What is brain health?

Brain health refers to the overall functioning of your brain. Knowing the risk factors and healthy habits that impact brain function and understanding the benefits of planning for life-long brain health helps people live well as they age.

What is dementia?

Dementia is a decline in brain function, such as thinking, remembering, and reasoning, that can affect a person's daily life and activities.

Some causes of dementia may be reversible, so it is important to request a memory screen or talk to your doctor.

When is a memory screen recommended?

- If you want to track your memory over time
- If you, your family, friends, or others are concerned about your memory
- When you, a family member, or a friend start to have trouble with daily tasks like paying bills, making meals, or keeping appointments

Talk to your local dementia care specialist

ADRC
Aging and Disability Resource Center

Contact us:

2865 N Sherman Ave
Madison, WI 53704

Monday - Friday
8:30 a.m. - 4:00 p.m.

1-608-240-7400
(1-855-417-6892)

ADRC@danecounty.gov
www.daneadrc.org

Scan me
FindMyADRC.org

WISCONSIN DEPARTMENT of HEALTH SERVICES

P-03712B (03/2025)

ADRC
Aging and Disability Resource Center



Concerns About Memory Loss?

What to do if you or someone you know is experiencing confusion or memory loss

Accommodations, materials in alternate formats, and after-hours appointments are available upon request. Hearing loops are available on site; please call to arrange for interpreters or captionists.



Dementia Care Specialists

What is a dementia care specialist?

Dementia care specialists provide resources for memory screening, education, support for dementia-friendly communities, and guidance and counseling to individuals and families.

Support for families impacted by dementia

Opportunities to enroll in health programs and activities are available for you and your family caregivers.

Community support for individuals with confusion and memory loss can include support groups, community activities, memory cafes, and more. Ask about which programs are available in your area.

Independence

Dementia care specialists can help connect you with opportunities in your community to to help you stay active and involved.

Where to find a dementia care specialist?

You can find dementia care specialist services at your local aging and disability resource center (ADRC) or Tribal partner agency.

ADRCs and Tribal partner agencies are available statewide and can provide you with information, assistance, and referrals to a wide variety of services.

Go to **FindMyADRC.org** or call **1-844-WIS-ADRC (1-844-947-2372).**

Memory resources

Contact the ADRC or Tribal partner agency to ask about the availability of the following opportunities to the following opportunities for education and support.

- Family caregiver support
- Support groups
- Community activities
- Memory cafes
- Dementia-friendly businesses
- Dementia capable emergency response