

# ADRC Connections

Newsletter Date Spring 2022

## Inside this issue:

Transition to Adulthood	1
Community Resources	3
Senior Nutrition	4
Benefit Information	6
Home Safety Tips	8
Support Groups for Caregivers	11
Caregiver Opportunities	12

## Connecting You to Your Community's Resources

The Aging and Disability Resource Center (ADRC) of Racine County is the place to start when you need information and options. We are here to help older people and adults with disabilities – along with their families and caregivers – find services and resources to keep them living well and independently. The ADRC of Racine County continues to address the needs of the community. The ADRC is happy to answer your questions/needs over the phone or in person. In addition, we continue to provide resources addressing the ongoing changes during challenging times. Find the resources and support that you are looking for. Call us Monday- Friday 8:00am - 4:30pm at 262-833-8777, Check our website at <https://www.adrc.racinecounty.com/> or find us on Facebook at <https://www.facebook.com/RacineADRC/>

### Transition to Adult Services— Youth ages 17.5 to 22

When a child with a disability begins to transition into adulthood it can be an overwhelming process for that person and their family. At this juncture, planning starts, and it is also a time when transition services within the school may continue or discontinue based upon a person's future goals. Having insight into

what may be available in the community can be very helpful. Keep in mind that if a person is already 18, they have the legal authority to make their own decisions, and as such, this person should be the one to consult about getting connected to services. They will need to give permission allowing parents or caregivers to assist them in this process and also be involved in



these processes themselves. The ADRC is available to facilitate connections to services and assist with transition needs. We can help with the question, "What now?" during this time.

Because the ADRC assists people with this transition process, we can begin these conversations about planning as early as age 17.5. Please consider contacting your local ADRC to plan for your future.

*Continued next page...*

### **\*Why Self-Determination and Self-Advocacy?**

To live life as you choose in accordance with your interests, needs, and abilities.

**What is Self-Determination?**  
Exercising the right to make choices and direct your own life. Promoting self-determination includes choice making, decision making, and problem solving.

**What is Self-Advocacy?**  
Knowing and standing up for your rights. Promoting self-advocacy, includes knowing your strengths, interests, weaknesses, and understanding your disability and the support you need.

continued from front page

## **Transition Planning Good Transition Planning Includes a Role for Everyone!**

*Taken from the publication "Living My Dream." Request a copy from the ADRC or see it on our website at: [https://www.adrc.racinecounty.com/site/476/youth\\_in\\_transition.aspx](https://www.adrc.racinecounty.com/site/476/youth_in_transition.aspx)*

### **Transition Services**

Individual Education services and activities that support students with disabilities in reaching their postsecondary goals regarding education, training, employment, and independent living.

### **Student Role**

- Identify my interests, talents, and passions to pursue after leaving high school.
- Actively participate in the Individualized Education Plan (IEP) process and identify my employment and independent living goals.
- Work towards achieving my goals.
- Identify supports (people and resources) that can help me achieve my goals.
- Stay in school.
- Develop self-determination and self-advocacy skills\* (\*see Box at left).

### **Parent/Family Role**

- Help my son/daughter identify his/her interests, talents, and passions.
- Work with the IEP team to address transition related goals (e.g., employment, independent living).
- Work with my son/daughter to complete activities toward achieving their post school goals.
- Collaborate and communicate with identified support systems (e.g., school, adult services).

- Support my son/daughter in advocating for him/herself\*.

### **Teacher Role**

- Develop an understanding of the student's abilities, interests, and passions.
- Develop and implement transition plan with student and family.
- Work with student and family to complete activities toward achieving post school goals.
- Collaborate and communicate with identified support systems (e.g., families, school, adult services).
- Support the student in advocating for him/herself\*.

