

ADRC Express

August 2022



The new school year is only a month away. The ADRC we can help young adults with disabilities plan for what happens after graduation. It's important to plan for this transition. Here are some questions to ask:

- What kind of job do I want?
- Where will I live?
- Who will I live with?

The earlier you begin planning for life after high school, the smoother the transition will be. Planning ahead gives you time to learn about and understand the changing roles, responsibilities, and opportunities of being an adult. You'll be better able to make informed decisions about your life.

Information from: <https://www.dhs.wisconsin.gov/clts/transition.htm>



Aging & Disability
Resource Center of
Douglas County

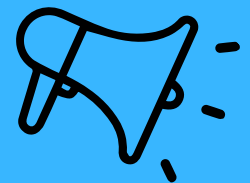
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ADRC of Douglas County, WI



Assistive Technology Kit

Did you know that the ADRC has an assistive technology kit? From sock aids and pill crushers to eating utensils and memory aids, these items are available try before you buy. Give us a call at 715-395-1234 and let us know what you are looking for!

EVENTS



Capturing the Moments
Wednesday, August 24th
1:00PM-2:00PM

Superior Public Library

Join Chelsea Thompson, Dementia Care Specialist, for a kid's craft and a special reading of, *Lucy and Grandpa: A Story about Love and Dementia*. Kids get a FREE book and craft! All kids welcome! .

Boost Your Brain and Memory

Tuesdays Sept. 6th-Oct. 18th
10:00AM-11:00AM

Superior Public Library

Learn new habits to maintain cognitive health while practicing new skills for better memory performance.



Call the ADRC for more information or to register for these events! 715-395-1234

