

# ADRC Connections

Newsletter Date Fall 2017

## Connecting You to Your Community's Resources

Aging and Disability Resource Centers (ADRCs) are the first place to go to get free, accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone - individuals, concerned families or friends, or professionals working with issues related to aging or disabilities- can go for information tailored to their situation. The ADRC provides information on a broad range of programs and services, helps people understand the various long term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long term care. These services can be provided at the ADRC via telephone or through a home visit, whichever is more convenient to the individual seeking help. *Continued page 7*

real family's day-to-day story. Fewer still have figured out that over-worked, stressed out, underpaid caregivers WILL develop medical problems themselves that need healthcare resources for years to come. Caregivers and family members need to help others realize this.



Here is a story from an ordinary caregiving family. It really happened - not so long ago and not far away!

David was a tall, robust accountant, Vietnam veteran, avid gardener, and all-around family man. When he was 41, David began to notice a tremor that became stronger and more frequent over time. He went to his doctor and was diagnosed with Parkinson's disease. What a shock! This disease would change life for him and his family forever! They coped with their situation the best they could for many years. David continued working as long as he was able and *...continued page 2*

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## Caregiver Support

### Telling Your Story Can Make a Difference!

About 90% of long-term care is done by unpaid family caregivers. Most policymakers don't know this. In fact, most folks don't know this. Oh, some may know it as a mathematical fact. But not many people can relate that to a



Questions about  
this article?  
contact:  
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Caregiver  
Support  
Specialist  
Aging and  
Disability  
Resource Center  
of Racine County  
262- 833-8764  
[marilyn.joyce@  
racinecounty.com](mailto:marilyn.joyce@racinecounty.com)

**ADRC Hours of  
Operation:**  
**Weekdays**  
**8:00 am to**  
**4:30 pm**  
**262-833-8777**  
**Toll free:**  
**866-219-1043**  
**TTY = 711**  
[adrc@racine  
county.com](mailto:adrc@racinecounty.com)  
[www.adrc.racine  
county.com](http://www.adrc.racinecounty.com)

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and his wife Emily kept her job until retirement age. They raised their two daughters and had several beautiful grandchildren. Each day they dealt with whatever Parkinson's Disease brought their way. David and Emily reached out to support groups and found organizations like the Parkinson Disease Association. This helped them manage, but by the time he was 54, David could no longer do his job, dress or feed himself, or hold and play with his grandchildren. He had multiple falls, some of which resulted in injuries that needed medical attention.

Meanwhile, Emily was constantly worried about David and found it difficult to concentrate on work. Being the family bread winner and a Primary Caregiver at the same time was very difficult. In addition, of course, Emily became responsible for much of what David had contributed to their household. She often had to assist David with mobility and help him up from falls, which took a toll on her back and knees. Not surprisingly, she began to have severe headaches, high blood pressure, and digestive problems.

"There must be something better!" David declared, and he went about looking for it! After extensive research on their own, David and Emily were convinced that the Deep Brain Stimulation (DBS) technique would improve their quality of life in many ways. The problem was that Medicare, which was David's insurance because of his disability, would not cover DBS at that time. They decided to see if they as two ordinary citizens could help change that policy!

So they kept telling their story – to other caregiving families, to the Parkinson Association, to other groups advocating for people in caregiving

families. They also communicated with their representatives in Congress. Finally, they were put in touch with the committee that would decide whether or not to change Medicare's DBS policy. They were surprised to be invited to the committee's meeting! With challenges and a lot of help from family members, they made a pilgrimage to Philadelphia!

Once again, they just told their story, beginning with "A Day in the Life of a Family Coping with Parkinson's Disease" and ending with their request to try DBS. The committee unanimously voted to allow qualified Medicare recipients have access to DBS treatment. Afterwards, committee members said that never before had they been assisted in making a policy decision by hearing a family's story!

As we know, healthcare and other policies affecting seniors and their families are "on the table" at every level of society and government at this moment. As a caregiver, you and your family have a unique story that needs to be heard and heeded. We can't all travel and testify, but most families have someone who can gather information, send messages, and keep families informed of what may affect them. Such family members can play a very important role for their own loved ones as well as other caregiving families.