The ADRC also has a timeline of information including which steps to take at what age. Request a copy today! 262-833-8777 or find it online at: [https://www.adrc.racinecounty.com/site/476/youth\\_in\\_transition.aspx](https://www.adrc.racinecounty.com/site/476/youth_in_transition.aspx)



Other Resources see:

<https://sites.google.com/rusd.org/racinecotransitionresources/home>



## Transition to Adulthood in Racine County



**RACINE COUNTY SPECIAL NEEDS RESOURCE FAIR**  
Waterford Union High School, 100 Field Drive, Waterford

COME AND LEARN ABOUT LOCAL DISABILITY SERVICES AND RESOURCES AVAILABLE TO YOU AND YOUR FAMILY, SUCH AS FINANCIAL RESOURCES, COMMUNITY-BASED THERAPIES, RESPITE OPPORTUNITIES, RECREATIONAL IDEAS, JOB TRAINING/SUPPORT, LIVING ARRANGEMENTS BEYOND THE HOME, AND MUCH, MUCH MORE!

THIS FREE COMMUNITY EVENT PROVIDES AN OPPORTUNITY TO ASK QUESTIONS, CONNECT WITH OTHERS, AND FIND THE ANSWERS YOU NEED!

SCAN THE QR CODE FOR MORE INFORMATION

**SAVE THE DATE**

**MAY 3, 2022 4:30-6:30PM**

SCAN ME

Made with PosterMyWall.com

The State of Wisconsin's Department of Human Services (DHS) has asked the University of New Hampshire's Institute on Disability (IOD) to conduct an evaluation of how the current service system in Wisconsin serves individuals with an Intellectual or Developmental Disability (IDD) and mental/behavioral health challenges. This survey is designed to look at the services currently available in our state and where they might need to be strengthened or improved. Please take a few minutes to complete this survey by clicking on the link below.  
[https://unh.az1.qualtrics.com/jfe/form/SV\\_72vssgcOOblxl2K](https://unh.az1.qualtrics.com/jfe/form/SV_72vssgcOOblxl2K)

## Community Resources

Trualta is a personalized skills-based training platform for family members to manage care at home. Trualta helps caregivers learn about health issues, care techniques, and managing care for loved ones. Even during flu season and the COVID-19 pandemic. **New** on Trualta - modules for providing support for people with Intellectual and Developmental Disabilities

Family caregivers can visit <http://wisconsincaregiver.org/> and click on the "Trualta" banner on the main page to sign up for access to Trualta's library of online resources. The modules teach caregivers how to safely provide hands-on care, connect families with reliable support agencies, and offer information and video training from experienced professionals in a quick and easy format. For low-vision users or for caregivers

who prefer audio instructions, Trualta also offers a "read to me" function. Caregiving is 24 hours a day, seven days a week, so making time for in-person training and education can be difficult, even during normal times, Trualta provides an alternative for education and training that people can access whenever it works for them. Sponsored by the Wisconsin Department of Health Services (DHS) and the Greater Wisconsin Agency on Aging Resources (GWAAR)

You can also contact the ADRC to get further information about this program, and about caregiver support. 262-833-8777.





## Racine County Senior Nutrition Program

### Menus:

You can find the menus for coming months in your local newspaper, or online at: [www.adrc.racinecounty.com](http://www.adrc.racinecounty.com)  
Or call 262-833-8766

### Deliver a Meal and a Smile

Volunteers make an immeasurable difference in people's lives and often serve with the intention of helping others. Did you know that volunteering can benefit your health, as well? When spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

The work that volunteers provide is essential to everyday activities,

which gives volunteers a sense of purpose, especially when volunteering in the areas they find meaningful.

The Senior Nutrition Program of Racine County is always looking for part-time drivers, both volunteer and paid opportunities are available. This is a fun, rewarding job helping seniors in the community Monday through Friday. No weekends or holidays. Must have a valid drivers license and your own vehicle.

Call Elizabeth at **262-833-8766**.

## "Celebrate. Innovate. Educate." Senior Nutrition Program's 50th Anniversary



### SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act (OAA), local senior nutrition programs serve as hubs for

older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing.

The Senior Nutrition Program of Racine County provides an average of 450 meals per day to seniors in our community. Our program goes beyond food – we work to reduce social isolation and focus on overall

health and well-being in addition to connecting older adults with community resources and supports needed.

