



Resource Wise

"Connecting People With The Assistance They Need"

FALL 2015

NEWSLETTER

Alzheimer's disease and other dementias have a huge impact on our society ...

- ◆ 5.3 million Americans are living with Alzheimer's Disease
- ◆ Only about half of those living with the disease have been diagnosed
- ◆ Nearly 2/3 of those with Alzheimer's disease are women
- ◆ Alzheimer's disease is the 6th leading cause of death in the United States
- ◆ In 2014, 15.7 million family and friends provided 17.9 billion hours of unpaid care to those with Alzheimer's and other dementias – care valued at \$217.7 billion

Statistics from Alzheimer's Association Factsheet: 2015 Alzheimer's Disease Facts and Figures



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November is National Alzheimer's Disease Awareness Month

What can you do?

⇒ **Ask Yourself** : Have you noticed any of the following in yourself or a loved one?

- ◆ Memory Loss
- ◆ Difficulty Performing Familiar Tasks
- ◆ Problems with Language
- ◆ Disorientation to Time & Place
- ◆ Poor or Decreased Judgment
- ◆ Problems with Abstract Thinking
- ◆ Misplacing Things
- ◆ Changes in Mood
- ◆ Changes in Personality
- ◆ Changes in Normal Daily Activity

If you answered yes to any of these, consider talking with your physician about your concerns. Many health conditions can impact memory and cognition, not just dementias.

⇒ **Get a Free & Confidential Memory Screen!**

The ADRC of Dane County can complete a short memory screen for you at no cost. We provide you with the results immediately, and you can share them with your physician or keep them for future comparison. If potential changes are detected, it's very important to follow-up with your physician or a memory diagnostic clinic for further evaluation.

⇒ **Educate Yourself and Seek Support!**

Have you been given a diagnosis of Alzheimer's disease or another dementia and are feeling overwhelmed and scared about how this will impact your future? Are you caregiving for someone who has a dementia diagnosis? We are fortunate to have many resources available in the community to provide education, support, and help you connect with a community of people that are sharing similar experiences. You don't have to do this alone!

⇒ **Get Involved & Spread the Word!**

There are numerous ways to provide support and spread awareness. Attend educational events and seminars. Talk with and offer support to family, friends, neighbors, etc. Participate in annual awareness walks. Volunteer with local agencies. You can make a difference!

Memory Screening Certificate

Early Detection is as important as a screening for blood pressure, diabetes, or stroke.

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored.

Redeem for one Free Baseline Memory Screen

Walk In or Call for an Appointment

Volunteers Needed! The ADRC of Dane County is looking for individuals who are interested in volunteering with the LEEPS Program (Language Enriched Exercise Plus Socialization). LEEPS is an evidenced-based program that provides opportunities for people in the early stages of Alzheimer's disease or mild dementia to engage in exercise and social opportunities. Volunteering with the LEEPS program would consist of working with someone with dementia on exercises and accompanying them on social outings. Contact the ADRC of Dane County if interested in volunteering for the LEEPS program, or for information on other volunteer opportunities available in the community.

LINGO-BUSTER: Hospital Inpatient vs Outpatient Status Decoded

You may be wondering, “why does it matter to me?” If you are covered by **Original Medicare**, it matters because...

1. The need for hospital care happens to most of us at some point. Be prepared so you can focus on getting better, not figuring out what coverage you have or facing unexpected medical bills.
2. Your hospital status can affect how much you pay for your services while you are in the hospital. This can impact the amount you pay for deductibles, co-payments, and medications.
3. It can also impact whether you’re eligible for Medicare coverage in a Skilled Nursing Facility.

In order to be eligible for coverage in a Skilled Nursing Facility following a hospital stay, you must have been considered on INPATIENT status for 3-days in a row. This does not include the day you discharge.

So, how do you know the difference? **Ask!** You can talk with your doctor or hospital staff to find out. Spending the night in the hospital does not necessarily mean you are on inpatient status.

