AGING AND DISABILITY RESOURCE CENTER OF RACINE COUNTY

ADRC Connections

Newsletter Date Spring 2021

Inside this issue:

Connecting You to Your Community's Resources

Call Us Today and Maximize What the ADRC Can Do for You

The ADRC's role is to provide a central source of reliable and objective information about a broad range of services. The ADRC helps individuals plan and make informed decisions through an interactive decision support process. This includes a discussion of the individual's wishes, needs and goals in order to help the individual identify and evaluate options available.

ADRC information and assistance is always FREE, confidential, and available to older adults, people with disabilities, their families, friends, caregivers and others who work with or care about you, regardless of income.

Options counseling includes information about the following:

The range of community resources and service options available to the individual, including but not limited to; home care, housing, nutritional resources, community services, residential care, nursing home care, and case management services.

Factors to consider when you are planning for current or future needs:

- Types of services, cost, quality, compatibility with individual preference, goals and outcomes.
- Opportunities and methods for maximizing independence and self-reliance, including the utilization of supports from family, friends and community and the self-determination approach.
- The sources and methods of both public and private payment for long-term care services, including information about the long-term care programs available in the area, such as Family Care, IRIS, Partnership, PACE and other programs for which the person may be eligible.

At age 17 years and 6 months, contact the ADRC for information such as:

- Services that may be available through Long Term Supports.
- Explore need for Supportive Decision Making, Powers of Attorney (Healthcare and/or Finance) or Guardianships.
- Housing
- Employment
- Benefit Specialist Assistance
- Assistive Technology
- Transportation
- Daily Living Skills
- Respite
- Determine need/ability for Special Needs trust

Graduating from High School to a New Life

Just like your classmates, as a student with a disability, you face many questions about your life after high school graduation. What is your dream job? How can you get that job? Will I need more schooling? Will you still have a guardian after you turn 18? What kind of benefits do you qualify for?

Once you turn 17½, your local ADRC can provide comprehensive, unbiased information to help you make these decisions.

Transition Checklist

Organize Documentation

To access adult services outside of the primary education experience, most community services are based on eligibility criteria; meaning an adult must *qualify* for services. It is ideal to have school records (i.e. recent psychological evaluation found in IEP), and/or physician's statement of diagnoses.

Apply for Social Security as an Adult

To access additional support services and Supplemental Security Income, the Social Security Administration requires a new adult disability medical determination when a person turns 18 years old even if they were previously determined disabled as a child.

Apply online at: **www.ssa.gov** or contact the Social Security office at 866-270-8629 (local) or 800-772-1213 (national). There is information from Social Security Administration on **What Happens When Your Child Turns Age 18** – see https://www.ssa.gov/pubs/EN-05-10026.pdf

Determine if there is a need for any Protective Supports or Guardianship

See information at the Wisconsin Guardianship Support Center: https://gwaar.org/guardianship-resources, or contact the ADRC for basic information and/or speak to an attorney to weigh this option.

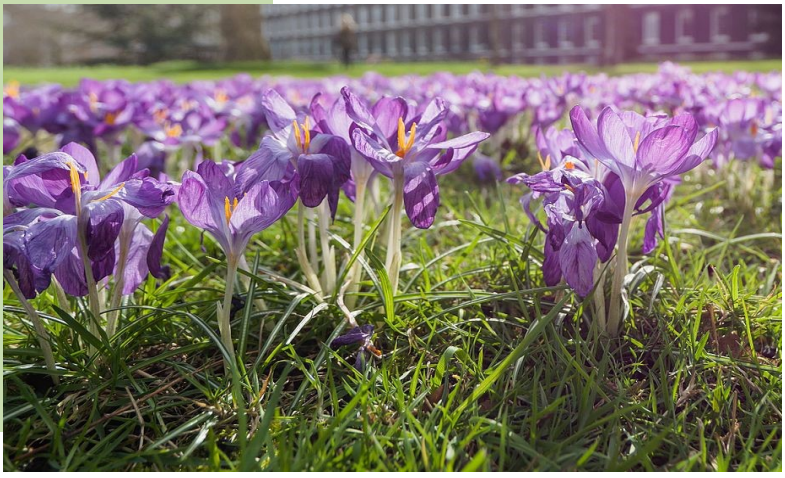
Work with your school's Individualized Educational Planning (IEP) team to plan for post-secondary outcomes

The school's IEP team can assist in planning to achieve your goals after high school. This planning process typically begins in 10th grade and continues throughout high school.

