



Resource Wise

ISSUE 3

NEWSLETTER

Outreach!

ADRC staff regularly goes out in the community to educate, inform and connect with people.

Word of mouth is often how people know to call ADRC for assistance. So it's important for us to attend public events and meet with groups to share what the ADRC is all about!

If you're interested in the ADRC presenting to your organization or appearing at your event, please contact us!

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"Connecting People With The Assistance They Need"

It's nearly 2015 and The Aging & Disability Resource Center of Dane County has big plans for the coming year! For our community members who are age 60+ or have a physical disability or an intellectual/developmental disability, the ADRC's goals for 2015 are:

- ◆ Increase awareness of the ADRC and what we do!
- ◆ Support those with Alzheimer's/dementia and their caregivers.
- ◆ Assist more people in relocating from nursing homes back to the community.
- ◆ Promote Healthy Living.
- ◆ Educate "Boomers" and others about planning for the future.
- ◆ Provide unbiased information about Long Term Care programs.
- ◆ Connect consumers with the many proven community organizations in Dane County.
- ◆ Be a resource to you and your neighbors.

Make it your New Year's Resolution to contact the ADRC if you, a family member or friend need information or assistance.

ADRC staff are often in the community, be sure to stop by and say, "Hello!"



Assisted Living:
What does that term mean anyway?

LINGO-BUSTER!

In Wisconsin, **Assisted Living** is a term used to describe three types of living arrangements available for adults who need some level of monitoring and assistance, but do not require 24 hour skilled care. All Assisted Living facilities are required to provide five basic services (as needed) to residents: health monitoring, assistance with medications, information and referral services, leisure times services, and assistance with personal care. The extent to which additional services are offered will vary from facility to facility and on the needs of the individual receiving services. Assisted Living facilities are regulated by the Wisconsin Department of Health Services (DHS).

Residential Care Apartment Complexes (RCAC) :

Are independent apartments with some additional services offered, but not more than 28 hours of services per resident each week. The size of RCAC facilities vary from 5 to over 100 apartments. RCAC facilities that accept public funding are inspected and certified by the Wisconsin Department of Health Services (DHS) every 2 years and as needed to investigate complaints. RCAC facilities that do not accept public funding are inspected by DHS **only** as needed to investigate complaints. Individuals must be competent and able to sign and understand a risk agreement upon admission to an RCAC.

Community Based Residential Facilities (CBRF) :

These facilities range in size from small to very large (5 – 200+ residents), usually offering residents a one bedroom or a studio-style apartment. Additional services are offered but they cannot provide nursing care more than 3 hours each week per resident. The level of care a facility provides is based upon how it is licensed. For example, some CBRF's are licensed to provide care specifically for individuals with Alzheimer's Disease and related dementias or serious health issues. CBRFs are licensed by the Wisconsin DHS, which inspects them every 2 years and as needed to investigate complaints.

Adult Family Homes (AFH) :

An AFH is a small home-like setting (3 or 4 residents) with additional services offered. An AFH cannot provide more than 7 hours of nursing care per week per resident. They are typically located in a residential setting and care may be provided by shift staff or by the owner who lives at the home. AFH's are licensed by the Wisconsin DHS, which inspects them every 2 years and as needed to investigate complaints. There are also smaller AFH's that serve 1-2 residents and are regulated by County Human Service Departments.

FYI: What you need to know about the Affordable Care Act!

The Affordable Care Act, also known as the ACA, offers health insurance through a Health Insurance Marketplace that enables consumers to shop and compare health insurance plans. The Marketplace was designed to help individuals who don't have health insurance or who are losing their coverage, to obtain health insurance. In 2015, Dane County residents will have four available health plans to choose from: Dean Care, Physicians Plus, Unity, and Group Health Cooperative.

When and where should I apply?

This year's enrollment dates are November 15, 2014 to February 15, 2015. You can explore your insurance plan options and costs at either www.healthcare.gov or by calling 1-800-318-2596. Using the website or calling the Marketplace will also allow you to learn if you qualify for any health insurance discounts or tax credits. If you are currently uninsured and choose not to purchase insurance, you may have to pay a penalty cost when filing your annual taxes.