INPATIENT: Must be formally admitted to the hospital with a doctor’s order. This decision can be complex and is made by your doctor based upon their judgement and your need for medically necessary hospital care. The day of discharge does not count as a day of inpatient status.

OUTPATIENT: Receiving outpatient services (emergency room services, observation services, outpatient surgery, lab tests, X-rays, etc.) and your doctor has not written an order to admit you as an inpatient. You can be in the hospital over one or more nights and still be considered on outpatient status.

If you’re covered under a Medicare Replacement Plan (a.k.a. Advantage Plan or Medicare Part C), you will want to check with your insurance carrier to determine coverage under your plan. If you have a Supplemental Insurance (Medigap) Plan, it is a good idea to check with your insurance carrier to determine how your plan provides supplemental coverage to your Original Medicare.

For additional details on how Original Medicare covers hospital services, you can reference:

<https://www.medicare.gov/Pubs/pdf/11435.pdf> or call Medicare at 1-800-633-4227.



“Wrinkles should merely indicate where smiles have been.” —Mark Twain

2016 Health Insurance Marketplace Enrollment Starts November 1st

If you don’t have health coverage through a job, Medicare, Medicaid, the Children’s Health Insurance Program (CHIP), or another source, the Federal Marketplace helps you find and enroll in a health insurance plan that fits your budget and needs. You can apply online, by phone, or with a paper application. The next open enrollment period for Marketplace coverage begins on November 1, for coverage starting on January 1, 2016.

1-800-318-2596 or www.healthcare.gov

Some people can sign up for health coverage before November 1 or outside of open enrollment because they qualify for a special enrollment period (SEP). A consumer can qualify for a SEP due to circumstances such as loss of health coverage, loss of Medicaid eligibility, change in family status (for example, marriage or birth of a child), or other exceptional circumstances.



FYI: October is National Disability Employment Awareness Month

Held each October, National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities.

My Disability Is One Part of Who I Am— "This year's theme encapsulates the important message that people with disabilities are just that — people," said Jennifer Sheehy, acting Assistant Secretary of Labor for disability employment policy. "And like all people, we are the sum of many parts, including our work experiences. Disability is an important perspective we bring to the table, but, of course, it's not the only one."

Individuals, employers, families and others are encouraged to learn more. Many helpful resources and information can be found at:

- ◆ Employment section at www.Disability.gov
- ◆ Local DVR programs dwd.wisconsin.gov/dvr or call 800-442-3477
- ◆ A premiere Job Board for persons with disABILITIES: <https://www.disAbleperson.com/>

My disability is one part of who I am.

At work, it's what people
can do that matters.

**National Disability Employment
Awareness Month —
Celebrating 70 Years!**



OFFICE OF DISABILITY EMPLOYMENT POLICY
UNITED STATES DEPARTMENT OF LABOR
dol.gov/odep



Grandparents Day!
September 13th, 2015
Do something grand today!
www.grandparentsday.org



Preparing for Future Needs

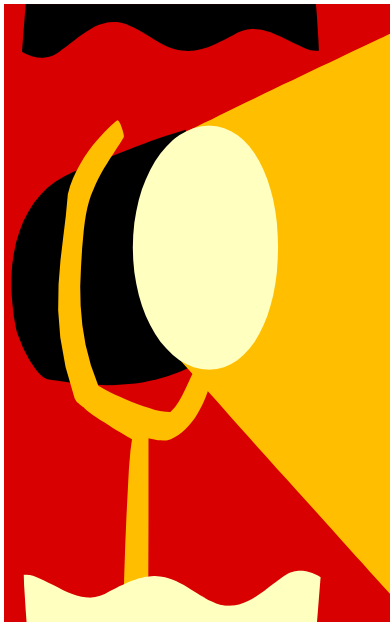


There may come a time when the unexpected happens and we find ourselves unable to make our own decisions. At this juncture of awareness and confusion, we need someone to help us navigate our system of care. You can get a head start by creating a Power of Attorney (POA) to help with decisions for both health care and finances. A POA is a legal document you sign that gives another person the ability and legal authority to act on your behalf. The person giving permission to someone else to make decisions is called the principal and the person acting on the principal's behalf is called the agent.

