

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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A Letter From Our Manager

May is the month in which we look forward to flowers blooming, birds singing, and warmer days. Here at the Aging and Disability Resource Center of Waukesha County we are observing two special celebrations—Older Americans and ADRC Month.

Older Americans Month was established in 1963 at a time when only 17 million Americans had reached their 65th birthdays. Almost a third of older Americans lived in poverty and there were few programs to meet their needs. Due to an interest in older Americans and their concerns, President John F. Kennedy met with the National Council of Senior Citizens and in April 1963, designated May as "Senior Citizens Month." In 1980, President Jimmy Carter, changed the name to "Older Americans Month."

Older Americans Month is a time to recognize the contributions of past and current older persons to our country. Every President since JFK has issued a formal proclamation for the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. The 2014 theme for Older Americans Month is "Safe Today. Healthy Tomorrow". Please see the article inside this issue.

The ADRC of Waukesha County opened its' doors on April 1, 2008 with a mission that remains today: To empower and support seniors, people with disabilities and their families by providing useful information and finding the help people seek. The ADRC provides individualized services for the elderly and disabled and helps families, friends, and caregivers who work with older people and people with disabilities.

We invite you to join us on Wednesday, May 21 from 9:00-3:00 for an Open House at our new Human Services Center, 514 Riverview Ave, Waukesha to celebrate both the ADRC and Older Americans Month. Staff will be available for tours, to explain services and provide published information, and to answer questions. Refreshments will be served.

Luann Page





ADRC of Waukesha County Open House



Wednesday, May 21, 2014

9:00AM – 3:00 PM

Please come and join us for an Aging and Disability Resource Center Open House. We are celebrating both ADRC and Older Americans month this May 21st, and would love for you to come and see what your ADRC has to offer. ADRC staff will be available to share information about services the ADRC can provide and to answer any questions you may have. We have a great deal of very helpful printed materials available to you as well. We are located in the beautiful new Health and Human Services building at 514 Riverview Avenue in Waukesha and we will offer tours of the new building during the Open House. Refreshments will be served. We look forward to meeting you.

Older Americans Month 2014 **Safe Today. Healthy Tomorrow.**



Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, such as falls.

While the ADRC of Waukesha County provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives.

Living Well with Chronic Conditions Program

As discussed in the last previous issue of “The ADRC Connection”, the Aging and Disability Resource Center of Waukesha County has made it easy for you improve your health by offering a variety of Evidenced-Based Prevention Programs.

Today’s focus will be about “Living Well with Chronic Conditions” / “Tomando de su Salud”.

Chronic conditions or chronic diseases are those illnesses that “do not go away or heal quickly”. These are conditions that we must learn to live with day in and day out. Examples of chronic conditions are hypertension (also known as high blood pressure), asthma and other lung diseases (such as COPD), heart diseases (such as Congestive Heart Failure) and Diabetes. Even arthritis and depression are chronic conditions. We can take medications and other treatments to help us manage and control the disease but the disease will never go away. We need to adapt both our lifestyle and our daily routines around the management of the condition. There is a program to help those with chronic conditions learn different life strategies to help deal with the day by day hurdles these diseases can place in our lives.

The good news is we can learn how to minimize the negative effects of chronic conditions and get on with living life to the fullest.

Here is what a few past participants wrote after taking the “Living Well with Chronic Conditions” workshop sponsored by the Aging and Disability Resource Center of Waukesha County:

“ Now I have more energy. I am calmer and more confident about my health.”

“ The workshops put me back in charge of my life- I feel great.”

“ In just a few weeks I got back to being the kind of person I like to be.”

Living Well with Chronic Conditions is a proven workshop that supports / guides / and empowers both those with chronic diseases and those who care for them. This six week workshop meets for 2 ½ hours each week at various locations throughout Waukesha County and the US. Some topics covered in the weekly sessions are:

- Talking with your health care provider
- Medication management
- Nutrition and exercise
- Goal setting and action planning
- Problem solving

For specific workshop information, location and times please consult the ADRC website at: www.waukeshacounty.gov/adrc or call the Community Health Coordinator at (262) 548-7848.

