



# Dementia Resource Guide

Door County Medical Center – Memory Care Services

Information and Support for Those with Dementia and Care Partners



**Door County  
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

Please Contact

Christy Wisniewski, Outreach Specialist with any Updates or Questions

(920) 746-3504 | [Christine.Wisniewski@dcmedical.org](mailto:Christine.Wisniewski@dcmedical.org) | [www.dcmedical.org](http://www.dcmedical.org)

# Contents

Getting a Diagnosis .....	3
Living Well with Dementia .....	3
Activities .....	4
Adaptive Equipment.....	4
Behaviors.....	5
Brain Health and Prevention:.....	5
Care Planning .....	6
Caregiver Support Programs .....	6
Driving Concerns .....	6
24/7 Helplines .....	7
Home Care Options .....	7
Respite Care .....	7
Adult Day Respite Services.....	7
Hospice and Palliative Care.....	7
Kids and Dementia .....	8
Legal & Financial Planning.....	8
Power of Attorney.....	8
Guardianship.....	8
Memory Screenings .....	9
Memory Clinics.....	9
Nutrition.....	9
Research and Clinical Trials.....	9
Support Groups .....	10
Supported Living Options.....	10
Assisted Living.....	10
Skilled Nursing Facilities.....	11
Transportation .....	11
Websites.....	11
Notes .....	<b>Error! Bookmark not defined.</b>

# Dementia is:



Not a disease, but an “umbrella” term for a group of impaired cognitive functions, such as remembering or communicating, that affect ability to function well *every day*.

Typically changes happen gradually. Sudden changes may be result of an acute condition like an infection or injury.

Dementia symptoms and treatments are unique to the cause. Early diagnosis allows for best options in treatment and ongoing support.

## Getting a Diagnosis

Talk with your doctor when you have concerns about your memory but aren't quite sure if it is a normal part of aging or something else. You can also get a free Memory Screen at Door County Medical Center's Memory Clinic: <https://www.dcmmedical.org/medical-services/memory-care> or call (920) 746-3504.

The Memory Clinic is a member of a network of clinics statewide under the guidance of the Wisconsin Alzheimer's Institute. You can find a dementia diagnostic clinic at <https://wai.wisc.edu/memory-clinic-network-list/>

The Aging & Disability Resource Center also offers free memory screening, plus information and assistance for people with memory concerns and care partners. Call (920) 746-2372 to schedule an appointment.

## Living Well with Dementia

There are resources and support for people who have dementia, as well as their care partners.

### Educate Yourself

The next pages list resources to address the needs that can arise with a dementia-related diagnosis. You are not alone! For 1:1 guidance, you can contact:

**Door County Medical Center-Memory Care Services:** (920) 746-3504

**ADRC of Door County – Information and Assistance Specialists:** (920) 746-2352

**Alzheimer's Association 24/7 Helpline:** (800) 272-3900

## Activities

The **Alzheimer's Association** offers ideas for activities, which ones to choose, and how to provide most meaningful, enjoyable activities: <https://www.alz.org/help-support/caregiving/daily-care/activities> . They also offer online chat forums so caregivers can share what works and what doesn't work.

**Sunflower Cottage:** Call (920) 818-1452 or find more information at <https://www.sunshineresources.org/our-services/sunflower-cottage-senior-care/> Sunflower Cottage provides meaningful and purposeful activities for people who have dementia.

**Alzheimer's Store:** [www.alzstore.com](http://www.alzstore.com) offers activities for purchase as well as adapted equipment, books, and education.

**Best Alzheimer's Products:** <https://best-alzheimers-products.com> Ideas and suggestions geared to stages of dementia.

## Adaptive Equipment

Adaptive equipment is any type of device that helps someone maintain independence with activities of daily living and continue doing other activities that improve quality of life.

**Neighbor-to-Neighbor Loan Closet:** call (920) 743-7800 or get more details at [https://neighbor-to-neighbor.org/medical\\_equipment/](https://neighbor-to-neighbor.org/medical_equipment/) to borrow medical equipment, ranging from hospital beds to handrails, free of charge.