Call Aging Disability Resource Center (ADRC) 262-833-8777 or 1-866-219-1043 or use 711

At age 17½, the ADRC can provide individuals with Options Counseling for decision support to help plan for potential future needs. The ADRC can also begin the eligibility process for Long Term Care Medicaid programs.

The transition from a children's waiver program like Katie Beckett takes some careful planning. It is better to contact the ADRC sooner (at 17 ½) than later.



Protect and Prevent

By acquiring just a small amount of information, identity thieves and scammers can destroy a person's financial reputation and cause endless stress on a person and their family.

Check out the **Wisconsin Senior Guide:**
The Senior Guide contains more than 50 pages of information to help Wisconsin seniors through difficult consumer issues or to help them identify scams.
Online at: https://datcp.wi.gov/Pages/Publications/SeniorGuide.aspx
If you wish to receive a printed version by mail, contact the Consumer Protection Hotline at (800) 422-7128 to request a copy.

Consumer Protection Hotline:
800-422-7128

Consumer Alerts – Sign up
https://datcp.wi.gov/Pages/News_Media/ConsumerAlerts.aspx

Consumer Fact Sheets
https://datcp.wi.gov/Pages/Publications/ConsumerProtectionFactSheets.aspx

Identity Theft Resources
https://datcp.wi.gov/Pages/Programs_Services/IdentityTheftResources.aspx

Wisconsin Senior Medicare Patrol – newsletter and scam alerts
https://gwaar.org/senior-medicare-patrol

*If you have a **change of address** to report, or would like to be removed from the ADRC Connections Newsletter mailing list. Please contact the ADRC*
Phone: *262-833-8777*
Email: *adrc@racinecounty.com*
Mail: *14200 Washington Ave, Sturtevant, WI 53177*

Community Resources

An important set of resources to consider are those that provide respite for the caregiver. The directories for Living with a Physical Disability or Intellectual disability offer information on community and surrounding area activities that can be used to provide respite and engagement.

One such unique opportunity is provided by our local **Independent Living Center** located at Society's Assets. **GameAble**—is a fun, free game night for young adults with any disability or mental health condition. Currently held virtually, GameAble is only open to youth aged 14-25 years old. Game night can accommodate any skill level, ability, or level of participation. f you have any questions, concerns, or accommodation requests, please call 262-637-9128.

Parent Lounge is for parents and caregivers of young adults with disabilities. Parent Lounge will connect you with local resources and answer questions. Call to ask about days and times.

Born in the 90s is a group for twenty-somethings with a disability or mental health condition who are looking for help with grown-up issues like finding a job or moving into your own place. The group meets virtually every other Thursday from 6:00 - 7:30 pm.

See: https://societysassets.org/independent-living-services-0 for other groups and information.

ADRC
Aging & Disability Resource Center of Racine County

Feeling Lonely or Socially Isolated?

Are You at Risk?
You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:
- Live alone
- Can't leave home
- Are a caregiver
- Have trouble hearing
- Had a major loss or life change, such as the death of a partner
- Live in a rural and/or unsafe neighborhood
- Feel a lack of purpose

Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

Tips for Staying Connected You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:
Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
Restart an old hobby.
Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
Volunteer to help others in your community.
Adopt a pet if you are able to care for them.
See more information at: https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected

Commit to Connect and engAGED

At Commit to Connect, sponsored by the Administration for Community Living (ACL), you can find a list of activities and resources to help you connect. They include resources that provide additional suggestions. They also have an area with ideas about "connecting while helping others" at the same time.

Another area has a list of different ways to chat, call, and access self-help resources through a virtual senior center.

Information on getting access to phone and internet services is included. There is also a section with information on caregiver connections, and, importantly, a section with information for those who need help right now.

See: https://acl.gov/CommitToConnect/activities

Another information packed resource called engAGED - The National Resource Center of Engaging Older Adults, offers resources for online and for those who do not have access to technology. See their website at: https://www.engagingolderadults.org/

Caregiving Basics

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease, or condition.
Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet, or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Determine areas of need.
Write down your specific needs such as housecleaning, grocery shopping, meal preparation, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members, local agencies, and the person's health care provider.

Research community resources.
Contact the ADRC for local resources and services. Explore options like home delivered or grab-and-go meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Not all agencies are fully open, but staff will be available to answer the phone and assist you in meeting your needs.

Plan for immediate care.
Find out what the person's wishes are for immediate and long-term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair, or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications. This information is helpful at medical appointments.