Other workshops offered by the ADRC of Waukesha County are:

- Stepping On – falls prevention
- Powerful Tools for Caregivers
- Healthy Living with Diabetes
- Eat Better Move More
- Healthy Eating for Successful Living



May 11th is Mother's Day



Mother's Day is always celebrated on the second Sunday in May. It's a time to honor our mothers and grandmothers and remember those who have passed away.

Did you know Mother's Day became an official holiday in 1914? It is celebrated on different dates around the world but most are in May.

We all remember sayings our moms had or still use, also known as "Mom-isms." Anyone remember these?

- Wear clean underwear in case of an accident!
- Money doesn't grow on trees.
- No dessert until you clean your plate.
- Close the door, were you born in a barn?
- Go ask your dad.

If you can, plan a special day to show how much you appreciate her. If you cannot be there, a phone call, card or flowers will let her know you're thinking of her.

Senior Dining Center Spotlight: Menomonee Falls

The Menomonee Falls Senior Dining Center is located in the Menomonee Falls Community Center at W152 N8645 Margaret Road.

Come in the front door and go straight to the dining area located in the Community Center. Our long time volunteer, Silvia will greet you and help you fill out your registration card and direct you to a seat. We serve lunch five days a week Monday through Friday at 12:00 Noon.

Our dining center is a fun place where many attend 4-5 days a week. In the last month we have had a St. Patrick's day luncheon, a spring fling for the first day of spring, Brewer's opening day celebration and of course, Badger day to celebrate the University of Wisconsin basketball team playing in the "Final Four." We also celebrate birthdays, sharing your age is optional. We have a nutritionist from the UW-Extension visit us monthly to talk with us about nutrition and eating healthy. A few special activities that we have coming up are Mother's and Father's Day. We enjoy celebrating all the summer holidays.

The seniors love the food. Days when chicken is offered are always popular. Some of the other very popular offerings are the roast beef, broccoli salad, and who can resist apple pie?

Every week the community center offers a number of activities that take place after lunch. Please feel free to sign up for lunch and inquire about some of the activities listed. On Monday people play dartball and sheephead. Thursday is painting or playing "Scrabble." Friday offers many options. You can play sheephead, bridge, dominos or join the group that is painting. Once a month the community center sponsors a bingo session.

The Menomonee Falls Senior Dining Center also assembles and delivers about 40 home delivered meals daily. These meals are delivered to homebound seniors in the Menomonee Falls area.

If you have any questions, would like to volunteer or join us for a great meal and great fun, please call the Senior Dining Manager, Diane at 262-251-3406



Eat Leafy Greens Every Week!

Why? Research suggests that the nutrients in leafy greens may:

- Help maintain healthy eyes and vision.
- Help keep skin and tissues healthy.
- Help keep your immune system strong to fight infections.
- Help reduce risk of high blood pressure and stroke.
- Help reduce risk of heart disease and cancer.
- Help reduce risk of cataracts and macular degeneration.

**UW
Extension**

Waukesha County

**Nutrition
Education
Program**

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>



Salad Savvy—How to Build a Better Salad

Step 1: Choose one or more greens.	Step 2: Choose one protein source.	Step 3: Choose 2 or 3 fruits or vegetables.	Step 4: Choose a dressing.*
<ul style="list-style-type: none"> ✓ Red or green leaf lettuce ✓ Romaine lettuce ✓ Pre-washed lettuce mix ✓ Broccoli slaw ✓ Spinach ✓ Shredded cabbage 	<ul style="list-style-type: none"> ✓ Pecans, Walnuts, Almonds, or Peanuts ✓ Boiled Egg ✓ Sunflower seeds ✓ Turkey, ham, or chicken ✓ Shredded cheese ✓ Chickpeas ✓ Canned beans 	<ul style="list-style-type: none"> ✓ Cucumber ✓ Carrots ✓ Purple cabbage ✓ Artichokes ✓ Black olives ✓ Cherry Tomatoes ✓ Mushrooms ✓ Pineapple ✓ Berries ✓ Mandarin Oranges ✓ Apple 	<ul style="list-style-type: none"> ✓ Oil and vinegar ✓ Italian ✓ Vinaigrettes like balsamic, raspberry, or tomato ✓ Ranch ✓ French ✓ Blue Cheese ✓ Honey Mustard ✓ Caesar

* Choose low- or reduced-fat dressings when available.