Stay current and be aware of how policies apply to you and other ordinary citizens. Take your seat at the table and do this:

- ◆ **Tell your story**
- ◆ **State your needs**
- ◆ **Repeat as needed**

For additional tips, request a copy of the booklet "Be the Voice" from the ADRC by calling or ...continued page 10

## What is so Important about Turning 18?

In Wisconsin, you are considered an adult after turning 18 except for criminal law purposes (age 17) and for purchasing alcohol (age 21).

As an adult, you have certain rights associated with being completely independent, but also certain responsibilities and are held personally accountable for your actions.

Some of your rights include:

- Vote in national, state, and local elections
- Create a will
- Marry without the consent of parent or other guardian
- Obtain medical treatment without parental permission (you have to give permission for the doctor to share information with anyone including parents)
- Apply for credit

- Serve in the armed forces
- Support yourself because parents are no longer required to support you financially
- Sign contracts and other legal documents (be very cautious with this)



### Steps to take at age 18

- Males must register with the Selective Service System
- If appropriate, you should obtain an adult disability determination through the Social Security Administration—apply for Supplemental Security Income (SSI) and Medical Assistance (MA)

At age 17 1/2, call to get information directly from the ADRC so you are prepared.

ADRC  
Connections  
is published  
Quarterly.

If you have questions or issues you would like to see addressed in the ADRC Connections Newsletter please contact us at 262-833-8777 or email [ADRC@racinecounty.com](mailto:ADRC@racinecounty.com)

## Community Resources

*This column highlights some of the many resources in our community. For more, see the [Community Resource Directory](#) available from the Aging and Disability Resource Center (262-833-8777) or [www.adrc.racinecounty.com](http://www.adrc.racinecounty.com).*

### Booklets available:

#### Be the Voice

Tips for accessing resources that can help you make changes or impact your community.

Information on:

- Types of Advocacy
- How to contact elected officials
- Agencies that help

Call and request a copy or find it online at:

[http://www.adrc.racinecounty.com/site/453/service\\_directory.aspx](http://www.adrc.racinecounty.com/site/453/service_directory.aspx)

#### Empower Your Life

Tips for your emotional well-being

Topics Include:

- Resources and information
- Self tests and scoring
- Activities

Call and request a copy or find it online at:

[http://www.adrc.racinecounty.com/site/453/service\\_directory.aspx](http://www.adrc.racinecounty.com/site/453/service_directory.aspx)

#### Don't Forget

The ADRC provides Free Memory Screening. **Call us today for more information.**

**262-833-8777**

**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)

**Lincoln Villas North Dining Site** hosted a *Cocktail Hour* recently. Nutrition Director Tina Kirk reports:

*“OMG, you would have thought I put alcohol in the drinks today. All the ladies were laughing, including me. It was a fun time...”*



## Racine County Senior Nutrition Program

Call 833-8766 to make a reservation at one of our Dining Sites. Please call before 9:00 a.m. one business day in advance.

**Dining Sites:**

**Burlington Senior Center** 201 N Main St, Burlington, Weekdays -Noon

**Lake Oaks Apartments** 1916 S Wisconsin Ave, Racine, Weekdays at Noon

**Lincoln Villas North Apartments** 3919 Ruby Ave, Racine, Weekdays at 11:30 am

**Mount Pleasant Place** (former Lincoln Villas) 5820 Lincoln Village Dr, Racine, Weekdays at Noon

**Living Faith Lutheran Church** 2915 Wright Ave Racine, Weekdays at Noon

**Salvation Army 1901** Washington Ave Racine, Weekdays at Noon

**Union Grove Hometown Village** 1415 13th Ave, Union Grove, Weekdays at 11:30 am

## End of Summer Cocktails—A Fun Social Idea!

**Watermelon cooler**

Serves 8-10

4-5 cups of seedless watermelon  
1/2 peeled cucumber, cut into chunks

5-10 mint leaves, roughly chopped  
3 Tbsp. sugar  
1 Tbsp. lime juice  
A pinch of salt

Do in 2 batches. Place 1/2 the ingredients in a blender, and process until smooth. Pour the mixture through a strainer into a bowl. Pressing the solids with a wooden spoon to get all the liquid out.

Place the watermelon mixture back in your blender and add ice cubes. Process depending on how slushy you want it. Serve immediately. Repeat.

**Virgin Mint Julep**

Serves 8-10

About 10 stems of fresh mint leaves.

1 liter bottle ginger ale

1 cup fresh lemon juice or real lemon brand juice

1/2 cup sugar

1/2 cup water crushed ice.