The POA Health Care agent will act on behalf of the principle in matters of health care and the POA Financial agent will handle matters related to property and finances. It is an advantage to set up these agents in advance as the onset of a sudden debilitating condition could leave a person alone and potentially facing a costly process of obtaining a court-appointed guardian.

A POA is expected to act in good faith and in a manner consistent with the expressed wishes of the principal, and within the scope of the powers outlined in the POA document. Knowing your choices well is an important part of choosing your POAs. The means of executing POA duties vary and an improper execution can invalidate the document, so the ADRC recommends consulting with an end-of-life attorney to ensure a properly produced document that accurately and legally captures the wishes of the principal.

COMMUNITY SPOTLIGHT



DANE COUNTY TIMEBANK

Increasing efficiency, opportunity, and resource sharing!

The Dane County TimeBank is a network of over 2800 individuals and organizations who exchange services and skills to build community, build capacity, and come together to help each other to build a better world. In this exchange system, people help each other and receive time credits for their service. Anyone who helps another member earns one TimeBank Hour for each hour of help given, which they can then spend on an hour of service from anyone else in the network. John might help Mary with yard work, and in exchange for that hour of service received, Mary gives Lauren a piano lesson.

Timebanking is a way to value the work we do for others in our community and the work we do in building that community. Everyone's time is valued equally, no matter who they are or what they do. We each have talents and skills that someone else values. By sharing them, we can create community one hour at a time.

To learn more about the Dane County TimeBank visit www.danecountytimebank.org, or call their office at 608-663-0400.

Stay Warm this Winter

During the heating season, the Wisconsin Home Energy Assistance Program (WHEAP) and the Low Income Home Energy Assistance Program (LIHEAP) both offer a one time benefit payment to low income households (*OR households with income at or below 60% of the Wisconsin state median income*) to help pay for winter energy services. The ADRC can help connect you to this program to help you stay warm in the winter.



Winter is Coming!

To stay warm this winter, now is the time to maintain your heating equipment. Have your furnace and chimney cleaned and inspected every year by a qualified professional.

If you're on a tight budget, Project Home offers a Weatherization Program which focuses on providing energy saving measures to low-income families living in Dane County. These services are provided to qualifying owners and renters at no cost to occupants.

Weatherization work may include:

- ◆ Air sealing and insulating attics
- ◆ Insulating exterior walls
- ◆ Reducing air leakage
- ◆ Repairing or replacing inefficient furnaces
- ◆ Replacing inefficient refrigerators or freezers

In addition, the Home Energy Plus Furnace Program can provide safe heat by repairing or replacing furnaces, at no cost, for low-income homeowners whose furnaces have stopped working. To see if you are eligible for either program, call Project Home at 608-246-3737.



Knock. Knock.

Who's there ?
Arch !
Arch who ?
Sounds like you got the flu!

We all know the flu is no fun! But it can be a very serious medical condition for many. **VACCINATION IS THE BEST WAY TO HELP PROTECT YOURSELF AND OTHERS FROM THE FLU.** The CDC recommends annual vaccination for everyone aged six months and older, with rare exception.



Vaccination early in the flu season is especially important for adults 65 years of age and older. In fact, a study shows that early vaccination is associated with a greater benefit compared to vaccination later in the season. There is a flu shot specifically for people 65+.

Talk to your health care provider today about the dangers of the flu, the benefits of vaccination, and the best vaccine option to meet your needs. For more information visit www.ncoa.org/flu



When accidents happen with chemicals, medicine, or household items, call **Poison Help**. Get help right away from a local poison expert. If someone has trouble breathing or is unconscious call 911.

Super Senior Centers!

September is National Senior Center Month. The National Institute of Senior Centers invites you to "Celebrate LIFE" at your local Senior Center!