The ABC's of why people call 800-272-3900

- I—In home care, incontinence, intimacy-sexuality
- J—juggling responsibilities, just to talk
- K—know the ten signs
- L—long distance caregiving, legal & financial information
- M—medication management, mild cognitive impairment
- N—nutrition issues, nursing homes
- O—overwhelmed, ombudsman
- P—pain, palliative care, power of attorney, prevention-risk reduction

MedicAlert® + Alzheimer's Association SafeReturn® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or who have a medical emergency.

For more information: Call the Alzheimer's Association at 800.272.3900

For enrollment: Call 888.572.8566 or visit alz.org/safety

"I watch my wife very closely."

If only takes a moment for someone to wander away. This is just as true in your home as it is at the mall or grocery store. No one can be watched every second. Even the most diligent caregiver has to sleep, bathe or talk on the phone.

"My mother has never wandered."

If a person with dementia is able to walk, wandering can happen at any time. If wandering has already occurred, it will happen again.

MedicAlert® + Alzheimer's Association SafeReturn®

Can help you make more informed choices about safety and overcoming the misconceptions of wandering. It's no myth that up to 60 percent of those with dementia will wander.

Silver Alert Signed into Law by Governor Scott Walker



New Wisconsin Legislation Provides Law Enforcement with Additional Tools to Find Wandering Adults at Risk:

Thanks to the tremendous efforts of Alzheimer's advocates and others, Assembly Bill 710 – the Silver Alert – was passed by both the Assembly and Senate on April 1 with a unanimous vote. The bill was signed into law by Governor Scott Walker on April 11. Silver Alerts are new state programs that assist vulnerable adults who have wandered.

Six in 10 people with dementia will wander. Many of those individuals are found less than 1.5 miles from home. A person with Alzheimer's disease may not remember his or her name or address, and can become disoriented, even in familiar places. Wandering can be dangerous, but there are strategies and services to help prevent it.

The Silver Alert will enable police throughout the state to use the existing Crime Alert Network to promptly send statewide notices when a senior citizen goes missing.

Bold new program for
Alzheimer's family caregivers

Savvy Caregiver Training Program

Professional-level training for the non-professional

Based on research by experts, this new six week course from the Alzheimer's Association will provide clinical-level training for family caregivers.

Many caregivers have told us they would like to go beyond the introductory education offerings.

This is that opportunity.

Graduate from this program with improved:

- Knowledge, skills and outlook.
- Skills to assess the abilities of your family member with dementia and adjust your approach over time.
- Confidence to set and achieve caregiving goals.
- Strategies to manage activities of daily living.



When

Six consecutive Tuesdays,
beginning June 3, 2014
1:00—3:00 p.m.

Where

Aging & Disability Resource Center of
Waukesha County
514 Riverview Ave., Room 029
Waukesha

Fee

\$30.00 for materials for the
six-week course.
Scholarships available.

To Register

Pre-registration is required.
Call 414.479.8800 or 800.272.3900
and ask for Krista Scheel.

The Program

The Savvy Caregiver Training Program provides over 12-hours of face-to-face training with dementia experts, a caregiver manual and CD-ROM.

Quotes from participants:

"I can't say enough good things about the organization and presentation of these valuable caregiving skills. I have not only learned facts and skills, I have gained insight to the entire Alzheimer's journey from many perspectives."

"Program was fantastic."