Enlist the help of others.
Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Many tasks can be completed while following social distancing guidelines.

Organize important information.
Write down pertinent medical information including names and phone numbers of doctors', insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security card,

Continued on page 10…

What to do if Identity Theft Happens to You

- Contact your bank
- Contact your creditors
- Report the theft to the police
- Put a Fraud Alert on your credit report
- Put a Security Freeze on your credit report
- File an identity theft complaint with the Bureau of Consumer Protection at 1-800-422-7128 or online www.datcp.wi.gov.
- Contact the Division of Motor Vehicles if yourdriver's license or ID card is stolen
- Contact the Postal Inspector if your mail was stolen or if an identity thief used a false address

Your Benefits

Important Numbers
(Toll Free):

Social Security
Local:
866-270-8629
USA:
800-772-1313

Medicare
1- 800 – Medicare
(800-633-4227)

Wisconsin
Medicaid - Member services:
800-362-3002

Wisconsin Kenosha Racine Partners
Consortium (WKRP)
888-794-5820

How Can a Disability Benefit Specialist Help You?

The disability Benefit Specialist provides services to individuals 17.5 to 59 years old who have physical disabilities, developmental disabilities, and mental illness. A Disability Benefit Specialist can provide information and assistance with public and private benefit programs including application and appeal procedures.

The ADRC also has an Elder Benefit Specialist.

As a transitioning student from high school to adulthood there are a lot of questions that you might have in regard to what is next. Just like your classmates you will face many questions about your life after high school graduation.

It is important to know that accessing adult services are based on eligibility criteria. The DBS can help you navigate the various benefits that you may be eligible for. As you prepare to look into adult programs, it is important to have school records (recent psychological evaluation found in the IEP), physician's statement of diagnoses, and psychologist case notes. The DBS can answer questions in regard to Medicaid and the process of becoming eligible for Medicaid.

There can also be assistance with applying for Social Security and the process that takes place when you are applying. Applying for Social Security as an adult is important, when trying to access additional support services and Supplemental Security Income. The Social Security Administration requires a new adult disability medical determination when a person turns 18 years of age, even if they were previously determined disabled as a child. You can apply for Social Security online at: www.ssa.gov or contact the Social Security office at 866-270-8629 (local) or 800-772-1213 (national).

If you need a referral to the Disability Benefit Specialist contact the ADRC at 262-833-8777.

By Olivia McClellan Disability Benefit Specialist—ADRC Racine County

Help with Social Security Appeals

If you applied for Social Security disability benefits and your claim was denied, you can file an appeal of your decision by visiting https://www.ssa.gov/benefits/disability/appeal.html

You will have 60 days from the time you receive the denial letter to submit an appeal. You can upload documents online to support your appeal, which will help decrease the time it takes to receive a decision from Social Security.

https://www.ssa.gov/pubs/EN-05-10041.pdf

The Aging and Disability Resource Center (ADRC) has additional information about Social Security benefits. The ADRC has a Disability Benefit Specialist that can assist with answering questions and solving problems related to health insurance, Medicare, social security and other public and private benefits for people with disabilities.

Below is an example of a case that the Disability Benefit Specialist can assist with.

Henry contacted the ADRC because he received a letter from Social Security stating that he was denied for Social Security Disability Income:

- A referral was made to the Disability Benefit Specialist.
- The disability benefit specialist contacted Henry and set up an appointment to assist him with the appeal.
- While meeting with the benefit specialist the appeal was completed, as well as a benefit checkup.
- 3-6 months later Henry heard back from Social security and his case was successfully concluded.

What is Personal Information?

Any combination of the following information can be enough for identity theft to occur:

- *Name*
- *Address*
- *Phone Number*
- *Email Address*
- *ATM Pin*
- *Date of Birth*
- *Social Security Number*
- *Mothers Maiden Name*
- *Financial Account Numbers*

What Can Benefit Specialists Do?

- Provide accurate and current information on your benefits.
- Suggest alternative actions that you can take to secure benefits or appeal denials of benefits.
- Advocate on your behalf with other parties.
- Explain what legal action or other possible solution is required.
- Refer you to an appropriate attorney when necessary.

Senior Nutrition Program

The dining sites continue to be closed at this time. The Meals on Wheels program in Racine County, continues to address the needs of the community. For more information call them at **262-833-8766.**
Part of what makes Meals on Wheel Special is that it is a time that someone is also checking on the well-being of the program participants.

It is important during this time of social distancing that we are not socially isolated.