Who does not need to use the Marketplace?

You do not need to sign up for insurance through the Marketplace if you have Medicare, Medicaid, VA benefits, or other affordable insurance through your employer.

What if you are already covered under a Marketplace Plan?

Those who are already enrolled through the Marketplace are encouraged to use the Marketplace website or call to update their information in order to ensure that any premiums or subsidies are correct for 2015.

Where do I go for help?

If you are not sure how to sign up for coverage through the Marketplace, you may contact United Way's 211 for information about where to get help—dial 2-1-1 or 608-246-4357 or go to www.unitedwaydanecounty.org. For some people, there may be help available to pay for premiums. 211 also has a list of independent insurance agents and brokers.

Protect your Community. Protect your family.

Protect yourself. Get vaccinated.

Have you had your flu immunization yet? People over 65 years of age are one of the highest risk groups for influenza disease, complications and death. Each year in the U.S. between 3,000 and 48,000 people die from influenza and over 200,000 are hospitalized. Most are elderly or very young.

Older adults have weaker immune systems—even though they get the flu vaccine, it's still possible they may get the disease, although usually not as severely.

Flu vaccine is easily available for those with insurance at clinics, worksites and pharmacies. Public Health-Madison and Dane County offers free flu vaccine to people without health insurance.

Call 608-266-4821 for an appointment or learn more at <http://www.publichealthmdc.com/>



**DON'T GET
THE FLU.
DON'T SPREAD
THE FLU.**

GET VACCINATED.

cdc.gov/flu





Homeless?

To access shelter for single men, single women and families call the Dane County Housing Crisis Line: 1-855-510-2323.

Madison Day Shelters & Warming Space:

- * Bethel Lutheran Church: M-F 9am-4pm 312 Wisconsin Ave.
- * Porchlight Hospitality House: daily 8:30am-4:30pm 1490 Martin St.
- * Madison Central Library: M-Th 9am-9pm/Fri 9am-6pm 201 W. Mifflin St.

ACCESS TO INDEPENDENCE

Access to Independence, Inc. is a non-profit Independent Living Center (ILC). ILC's are a nationwide network of consumer controlled disability resource centers, where the majority of board and staff are people with disabilities. Access To Independence helps people develop the tools and skills to make informed choices for themselves and works to increase the choices available to all people with disabilities.

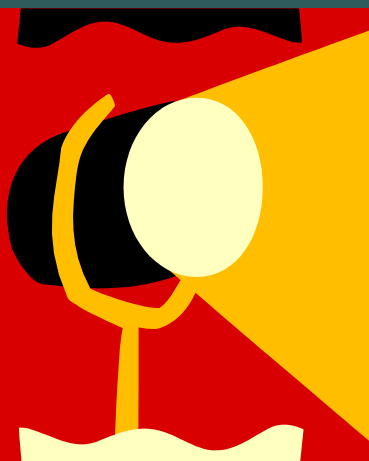
Information and Referral services are crucial to promoting empowerment for people with disabilities by supporting an individual's capacity for increasing their independence. Staff are available to listen and assist with locating resources and developing strategies for individuals to overcome barriers in their lives including, but not limited to the following areas:

- Housing issues
- Transportation resources
- Employment issues
- Benefits and funding issues
- Accessibility
- Discrimination and legal rights
- Obtaining adaptive equipment to enhance independent living
- Community supports and services

Information and Referral staff at Access To Independence have a wide range of expertise and can follow up with people in a variety of ways--by phone, in person, and through email or social media - to make sure useful and accurate information and resources are provided.

Access To Independence believes in the use of peer supports. Peer support allows a person to receive information that another has personally obtained through life experience. This sharing of common knowledge and experience provides insight through "having been there" and is valued by the individual because it is easily relatable. If you would like more information on ATI, please contact the ADRC.

COMMUNITY SPOTLIGHT



ISSUE 3

City of Madison Residents :

Q: What if I am unable to clear the snow from my sidewalk or driveway because of my age/disability?

A: Please call the City of Madison Building Inspection Division at 266-4551 and ask to speak to a Property Maintenance Inspector. The Inspector can place your address on the 72-hour extension list. You can also contact the ADRC about resources to help with snow removal.