Rinse mint leaves and remove any thick stems. Set aside. Put ginger ale in refrigerator to chill.

Mix lemon juice, sugar and water in a small sauce pan, heat and stir until sugar is dissolved. Chill.

Pour chilled lemon juice mixture over mint leaves and refrigerate for 30-60 mins.

In a large pitcher mix lemon juice-mint mixture, ginger ale, and ice.

**Virgin Mary**

Single Serving

4 oz. tomato juice

1 dash lemon juice

2 drops tabasco sauce

1/2 tsp. Worcestershire sauce

1 celery stalk

Mix first 4 ingredients together, garnish with the celery stalk

## Avoiding Falls Means Honest Talk and New Skills for Older Adults

### September Named Fall Prevention Awareness Month in Wisconsin

Falls may not seem an obvious topic for a casual gathering of active older adults. But mention the subject, and it quickly takes center stage. For one person, it's the story of an older relative whose fear of falling keeps them homebound. For another, it's their worry about a spouse who won't admit that falling has become a problem. No matter the variety of personal experiences. Everyone will agree that older adults don't want to become a fall-injury statistic.

And their concern is well placed. The Centers for Disease Control and Prevention (CDC) reports that falls are by far the most common cause of accidental injury for older adults in the US. Each year, 2.3 million adults over 65 has a fall, leading to serious injuries in about 1 in 3 cases. At a local level, the picture is even more grim. If you are over 65, just living in Wisconsin increases your risk of dying from an accidental fall by more than twice the national average, according to recent CDC data. Icy winters and the state's high standards for tracking fall-related injuries don't fully explain the startling statistic. Public health experts say that's made it difficult to address the causes of the disparity. In Racine County 628 people over 65 were hospitalized and 2,559 went to the emergency room due to a fall from 2013 - 2014.

Beyond the scary numbers, there's

another side to falls that older adults need to know. "Falls are preventable and they are not a normal part of aging," says Betsy Abramson of the Wisconsin Institute for Healthy Aging. Abramson's organization supports training and research for falls prevention programs in Wisconsin communities, including a class called Stepping On. "Studies in Wisconsin have shown Stepping On reduced participants' likelihood of falling by as much as 50% after taking the class. That's a lot of bruises, or even more serious injuries that people avoided. It very good news because it shows older adults there are effective ways to protect themselves from falls."

**Join us for a Stepping On open house September 22nd from 9:00 to 11:00 am at 14200 Washington Ave, Sturtevant. Enjoy refreshments, meet class facilitators and participants and have questions answered.**

Stepping On is a seven week, two-hour course for older adults about falls prevention. During the course, participants learn exercises specific to balance and falls prevention, along with a multitude of other topics that relate to falls prevention, such as footwear, medication, and vision. Small changes can create confidence, plus it is a lot of Fun!

"Falls are preventable and they are not a normal part of aging,"

*Betsy Abramson,  
Wisconsin Institute for  
Healthy Aging*

**Stepping On  
Open House  
September  
22nd at the  
ADRC**

*Class developed by:*





### Volunteer Highlight—

John and Carol Holbus began volunteering with Meals On Wheels four years ago, after they retired. After retirement, they wanted to spend some time volunteering in the community. They enjoy going to people's homes and delivering a meal. They said, "the people are truly glad to see us."

When asked, "What would you say to someone who might be thinking about becoming a

MOW's volunteer?" Their reply was "The rewards are great for the small amount of time we have to spend making deliveries."

If you have any questions, or if you are interested in riding along with a MOW's Volunteer Driver or you would like us to mail you out an application, please email Ruth Stauersbol, Volunteer Coordinator at [ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com) or call her at 262-833-8766.

## Flooding in Racine County

The Burlington area saw unprecedented flooding after torrential rains hit the region July 11-12. Homes and businesses were flooded, bridges were shut down and many roads were impassable. The Fox River crested at 16.1 feet – shattering the previous record of 13.5 feet.

The Senior Nutrition Program's congregate dining site and Meals on Wheels recipients were not immune to flooding problems. With the dining site surrounded by water and unsafe for patrons to access, the program temporarily closed. All 33 Meals on Wheels recipients in the Burlington area were not accessible due to the flooding. To make matters worse, the electricity was out for nearly four days in some areas, making it impossible to contact some residents by phone. We knew

we needed to do something to make sure our participants had access to food for at least a few days.