**Options for Independent Living:** call (920) 490-0500 or <http://optionsil.org/> to learn about adaptive equipment and technologies that can be demonstrated in your home or at their showroom. Free home consultation with an Occupational Therapist who can also education on options for funding, information and assistance, and advocacy.

**Door County Medical Center – Home Safety Visi**  
Facilitated by an Occupational Therapist who goes through the individual's daily routine and provides strategies and recommendations for support and safety in effort to maintain independence. Call Outreach Specialist Christy Wisniewski (920) 746-3504 for more information.

**Door County Medical Center – LifeAssist:** Call (920) 746-3578 or get more detail at <https://www.dcmcd.org/medical-services/life-assist> to learn about emergency response systems that can detect a fall in your home or outside of the home.

**Medication organizers and dispensers:** can be beneficial for anyone worried about forgetting medications. There are options ranging from compartmentalized boxes, to prepackaged medications, to automated dispensers.

- The **ADRC of Door County** has medication dispensers available for clients to use; call (920) 746-2372.
- There are several **automated, mailed, prepackaged** reminders that can be found online, such as Pillpack, Medisafe, or Carezone.
- Also online are **automated dispensing machines** that can be programmed to dispense the pill at the time to be taken, such as ePill, MedaCube, and Hero Medication Dispenser.

**Alzheimer's Store:** [www.alzstore.com](http://www.alzstore.com) offers activities for purchase as well as adapted equipment, books, and education.

**Best Alzheimer's Products:** <https://best-alzheimers-products.com> Ideas and suggestions geared to stages of dementia.

**Smart Tracker Tags** are small, quarter sized devices that can be placed in a wallet or on keys. If looking for the item it can be tracked down by looking at the Bluetooth enabled device (like a smartphone) that the tag has been paired with. Some examples:

Tile Tracker

Apple Airtag

Samsung Galaxy SmartTag

No device or system can guarantee that an object will be found with compete accuracy. A person with dementia must consent to any device or system.

# Behaviors

Dementia often robs a person of their ability to communicate what they need, and that need may be expressed through a behavior. While behaviors can be challenging, when we seek to understand we can reduce the incidence and improve everyone's wellbeing.

You can call the following providers to brainstorm behaviors and come up with strategies:

**Door County Medical Center-Memory Care:** Christy Wisniewski (920) 746-3504

**ADRC of Door County-Information&Assistance:** (920) 746-2372.

**Alzheimer's Association 24/7 Helpline:** (800) 272-3900.

Additionally, there are online resources that can assist in brainstorming specific behaviors:

**UCSF Behavior & Personality Changes-DICE method:**

<https://memory.ucsf.edu/caregiving-support/behavior-personality-changes#>

**UCLA Health Caregiver Training Videos:**

<https://www.uclahealth.org/dementia/caregiver-education-videos>

## Behavioral Health

Sometimes dementia can be accompanied by, or complicated by, mood, loneliness, difficulty in relationships, worries or stress in the face of a chronic illness or other health problems.

There are a number of **behavioral health therapists and programs** available in Door County.

**Door County Medical Center, Behavioral Health Services:**

for people coping with depression, anxiety, or other symptoms that interfere with optimal health. Talk with your DCMC care provider, call (920) 743-5566, or look online at: <https://www.dcmedical.org/medical-services/behavioral-health-and-psychotherapy>

**Door County Medical Center, Senior Life Solutions:** group and individual therapy opportunities led by a team of mental health providers for older adults coping with symptoms of depression and anxiety often related to aging or exasperating dementia. Call (920) 746-3778 or <https://www.dcmedical.org/medical-services/senior-life-solutions>

**Door County Human Services, Behavioral Health** for any Door County resident coping with anxiety, depression, substance abuse, and other concerns. Access a team of

mental health providers by calling (920) 746-7155 or at <https://www.co.door.wi.gov/360/Behavioral-Health>

Access a **Comprehensive listing** of services throughout Door County

<https://www.co.door.wi.gov/DocumentCenter/View/1156/Mental-Health-Resource-Guide-May-2020-PDF?bidId=>

## Brain Health and Prevention:

**Door County Medical Center Memory Care Services –**

**Classes and Events:** <https://www.dcmedical.org/classes-and-events> or call (920) 746-3504 to learn more about

- M.i.N.D. Brain Exercise workshop
- Memory Café
- Virtual Dementia Tour
- Dementia Friendly Community
- Living Well with Chronic Conditions Workshop
- Powerful Tools for Caregivers Workshop

**ADRC of Door County:**

<https://www.adrcdoorcounty.org/health-wellness/> or call (920) 746-2372.