"This program is excellent. Facilitator did a great job. Keep teaching others."

alzheimer's 
association®





Caregiver Corner

Depression and loneliness in the elderly is not a normal process of aging. When depression occurs, aging can become a painful, debilitating experience. At times, feeling down is normal, it is not necessarily a sign that a clinical condition such as depression is present. If these feelings persist, interfering with the ability to function normally, then depression becomes a real concern.

What Depression is:

Profound and persistent feelings of

-sadness and despair

-guilt

-worthlessness

-helplessness

-hopelessness

-pessimism

-irritability

-restlessness

-loss of interest in things that were pleasurable in the past

-appetite and sleep disturbance

All coming together to affect quality of life

What Depression is not:

-Feeling sad or down

-Experiencing grief and sadness over loss

-Lacking energy

Depression may not always manifest itself through classic symptoms. Sometimes it can be mistaken for other health conditions such as dementia and Alzheimer's disease. Seniors may become more confused or forgetful than normal, take medication inconsistently or stop taking them all together; fail to eat properly, have poor personal hygiene, withdraw from family and friends, neglect caring for the environment in which they live, excessively worrying, becoming preoccupied with being sick, or complaining of physical discomfort. Another possible sign that a senior may be suffering from depression is demonstrating a lack of feelings or emotional reactions.

Establishing whether depression is the primary disorder (not associated with or caused by another condition), or a secondary disorder attributed to other possible health issues is important for proper treatment and follow up. Some medications taken to treat other health conditions or diseases may cause depression as a side effect. If you believe that you or someone you love and care for is experiencing depression, follow up with the doctor for proper diagnosis and treatment.

Preparing for a visit to the doctor

-Be prepared to briefly explain your loved one's medical history including that of the family

-Write a list of questions in order of importance

-Prepare a list of symptoms your loved one is currently experiencing

-Be prepared to ask for written information on the medical condition so you can better understand what the doctor is saying, or bring a tape recorder

At the doctor's office

Tell the doctor what you expect from the visit. If the doctor tells you to do something you know you can't do, such as give medication in the middle of the night, ask if there is another treatment and explain why. Insist on talking about the level of care that you believe is appropriate and that matches with the your loved one's wishes. Ask about other options for tests, medications and surgery. Ask why tests or treatments are needed and what the risks are. Consider all options, including the pros and cons of "watchful waiting." Trust your common sense and if you have doubts, get a second opinion.



nami

National Alliance on Mental Illness

Waukesha

Mental Illness is a medical condition that disrupts a person's thinking, feeling, mood, daily functioning and the ability to relate to others. One in four adults – approximately 57.7 million Americans – experience a mental health disorder in a given year. One in 17 lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder. Other mental health disorders include obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder.

Mental illnesses can affect persons of any age, race, religion or income. They are medical diseases of the brain and are not the result of personal weakness, lack of character or poor upbringing. The good news about mental illness is that recovery is possible. If you are affected by a mental health disorder and need education and/or support, contact:

info@namiwaukesha.org OR 262-524-8886

For more information about NAMI Educational Classes and Support Groups contact:

info@namiwaukesha.org

Or call-262-524-8886

NAMI Waukesha is offering Suicide Prevention Gatekeeper Training

QPR

(Question, Persuade, Refer)

An educational program that educates community members about how to recognize a mental health emergency and how to get a person at risk of suicide the help they need. Participants will learn three simple steps everyone needs to know to help prevent suicide. The program is for any person or organization interested in preventing suicide in their community.

For more information or to schedule a class, call Sunnie at 262-524-8886 or email:

sunnie@namiwaukesha.org

Weekly Support Groups and Special Events

Care Connection – For people living with mental illness; Family members welcome
Tuesdays, 6:30-8:30 pm at St. Williams Parish in the Vercelli House
440 N Moreland Blvd, Waukesha

***NAMI Support Groups & Education** – For individuals with mental illness (MI) and Family/friends
4th Wednesday of the month (except June, July, December)
6:30 pm Educational Meeting and 7:30 pm Family & Peer Support Group

Both held at the Waukesha County Mental Health Center (WCMHC) Multipurpose Room - 1501 Airport Rd, Waukesha

MAY Educational Program - Waukesha Mental Health Center May 28th 6:30 to 7:30 p.m.