On Thursday, July 13, Senior Nutrition Program staff contacted as many of the dining site and Meals on Wheels participants as possible to inform them of the closing, and importantly, to check on each participant to ensure they were safe and had food. For those who could not be reached by phone, a list was developed and given to the local Emergency Management team. A mobile response unit was sent to the home to ensure they were safe. By Friday, July 14, the Burlington area began to dry out. A plan was put in place for our caterer, Hoffman House, to deliver 200 shelf stable meals. They processed this request in less than 24 hours, which was wonderful. The Senior Nutrition

team was able to successfully deliver up to 6 meals to those who needed them through Monday, as it was expected that the program would resume Tuesday. Even family members of the team members helped, which was a blessing.

While delivering meals, the team encountered tragedies first hand – homes destroyed, personal items lost, people struggling to survive. Those without power for several days lost all the food stocked in their refrigerators and freezers. The outages also affected people with medical conditions. Those who needed help got what they needed. Thankfully, during this whole ordeal, there were no fatalities or injuries. We are very grateful to have such a wonderful team of people that serve our community.

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ADRC's are available to people regardless of their income or asset levels and are available in all counties in Wisconsin.

### General and common scenarios we encounter:

- "I am getting older or living with a disability and want to know how to plan for the future."
- "I am caring for someone and I need a break, is there assistance for this?"
- "My son/daughter is living with a disability and is turning 18. What options do they have as an adult?"

Call the ADRC and we will be happy to assist.

### ADRC and Wellness

Fall brings other activities. It's a time for harvesting and preparing for the winter months. At the ADRC we think of promoting wellness, educating, and providing resources about many topics important to seniors, disabled adults and their caregivers. In September, the ADRC focuses on Fall Prevention because falling is not a part of normal aging. Falls have a big impact on health, but even without an injury can also heavily impact quality of life. See the article on falls and our upcoming "Stepping On" open house on page 5. You can also check our website for materials about preventing falls.

In October, our focus turns to

Diabetes - From prevention to healthy living with that chronic disease. Statistics from 2014 show that 29.1 million people in the United States, or 9.3% of the population, have diabetes. We will be providing resource information on our website and at events. It is also National Disability Employment Awareness Month. Did you know that there are programs available that can assist a disabled person from losing benefits while still maintaining or establishing employment? Look for more information on our website in October, or give us a call if you need that information today.

November brings colder temperatures, but it is also National Caregiver month. Many of us think of ourselves primarily as friends, sons and daughters, and spouses, but not really as the "caregivers" we are. If you assist someone with some task, you are caring for them. Yes, you are a caregiver. At the ADRC we like to recognize the special role caregivers have in our community and our society. Join us for our annual caregiving event on November 8<sup>th</sup> (see the enclosed flyer) where we like to celebrate and honor our caregivers with a day of pampering and some positive information. We will also be providing other information and resources about caregiving on our website in November.





### Important Numbers

(Toll Free):

#### Social Security

Local: 866-270-8629

USA: 800-772-1313

#### Medicare

1-800– Medicare  
(800-633-4227)

#### Racine County Veterans Service Officer

Local: 262-638-6667

#### Wisconsin Medicaid—

Member services:  
800-362-3002

Wisconsin Kenosha  
Racine Partners  
Consortium

#### WKRP

888-794-5820

## Your Benefits

### What Can A Benefit Specialist 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.

The Information and Assistance Specialists at the ADRC can refer you to a Benefit Specialist for assistance with your need, and can also assist with general questions about benefits and how to access them as well as other community resource information.

## Benefit Resources

Find help on how to use the **Medicare Plan Finder for Part D** (Prescription) Plans. See the [Brochure](#) online on the Benefit Specialist page, or request a paper copy.

### Extra Help: Medicare Part D Low Income Subsidy (LIS)

Those with incomes under 150% (\$1,471.25 monthly for single or \$1,991.25 couple) of poverty can

apply for the LIS through the Social Security Administration. Available assets must be less than \$13,640.00 single and \$27,250 couples. Assets do not include the home, car, personal possessions and certain cash values to life insurance policies. Apply on-line by calling your local SSA office.