Tenant Resource Center

Questions about your rights as a tenant or responsibilities as a landlord?

The Tenant Resource Center may be able to help!

The Tenant Resource Center is a nonprofit organization dedicated to promoting positive relations between housing renters and landlords in Wisconsin. One of their goals is ensuring that quality and affordable rental housing is available throughout Wisconsin.

Services Offered

Housing Counseling & Community Outreach – free information on tenant –landlord rights and responsibilities, informational materials, and community presentations

Housing Help Desk (located at the Dane County Job Center) – provides information on housing vacancies, low-income/subsidized and emergency housing , and info on tenant-landlord rights and responsibilities.

Housing Mediation Service – trained mediators provide tenant-landlord mediation and assist with conflict resolution during the Small Claims Court eviction hearings.

UW Campus Office – tenant-landlord information tailored to UW Madison students.

Make sure to visit the Tenant Resource Center website at www.tenantresourcecenter.org You can follow their blog, learn about rental rights and changes to tenant-landlord laws, read fact sheets (about bed bugs/carpet cleaning/etc.), get lists of current apartment vacancies, find forms for tenants and landlords, send them emails, and much more!

Contact by Phone

Housing Questions (Dane County): 608-257-0006

Housing Questions (Toll-Free, outside of Dane County): 877-238-RENT (7368)

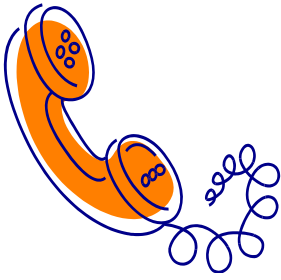
Mediation Services (in Dane County): 608-257-2799

UW Madison Office: 608-561-3727

(Information taken from the Tenant Resource Center website)



Check it Out!



I Called the ADRC!

Well actually, Helen didn't call the ADRC—she visited in person! Many customers contact the ADRC by phone, but we also welcome people to stop by during business hours without an appointment.

Information & Assistance Specialist Krista was able to sit down and talk with Helen and her good friend (who happens to also be named Helen) within a few minutes of their arrival. Helen shared that she is 79 years old and lives alone in her own home.

Helen explained that she wants to continue to live in her own home, but is finding it more and more difficult to keep up with things. As Helen continued to share her story, Krista learned that Helen's friend has been helping her with money management and bill paying. Helen does not want to be a bother to her friend and wishes they could just "go back to concentrating on the friendship." Helen also expressed a need for help with cleaning and laundry as these chores had become more challenging.

Krista explored with Helen a variety of resources available to assist with these tasks. They discussed average costs and tips for choosing an in-home care provider. Helen indicated that she was financially comfortable and thought she could afford to privately pay for these services. After looking at all of her options, Helen was able to narrow down her choices to two agencies that she wanted to contact. Krista offered to help make that call but Helen felt that she could do it on her own. As they left the ADRC, Helen and her friend told Krista that the information provided was both "helpful and hopeful" and they were glad they stopped at the ADRC.

A few weeks later, Krista followed up with a phone call to Helen and her friend and learned that an agency had just been hired to provide services that Helen requested. Helen said that she plans to tell all her friends about the ADRC. Helen's friend added "Knowing that Helen is receiving in-home services has given me peace of mind." Now that an agency is providing some assistance, Helen and her friend can spend time together just enjoying each other's company!



Did you know that every county in Wisconsin has a Disability Benefit Specialist program?

The Dane County Aging and Disability Resource Center is home to four Disability Benefit Specialists (DBS): Marilyn Feil, Amy Gunter, Katie Wells and Vickie Vierig.

A Disability Benefit Specialist provides free information and assistance regarding public and private benefits to individuals with disabilities who are between the ages of 18 to 59. DBS staff are knowledgeable in the areas of Social Security Disability Income (SSDI), Social Security Income (SSI), Medicaid (MA), Medicare (including Part D), Medicare Savings Programs, FoodShare, and other benefit programs. They assist in filling out paperwork, gathering needed documents, providing information on appeal options and deadlines, and can look into legal representation for those who require a hearing.