The ADRC offers an array of educational and community outreach programs focusing on health promotion, prevention and support, including:

- Be! Brain Enrichment
- Living Well with Chronic Conditions
- Powerful Tools for Caregivers
- Stepping on Falls Prevention
- Aging Mastery Program

Also coming soon: Dementia Care Specialist and more Dementia-related programs!

**Alzheimer's Association: Living Well with MCI and Early Dementia:**

[https://www.alz.org/media/mnnd/documents/18\\_alz\\_living\\_well\\_booklet.pdf](https://www.alz.org/media/mnnd/documents/18_alz_living_well_booklet.pdf) A comprehensive workbook with educational topics, activity recommendations, and goal setting activities to keep your brain strong.

**Alzheimer's Association – Wisconsin**

<https://www.alz.org/wi>

Offers online and in person educational opportunities for individuals with dementia, family members and caregivers, professionals and concerned community members. For more virtual options also look at <https://training.alz.org>.

## Care Planning

Creating a care plan for future planning is an opportunity to take charge of your future, a gift to family and care partners, and can be utilized for someone to step in, as seamlessly as possible, when emergencies happen. The guides below will identify areas for planning. For 1:1 guidance, you can always call:

**Door County Medical Center-Memory Care Services:** (920) 746-3504

**ADRC of Door County – Information and Assistance Specialists:** (920) 746-2352

**Alzheimer’s Association 24/7 Helpline:** (800) 272-3900

**Alzheimer’s Association Living with Alzheimer’s:**  
<https://www.alz.org/getmedia/da9e2ce1-d73c-437a-be7c-d5761afd06e9/taking-action-workbook>

**AARP Long Term Care Guide:**  
[https://assets.aarp.org/www.aarp.org/\\_cs/health/ltc\\_worksheet.pdf](https://assets.aarp.org/www.aarp.org/_cs/health/ltc_worksheet.pdf)

**Agefully:** <https://agefully.me/#/> A UW Wisconsin Nursing Program assessment tool to identify strategies in having conversations for future care needs.

**The Hartford: The Calm before the Storm: Family Conversations about Disaster Planning, Caregiving, Alzheimer’s Disease and Dementia**  
[https://s0.hfdstatic.com/sites/the\\_hartford/files/cmme-storm.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/cmme-storm.pdf)

**TRUALTA:** <https://wisconsin caregiver.trualta.com/>  
A free, online educational tool to help family caregivers learn new skills to support themselves and their loved ones.

## Caregiver Support Programs

**Alzheimer’s Family Caregiver Support Program (AFCSP):** Funds for AFCSP are made available in each county to assist individuals to purchase services and goods related to caring for someone with Alzheimer’s disease or related dementia. Eligibility includes a diagnosis of Alzheimer’s disease or related dementia and an annual income of \$48,000 or less.

**National Family Caregiver Support Program (NFCSP):** Limited funds available to provide short-term and temporary respite breaks for the family caregiver and supplemental services such as adaptive equipment, home medical supplies, etc.

For more information about these and other caregiver support opportunities, contact the Aging & Disability Resource Center to speak with an Information and Assistance Specialist: (920) 746-2372.

## Driving Concerns

**Door County Medical Center’s Rehab Services** can assist older adults with identifying driving concerns and can provide a variety of information from driver safety programs, resources for getting around without a car, and tools for determining when it is time to stop or limit driving. Call **Door County Medical Center** Outreach Specialist Christy Wisniewski: (920) 746-3504.