**Apply for Low Income Subsidy online and get publications at:** <http://www.ssa.gov/prescriptionhelp/>

## DATCP Reports New Consumer Scams

The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) has announced that the Wisconsin Consumer Protection Hotline phone number is being “spoofed.” Consumers have reported that they were called by someone with a caller ID that identified the call as being from the Wisconsin Consumer

Protection Hotline 1-800 number. DATCP has clarified that staff members do not call consumers from the 1-800 number.

Memo Source:

Consumer Protection Hotline Subjected to Spoofing, July 24, 2017; Fake DATCP Email Circulating, June 6, 2017; Fake Amazon Cancellation Emails Making the Rounds, June 29,

## Medicare Open Enrollment Period

Medicare open enrollment period begins on October 15 and ends December 7. It allows seniors and some disabled adults to look at their existing drug and medical plans and decide to keep the coverage they have or switch to a new drug or Medicare Advantage plan. Seniors should review their plans' coverage for 2018 now to see if those plans still meet their needs.

It is important to spend a little bit of time and do an insurance check-up every year. The plan you have this year may not be exactly the same for 2018. Plans may change their premiums, deductibles and coinsurance. They may also add or drop physicians and hospitals from their networks or change which drugs they cover. It is also very important to evaluate the cost-sharing provisions of any new plan. Medicare Advantage plans have different deductibles and copayments and those differences can be quite significant. Generally, the higher the cost-sharing, the lower the premium charged by the plan. However, should an illness occur, out-of-pocket expenses will be greater.

**Remember, people with Medicare do not have to change plans unless they choose to.**

The cheapest policy may not be the best option. Some things that should be considered when deciding to change or keep one's current plan include:

1. Will the plan allow you to see the providers you want?

2. Will your current doctors accept your coverage?
3. Are there any additional benefits offered? What is the additional charge for those benefits?
4. Will the plan cover the prescription drugs you are currently taking?
5. What are the benefits that are excluded? Would those benefits be covered under an original Medicare supplement policy?
6. What is the total cost to you, including premiums, coinsurance, copayments, deductibles, or other out-of-pocket expenses?
7. How often and by how much can the plan raise your premiums?
8. If you have a specific health condition, is one type of plan better suited to provide the services you need?

Generally, plans that offer you more freedom in choosing providers or that cover additional benefits will cost you more, either in premiums or out-of-pocket expenses.

### For Help:

Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048, or visit [Medicare.gov](http://Medicare.gov)

Contact the Medigap Helpline at 1-800-242-1060 (Medigap Helpline) or [longtermcare.state.wi.us/](http://longtermcare.state.wi.us/).

Contact OCI at 1-800-236-8517  
Web site: [oci.wi.gov](http://oci.wi.gov).

*Information from the Wisconsin Office of the commissioner of Insurance*



*Although Medicare Advantage plans are regulated by the federal government, the Wisconsin Office of the Commissioner of Insurance still regulates insurance agents who sell these products and their actions. If you or someone in your family is a Medicare beneficiary and you have questions regarding agent activity or wish to file a complaint involving an agent, contact OCI at 800-236-8517. Further information and complaint forms are also available on the OCI Web site: [oci.wi.gov](http://oci.wi.gov).*

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*May I have...  
Serenity to  
accept the things  
I cannot change,  
Courage to  
change the things  
I can, and  
Wisdom to know  
the difference.*



find it online at: [http://www.adrc.racinecounty.com/site/453/service\\_directory.aspx](http://www.adrc.racinecounty.com/site/453/service_directory.aspx)

### Announcements:

Don't miss "Finding Joy.." Kudos for Caregivers, our annual event to honor caregivers. Wednesday, November 8<sup>th</sup>. See the insert, the ADRC website, or call Felicia at 262-833-8761 for more information and to register

The ADRC is offering several seminars that can be helpful to Family Caregivers. Please see the list on page 11.

The Alzheimer's Association will offer the class "Memory Loss, Dementia, and Alzheimer's Disease -The Basics" on Sept. 19, 10 AM-Noon, at the Racine Building on the Gateway Campus. Contact Deborah Klement: 800-272-3900 [dklement@alz.org](mailto:dklement@alz.org).

If you are not receiving the Caregiver Support E-Visit, please provide us with your email or call 262-833-8764. The E-Visit is in the months between the ADRC Connections newsletter.

