



## 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:

- Adults age 60 and older;
- Adults with physical or developmental disabilities;
- Adults with mental health or substance abuse problems.
- Assisting young adults as they prepare for life after high school or turning 18.

Our information and assistance is free and completely confidential. Some services are available on a limited basis and are based on program eligibility. Whether you have the private resources or need public resources, we are here to provide the information and options available to stay in your own homes or community.

Contact us at: **877.794.2372**

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



Aging & Disability  
Resource Center  
of Southwest Wisconsin

To talk with a friendly professional, call  
toll-free: **877.794.2372**

### OR, CONTACT US AT ONE OF THESE LOCAL ADRC OFFICES:

#### Iowa County

303 W Chapel Street,  
Dodgeville, WI 53533  
Phone: 608.930.9835

#### Green County

N3152 State Road 81  
Monroe, WI 53566  
Phone: 608.328.9499

#### Grant County

8820 Hwy 35/61 South  
Lancaster, WI 53813  
Phone: 608.723.6113 or 800.514.0066

#### Lafayette County

627 Main Street  
Darlington, WI 53530  
Phone: 608.776.4960

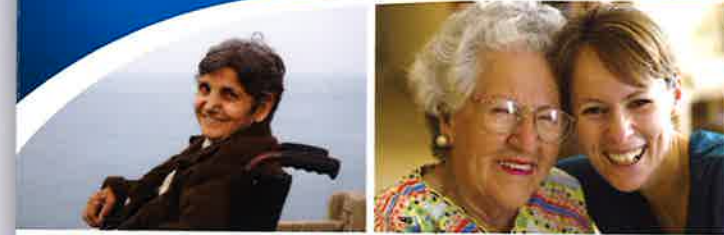
Or visit the website: [www.adrcswwi.org](http://www.adrcswwi.org)



#### SCAN QR CODE

to visit our website on  
your phone.

# Start here!



Aging & Disability  
Resource Center  
of Southwest Wisconsin

Serving counties of Grant, Green, Iowa & Lafayette

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# Information & Assistance

## FREE & CONFIDENTIAL!

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

### HELP WITH BENEFIT PROGRAMS

Where do you turn when you have questions or concerns about public or private benefit programs or other legal issues? Contact an Elder or Disability Benefit Specialist for help accessing programs (such as Social Security, Medicare, Medicaid, and more), benefits, and legal rights.

**Elder Benefit Specialists** assist people age 60 and over.

**Disability Benefit Specialists** assist people ages 18 through 59.

### HELP UNDERSTANDING ALL YOUR OPTIONS FOR CARE

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

### NUTRITION PROGRAMS

Good nutrition is an important part of maintaining good health. Getting together at a senior dining center 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.

### 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.

### 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.

### TRANSITIONING FROM CHILD TO ADULT SERVICES

We talk with and provide assistance to young adults with disabilities and their families to prepare for life after high school or turning 18.

### PREVENTION PROGRAMS

Life can throw you curveballs, with different chronic conditions or a slip and fall that changes your plans or your life. Learning valuable skills through one of our prevention programs gives you the tools you need to think, act, and live proactively. Many programs are evidence based, which means they're proven to work.

**Contact us to learn more** about being prevention programs available to you.

### VOLUNTEER

The Aging & Disability Resource Center has a variety of volunteer opportunities for people who are looking to be a leader in their community, learn something new, or just lend a hand where needed. Let us match you with the volunteer opportunity that's right for you!



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