- Learning - expand your knowledge
- Independence – live on your terms
- Friends – enjoy, laugh and feel connected
- Energy – discover health and vitality!

Almost all communities in Dane County have or share a Senior Center. Call the ADRC if you need help connecting with yours.

Healthy Living with Diabetes Workshop Dates & Locations

When: Wednesdays September 16, 23, 30, October 7, 14, 21

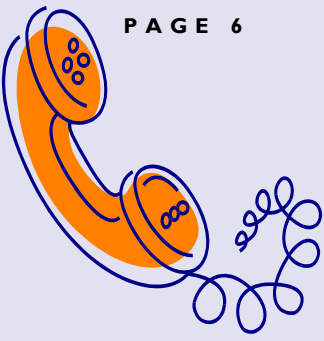
Times: 9:00 am – 11:30 am

Where: ADRC of Dane County, 2865 N. Sherman Ave. 53704

Cost: \$20.00 textbook; and one time fee of \$5.00 towards healthy snacks

REGISTER NOW by calling 240-7474 (space is limited) or call to find out about future class offerings





I Called the ADRC!

Gina, a 58 year-old customer, reached out to the Aging and Disability Resource Center (ADRC) of Dane County looking for options for health insurance coverage. Gina's current insurance policy was purchased through the Federal Marketplace. However, she was scheduled to have extensive back surgery in a few months, but her policy would not fully cover the operation. In addition, Gina would have no income and would not be able to work during her recovery period. She tried to plan ahead; she purposely postponed her surgery to give herself more time to save some money for expenses while she was off work, but she couldn't possibly save enough to cover the costs of her medical care.

Gina was referred to Vickie, a Disability Benefit Specialist at the ADRC, for assistance with this complicated situation. Vickie and Gina's first step was to contact the Federal Marketplace to report her expected loss of wages during her recovery. This expected change in her income meant Gina should be financially eligible for Medicaid through the State of Wisconsin, and so she no longer qualified for insurance through the Federal Marketplace.

The next step was for Vickie to help Gina with the application process for Medicaid. The application

was submitted to the local County office, which is now part of what's called the Capital Consortium. That office was able to assess Gina's eligibility for Medicaid health coverage. Unfortunately, there was a roadblock! Medicaid rules required use of Gina's current actual income to determine eligibility -not her expected lower income in the future after her surgery. As a result, Gina was denied Medicaid too. This left Gina facing a looming surgery and no health insurance coverage at all.

The Benefit Specialist was determined to help Gina. Vickie discovered that Gina might be eligible for something called "Gap Filling". Because of the differences in the program rules between the Marketplace and Medicaid, Gina was going to have a "gap" in insurance coverage even though her income was decreasing significantly. Vickie helped Gina submit her case for review by the State, and they also needed to file an appeal and appear before an administrative law judge in a fair hearing. Ultimately the Judge in Gina's case granted her approval for Medicaid.

Thankfully Gina didn't give up and she found an advocate at the ADRC in Disability Benefit Specialist Vickie. Together they solved this problem and in the end Gina was able to undergo a fully covered and much needed surgery.

The ADRC is happy to have April and Amanda on our staff. These two individuals each perform clerical work at our office ten hours per week. They are supported in their work by staff from Community Support Network (CSN), a vocational services agency. Let us introduce them to you...

Name: April

When did you start working for the ADRC? April 2013

Please tell us a little about your work at the ADRC.

I collect paper for shredding, make file packets, make copies, help with stapling, check the recyclable cans, and get snacks!

What's your favorite part of working here?