Comprehensive Community Services with Danielle Birdeau, LPC. Danielle will give an overview of this outpatient recovery oriented service program for Waukesha County.

NAMI Survivors Helping Survivors– Family members and friends who have lost a loved one to suicide
4th Thursday of the month, 6:30-8:30 pm -

NAMI Office, 217 Wisconsin Ave. Suite 300, Waukesha

info@namiwaukesha.org or call (262) 524-8886

Solving Social Security



Faster Benefit Decisions for Veterans

By—Karyl Richson

Social Security Public Affairs Specialist in Milwaukee, WI

On Memorial Day, as we pay tribute to the men and women who gave the ultimate sacrifice for our country, we also share some news about Social Security disability benefits for veterans with disabilities: a new expedited disability process.

We believe it is important to recognize those who currently serve in the military as well as those injured in the line of duty and consider it an honor and a duty to serve them. Whether the injury is physical or mental, getting a decision about Social Security disability benefits from your government shouldn't add to the problems faced by the injured.

Carolyn W. Colvin, Acting Commissioner of Social Security, recently unveiled a new initiative to expedite disability applications from veterans with a Department of Veterans Affairs (VA) disability compensation rating of 100 percent Permanent and Total (P&T). Under the new process, Social Security will treat these veterans' applications as high priority and issue expedited decisions, similar to the way we currently handle disability claims from wounded warriors.

"Our veterans have sacrificed so much for our country and it is only right that we ensure they have timely access to the disability benefits they may be eligible for and deserve," said Acting Commissioner Colvin.

To learn more:

Learn more about the new expedited process for veterans at

www.socialsecurity.gov/pressoffice/pr/2014/expedited-dib-process2-pr.html.

Read about this new service at

www.socialsecurity.gov/pgm/disability-pt.htm.

Also, you'll want to visit our Wounded Warriors page at www.socialsecurity.gov/woundedwarriors. There you'll find informative webinars, a *Disability Planner*, an overview of our disability programs and the convenient online disability application

"All sacrificed some, some sacrificed all"

Memorial Day is the day as a nation we set aside to honor all who have served our country in the military. We especially remember those who have died for us. There are many ways to celebrate and honor our veterans this Memorial Day. Many communities in Waukesha County hold parades as well as other events, so contact your local community to find out what they offer. If a community event or parades are not for you there are ceremonies at Woods National Cemetery. You can also visit a grave of friend or family member who served. On this day, take a few minutes to think about what it means to serve our country, the commitment of these brave men and women, and the ultimate sacrifice some have given.

Meet Our Elder Benefit Specialist

What is an Elder Benefit Specialist?

An Elder Benefit Specialist is a person trained to help older adults who are having a problem with private or government benefits by cutting through the “red tape” of the various federal, state, and county systems. The benefit specialist helps older adults determine the benefits that they are eligible for and how to apply for them.

The Aging and Disability Resource Center of Waukesha County Elder Benefits Specialists receive on-going training in benefit and entitlement programs. An attorney is available to provide supervision and support to the Elder Benefit Specialist.

The Elder Benefit Specialist can Help You With:

Health Care Financing-Medicare, prescription drug coverage (Part D and SeniorCare), supplemental insurance, medical assistance (Title 19, spousal impoverishment, and billing problems with medical providers and insurance.
Income Maintenance-Social Security/Disability, Supplemental Security Income (SSI), Energy Assistance, Food Share
Housing-Landlord/tenant issues, housing options, home weatherization, loans and grants for home repairs, Homestead Tax Credit, Property Tax Deferred Loan
Consumer/Finance-Collection practices and unfair sales practices or fraud
Elder Rights-Disability issues, elder abuse and neglect, nursing home rights
Other-Legal and benefit problems, benefit check-up and budget review

Who can receive help?

Persons 60 years of age or older, having a problem securing a public or private benefit, they are eligible for the Elder Benefit Specialist Program.

