

Spring 2015

**Aging and Disability Resource Center of
Douglas County
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ADRC Express



Aging and Disability Resource Center Month

Governor Walker has proclaimed May 2015 as Aging and Disability Resource Month.

His proclamation is as follows:

Whereas; all citizens, including older adults and people with disabilities, desire to achieve optimal quality of life and independence; and

Whereas; the growth of Wisconsin's aging population, the rising cost of health and long-term care, and limited personal and public resources make it imperative to develop more efficient and effective strategies for their use; and

Whereas; Aging and Disability Resource Centers (ADRCs) are welcoming and accessible places where older people and people with disabilities can obtain reliable and objective information, advice, assistance in locating services, and applying for benefits; and

Whereas; ADRC's work with individuals and their families to explore various options, and subsequently assist in making informed decisions; and

Whereas; such assistance helps people conserve personal resources, maintain self-sufficiency, and delay or prevent the need for more expensive long-term care; and

Whereas; in 1998, Wisconsin became the first state to develop ADRCs, and has served as a model for national replication since 2003;

NOW, THEREFORE, I, Scott Walker, Governor of the State of Wisconsin, do hereby proclaim May 2015, as Aging and Disability Resource Month.

Upcoming Events

- 6/18/15 **Twin Ports Elder Abuse Awareness and Prevention Community Forum-** UW-Superior Erlanbach Lecture Hall. 5:45 pm—8:45pm. Visit uwsuper.edu/health
- 9/17/15 **Walk to End Alzheimer's** – Richard I. Bong Veterans Historical Center, Superior. Registration 4:00 pm, Ceremony 5:00 pm, Walk 5:30 pm. Visit act.alz.org for more information.

Are you living with a chronic condition?

Living Well with Chronic Conditions is an evidence-based program designed to improve the health and well-being of participants over a six-week course. In the 2 ½ hour workshops, you will connect with others struggling with health issues and find the support you need to manage pain, create goals for activity and nutrition, and cope with the emotional challenges of chronic conditions such as diabetes, heart disease, arthritis, and anxiety. Take charge of your health with confidence and discover how to improve your life starting today.

Please contact Senior Connections at 715-394-3611 or the ADRC at 715-395-1234 for upcoming classes.

Alzheimer's Family Caregiver Support Program (AFCSP)

What is AFCSP?

AFCSP or the Alzheimer's Family Caregiver and Support Program, is a program created by Wisconsin legislature in 1985 in response to the stress and service needs of families caring for someone with irreversible dementia at home. Being a family caregiver is a difficult job. We do it because we love the person we are caregiving for and want to keep them home with us as long as possible. AFCSP is a small grant, but it can be enough to make a difference in keeping a loved one at home. AFCSP also helps avoid caregiver burn-out.

In order to be eligible, a person must have a diagnosis of Alzheimer's disease or a related disorder and make under \$40,000.00 per year. Families do need to utilize publicly funded Long-Term Care Programs if eligible.

Funds for AFCSP assist individuals to purchase services and goods related to the care of someone with Alzheimer's disease or another form of Dementia. Allowable services are those which are necessary to maintain a person with Alzheimer's disease in the community. Many families use their funds to purchase in-home help and respite. There is no cost for this service. Please contact Nicole Meller at the ADRC of Douglas County, 715-395-1234, for further information on this invaluable grant program.

What's new?

We recently launched our new website which includes a description of services, links of resources and information, and frequently asked questions about the ADRC. Please visit our website at www.douglascountywi.org/ADRC.

The mission of the Douglas County Aging and Disability Resource Center (ADRC) is to promote the potential to achieve the highest level of independence, well-being and self-esteem. The ADRC provides information to the general public about services, resources, and programs for adults with disabilities, children with disabilities transitioning to adulthood, and the elderly in need of assistance.