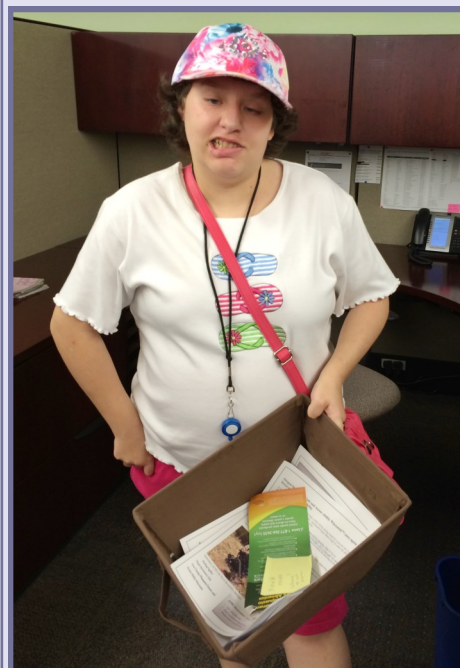
I really love visiting with co-workers, getting my paycheck, and making file packets.

What do you like to do for fun?

Watch cat videos and Spongebob Squarepants movies; coloring; and being at home with my family.

Do you own a cat?

No—but I still love cat videos!



Name: Amanda

When did you start working for the ADRC? April 2015

Please tell us a little about your work at the ADRC.

I help with the mail and sometimes I use the copier to make copies.

What's your favorite part of working here?

All of the people that I work with are really nice!

What do you like to do for fun?

Get paid! Then go shopping!

What do you like to shop for?

Purses, I want to start a collection!



*Who's Who
at the ADRC?*



10 Reasons Why Family Caregivers Should Call the ADRC!

Thank you Family Caregivers!

November 2015 is designated as National Family Caregiver Month to show appreciation and bring attention to the many, many people who assist disabled, aged or ill relatives.

Family caregivers assume a huge responsibility, often with courage and grace that goes unrecognized.



The National Alliance for Caregiving (NAC) and the AARP Public Policy Institute recently presented results from a comprehensive study called, “*Caregiving in the U.S. 2015.*” Data from their report estimates there are almost 44 million family caregivers in America – a staggering number! (By comparison, the total population of the entire state of Wisconsin is only 6 million.)

Helping family caregivers with their concerns is part of our mission at The Aging and Disability Resource Center of Dane County (ADRC). Here are 10 good reasons to contact the ADRC:

1. ***The study found that more than 8 out of 10 caregivers (84%) state that they could use more information on caregiving topics.*** The ADRC is all about information –it’s what we do! In addition to trained staff, the ADRC’s Caregiver Library has a variety of books, DVDs, brochures and other materials.
2. ***Caregivers most commonly want information about keeping their loved one safe at home (42%).*** As a public agency, we care about the safety of those in our community as well. We can discuss a range of services, prevention, equipment and technology that can provide peace of mind.
3. ***Caregivers are concerned about managing their own stress (42%).*** We know that caregiving is an act of love (in most cases) but that doesn’t mean it’s easy! We can discuss a variety of strategies about taking care of yourself too.
4. ***22% of caregivers want help with making end-of-life decisions.*** The majority of caregivers do not have this conversation with the care recipient’s health care providers. Every situation is unique, but we can help start the discussion with information about advanced directives, living wills, hospice care, funerals and how to talk to your doctors.
5. ***Caregivers identify a need for help managing challenging behaviors.*** The ADRC welcomes Joy Schmidt to our staff, a Dementia Care Specialist who is available for family consultations.
6. ***Surveyed caregivers indicated they struggle with managing their loved one’s incontinence.*** We make referrals to other agencies who are experts in particular topics, as well as connect you with other caregivers to share experiences.
7. ***Caregivers expressed a need for non-English language education materials.*** The ADRC has written materials in both Spanish and Hmong, and can provide other languages upon request.
8. ***Only 46% of surveyed caregivers reported that their loved one had a plan in place for future care, and 52% of caregivers expect their caregiver role to continue over the next five years.*** The ADRC is the place to go to be assessed for eligibility for Long Term Care programs – such as the Community Options Program (COP) and Partnership.
9. ***54% of family caregivers end up coordinating finances, insurance and legal matters.*** Benefit Specialists are available at the ADRC to help with Social Security, Medicare, Medicaid, health insurance and other public and private benefit disputes or denials, complications, changes in benefits, claims not paid, and other similar issues.
10. ***3 out of 5 caregivers (59%) have received at least one supportive service for their loved one, such as home modifications or transportation. 1 in 4 (25%) caregivers say it’s very difficult to get affordable services in their loved one’s community that would help with their care.*** The ADRC staff provides free, confidential Options Counseling. All you need to do is call or stop by the ADRC. Resource & Referral Line: (608) 240-7400.