Elder Benefit Specialists Can:

Explain benefit programs and qualifications
Provide accurate and current information about benefits
Suggest alternative actions that older persons can take to obtain benefits or appeal denials of benefits
Advocate on behalf of older adults with other parties involved
Explain what legal action or other possible solution is required, and if necessary, make a referral to an attorney or other agency

To receive help from the Elder Benefit Specialist Program, call the Aging and Disability Resource Center for a referral at 262-548-7848

For people who are homebound, a home visit is possible.



Memorial Day



A G B A M R E T T I L G N A S
 S N A D M S A N T H E M D N N
 A R N M I L I T A R Y V J A O
 S G N I R E H T A G A W N U I
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 P S E I R O M E M O R I A L H

ADMIRATION
 ADVANTAGES
 ALLIANCE
 AMERICANA
 ANCESTORS
 ANNIVERSARY
 ANTHEM
 BAND

BANNERS
 DANGEROUS
 GATHERINGS
 GLITTER
 GLORY
 HERO
 HISTORY
 HOLIDAY

INDEPENDENCE
 MEMORIAL
 MEMORIES
 MILITARY
 PATRIOTISM
 PEACE
 TERRITORY
 TOASTING

TRADITIONS
 VALOR
 WAR

Get in the Hearing Loop:

An education and outreach event



Hearing loss is a major public health issue and is the third most common physical condition, after arthritis and heart disease. Hearing loops are a cost-effective, convenient and seamless way to provide hearing assistance to users with hearing aids or cochlear implants equipped with telecoils (t-coils). They are especially effective in locations with a lot of background noise such as places of worship, entertainment venues, and modern day libraries.

Hearing loops transmit pure sound wirelessly to hearing aids and cochlear implants with telecoils with nothing more than a push of a button.

How do I get in the loop you ask? Information about this hearing loop technology will be presented by Dr. Juliette Sterkens, audiologist and hearing loop advocate. Dr. Sterkens will lecture on hearing loss in America, demonstrate how telecoil equipped hearing aids work in a looped environment, and finally tell how to get in the loop. Many hearing aid users may already have a telecoil built into their hearing aid and may not be aware of this feature or the venues offering hearing loop service. The Waukesha Civic Theatre, for example, is one of four looped venues in the area.

Get in the hearing loop on Monday, June 9 from 1-3pm. This informational talk will be held at the Waukesha Civic Theatre located at 264 W. Main Street, Waukesha. There is no cost to attend. Registration is preferred, but not required.

To register or find additional information, visit <http://www.wcfls.org/event-details.php?ID=33532>.

Questions? Contact Angela Meyers, Public Relations & Special Needs Librarian, at the Waukesha County Federated Library System, 262-896-8245 or ameyers@wcfls.lib.wi.us.

This outreach and education event is funded through a Library Services and Technology Act grant administered through the Wisconsin Department of Public Instruction.

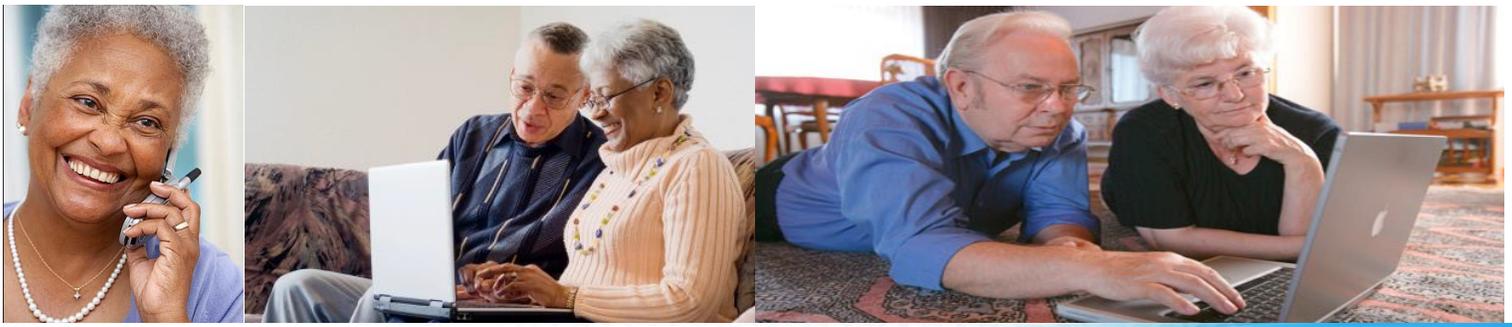
Looking to Volunteer?

