

## 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

Find your local Tribal  
dementia care specialist



Dementia Care Specialist

[FindMyADRC.org](https://FindMyADRC.org)

**1-844-WIS-ADRC**  
(1-844-941-2372)



Scan me  
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WISCONSIN DEPARTMENT  
of HEALTH SERVICES  
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## Concerns About Memory Loss?

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

*Accommodations, and materials in alternate formats, are available upon request. Please call to arrange for interpreters or captionists.*



## Tribal Memory Care Coordinator

## Tribal 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 help you stay active and involved.

### **Where to find a dementia care specialist**

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

Tribal partner agencies and ADRCs 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 Tribal partner agency or ADRC 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