



*Welcome . . .*

to the Aging & Disability Resource Center (ADRC) of Southwest Wisconsin.

*Who we serve . . .*

We're here to help older people and people with disabilities — along with their families and caregivers — find services and resources to keep them living well and independently. We help:

- ◆ People age 60 and older;
- ◆ People (age 18 and older) with physical or developmental disabilities;
- ◆ People (age 18 and older) with mental health or substance abuse problems.

Our information and assistance is **free** and completely **confidential**. Some services are available on a limited basis and are based on program eligibility.



To talk with a friendly professional, call toll-free:

**(877) 794-2372**

Or, contact us at any of these county ADRC offices:

**Crawford:** Prairie du Chien  
Phone: (608) 326-0235

**Grant:** Lancaster  
Phone: (608) 723-6113 or  
(800) 514-0066

**Green:** Monroe  
Phone: (608) 328-9499

**Iowa:** Dodgeville  
Phone: (608) 935-0389

**Juneau:** Mauston  
Phone: (608) 847-9371

**Lafayette:** Darlington  
Phone: (608) 776-4960

**Richland:** Richland Center  
Phone: (608) 647-4616

**Sauk:** Baraboo  
Phone: (608) 355-3289

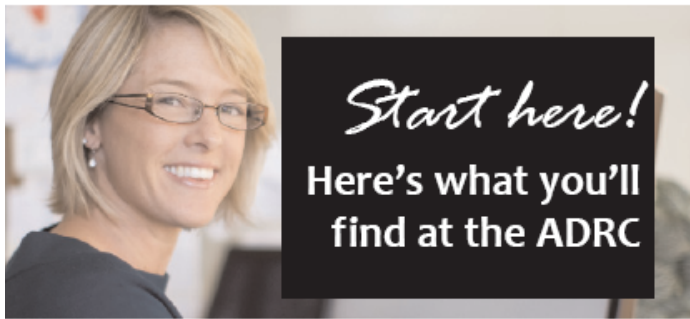
**[www.adrcswwi.org](http://www.adrcswwi.org)**

Aging & Disability Resource Center of SW WI - 11/09



*Start here!*





## **Information & Assistance**

### **Free & Confidential!**

Our trained information and assistance specialists are knowledgeable about all of the programs and services available to help meet the needs of older people and people with disabilities. Contact us if you have questions or want information on these or other programs and services you may need:

### **Help accessing benefit programs**

Where do you turn when you have questions about benefit programs? Our Benefits Specialists can talk with you about the benefit programs available and help you apply for benefits (such as Social Security, Medicare, Medicaid, and others).

### **Transportation Services**

Need a ride? The ADRC can help provide you with transportation for doctor visits and many other activities. Contact us to talk about your needs and schedule a ride.

### **Help understanding ALL your options for care**

Not sure about your options for long-term care? We want you to have all the information you need to make your own choices. Contact us for objective, in-depth information about the services and resources available to meet your current and future needs for care.

We'll talk with you about the types and cost of care available — whether you receive services at home or in another community setting.

### **Nutrition Programs**

Good nutrition is an important part of maintaining good health. Getting together at a senior dining site or receiving a home-delivered meal makes getting a well-balanced meal a snap. Contact us to learn more about the nutrition services available to you.

### **Programs for your health**

Staying active and healthy is key to maintaining your independence. We offer several education and prevention programs and screening services to help protect your health such as blood pressure screening, memory screening, short-term medication management, health education with one-on-one consultations, home safety assessments, and a program to prevent falls.

### **Support for caregivers**

Caring for someone who is elderly or disabled can be a rewarding experience, but it can also present challenges. We offer information and assistance to help family caregivers care for their loved one — and themselves.

### **Help transitioning from child to adult services**

Change can be challenging. We talk with and provide assistance to teens with disabilities and their families as they transition from children's programming to services for adults.