Are you looking for an opportunity to give back to your community and help a senior? The ADRC is looking for home delivered meal drivers in the following communities: Brookfield, Menomonee Falls, Oconomowoc, Sussex and Waukesha. Home delivered meal drivers deliver meals to home bound seniors over the lunch hour from 11:00-1:00.

Drivers are reimbursed for their gas mileage. Help out once a week or twice a month.

If interested call 262-548-7829 or consult the volunteer tab on our website at www.waukeshacounty.gov/adrc





Helping Older Adults Stay Independent

The Active Aging Research Center (AARC) is looking for older adults (and their caregivers, if available) to participate in an upcoming research study to see if technology can help them continue to live independently.

This federal research study is a partnership between the University of Wisconsin-Madison, the Aging and Disability Resource Center of Waukesha County, and the State of Wisconsin.

[What is the technology?](#)

AARC, in partnership with UW-Madison, has created a safe, secure, and easy-to-use system that offers both computer and community centered support. It was made to address key areas that may help older adults stay independent, such as:

- * [Preventing](#) falls, social isolation, and loneliness.
- * [Improving](#) family and caregiver communication, medication and side effects awareness, access to transportation and driving information.

[How could this benefit me?](#)

Your participation may help you and other older adults live independently, now and in the future. Some participants will have an opportunity to try this new technology.

[What will it cost me?](#)

Nothing. There is no cost to participate in the study, other than your time.

[I'm interested in learning more.](#)

Contact your local Study Coordinator:

Christa Glowacki
ADRC of Waukesha County
514 Riverview Ave.
Waukesha, WI 53188
Phone: (262)548-7838
Email: cglowacki@waukeshacounty.gov

Is this study right for you?

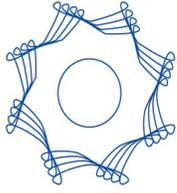
If you are :

- ◆ **65 or older;**
- ◆ **Live in your own home or apartment**
- ◆ **A resident of Waukesha county**
- ◆ **And interested in learning more**

Call Christa Glowacki at (262) 548-7838 for more information!



**Active Aging
Research Center**



Active Aging Research Center



Research Study Interest Form

Older adults in Waukesha County are needed to participate in a research study to determine if technology can help them continue to live independently. This study is a partnership involving the Aging & Disability Resource Center of Waukesha County, UW-Madison, and the State of Wisconsin. If you are interested in participating and are willing to be contacted to determine if you qualify, please fill out the following information:

Name: _____

Address: _____

Phone#: _____ E-mail (optional) _____

Are you 65 years of age or older? Yes No

Are you a resident of Waukesha County? Yes No

Do you live independently (in your own home or apartment)? Yes No

Have you experienced 1 or more of the following in the last 12 months?

Had 2 or more falls or "near falls" Yes No

Often felt sad or depressed Yes No

Went to the Emergency room or Urgent Care Yes No

Were admitted to the hospital Yes No

Have received In-Home Services (like skilled nursing, skilled therapies, personal care services, supportive home care services like laundry, meals on wheels) Yes No

Have been in or received services from a skilled nursing facility Yes No

Please return to:

Christa Glowacki – Study Coordinator
Aging & Disability Resource Center of Waukesha County
514 Riverview Ave.
Waukesha, WI 53188
262-548-7838
cglowacki@waukeshacounty.gov



ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you'd like to be removed
from this mailing, or would
prefer to receive our Newsletter
electronically, please call the
ADRC at (262) 548-7848