**Alzheimer’s Association Dementia & Driving Resource Center:**  
Online resource with vignettes on how to talk about driving, ideas on planning ahead, signs of unsafe driving and information on driving evaluations, [www.alz.org/driving](http://www.alz.org/driving)

**AARP Drivers Safety:** An online and telephone resource which includes information on driver safety, a quiz and driver safety programs.  
Driver safety information line: (888) 227-7669,  
<https://www.aarp.org/auto/driver-safety/driving-assessment/>

**Fitness to Drive:** a web-based tool for caregivers and/or family members of older drivers to identify at-risk older drivers,  
<http://fitnesstodrive.php.ufl.edu>

**At the Crossroads: Family Conversations about Alzheimer’s disease, Dementia and Driving.** The Hartford Publications  
Available at  
[https://s0.hfdstatic.com/sites/the\\_hartford/files/at-the-crossroads-2012.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/at-the-crossroads-2012.pdf)

**Wisconsin Department of Transportation, Division of Motor Vehicles (DMV) Sturgeon Bay**  
<https://trust.dot.state.wi.us/cscfinder/cityCountySearch.do?city=Sturgeon%20Bay>

**Wisconsin Department of Transportation Reporting an Unsafe Driver**  
<https://wisconsin.gov/Pages/dmv/license-drvs/mdcl-cncrns/citizens.aspx>

## 24/7 Helplines

Call with concerns about symptoms, brainstorm strategies, and access support by calling one of the following helplines.

**Alzheimer's Association 24/7 Helpline:** Services and support available 24/7 and provided by master's level clinicians. (800) 272-3900

**Lewy Line:** Information and support from the Lewy Body Dementia Association for Individuals impacted by Lewy Body Dementia (800) 539-9767

**The Association for Frontotemporal Degeneration Helpline:** Information and support for individuals impacted by a type of Frontotemporal Degeneration (866) 507-7222

## Home Care Options

Care services provided in the home can be categorized as *medical* and *non-medical* services.

**Home health care (*medical*)** includes skilled nursing care and therapy services. Medicare often covers these services on a short-term basis.

**Non-medical home care** includes services such as bathing, grooming and hygiene, or can be services like cleaning, laundry, cooking and meal preparation. Medicare does not pay for non-medical home care or personal care (unless it is provided in conjunction with *Medical* home health care) Medical Assistance (Medicaid) will sometimes pay for home care if certain qualifiers are met.

For a complete list of medical in-home services, costs, and other long-term care options contact the ADRC at (920) 746-2372.

## Respite Care

Respite care is a term used for short or long-term, planned or unplanned care, provided to support a caregiver by assisting in daily activities such as companionship, errands, or bathing. Respite services can be provided in the home, in a supportive environment, day or night.

For a comprehensive list of agencies that can provide respite care in the home **contact the ADRC of Door County at (920) 746-2372.**

## Adult Day Respite Services

Daytime services offered in a supportive care environment providing companionship, meals, and meaningful activities.

### Sunflower Cottage Adult Day Services

Day time respite care support in a private, comforting environment from dementia-trained caregivers for adults <https://www.sunshineresources.org/our-services/sunflower-cottage-senior-care/> or call (920) 818-1452

## Hospice and Palliative Care

Hospice care focuses on comfort and dignity at the end of life; it involves care and support services that can be of great benefit to people in the final stages of Alzheimer's and other dementias and their families. The primary purpose of hospice care is to manage pain and other symptoms during the last six months of life where treatments focus on comfort rather than curing the underlying disease. Hospice is usually covered by Medicare, Medicaid and other private insurances.

Palliative Care is available at any stage or age of a life-limiting illness. A patient does not need to have a terminal prognosis of six months or less to qualify, nor is it required that they stop seeking curative treatment. Palliative Care uses a team approach to improve quality of life by providing pain and symptom management (including behaviors in a person living with dementia), facilitating communication, assisting with decision making and coordinating care and services available to support the patient within his or her community. Not typically covered by Medicare but sometimes covered by private insurance plans. Both palliative care and hospice care services can be provided in the home or in a facility.