## Support Groups for Family Caregivers

### **First Thursday 10:30 am-12 Noon** **Alzheimer's Association Group**

*For Families Dealing with Alzheimer's and other Dementias*

#### **Bethania Lutheran Church**

4120 Wright Ave (enter at back of bldg)

**Sept 7 Oct 5 Nov 2**

**First Friday 12 Noon-1pm**  
**"Caregiver Connection" Telephone Group**  
Call 262-833-8762 to pre-register

**Sept 1 Oct 6 Nov 3**

### **Second Tuesday 1:30-3:00 pm**

Yorkville United Methodist Church

17645 Old Yorkville Rd. (3 Miles West of I-94,  
Just north of Highway 20)

**Sept 12 Oct 10 Nov 14**

### **Second Saturday 10:30 am-12 Noon**

Living Faith Lutheran Church

2915 Wright Ave

Enter at back of building (on South side)

**Sept 9 Oct 14 Nov 11**

### **Third Wednesday 1:30-3:00 pm**

Burlington Senior Center, Eppers Room

209 N Main St

**Sept 20 Oct 18 Nov 15**

### **Second Thursday 6:00-7:30 pm**

#### **Alzheimer's Association Group**

*For Families Dealing with Alzheimer's and other Dementias*

#### **Bethania Lutheran Church**

4120 Wright Ave (enter at back of bldg)

**Sept 14 Oct 12 Nov 9**

## Fall Seminars and other Opportunities

**The ADRC of Racine County is pleased to announce 2017 Fall Educational Seminars!**

- Thursday, Sept 7 1:00– 3:00 pm  
**Dementia Caregiving 101**,  
Presented by Marilyn Joyce
- Monday, Sept 11th 1:00 – 3:00 pm  
**Care In The Home**,  
Presented by Deb Mickelsen
- Monday, Sept 18th 1:00-3:00 pm  
**Share the Care– Caring for Dementia**, Presented by Joan Litwitz, GWAAR
- Monday, Sept 25th 1:00-3:00 pm  
**Understanding Your Hospital Discharge**, Presented by Karla Boho APNP, Director

of Care Management & an Ascension Pharmacist

ALL Seminars will be held in the ADRC Auditorium. Seating is limited, register early at 262-833-8777

**“Long Term Care; Planning for My Future Needs!”** by Steve Shapiro, Medigap Insurance Specialist with the State of Wisconsin  
Friday September 8th at the ADRC  
10:00 am – 12:00 pm

learn about the many facets of Long Term Care and of insurance products that are available and how they apply to you.



### **Powerful Tools for Caregivers**

Class meets for 1.5 hours once per week for six weeks.  
**September 13 - October 18**

**2:00 to 3:30 pm**

Aurora Wellness Center  
300 McCanna Parkway,  
Burlington.  
\$10 fee for class manual.

To register, call Susanne at Aurora  
262-767-8313

## Alzheimer's Family and Caregiver Support Program

Are you caring for someone with Alzheimer's Disease or other irreversible dementia? Racine County has a funding source available to those individuals who may qualify.

The Alzheimer's Family Caregiver Support Program (AFCSP) was created by the Wisconsin Legislature in 1985 in response to the stress and needs of families caring for someone with Alzheimer's Disease or other irreversible dementia. The purpose of AFCSP is to make an array of community services available to families in hopes of enhancing lives and keeping

people in their homes as long as possible. The program is available in every county throughout the state.

AFCSP funds are made available in each county to assist individuals to purchase goods and services related to the care of someone with an irreversible dementia. Allowable services are those which are necessary to maintain the person with irreversible dementia in the community.

To apply for the program, or for further information, please call Felicia at 262-833-8761





14200 Washington Ave  
Sturtevant, WI 53177

[www.adrc.racinecounty.com](http://www.adrc.racinecounty.com)

## Caregiver Opportunities

### **Alzheimer's Association— Area Programs:**

**Memory Café** Share your stories and socialize with others who have worries about their memory. Third Thursday of each month 1:30—3:00 pm Old Settlers Bowling Center 1500 15th Ave, Union Grove. Potential new members RSVP to Wendy Betley at 414-479-8800.

### **E-Learning available 24/7**

Courses that allow individuals to learn valuable information on their own schedule. Especially beneficial for working caregivers or family members. All courses are free of charge and can be accessed at:

<http://training.alz.org/>

### **Caregiver Consultations:**

to arrange an appointment contact Felicia at 262-833-8761.