Please join us in celebrating this milestone anniversary, the program, and the impact of nutrition services the week of March 21-25. The Racine County Senior Nutrition Program is spreading the word about Meals on Wheels all month long via our website and social media. We are letting the community know how they can donate to the program, whether they are able to give their time or give a monetary donation, which will go right back into the program to provide more meals for the homebound seniors of Racine County! Stay tuned for more fun from our Senior Nutrition Team!

## Warning Signs of Poor Nutritional Health Often Overlooked

**Use this checklist to find out if you or someone you know is at nutritional risk.**

Read the statements below.

Circle the number in the yes column for those that apply to you or someone you know. For each yes answer, score the number in the box.

Total your nutritional score.

	YES
I have an illness or condition that made me change the kind and/or amount of food I eat.	2
I eat fewer than 2 meals per day.	3
I eat few fruits or vegetables, or milk products.	2
I have 3 or more drinks of beer, liquor or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
I am not always physically able to shop, cook, and/or feed myself.	2
<b>TOTAL</b>	

### Total Your Nutritional Score. If it's –

**0—2 Good!** Recheck your nutritional score in 6 months.

### 3– 6 You are at moderate nutritional risk.

See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.

### 6 or more You are at high nutritional risk.

Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

**Remember that warning signs suggest risk, but do not represent diagnosis of any condition.**



These materials have been adapted from the Nutrition Screening Initiative, a project of American Academy of Family Physicians, The American Dietetic Association and National Council on the Aging, Inc.

The Nutritional Screening Initiative, 2626 Pennsylvania Avenue, NW Suite 301, Washington, DC 20037. The Nutrition Screening Initiative is funded in part by a grant from Ross Laboratories, a division of Abbott Laboratories

## 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 (WKRPP)

888-794-5820

*If you would  
like a referral to  
the Elder  
Benefit  
Specialist (age  
60+), or the  
Disability  
Benefit  
Specialist (age  
17.5 to 59)  
please call us at  
262-833-8777*

*or email:*

*[adrc@racine  
county.com](mailto:adrc@racinecounty.com)*

## Benefits Related to a Disabled Adult Child (DAC)

To be eligible for disability benefits as a disabled adult child, your child must be older than 18 and have a “qualifying disability” that began prior to reaching age 22. To be a “qualifying disability” under Social Security rules, the disability must meet all the criteria of a condition that is included in the Social Security Administration’s “Listing of Impairments” and unable to perform any substantial work for pay because of his or her limitations. The disability must have lasted at least 12 months, be expected to last for at least 12 months, or could result in death.

for Disabled Adult Children (DAC) benefits on a parent’s account.

If your adult child qualifies for Social Security disability, he or she can receive benefits as long as he or she remains unmarried. The benefits will end if he or she marries, unless he or she marries another disabled adult child.

If you are applying for disability benefits for an adult child disabled before age 22, please complete the two forms that describes your child’s medical condition and authorize disclosure of information to Social Security.

As a parent, you must also be receiving Social Security benefits due to retirement or disability or receiving benefits from your spouse who has died (survivor’s benefits). Your child must apply

See Forms at <https://ssa.gov/> :  
Adult Disability Report (SSA-3368) ;  
and Authorization to Disclose  
Information to the Social Security  
Administration ( SSA-827).



## Take Care When Choosing a Medicare Drug Plan or Advantage Plan

Is your Medicare drug plan suggesting that you use “Step Therapy” before it will provide coverage of your and/or your physician’s preferred prescription drug? Plans generally require people try less expensive, generic meds first before getting approved for brand name drugs or other more expensive options. This can happen with Part D plans as well as Part B covered medications and with Advantage plans.

Step Therapy is different for every plan and can vary by the drug itself as well. When choosing a drug plan, you will want to make sure it has coverage of the drug you are

concerned about, or you could potentially request a formulary exemption.