FALL 2015

National Preparedness Month: Be Smart. Take Part. Prepare!

Disasters can strike anywhere, anytime. September is National Preparedness Month, which serves as a reminder that everyone must take action to prepare for the types of emergencies that can affect each of us.

Tornados: Most injuries and fatalities from tornadoes are caused by being struck or cut by falling or wind-borne debris. When a tornado threatens, your goal is to go to the safest place for protection before the tornado hits, such as an approved shelter area, basement or interior room with no windows. Cover your head and neck with your arms and cover your body as best you can, such as with a coat or a blanket. It is important to remember that you may not always receive an official tornado alert in your area. You may need to use your judgment to seek protection when you see or hear a dangerous storm advancing.

Winter Storms: Extreme winter weather can immobilize an entire region. Ice and heavy snowfall can knock out heat, power and communications services, sometimes for several days. If you are without power and heat and cannot leave your home, think about what you might need: water, food, manual can opener, flashlight, radio, cell phone charger (hand-crank or solar), batteries, first aid kit, medications, sanitation items, pet supplies, cash, extra clothing and blankets.

While we hope a catastrophic situation will never occur, planning is critical to the welfare of you and your loved ones. Stay informed, make a supply kit and discuss your family emergency plan. There is also another safeguard to "Give Yourself a Better Chance" - apply to the Dane County Disaster Preparedness Registry.



Give Yourself a Better Chance

Dane County Disaster Preparedness Registry: Plan now for help later!

The Dane County Disaster Assistance Voluntary Registry has been developed in an effort to identify local individuals who cannot safely evacuate their homes and require assistance in the event of an emergency. The registry alerts emergency responders to a resident's address and gives them the vital information they need to better meet the resident's needs. Information is strictly confidential, used only for emergency purposes, and there is no cost.

Individuals are eligible to be registered if they are frail, elderly, medically stable but need assistance with their permanent or temporary disability (and are *not* served in or by a residential facility such as nursing home, assisted living, retirement apartments, etc. which are required to have their own safety plans).

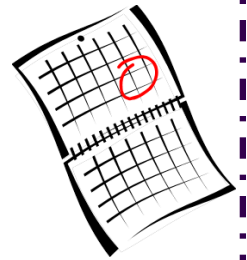
You might want to apply to be on the Disaster Preparedness Registry if you- or someone you care for- would:

- Need outside help to safely leave your home during a disaster
- Be in jeopardy if you had to stay in your home for three days, without assistance
- Need special notification about the need for evacuation, due to impairment

Includes need for assistance due to cognitive/emotional/other concerns

Information and Registration forms are available online: <http://www.countyofdane.com/needs/registry.aspx> Or contact **Dane County Emergency Management** -(608)266-4330, Room 2107 Public Safety Building, 115 West Doty St. Madison 53703 **Please be aware that the Registry is not a guarantee of immediate response. All residents need to take appropriate measures to become as self-prepared as necessary, given their particular personal situations.**

The Sampler! Interesting Events going on in your Community:



Triad Safety Conference & Expo September 18th Triad's annual crime prevention and safety conference at the American Family Insurance Training Center in Madison. "Safer Smarter Seniors - Become a Partner in Prevention" is the theme of this popular day-long conference offering workshops on topics like identity theft, brain health, drug abuse. Cost is \$25. Questions or to register call RSVP of Dane County (608) 441-7897 www.rsvpdane.org

"Only Leaves Should Fall" Falls Prevention Seminar September 23rd 1:30-4:30pm Fitchburg Senior Center, 5510 Lacy Rd, Fitchburg WI. Cost \$10. To register call (608) 270-4290. Since 2008, September 23rd is nationally recognized as Falls Prevention Awareness Day! Falls are the main reason older people lose their independence. The Safe Communities Falls Prevention Task Force invites seniors to this special workshop to learn about reducing their risk of falls and staying active, healthy & independent. Health Screenings, Resources & Demonstrations, Refreshments and Door Prizes!