Call the ADRC if you want to check if there is updated information about food resources as new information comes in all the time. 262-833-8777 Weekdays between 8 am and 4:30 pm.

Eating for Eye Health

Having good eye health starts with the food that you have on your plate. There are many nutrients that might help ward off age related vision problems, such as cataracts. These nutrients include omega-3 fatty acids, lutein, zinc, and vitamins C and E. Foods that are rich in these nutrients are:

- Green leafy vegetables such as kale, spinach, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans and other non-meat protein sources
- Oranges and other citrus fruits
- Oysters and pork

Eating a well-balanced diet also helps you maintain a healthy weight and decreases your chance of having a chronic disease, like obesity and related diseases like type 2 diabetes. Type 2 diabetes is the leading cause of blindness in adults. Other precautions to take that will help keep your eye health up to par include wearing sunglasses, wearing safety eyewear, looking away from the computer screen, and having regular eye exams.

Basic Leafy Green Salad
Ingredients: 2 cups torn romaine lettuce 2 cups fresh baby spinach ½ cup thinly sliced red onion ½ cup thinly sliced fresh mushrooms 3 tablespoons balsamic vinegar 1 tablespoon olive oil

Directions: 1. In a large bowl toss together romaine lettuce, baby spinach, red onion and mushrooms. 2. In a screw-top jar combine balsamic vinegar and olive oil. Shake to mix. 3. Drizzle over the salad and toss to coat.

Variations: Add hard boiled eggs, nuts, beans, or tuna to increase protein. Add whatever fruit you have on hand.

From **Eat Well, Care Well** - GWAAR Nutrition Team in Collaboration with UW-Stout Dietetics Students. By: Paige Weiner. 01/21

Cooking for One: The Basics

Make cooking fun:

If chopping vegetables, boiling pasta, or washing pots and pans doesn't sound like your idea of a fun night in, find ways to make it more enjoyable. Try singing along to your favorite music, sipping a glass of wine, or listening to the radio or a book on tape. See how relaxing it can be to savor the smells and textures of each ingredient.

Cook once and eat twice (or more):

Sure, you can take a family-size recipe and divide everything by four or six to make a meal for one person. Or you can cook larger meals and freeze leftovers in single portions to eat another time. Write the date and contents on the packages, and remember to eat the food in a timely manner (for most meals, within 1 to 3 months).

Reinvent leftovers:

If you don't want to eat the same meal a second time, having leftovers can be a great starting place for your next meal. For example, wrap leftover chicken, rice, and veggies in a tortilla, then add a little cheese and salsa-and you have a whole new meal.

Prepare one-dish meals:

For simple meal ideas with minimal clean up, choose dishes that serve as the whole meal, combining different food groups in one pot, like a vegetarian chili, chicken casserole, or beef and vegetable stew. Slow cookers are great for making these types of dishes.

Cook your main protein once a week:

By roasting a chicken at the weekend or slow cooking turkey breast, for example, you can use the leftover meat to quickly create different dishes during the week. Add the meat to a soup or salad, slice it in sandwiches, use in tacos, quesadillas, or burritos, or combine with veggies and add to pasta or rice.

Need a Virtual Vacation?

New option to guess what city you are in is included. Worldwide locations to tour in different ways. See: https://virtualvacation.us/

Tips for Nutrition

If you do not have an appetite:

- Eat small high-protein and high-calorie meals every 1-2 hours instead of 3 larger meals.
- Have help with preparing meals.
- Add extra calories and protein to food (such as butter, skim milk powder, honey, or brown sugar).
- Take liquid supplements (special drinks containing nutrients), soups, milk, juices, shakes, and smoothies when eating solid food is a problem.
- Eat snacks that contain plenty of calories and protein.

Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.

...Rumi

Continued from page 5

driver's license and insurance cards of the person being cared for. Be sure to keep this information in a safe location that other family members know about.

Plan for the future.
Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues, if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

Take care of yourself, too!
Find support through a friend, counselor, or support group. Many are meeting virtually during the pandemic and meetings can be found online. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Make sure you are eating well, getting enough sleep and exercise and are staying connected with family or friends (at least by phone calls) to keep yourself healthy. Ask for help. No one can do it all!