**Unity Hospice:** call (920) 338-1111 or find more information, including support groups, at <https://unityhospice.org/>

Additionally, **WisconsinCaregiver.org** offers a very comprehensive list of sites and resources on several topics related to advanced dementia and after death support. <https://wisconsinCaregiver.org/after-caregiving-resources>

## Kids and Dementia

Online resources for children and teens to learn about Alzheimer's disease and other dementias:

**Alzheimer's Association:**

<https://www.alz.org/help-support/resources/kids-teens>

**The Association for Frontotemporal Degeneration:**

<https://www.theaftd.org/living-withftd/kids-and-teens/>

## Safety & Location

The **Alzheimer's Association** offers a home safety checklist and tips: <https://www.alz.org/help-support/caregiving/safety/home-safety>

**MedicAlert & Safe Return** community alert system

<https://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support>

**Silver Alert:** Silver Alert is a plan to help local law enforcement in the rescue of missing persons who have Alzheimer's disease or related dementia. Silver Alerts are broadcast to the public on roadways, email and text messages. Learn more at [www.wisconsincrimealert.gov](http://www.wisconsincrimealert.gov)

## Legal & Financial Planning

**Alzheimer's Association Financial and Legal Planning:**

<https://www.alz.org/help-support/caregiving/financial-legal-planning>

### Power of Attorney

Information and forms are available at <https://gwaar.org/>

**What is a Power of Attorney for Health Care (POA-HC)?**

A document that authorizes another person (Called the "agent", for example a daughter) to make health care decisions for the person executing the document (called the "Principal," for example a mother), consistent with the terms of the document and based on the wishes of the principal. It can include a statement of wishes regarding future care. It is essential that principals talk to their agents about their wishes. POA-HC forms are available at Door County Medical Center, the Aging & Disability Resource Center, or online at

<https://www.dhs.wisconsin.gov/forms/advdirectives/f00085.pdf> Additional information and the forms can also be found at [www.gwaar.org](http://www.gwaar.org)

**How does my POA-HC become effective or activated?**

For a POA-HC to become activated, the principal must be determined "Incapacitated." Incapacity is determined by two doctors or one doctor and a licensed psychologist and means an individual are "Unable to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manage his or her health care decisions. If an individual remains able to make their own health care decisions, the agent's authority to make health care decisions is not activated" The certification of incapacity must be attached to the POA-HC document.

**What is a Power of Attorney for Finance (POA-F)?**

Power of Attorney for Finances is a document that you (the "principal") complete and sign, naming another individual (the "agent") to manage your finances. You determine the money you want the agent to have authority over, as well as the authority you want the agent to have. This document does not give your agent the power to make medical, long-term care or other health care decisions for you.

The agent's authority *takes effect immediately* after you execute the document unless you expressly indicate otherwise. You retain the legal right to handle all your finances as long as you are willing and able. Essentially, you and/or your agent have authority to make decisions about your finances.

If you do not complete a POA-F but later become incapacitated, there may not be anyone with legal authority to make necessary decisions and complete the necessary transactions for you (paying bills, selling real estate, closing bank accounts, filing tax returns, etc.).

Without a POA-HC or POA-F, it may be necessary for your family or others to ask the court to appoint a Guardian of the Person and Guardian of the Estate. This process can be costly, time-consuming, cumbersome, and emotionally draining.

### Guardianship

A guardianship of person or estate might be needed for someone who is longer able to make medical and/or financial decisions and does not have any other decision-making directives in place, such as a Power of Attorney for Health care or Power of Attorney for Finances.

**Adult Protective Services (APS)** can answer specific questions review opportunities for assistance with the guardianship process.

**Door County Human Services, Adult Protective Services:** (920) 746-7200



## WI Guardianship Support Center

(855) 409-9410 for toll free helpline, or online at

<https://gwaar.org/guardianship-resources>

## Memory Screenings

Available free of charge to help identify memory concerns.

### Door County Medical Center

#### Memory Care Services

Contact Christy Wisniewski at (920) 746-3504

<https://www.dcmmedical.org/medical-services/memory-care>

### ADRC of Door County

Offers Information & Assistance Specialists trained in memory screen and referral.

(920) 746-2372 or

<https://www.adrcdoorcounty.org/services/information-assistance-specialist/>

## Memory Clinics

A memory clinic provides multidisciplinary diagnostic services that promote early diagnosis and treatment, as well as support for care partners.