"Bringing Innovation to Light: What we hold dear in Dane County" September 30th: Madison Central Public Library, 201 W. Mifflin St. Madison, 3rd Floor Atrium. Stories of Innovation from 10am-4pm. 4-6:30pm Innovation Celebration. Live music, complimentary food & soda, cash bar. Presented by the DD Network www.ddnetworkinc.org

October 3rd-11th Wisconsin 2015 Disabled Deer Hunt will be held at sponsored properties. License & permits apply: To hunt from a stationary vehicle -Class A or B permit; Use a laser sight- Class C; Use an adaptive device to facilitate the use of a firearm-Class D. Additional permit to use a mobility device on department lands. WI DNR 1-888-936-7463 or <http://dnr.wi.gov/topic/hunt/disdeer.html>

October 10th "Celebrating Healthy & Purposeful Aging" Free. Held throughout the day in the Discovery Building, 330 North Orchard St., Madison. Entertaining talks and hands-on activities on topics that can enrich people at any age, with an afternoon focus on seniors & their caregivers. The day begins with a special edition of Saturday Science focusing on "super powers." Play games, learn about super-powered creatures, try some fun household workouts. The event is ideal for school-age children & families. Afternoon events focus on seniors and caregivers. How do family relationships affect health later in life? Can aging inspire your creativity? What small steps can make a big impact on health? Explore these ideas & more. For more information, call (608) 316-4382 or visit www.discovery.wisc.edu/celebrate-healthy-aging

Homeless Veterans STAND DOWN! Saturday, October 24th 8am-3pm National Guard Armory 1420 Wright St. Madison. The STAND DOWN event is for those who served in the U.S. Military (or dependents of someone who served) and are homeless or at risk of becoming homeless. Services available: medical, dental, mental health, hygiene items, clothing, haircuts, food. Information about housing, employment & training, disability benefits, and more. For transportation call Tom at (608) 238-7901. For information: Heather (608) 280-2095 or Kris (608) 246-4730x201.

Best Buddies "Friendship Walk" November 14th at Camp Randall Memorial Sports Center (The Shell), 1430 Monroe St., Madison. Registration 11:30am. Walk Begins 1:00pm. Best Buddies creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities. Help promote community inclusion simply by participating in this year's Friendship Walk. The walk raises funds to support Best Buddies programs. Be sure to arrive before 1:00 to enjoy music, interact with various team mascots, participate in exercise warm-ups or stay afterwards for the post-walk celebration & lunch. The walk is indoors, so come out rain or shine! Convenient, free parking will be readily available. Call (414) 271-1470



Join with self-advocates, family, professionals & support staff to share experiences, information and tools about gaining Self-Determination and Self-Directed Supports! Speakers, break-out sessions, exhibitors and entertainment. Register by 10/6/15. Fees apply. Scholarships available. Contact the BPDD (608) 261-7528.

SeniorCareRx is Wisconsin's Prescription Drug Assistance Program and is designed to help those who are struggling to pay for their medication costs. This may be an alternative to Medicare Part D drug coverage. Here's how SeniorCareRx might be able to help you save money...

Are you without any prescription coverage and struggling to pay for your medications? Your prescription coverage under SeniorCareRx will vary depending upon your annual income. Everyone pays a \$30 annual enrollment fee, and \$5 or \$15 co-pays when filling prescriptions. Some individuals may also have a deductible or spend down amount. Call the ADRC to discuss what coverage under SeniorCareRx would look like for you.

