

Caregiver Books



Caregiver Books The ADRC has a selection of books for give away and check out on a wide variety of caregiving topics. Titles include: Loving Someone with Dementia, The 36 Hour Day, Dementia Reimagined, Learning to Speak Alzheimer's, & More.

Caregiver DVDs



Educational DVDs Information is key when caregiving for someone with dementia. The ADRC has a large selection of DVDs with a wide variety of topics for your caregiving role. Topics include: Teepa Snow Series, as well as recent movies that show the resilience of people with dementia.

The person I'm
with has dementia.
Please be patient.

Awareness Cards We have discreet business cards that can alert people you are interacting with to your situation while respecting your loved ones' dignity.

The DICE Approach™



The **D.I.C.E. Method** is a process that aims to help caregivers manage the behavioral and psychological symptoms of dementia (BPSD). Caregivers work one-on-one with Dementia Care Specialist through a process to identify and target the underlying causes of challenging actions that impact caregiver's ability to take care of them and create solutions at home.

Support Groups



Support Groups. Join peers who understand what you are going through for support, information, and education. Many offered in our area. Call for current listing or for help identifying which may best fit your need. In person & Online offerings.

Contact the ADRC for dates, times, and locations of
programs in your county:

877-794-2372

Comfort Items



The ADRC has Individual Items for calming & giving purpose that can fill time at home or make community outings go smoother. Activity Boards/Blanket & Fidgets, Companions & Manipulatives, and more are available.



SAVVY Caregiver Training is 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. Class offerings vary, call to register or inquire.

Dementia Friendly



Dementia Friendly Business Trainings for businesses and community groups. These trainings help to better understand dementia, give tips for communication and providing a welcoming environment that supports people with dementia and their caregivers. Ask about our training menu to determine what format is best for your business.



Dementia Friends WI is a global movement with the mission of changing the way people think, act, and talk about dementia.



Dementia LIVE is a hands-on or virtual experience for anyone seeking to understand more of what it may be like to live with dementia. A scripted version is available as well.



Public Presentations & Trainings provided by the Dementia Care Specialist on various topics like Brain Health; Alzheimer's and other dementias; warning signs; caregiving; and more. Tailored to fit your needs, interactive to help your group learn about these subjects and the resources available in your community.

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Crisis Kits



Crisis Bags a kit assembled for people with dementia to keep hands busy, minds occupied and ease the anxiety of being in a clinic or hospital setting.



Brain Check-up a brief tool used to access for changes in memory and cognition. Screenings are free and confidential. Information & education provided.

Boost Your Brain & Memory



Boost Your Brain & Memory is a brain health program that focuses on a variety of lifestyle factors that impact brain health, and on memory strategies that participants can implement in their daily lives. Boost Your Brain & Memory offers a unique, whole-person approach to brain fitness.

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers - gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders.

TimeSlips™

Time Slips - Do you know someone who is isolated or perhaps wrestling with dementia? You want to engage but don't know how? Let us help. Ask a Beautiful Question and invite someone to imagine, using words, sounds, movements and images. Shift away from the expectation of memory — toward the freedom that imagination can bring.

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