### Door County Medical Center

#### Memory Clinic

Clinic Coordinator: Christy Wisniewski (920) 746-504

<https://www.dcmmedical.org/medical-services/memory-care>

### Wisconsin Alzheimer's Institute

#### Memory Clinic Network

Over 35 Dementia Diagnostic Clinics affiliated with UW Madison's Wisconsin Alzheimer's Institute. Find a clinic near you:

<https://wai.wisc.edu/memory-clinic-network-list/>

## Nutrition

The **ADRC of Door County** offers several accessible, affordable options to support nutrition for people who have dementia as well as care partners, including:

- 5 community meal sites
- Hot meal delivery
- Frozen meal pick-up and delivery
- Nutrition assessment and referral

To learn more, call (920) 746-2372.

Additional options for supported nutrition include:

- **Online orders and pick up** at local grocers. Pre-packaged foods, fresh deli, and other groceries can be chosen online at local sites such as Pick 'n Save and Walmart. Delivery may be an option as well.
- **Online order and delivered meals** specifically for people coping with chronic conditions, such as Mom's Meals <https://www.momsmeals.com/>
- **Meal Kits** with premeasured ingredients and instructions packaged for delivery through online sites, such as Blue Apron, HelloFresh, or Purple Carrot.

**Door County Medical Center** offers Nutrition and Lifestyle coaching with a Registered Dietician. Learn more at <https://www.dcmmedical.org/medical-services/lifestyle-nutrition-coaching> or to schedule an appointment: (920) 746-0510.

**The YMCA of Door County** offers nutrition coaching that can reduce risk factors associated with dementia as well as increase MIND-full eating behaviors. Learn more at <https://www.doorcountyyymca.org/programs/nutrition-coaching>.

## Research and Clinical Trials

Without research and clinical trials there can be no progress in treatment, no prevention, and no cures. Not just individuals with dementia, but those without, as well as families and care partners are needed.

### Alzheimer's Disease Research Center

#### University of Wisconsin, Madison

608-263-2582

[www.adrc.wisc.edu](http://www.adrc.wisc.edu)

### Alzheimer's Association

800-272-3900

<http://www.alz.org/research/overview.asp>

### Lewy Body Dementia Association

Helps connect individuals with Lewy Body Dementia and Parkinson's Dementia with clinical trials currently recruiting participants.

<https://www.lbda.org/research/>

### The Association for Frontotemporal

#### Degeneration

<https://www.theaftd.org/research-clinicaltrials/ways-to-participate/>

# Support Groups

## Early Dementia Support Group

1<sup>st</sup> Monday of the month, 1:00-2:00

United Methodist Church, Sturgeon Bay

For People who have memory loss *as well as* caregivers.

Each group meets separately at same time.

Call with questions: (920) 746-3504 or

<https://www.dcmmedical.org/classes-and-events/early-dementia-support-group>

## ADRC of Door County Caregiver Support Groups

For more information call (920) 746-2372 or

<https://www.adrcdoorcounty.org/services/family-caregiver-support-program/>

### ADRC Sturgeon Bay

1st and 3rd Wednesday of the Month

1:00 p.m. – 2:30

### Brussels Community Center

2nd & 4th Tuesday of the Month

1:00 p.m. – 2:30

### Sister Bay Library, Community Room

Call for day and time

### WICHP Fellowship Hall at Trinity Lutheran Church

Washington Island

1st Friday of the Month 11:00 a.m. – 12:30 (920) 847-2108

## ADRC Caregiver Connection Facebook Group:

<https://www.facebook.com/groups/DCcaregivers/>

## Alzheimer's Association Statewide Virtual/Telephone Support Groups

To register call: 800-272-3900 or <http://www.alz.org/crf>

### For Persons Living with Mild

**Cognitive Impairment:** 2nd

Wednesday of each month, 10:00-11:30am

**General Family Caregivers:** Every other Tuesday, 5:30-7pm

**Family Caregivers for a Loved One with Dementia Living in a Facility:**

Every Friday, 10-11:30am

**Male Family Caregivers:** 3rd Wednesday, 5:30-6:30pm

**Family Caregivers with a Loved one with Dementia in the Early Stages:** 2nd Tuesday, 9:30-11am, and the 4th Tuesday, 10-11:30am

**Family Caregivers with a Loved one with Frontotemporal Degeneration (FTD):** 3rd Wednesday, 6-7:30pm

## Alzheimer's and Dementia Alliance Statewide Virtual/Telephone Support Groups

Call for more information and to get the call in/virtual information: 608-661-0463

**Family Caregivers with a Loved One with Lewy Body Dementia:** 2nd and 4th Wednesday, 1:30-3:00pm

**Family Caregivers with a Loved One with Young Onset Dementia:** 1st and 3rd Monday, 5-6:30pm

# Supported Living Options

## Assisted Living

The **ADRC of Door County** offers a listing of care facilities that provide different levels of assistance in Door County. Call (920) 746-2372 to meet with an Information & Assistance specialist and gather more information about level of support, cost, and services.