Have you delayed taking Medicare Part D prescription coverage because you aren't taking any medications, or it is more affordable to pay for your prescriptions out-of-pocket? If this describes you, then you should know that if you should need to get Medicare Part D down the road, you may have to pay an extra monthly penalty cost for not taking Part D when you were first eligible for Medicare. However, with only a \$30 annual enrollment fee, SeniorCareRx can help you avoid this penalty cost because SeniorCareRx acts as "credible coverage". This coverage will also provide you a Special Enrollment Period to enroll in Part D outside of the Fall Open Enrollment period, if needed.

Do you have so many prescription costs that you end up in the Medicare Part D "Donut Hole"? Being dual enrolled in both a Medicare Part D plan and SeniorCareRx may provide you with some prescription coverage when you hit the Donut Hole. How coverage will work for you depends on your monthly income.

To apply for SeniorCareRx ... complete a paper application located on the WI Department of Health Services website at <https://www.dhs.wisconsin.gov/forms/f1/f10076.pdf> and mail it to the SeniorCare office.

If you have questions, contact the SeniorCare Customer Service Hotline at 1-800-657-2038. If you need assistance completing the application, please contact the ADRC of Dane County at 608-240-7400.

Medicare Open Enrollment is Coming!!

Don't miss the chance to make changes to your Medicare Coverage.

The Medicare Open Enrollment Period runs from October 15 until December 7, 2015. This is the time when individuals can enroll in, or make changes to their Medicare Part D Prescription Drug Plans and Part C Medicare Advantage Plans. Any changes made during the 2015 Open Enrollment Period will become effective on January 1st of 2016. Now is a good time to review your coverage to make sure it continues to meet your needs.

Medicare Part D Resources:

- The Wisconsin State Health Insurance Assistance Program (SHIP) operates a Part D Helpline, which provides counseling on various Part D Plan options and things to consider when choosing a plan.
 - o Individuals ages 60+ call 1-855-677-2783
 - o Individuals under the age of 60 call 1-800-926-4862.

Enroll online at www.medicare.gov/find-a-plan or call 1-800-MEDICARE for assistance over the phone.

Extra Help to pay for Part D Prescription Drug costs (premiums, deductibles, & co-pays) may be available to income and asset eligible individuals. Visit the Social Security Administration's website at <http://www.ssa.gov/prescriptionhelp/> or call 1-800-772-1213.

Medicare Advantage Plan Resources:

For additional information, visit the Medicare website at <http://www.medicare.gov/sign-up-change-plans/medicare-health-plans/medicare-advantage-plans/medicare-advantage-plans.html> or call 1-800-MEDICARE. Medicare Advantage Plans are purchased through individual insurance companies.

- The Wisconsin State Health Insurance Assistance Program (SHIP) operates the Medigap helpline, which provides counseling on Medicare Advantage Plans, enrollment periods, and other considerations when choosing your Medicare coverage. A SHIP counselor can be reached by calling 1-800-242-1060.



2865 North Sherman Avenue
Madison, WI 53704

Web: www.daneadrc.org

Email: adrc@countyofdane.com

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

STOP IN – CALL– EMAIL– REQUEST A HOME VISIT

OFFICE HOURS:

MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.

OTHER HOURS BY APPOINTMENT

BILINGUAL STAFF & INTERPRETERS AVAILABLE

The Mission of the ADRC

To support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual.

Our Experts can help you with information about:

- ◆ Assisted Living & Nursing Home Options
- ◆ Caregiver Supports
- ◆ Housing Options
- ◆ In-Home Personal Care
- ◆ Meals & Nutrition Programs
- ◆ Rental & Energy Assistance
- ◆ Respite Care
- ◆ Social Security, Medicare, Medicaid
- ◆ Support Groups
- ◆ And Much More...

Our Services are Confidential!

If you would like to receive our newsletter by email, please contact us at adrc@countyofdane.com