The DBS Unit can provide guidance and act as advocates in complex situations. However, they feel it's important that individuals call on their own behalf whenever possible and they will do their best to empower individuals.

A DBS referral begins when someone calls the ADRC. If appropriate, a DBS will be assigned and will contact the client to find out more about the particular situation. The DBS will determine if she can assist or advocate on the person's behalf by gathering information about work history, income, and specific disabilities. If the DBS is unable to address a person's needs over the phone, she may request to meet in-person.

When asked about the best parts of their job, the Dane County DBS's responded they enjoy helping people understand the process of applying for benefits, helping those in dire need obtain necessary benefits, and working together to share their knowledge and experience.

At the ADRC, we are very fortunate to have a great team of Disability Benefit Specialists working with us!

Who's Who at the ADRC?



Winter Driving Tips:

- * Clear snow and ice from all windows and lights - even the hood and roof - before driving.
- * Leave plenty of room for stopping.
- * Leave room for maintenance vehicles and plows. The law requires you to slow down or move over when approaching emergency or maintenance vehicles, including snowplows, parked on the side of the road when they have their flashing lights turned on. If you approach a parked emergency or maintenance vehicle during a winter storm and decide to change lanes be extra careful. The passing lane may be in worse shape than the driving lane. There may also be a snow ridge between the two lanes. Avoid making an abrupt lane change. If approaching a snowplow, stay back at least 200 feet (it's the law!), and don't pass on the right.
- * Pay attention. Don't try to out-drive the conditions. Remember the posted speed limits are for dry pavement.
- * Use brakes carefully. Brake early. Brake correctly. It takes more time and distance to stop in adverse conditions.
- * Watch for slippery bridge decks, even when the rest of the pavement is in good condition. Bridge decks will ice up sooner than the adjacent pavement.
- * Don't use your cruise control in wintry conditions. Even roads that appear clear can have sudden slippery spots and the short touch of your brakes to deactivate the cruise control feature can cause you to lose control of your vehicle.
- * Do not pump anti-lock brakes. If your car is equipped with anti-lock brakes, do not pump brakes in attempting to stop. The right way is to "stomp and steer!"
- * Look farther ahead in traffic than you normally do. Actions by cars and trucks will alert you quicker to problems and give you a split-second extra time to react safely.
- * Remember that trucks are heavier than cars. Trucks take longer to safely respond and come to a complete stop, so avoid cutting quickly in front of them.
- * Go slow!



Be Well

- ◆ People with disabilities may want to take extra care during the cold weather season. Some disabling conditions may limit sensory abilities and the ability to maintain body heat, so be particularly vigilant about staying warm when you are out in low temperatures.
- ◆ Wear multiple layers of clothing, including a scarf around your neck, a winter hat, lined boots and two pairs of socks. Consider thermal gloves worn underneath mittens, if possible. Gloves with gripper fabric on the palms can also help keep your hands warm and help prevent slipping while gripping a cane, walker or wheelchair.
- ◆ If you travel in a wheelchair, wrap a small blanket around your legs, tucking it underneath yourself or around your sides. This will help to maintain body heat.
- ◆ Dogs can suffer from hypothermia and frostbite, too. Whether you use a working assistance dog or are taking a pet outdoors, consider a dog coat and boots for your dog's paws. Also, keep a blanket in your vehicle for your dog.

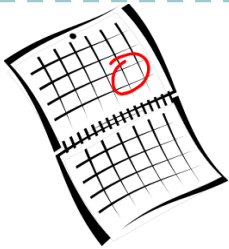
Tips for Walking Safely on Ice and Snow

- Extend your arms out to your sides to maintain balance.
- Watch where you are stepping and go slowly.
- Use hand railings on stairs and plant your feet firmly on each step.
- When entering and exiting your vehicle go slowly and use the vehicle for support. Parking lots are particularly difficult to maintain free from ice between the parked vehicles.
- Walk like a penguin. Pointing your feet slightly out increases your center of gravity. Bending slightly and walking flat-footed can also help you keep your center of gravity directly over your feet.
- In cold temperatures approach all surfaces with caution. Assume that all wet, dark, areas on pavement are icy.
- If you go slow and take steps to prevent the fall before it happens you'll be able to enjoy our wonderful Wisconsin winter to its fullest.