For more information about the different and a comprehensive checklist helpful in research:

<https://www.dhs.wisconsin.gov/publications/p6/p60579.pdf>

The levels of care facilities include:

**Residential Care Apartment Complex (RCAC):** Serve people who are more independent and can manage in an apartment like setting. Services vary by facility but may include noon meals, light housekeeping, emergency call system, personal care assistance, socialization.

**Community Based Residential Facility (CBRF):** 24-hour supervision; meals; medication monitoring; personal care; and semi-private, private or apartments provided.

**Adult Family Homes (AFH):** Usually in a home like setting with 2-4 residents and where supervision, room and board is provided. Private and semi-private rooms available. Licensed or certified depending on the number of beds.

## Skilled Nursing Facilities

For a comprehensive list that includes the services of the local Skilled Nursing Facilities listed here, contact the ADRC of Door County at (920) 746-2372.

### **Pete and Jelaine Horton Center Skilled Nursing Facility,**

Door County Medical Center

<https://www.dcmmedical.org/medical-services/skilled-nursing-facility>

Call (920) 743-5566

### **Good Samaritan Society-Scandia Village**

<https://www.good-sam.com/locations/scandia-village>

Sister Bay (920) 854-2317

### **Sturgeon Bay Health Services**

<https://www.nshorehc.com/locations/sturgeon-bay-health-services/>

(920) 743-6274

## Transportation

### **Door-Tran**

Door County's central hub for transportation options and support. Call (920) 743-9999 or <https://door-tran.org/>

### **Door 2 Door Rides (D2D)**

Schedule a ride: (920) 746-6948 or questions at [transportation@co.door.wi.us](mailto:transportation@co.door.wi.us)

### **Door County Connect**

(Formerly ADRC Bus/Van service)

Available Mon-Fri 8:15-4:00, \$2/stop in city or \$5/trip in the extended area. Schedule a ride: (920) 746-6944

Questions: (920) 746-5982 or [transportation@co.door.wi.us](mailto:transportation@co.door.wi.us)

### **Connector Link**

Free fixed route that available every Wednesday in the City of Sturgeon Bay. 4 packages per rider, route deviations can

be scheduled. Access the schedule:

<https://www.doorcountyconnect.com/1052/Connector-Link>

Call (920) 746-6944 with questions

## Websites

### **Door County Medical Center- Memory Care Services**

<https://www.dcmmedical.org/medical-services/memory-care>

### **Alzheimer's Association-Wisconsin Chapter**

<https://www.alz.org/wi?set=1>

### **Alzheimer's & Dementia Alliance of Wisconsin**

<http://www.alzwisc.org/>

### **Wisconsin Alzheimer's Institute**

<https://wai.wisc.edu/>

### **Wisconsin Alzheimer's Disease Research Center**

[www.adrc.wisc.edu](http://www.adrc.wisc.edu)

### **Vascular and Dementia**

<https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/vascular-dementia>

### **Lewy Body Dementia Association**

[www.lbda.org](http://www.lbda.org)

The Association for Frontotemporal Degeneration

<https://www.theaftd.org/>

### **AARP Family Caregiving—Resources and Information**

<https://www.aarp.org/caregiving/>

Please be aware that sites, services, and phone numbers may change after the guide has been printed. Please visit our website- [www.dcmmedical.org](http://www.dcmmedical.org) -for the most current Guide. There you can also contact our Memory Care Services Coordinator at (920) 746-3504 to ask questions, provide feedback and updates. Door County Medical Center does not endorse any provider or service outside of the scope of Door County Medical Center's primary services. It is in best interest to contact multiple providers, review questions, and find a provider that will be a good fit for your current need.