

Spring 2019

**Aging and Disability Resource Center
of Douglas County
1316 N. 14th St. Suite 327
Superior, WI 54480
715-395-1234**

ADRC Express



Creating a Dementia Friendly Community

The Aging and Disability Resource Center (ADRC) of Douglas County has partnered with the Douglas County Caregiver Coalition to create a dementia friendly community. The Alzheimer's Association estimates that 869 individuals in Douglas County will have Alzheimer's/Dementia in 2020 and 1,575 in 2040. The percentages of individuals age 65 and older will change dramatically over the next 25 years in our county and throughout the state. According to the Wisconsin Department of Health Services, 24.1% to 27% of the population in Douglas County will be 65 years or older by 2040. Now is the time to take steps to prepare our community for a shift in the aging population.

Creating a dementia friendly community means raising awareness and educating the community about the basics of the disease, resources in our community, and how to support someone with a dementia diagnosis. The Caregiver Coalition offers "Dementia Friendly Business Training" at no charge to businesses, service providers, and organizations in the community. This short training gives an overview of dementia as well as strategies on communication and how to create a supportive business environment. Those that complete the training are given a certificate of completion and a window cling to display acknowledging their business is a dementia friendly environment.

**WE ARE DEMENTIA AWARE
RAISING AWARENESS**



A look inside Dementia with Dementia Live.

The ADRC now offers the opportunity for individuals to experience what it may be like to live with dementia. Dementia Live is a dementia simulation experience that offers a unique way of immersing participants into life with dementia. Heighten your understanding of the challenges that one may face by participating in a 30 minute presentation. We can bring this experience to you at no cost by calling the ADRC at 715-395-1234 or adrc@douglascountywi.org.

This experience is great for caregivers, family members and business professionals.

DEMENTIA Live®

Making life a little easier with adaptive aids.

Assistive technology includes assistive, adaptive, and rehabilitative devices for people with disabilities or the aging population. Those with physical limitations often have difficulty performing activities of daily living (ADLs) independently or even with assistance. ADLs include self-care activities such as toileting, mobility, eating, bathing, dressing and grooming. Assistive technology promotes greater independence by enabling people to perform tasks they were formerly unable to accomplish or had great difficulty accomplishing.

The ADRC now has an adaptive technology kit filled with adaptive aids that can make life and completing tasks a little easier. Call 715-395-1234 to schedule a home visit or office appointment and staff will help determine if any of the adaptive aids would be a fit for you. They will also provide information where you can purchase items from the kit.

Memory Matters

As we begin to age our bodies and our brains start to slow down. It's important to check your brain health on an annual basis to help monitor and detect changes in your memory and cognition. This can be done by completing a memory screen offered by the ADRC. Memory screens can be done in your home, at one of the upcoming memory screen clinics, or at the ADRC. The screening process takes less than 10 minutes and can provide you with valuable information about your health.

UPCOMING MEMORY SCREEN CLINICS FOR DOUGLAS COUNTY

Faith United Methodist Church
1531 Hughitt Ave. Superior
Sunday, March 31, 2019
11:30 am - 1:30 pm

Peace Lutheran Church
9532 US Hwy 2. Poplar
Friday, April 5, 2019
4:30 pm - 6:30 pm

Superior Public Library
1530 Tower Ave. Superior
Thursday, April 11, 2019
3:00 pm - 5:00 pm

Call the ADRC today at 715-395-1234 for further information or to schedule your screen.

Additional times available upon request. Walk-in's welcome.

Upcoming Events

- 5/16/19 **Annual Caregiver Conference - Building the Caregiver's Toolkit** - WITC Superior. 9:00 am - 3:00 pm. Register at courses.witc.edu.
- 5/23/19 **Older Americans Act Open House** - Senior Center, 1527 Tower Ave. 12:30 pm - 2:30 pm. Light refreshments served.
- 6/3/19 **Understanding Social Security Presentation**— Superior Public Library. 4:00 pm - 5:30 pm. Light refreshments served.

VISIT www.douglascountywi.org/ADRC for more information and events