Call the ADRC for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

Classes and Workshops

Powerful Tools for Caregivers

Powerful Tools for Caregivers is a six week, two-hour per week course. Caregivers learn many different tools to work with their loved one and others during their caregiving journey. There are communication techniques, relaxation options, and many other things that are very helpful along any caregiving journey.
Next Class: Tuesday's
March 16 – April 20, 2021
1:00 p.m. – 2:30 p.m.
Virtual Class
$10.00 donation for textbook.
Register today! 262-833-8764 or email
ruth.stauersbol@racinecounty.com

There are Powerful Tools Classes scheduled for the following dates – This are subject to change but you can check our website for registration information closer to class start time.
Thursdays
May 6th – June 10th
1:30pm – 3:00pm

Thursdays
September 9th – October 14th
1:30pm – 3:00pm

Healthy Living with Chronic Pain

This is a proven workshop…
• Designed for adults dealing with on-going (chronic) pain
• Teaches skills to effectively manage pain

Classes and Workshops Continued...

• Improves energy, mental health, and quality of life!
• Decreases pain and dependence on others
•Better ability to understand pain, gain confidence, and use coping skills.

The workshop, facilitated by a trained leader, meets once a week for six weeks. Each session is 45 minutes. This workshop does not replace existing treatments but serves to complement a participant's medical treatment.

Open to Racine County residents.

Class held every Tuesday from April 6 – May 11, 2021
10:00 – 10:45 a.m.

Each individual will need access to a CD player. Presented by: Advocate Aurora Health in partnership with the ADRC

Cost ∗FREE∗
Convenient, contact-free format via phone conference. Conference phone number and instructions will be provided prior to class.

Please call to register today!
262-767-7185

Dementia Care Specialists Provide Webinar Series

In partnership with statewide dementia care specialists, the Wisconsin Department of Health Services will be hosting monthly webinars throughout 2021 for people with dementia and their family caregivers. Each presentation will cover a different topic and include practical tools and resources for families.
Sign up for any/all webinars at:
https://dhswi.zoom.us/webinar/register/3816050320312/WN_313TCKvcSkCPFMw0YBNk3g

March 10 – Incontinence Management

April 14 - Care Transitions

May 12 - Building a Support Network

June 9 - Safety Planning

July 14 – Driving

August 11- Grief

September 8 - Palliative Care

October 13th - Family Conflict and Changes in Social Support

November 10 - Non-Pharmacological Approaches: Part 1

December 8 - Non-Pharmacological Approaches: Part 2

Support Groups

Virtual or Telephone Support Groups -

Now Available!

1st Friday
Noon-1:00 pm

2nd Wednesday
1:00 - 2:00 pm

3rd Thursday
6:30 - 7:30 pm

For our support groups we have started using Zoom which also offers a call-in option. We are learning new ways to share all the time!

Contact Ruth Stauersbol at 833-8764 to receive call-in information or virtual group information.

Aging & Disability Resource Center of Racine County

14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Support Groups

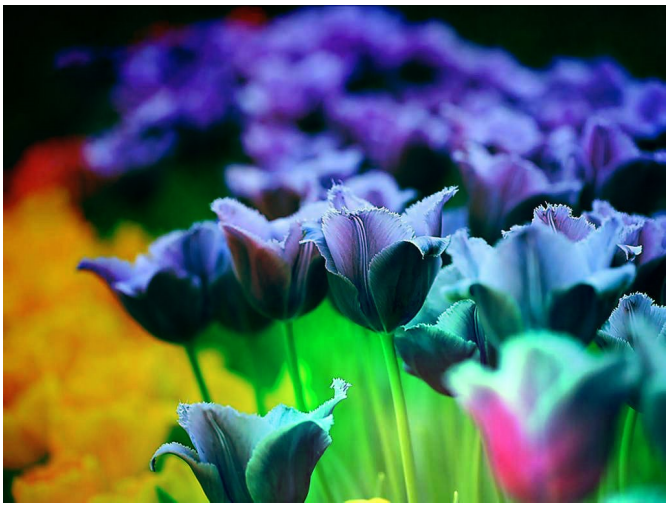
Find information about ADRC sponsored Support Groups on page 11.

Caregiver Consultations

The Alzheimer's Association makes appointments for care consultations that can be held virtually or via phone as convenient for you. To arrange an appointment, contact Felicia at 262-833-8777. Check their website for a variety of virtual classes - https://www.alz.org/wi?set=1

Memory Cafés

Share your stories and socialize with others concerned about their memory. A virtual opportunity is available. Please contact the Alzheimer's Association to register at 800-272-3900.



ADRC Connections is published Quarterly. If you have questions you would like to see addressed in the ADRC News please call us at 262-833-8777 or email: adrc@racinecounty.com.