



# Alzheimer's & Dementia ALLIANCE OF WISCONSIN

BY BECKY MULHERN

The mission of Alzheimer's & Dementia Alliance of Wisconsin (ADAW) is to support individuals, families, and professionals impacted by Alzheimer's disease and dementia through information, education, consultation, and advocacy and to promote the advancement of scientific research to better diagnose, treat, and ultimately eliminate Alzheimer's disease. ADAW is a partner to those with Alzheimer's or dementia as well as their families and caregivers with services from local experts in memory loss, public policy issues, and cognitive well-being.

ADAW understands that every person touched by Alzheimer's or dementia will need support to navigate the future. Our professionally trained and personally experienced team offers compassionate understanding of the unique needs associated with dementia, and helps with direct services, information, and resources. Best practices are used to create innovative programs for every stage of need. ADAW recognizes the importance of proactive research in the areas of Alzheimer's and dementia, creating new programs and revising existing ones based upon knowledge

gained. We strive to be an inclusive organization, welcoming all people in need of our services.

A special focus is placed on people in the early stages of disease by providing tailored programming, striving to counteract the stigma surrounding the disease, and connecting people in various stages to ensure everyone knows they aren't alone and have support. ADAW advocates for the early detection of cognitive disorders, diagnostic clinical evaluations, and research opportunities. The sooner

people can begin to learn about treatments and coping strategies, the better quality of life for all affected. The range of the effects of Alzheimer's and dementia-related diseases, from the earliest to the most advanced stages, require different interventions for patients, family members, and care partners.

ADAW believes in increasing, expanding, and defending the programs and rights of persons with Alzheimer's or dementia and their families, and plays a strong statewide advocacy role. Our local partnerships with the Wisconsin Alzheimer's Disease Research Center, Wisconsin Alzheimer's Institute, and professional resources for local caregivers and care facilities provides us with unique knowledge about how to best help people in our community. ADAW advocates to preserve and enhance resources in south central Wisconsin and throughout the state so those facing Alzheimer's or dementia will have knowledge and access to what they need to create the best quality of life for themselves and their families.

ADAW programs and resources:

#### **First Steps for Families**

Learn about dementia-related diseases, what families can do, and resources to help.

#### **Boost Your Brain Health**

Tips to reduce your risk of Alzheimer's and dementia. Learn how the brain works and receive tips on improving your brain health and how to lower your risk of developing dementia through nutritional and lifestyle advice.

#### **The Caregiving Journey**

An intensive program for family members caring for someone with middle- to late-stage dementia to increase understanding of the effects of dementia, gain insights into caregiver strengths and challenges, enhance problem-solving skills, and develop an individualized care plan.



#### **Communication Tips and Strategies**

Learn ways to effectively and compassionately communicate with someone who has dementia.

#### **End of Life and Dementia**

Discuss the critical decisions often faced at end of life and ways to communicate and stay connected in the later stages.

#### **Family Dynamics in the Dementia Journey**

Discover ways dementia impacts families and the value of recognizing and accepting each person's strengths and weaknesses as caregivers.

#### **Is it Time for Facility Care**

This program will review things to consider when making the decision to move to facility care.

#### **Legal and Financial Planning Workshop**

A seminar for families providing a general overview of legal and financial issues to consider for loved ones with memory loss, Alzheimer's disease, or other dementia.

#### **Understanding Alzheimer's and Dementia**

Learn the difference between Alzheimer's and Dementia.

#### **Crossing Bridges**

Learn coping skills, enhance family communication, and have guidance toward developing future plans and living a fulfilled life with cognitive change.

#### **Meeting of Minds**

A memory enhancement program for people with mild memory loss that includes creative exercises such as group storytelling or discussion of artwork.

ADAW also offers Memory Cafés and numerous support groups, such as disease specific support, Lewy body dementia support, adult child support, care partner support, early-stage dementia, men's only, and young onset support.

If you or your business would like to learn more or would like to donate to ADAW, please call (608) 232-3400 or (888) 308-6251, or visit [alzwisc.org](http://alzwisc.org).

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

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