Medicare has some limited information about “step therapy” online – see: <https://www.medicare.gov/drug-coverage-part-d/what-medicare-part-d-drug-plans-cover/drug-plan-coverage-rules>

Here is an informational website that explains as to how it works in more detail. <https://ql.medicare.com/qlgroup/MedicareAdvantagePartDQA/FAQ.php?faq=What-is-Step-Therapy-in-Medicare-Part-D->

## National Healthcare Decisions Day—April 16th

National Healthcare Decisions Day was created to educate and empower the public and healthcare providers to take part in important advance care planning. Advance directives are an important tool in planning for your future health care needs.

In the absence of an advanced directive, medical personnel may or may not rely on family members to determine what a patient’s wishes might be. Family members also often struggle to make these difficult decisions. Many of these difficult decisions can be avoided with this advanced planning.

While advance care planning seems like a difficult discussion, the alternative leaves family members struggling to make the decision for you. Completing an advanced directive removes the burden from our loved ones. It also frees us to have more pleasant conversations in the future.

See information in the box at the right.

These forms, or variations of these forms, may also be available from your attorney, physician or hospital or you can request them from the ADRC.

### ***The Wisconsin Department of Health Services has advanced directive forms available online***

These forms are designed to be completed without the assistance of an attorney. Given your particular circumstances or concerns, however, you may want to seek legal advice from an attorney. The forms available are:

- Declaration to Physicians (Wisconsin Living Will)
- Power of Attorney for Health Care
- Power of Attorney for Finance and Property
- Authorization for Final Disposition

See:<https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>



## Home Safety Tips For Caregivers (and Others)

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: [https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf)



**The IRS answers frequently asked questions regarding caregivers and taxes:**

<https://www.irs.gov/faqs/irs-procedures/for-caregivers>

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. Here are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

**Floors:** Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter off the floor. Be sure there are no cords or wires from lamps, phones, etc. across the walkway.

**Stairs and Steps:** Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

**Kitchen:** Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a

step stool.

**Bathrooms:** The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

**Bedrooms:** Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top of all steps so you can see the stairs better.

Jane Mahoney  
Caregiver Support Specialist  
Greater Wisconsin Agency on Aging sources



## Practice Preventive Care This Season

Spring brings a welcome breath of fresh air, along with longer hours of daylight and a promise of warmer weather. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Practicing preventive care is the perfect way to spring into better health!

Preventive services can help keep you from getting sick and find health problems early when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about

preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You* 2022 handbook or on the Medicare website at [www.medicare.gov](http://www.medicare.gov). Talk to your doctor about what screenings and shots are right for you.



### Memory Café Resumes In person on April 4th, 2022

1st Monday of each  
month

1:00pm - 2:30pm

Grace Church,  
3626 Highway 31,  
Racine, WI

Contact Felicia at 262  
-833-8777.

## Don't miss BadgerCare Plus and Medicaid changes coming in 2022

### Watch. Read. Act.

Due to the COVID-19 emergency, BadgerCare Plus and Medicaid have special rules to let you keep your health insurance. Here's what to do to **make sure you get important information about how to renew your coverage** when the emergency ends.

1. **Update your address, phone, and email** so changes about your coverage reach you. Log in at [access.wi.gov](http://access.wi.gov) or call the

Wisconsin Kenosha Racine  
Partnership line at  
888-794-5820.

2. **Open and read your mail.** Watch for a letter from the Wisconsin Department of Health Services to find out **what's changing and how changes will affect you.**

