Promising Practices in Dementia Care in Wisconsin Communities

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Overview

- Best Practices
  - Dementia Care Specialist Program
  - Memory Cafés
  - Dementia Choirs
  - Dementia Coalitions
  - ACT on Alzheimer’s
  - Fox Valley Memory Project
  - DPI Brain Curriculum
  - Music & Memory

- Health Promotion Activities
  - Reducing Risk on an Individual Basis

- Wisconsin Dementia Resource Network (WDRN)
Best Practices – DCS Program

Tribal DCS
- Menomonie (Shawano Cty)
- St. Croix (Burnett Cty)
- Oneida (Brown Cty)
Best Practices

- Memory Cafes
  - www.memorycafedirectory.com/memory-cafes-in-wisconsin

- Dementia Choirs
  - Stand in the Light, Eau Claire
  - Amazing Grace, Milwaukee
  - Giving Voice Chorus, MN (toolkit)
    - https://givingvoicechorus.org

- Dementia Coalitions

- Act on Alzheimer’s
  - www.actonalz.org

- Dementia Friendly America
  - www.dfamerica.org
Best Practices

• Fox Valley memory Project
  • [www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)

• John and Susan McFadden of Appleton
  • Began fall of 2011
  • Statewide conference presentation May 2012
    • “Just Do Something.”
  • Grassroots
    • Middleton, Watertown, Fort Atkinson
  • 70-80% of people with dementia live in the community
  • DHS Toolkit
    • CDC Healthy Brain Initiative grant July 2014
    • Toolkit published June 2015
  • Outcomes of Dementia Friendly Communities
    • Benefits from memory cafes
    • Increased independence
    • Increased socialization
    • Increased physical activity
Best Practices

- Department of Public Instruction Brain Health Unit

- Initial Version 2012

- Not widely used

- Revision with pilot at Clark Street School 2015
  - Brain Health mini-unit
  - Incorporating Music & Memory
  - Community engagement WAI, WADRC

- Wausau West High School

- Supplement on advocacy - Fall 2017
Best Practices

• Department of Public Instruction Brain Health Unit – Multiple Outcomes
  • Stigma reduction
  • Workforce development
  • Intergenerational programming – Music & Memory
  • Kids are caregivers – 1 in 5
  • Awareness of risk factors
  • Support for families
  • Dementia Friendly Communities
Best Practices

• Music & Memory
  • www.dhs.wisconsin.gov/music-memory/index.htm
  • https://musicandmemory.org

• Personalized music

• Easily replicated

• Any setting

• Outcomes
  • Stimulates those who have shut down
  • Calms agitation
  • Smoothen transitions
  • Increases engagement
  • Benefits both caregiver and person with dementia
Health Promotion

Risk Factors

- Diabetes
- Cardiovascular disease
- Obesity
- Smoking
- Alcohol abuse
- Concussion

Protective Factors – Increase Cognitive Reserve

- Exercise
- Diet
- Education
- Social circle
- Geography
- Refrain from smoking
- Alcohol in moderation
- Helmets
- Sleep
• Convened by Wisconsin Alzheimer’s Institute
• Collaboration of statewide partners to discover and share innovative best practices, resources and information
• Mission: Enhance the ability of WI communities to create supportive and inclusive environments for all people living with dementia
• Anyone interested in improving the lives of individuals and families impacted by dementia in WI and helping our state become dementia friendly can participate
• Two in-person meetings and four teleconferences per year. Meetings will highlight best practices taking place in communities around the state
To participate:
- Email WDRN@mailplus.wisc.edu and ask to be added to the WDRN list
- Prior to each meeting, an email and agenda with details will be sent
- You can join as topics interest you (no cost)

2017-2018 WDRN Meetings
- In-Person
  - September 7, 2017 (Aging & Disability Network Conference in Madison)
- Teleconferences (1:00-2:30 pm)
  - July 13, 2017 – Dementia Friendly Parks and Outdoor Activities
  - October 12, 2017
  - December 14, 2017
  - March 8, 2018