia in the middle stages. Participants engage in social activities such as music, exercise, large group activities and art. Call 608-637-3983 for more information.



Timeslips (ADRC)

Creative expression and meaning are accessible at every stage of life, regardless of location or abilities. Using an evidence-based approach, care partners can learn this technique to engage in meaningful, joyful expression through creative communication. For more information, contact 608-785-5700.



At Home Activity Kits

Kits provide fun, engaging activity with little prep. Check them out from the library

- **Activity Kits by La Crosse County Libraries**

Check out one of the five themed kits that contain three activities. Available at La Crosse County Libraries (Holmen, West Salem, Bangor, Onalaska, Campbell). Call 608-526-9600.

- **Senior Connections - Memory Kits by City of La Crosse Library**

Each kit has a theme and contains books, DVDS and suggested activities to spark joy, stimulate conversation. Available at the La Crosse Main Library, call 608-789-7100.

For People Living with Dementia



Late Stage



Items for Calming & Purpose (ADRC) (LC)

A variety of items that can fill time at home or make community outings go smoother. Weighted Blankets, Activity Muff/Blanket & Fidgets, Companions & Manipulatives, and more. Call to discuss your needs 608-785-5700.



Music for the Soul (La Crosse Main Library) (LC)

Music has proven successful in reducing anxiety, calming feelings of agitation and inspiring memories for persons living with dementia. Call 608-785-5700 for referral to receive personalized music device.



Moments of Meaning Packs for Kids (ADRC) (LC)

Complimentary comfort kits designed to bring families closer during challenging times, especially for those navigating dementia. These packs offer children, teens, and caregivers tools to foster connection, support emotional well-being, and create meaningful experiences. Tailored for the “sandwich generation”—caregivers balancing the care of elderly parents and their own families—the pack provides valuable resources for engaging with loved ones, honoring memories, and managing emotional health. It helps children and teens stay connected, offer comfort, and navigate the complexities of dementia while supporting their own emotional needs. Call 608-785-5700 to inquire about the packs.



Consultations with ADRC (LC)

Caregivers work one-on-one with an ADRC of La Crosse County professional to create a customized plan that addresses your loved one’s current situation, and to best understand and utilize available grief and hospice resources. Call 608-785-5700 to schedule a consultation.

Community Support for Brain Health

Wits Workout Brain Enrichment (University of IL)

A brain health resource for older adults in community settings. Wits Workout has two main goals—to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation. Call 608-785-5700 to see upcoming offerings.

Boost Your Brain & Memory Class (ADRC)

An 8-session evidenced-based class that takes a holistic approach to brain fitness. Learn how to care for your brain and memory strategies to incorporate in daily life! Call 608-785-5700 to see upcoming classes.

Dementia Friends WI (ADRC)

- Dementia Friends is a global movement with the mission of changing the way people think, act, and talk about dementia. One hour awareness session or one-and-a-half-hour Champion presenter trainings by request. Call 608-785-5700 (In person & virtual).
- Youth Dementia Friends uses activities and children's book 'Grandpa & Lucey' for dementia awareness & education, strengthening empathy & resilience. Use at home, in class, clubs or online. Call 608-785-5700.



Dementia LIVE

(ADRC and Dementia Friendly Coalition)

An evidence-informed experience that immerses participants into what it may be like to live with dementia. Following the immersive experience, participants engage in facilitated discussion which results in a deeper understanding. Offerings vary. Call 608-785-5700.



Public Presentations & Trainings provided by the Dementia Care Specialist

Various topics like brain health.

- Alzheimer's and other dementias
- Warning signs
- Caregiving
- Tailored to fit your needs, interactive to help your group learn about these subjects and the resources available in your community. Call 608-785-5700 (In person or Virtual).



Online Resources:

- The Alzheimer's Association <https://www.alz.org/wi>
- The Alzheimer's Foundation of America <https://alzfdn.org/>
- Lewy Body Dementia Association <https://www.lbda.org/>
- Association for Frontotemporal Dementias <https://www.theaftd.org/>
- WI Parkinson Association <https://wiparkinson.org/>
- Alzheimer's.Gov www.alzheimers.gov/

Early Detection and Awareness



Free Brain Checks (ADRC)

A Brain Check is a brief tool used to assess for changes in memory and cognition. Screenings are free and confidential. Information & education provided. Held in community settings across the county throughout the year. Call for available appointments 608-785-5700.



Dementia Friendly Business Training (ADRC)

Free education for businesses and agencies (including faith communities) to equip their management teams and staff in better understanding how to support patrons with dementia, tips, and resources. Customized to fit your needs. Call 608-785-5700 to schedule.



Dementia Friendly Community—La Crosse County Coalition

Our goal is to create a community where people living with dementia can remain active, safe and are met with understanding to live the highest quality of life. Through hosting events, education and a quarterly networking meeting, professionals, family caregivers and people with dementia in early stages partner to raise awareness and share resources. Follow on Facebook “Dementia Friendly Community—La Crosse County Coalition.” Contact adrc@lacrossecounty.org to join networking events and get on distributions lists.



June Brain Health & Dementia Awareness Month

A month of events for the purpose of informing individuals, organizations and the community about brain health, dementia and the variety of supports and resources available. Call 608-785-5700 for schedule.



Bringing Hope & Light to the Dementia Journey

Statewide Dementia Conference (donations accepted)

This conference is intended for people living with MCI, people living with dementia, family caregivers, community members, and professional. Held annually across the state and coordinated by Dementia Care Specialists. Call 608-785-5700 for annual location/date.



Healthy Aging Conference (Emplify by Gundersen) (\$)

Held annually in La Crosse to educate conference attendees and raise awareness on actions we can take to help others preserve healthy bodies and minds as we age. For information, call Emplify Office of Population Health 608-775-4717.



WI State Alzheimer's Association Conference (\$)

Held annually, the Wisconsin State Conference attracts hundreds of professional and family care providers and is one of the largest and most comprehensive statewide conferences dedicated to Alzheimer's and dementia. Information at www.alz.org/wi/events/wisconsin-state-conference



La Crosse Walk to End Alzheimer's

(WI Alzheimer's Association) (donations accepted)

Held annually in September, a fundraiser for Alzheimer's care, support, and research. This event calls on participants of all ages and abilities to join the fight against the disease. No registration fee, all participants are encouraged to raise funds that allow the Alzheimer's Association to continue its mission of care and support, advocacy, advancing research for prevention, treatment and, a cure. For more information act.alz.org/lacrosse



EndAlz Fest Foundation <https://endalzfest.com/>

(donations accepted for Caregiver Wishes, Spark on the Go)

Local 501(c)3 Foundation whose purpose is to raise funds to provide support, services, and education to individuals, families, caregivers that are affected by Alzheimer's and other forms of dementia in the Coulee Region. The foundation will engage in supportive efforts to other related organizations with a similar mission and vision. Annual fundraising event "EndAlz Fest" (\$) held in June.

Notes

- [illegible]

Aging and Disability Resource Center of La Crosse County

Address: 300 4th Street North
La Crosse, WI 54601

Website: www.lacrossecounty.org/adrc

Email: adrc@lacrossecounty.org

Phone: 608-785-5700

Phone Toll Free: 1-800-500-3910



Donations to local programming are welcome and stay within the community.
Please call the ADRC to inquire 608-785-5700.