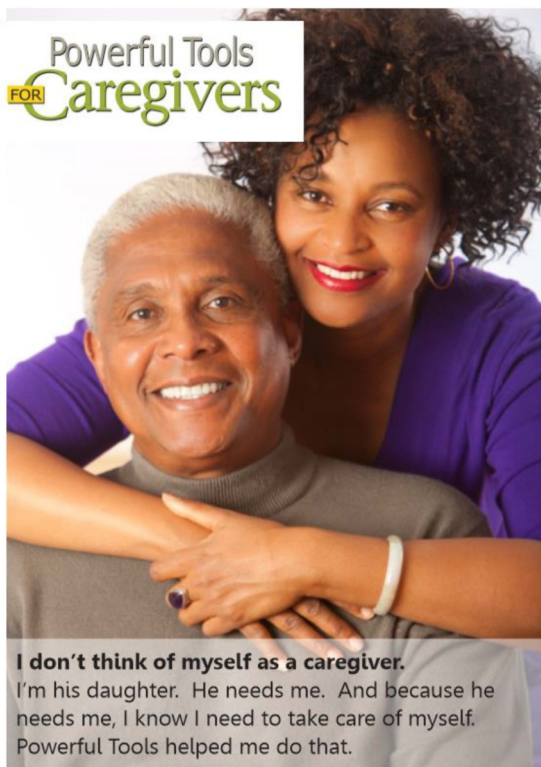
3. **Take action** by the deadline. The letter will tell you **what you need to do to keep your benefits.**

While the COVID-19  
emergency continues, so  
do your Medicaid benefits.

Get ready for changes in 2022.

**ForwardHealth**  
Wisconsin serv  
000 0000 0000 000

## Powerful Tools for Caregivers



**I don't think of myself as a caregiver.**  
I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

**There's a Powerful Tools for Caregivers workshop starting soon near you!**

**Virtual / Zoom**

**Monday's**

**April 4<sup>th</sup> – May 9<sup>th</sup>**

**1:00 p.m. – 2:30 p.m.**

**Suggested Donation for textbook  
\$10.00**

**Register today by calling  
262-833-8764 or email  
[ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com)**



## Caregiving is rewarding.

### But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

### Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

### What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

## Support Groups for Caregivers

*May be subject to change due to current and changing circumstances.*

### Second Wednesday

**1:00 - 2:00 pm**

Christ Church United Methodist,  
5109 Washington Ave Racine

### First Thursday

**6:30 - 7:30 pm**

Zoom/Call in.  
Call 833-8764 for call-in Information

### Third Thursday

**6:00 – 7:30 PM**

Christ Church United Methodist,  
5109 Washington Ave Racine

## May 2022 Session of Powerful Tools for Caregivers Announced

This session of Powerful Tools will be held in person:

Mondays - May 16th - June 27th  
1:00 pm to 2:30

Yorkville United Methodist Church  
17645 Old Yorkville Rd  
Union Grove

Suggested Donation  
for textbook is \$10.

Register today by calling  
262-833-8764 or email

[Ruth.stauersbol@racinecounty.com](mailto:Ruth.stauersbol@racinecounty.com)

*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](mailto:adrc@racinecounty.com)

**Mail:** 14200  
Washington Ave,  
Sturtevant, WI  
53177

## Sip & Swipe and Generations Online

**Sip & Swipe** is a four-week, one hour per week course that teaches older adults how to use a tablet computer. The learner needs no prior experience with any type of computer and does not need to bring their own. A coach is at each session to help guide learners through the tutorial program. Know your way around a tablet computer? Become a volunteer coach for the Sip and Swipe Cafe Tablet training program. Ask for Taylor 262-833-8777

### Generations Online

Got a Tablet or smartphone but don't know how to use it? With a friend or family member's support (even remotely) you can learn to

use your technology. To get started, share the words in purple directly below with your helper.

<https://generationsonline.org/index.php>

**Looking for  
Computer  
Instruction?**

**Another resource  
is your public  
library**





14200 Washington Ave  
Sturtevant, WI 53177

[www.adrc.racinecounty.com](http://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, via phone, or at a location convenient to you. To arrange an appointment, contact them at 1-800-272-3900. Call or check their website for classes and Alzheimer's specific support groups: <https://www.alz.org/wi>

### Memory Cafés

Share your stories and socialize with others concerned about their memory.

#### **Resumes In person on April 4th, 2022**

1st Monday of each month

1:00pm - 2:30pm

Grace Church, 3626 Highway For information or to register contact Felicia at 262-833-8777.

*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](mailto:adrc@racinecounty.com)*