"What good is the warmth of summer, without the cold of winter to give it sweetness?"

-John Steinbeck



The Sampler! Interesting events going on in your community:

Memory Cafe : The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) in partnership with the North/Eastside Senior Coalition is hosting a Memory Cafe on the third Monday of each month at the Warner Park Community Center, 1625 Northport Dr., from 1:00-3:00 p.m. A Memory Café is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's or other dementia and their family and friends. Cafés meet once a month in a relaxed environment to visit, share common interests, and enjoy refreshments. **When:** 12/15/14 @ 1:00pm, 01/19/15 @ 1:00pm Call: 608-232-3400 Web: www.alzwisc.org

Women with Vision: Domestic Violence Support Group for women age 50-plus. The abuse of an intimate partner can take many forms. DAIS (Domestic Abuse Intervention Services) offers a safe space to share individual experiences & connect with others. Meets every Friday 12:00 noon to 1:30pm at DAIS, 2102 Fordem Ave. Madison. Free & Confidential. Call Veronica Clark with questions, etc. 608-709-5377.

Waisman Center 10th Annual Day With The Experts: Autism

Hosted in partnership with the Autism Society of South Central Wisconsin
Saturday January 25, 2015 9:00 a.m. – 1:00 p.m. (Complimentary coffee & bagels at 8:30 a.m.)
1500 Highland Avenue, Madison, WI 53705 Capacity is limited, please pre-register to attend:
call (608) 263-5837 or email to palumbo@waisman.wisc.edu

Madison Winter Fest February 14th – 15th, 2015 on the Capital Square. Free admission & participation!

Various winter events for the whole family (including your canine companion) to observe or try. Adaptive Cross Country Skiing for persons with a physical disability will be offered on Saturday Feb. 14 / 1 - 2 pm and Sunday Feb. 15 / 8 - 9 am; 11am - 12pm. Some events require pre-registration at: www.winter-fest.com

10! 9! 8! 7! 6! 5! 4! 3! 2! 1! HAPPY NEW YEAR!



You made it this far – good job!

Follow this simple plan to get you through the
next 365 days –

it's guaranteed to make you feel better!

Every day do these ten things:

10. Don't dwell on the past – you can't change it.
9. Don't worry too much about the future – you can't predict it.
8. Take one day at a time. Focus on today.
7. Move around – at least a little bit.
6. Smile at people. Say “Please” and “Thank-you”!
5. If you can't say something nice, don't say anything at all.
4. Take a few slow, deep breaths if you're feeling anxious or angry.
3. Be kind – realize that everyone you meet has their own personal struggles.
2. Ask for help when you need it. You are never alone.
1. Find something you are thankful for, even if it's small.

No matter who you are, in good times or periods of hardship and grief, or when you struggle with things beyond your control – you can do this!

These simple actions can make a Happy New Year, for you and those around you.



HOLIDAY SEASON BUDGETING

Around the Holidays, some of us find ourselves pulled between buying gifts for loved ones or paying bills. This month's Money Matters column will address potential budgeting dilemmas and shine some light on money saving ideas. This is not a comprehensive list but it can help you navigate through the Holiday season and beyond.

Be creative. You don't have to purchase a gift at the store. A homemade gift, such as sharing a family recipe or a craft creation, shows that you have put time and thought into your gift. For the person who doesn't need more "stuff", you can offer to help with caregiving, transportation, housekeeping or other needs or you can exchange acts of kindness.

Know your resources. Develop a celebration plan with your family and friends. If you're entertaining, buy food/beverages in bulk. Consider pot-luck style parties to share costs. Make your own decorations. Look for coupons and special deals. If you're traveling, use savings programs and be flexible—ask if there are any discounts for which you may be eligible. Avoid credit cards (and the finance charges that come later).

Set your budget in advance. You might include this as a separate item in your current budget so you can stow away a little for special events throughout the year. Look for ways you can cut back on your current spending (eat out less, carpool with others, or cancel your cable TV). You could also consider a new source of income (picking up a few babysitting, yard care or other odd jobs, selling some belongings on eBay).

Wishing you the best of times!





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!