

The Aging and Disability Resource Center *comes to you* with programs that have no cost to you and are designed to provide individualized help to those caring for their loved ones at home.

Contact the ADRC if you would like us to provide a training for your organization on any of these caregiver programs.

Certified in the **Music & Memory** program, the ADRC of Dodge County is available to come to your home and work with you to make a playlist of music that is special to your loved one. This *personalized* music is then put on an iPod and loaned to you.



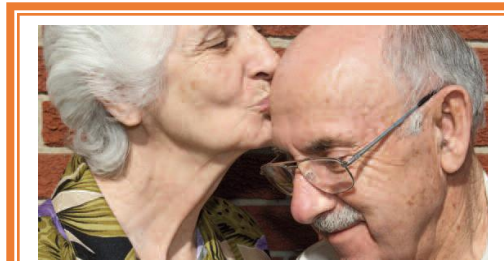
In Dodge County **& MUSIC memory** is part of the S2S (Support 2 Stay at Home) program.

S2S Support 2 Stay at Home

A comprehensive program incorporating many proven activities to help caregivers so that those with dementia stay active and happy at home.

- Personalized music
- Games
- Reminiscing activities
- Adult coloring and other specialized activities
- Books and brochures designed to inform the Caregiver
- Quarterly Caregiver Newsletters

Family Caregiver Grant Programs



Caring.
It's not the hard part of caregiving.

A limited amount of money is available to help get respite for the Caregiver who qualifies.

Support is geared to what will help the caregiver the most: this can be someone to sit with a loved one while the caregiver goes out, cooking, cleaning, bathing or other personal care, adult day care facilities, caregiver training and more.

Alzheimer's Family Caregiver Support Program

- Diagnosis of any type of dementia
- Joint income of \$48,000 or less *after dementia related expenses are subtracted*

National Family Caregiver Support Program

- Over 60 and need help with activities of daily living
- Grandparents caring for grandchildren
- Diagnosis of dementia even if under 60 years old
- Individuals with disability

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers

is an evidence based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 90 minutes once per week for 6 weeks. Call to find out when the next class starts.

Monthly Caregiver Support Group

Helping someone?

Need a little support yourself?

Our Caregiver Program Coordinator facilitates a monthly caregiver support group the 1st Tuesday of every month from 1-2 pm at the Henry Dodge Office Building – 199 County Road DF.

Share, learn, relax, read, and share some more. Call the ADRC if you would like more information!

**Does not meet during the summer months*



Music & Memory is a proven program through which the healing power of music “reawakens souls” through the simple but profound experience of listening to their favorite music.

Program results include:

- Reduces agitation and Alzheimer’s related “sundowning”
- Increases cooperation and attention
- Improves engagement and socialization
- Provides meaningful activity
- Offers a non-pharmaceutical approach to reducing pain, depression, anxiety, and insomnia
- Enables recipient to feel calm and relaxed



Contact

Phone:

920-386-3580
800-924-6407

Email:

hsagingunit@co.dodge.wi.us

Fax:

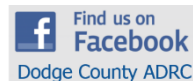
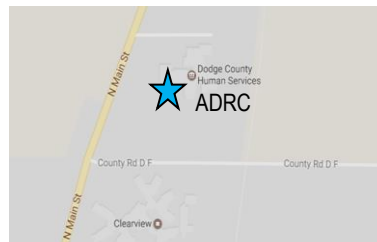
920-386-4015

Office Hours

Monday - Friday
8 - 4:30 pm
or by Appointment

Address

Henry Dodge Office Building
199 County Road DF – 3rd floor
Juneau, Wisconsin 53039



Updated 5/30/19 JW

Family Caregiver Support Programs



Connecting You with Supports and Services

www.co.dodge.wi.gov