



Caregiver Corner

Newsletter ♻️ April 2010

What is The Aging & Disability Resource Center (ADRC) of Brown County?

The ADRC is the first step to take, the first call to make if you are a family caregiver. The ADRC serves Brown County residents who are: older adults (60+), adults who have disabilities, and family caregivers to help them live the best life possible. We are here to support you and your family! We provide a variety of services, such as:

Information & Assistance (I&A): An I&A Specialist can talk to you over the phone, in the office, or in your loved one's home. I&A Specialists will listen to you and your loved one's unique situation, focusing on identifying needs, preferences, and support – both personal and financial. From help with housekeeping, bathing, yard work, transportation, respite care, housing, and more, they are here to help you understand your options. They will present you with options based on YOUR situation, help you sort through these options, and help make sure you are connected to the services and programs of your choice.

Benefits Specialist: Benefits Specialists help relieve financial stress. They explain how to apply for various types of benefits, help with the paperwork, assist with the application process, and act as an advocate on your behalf. We have Elderly & Disability Benefits Specialists on staff.

Nutrition Programs: Congregate Meal Sites are located throughout Brown County to socialize and enjoy a hearty lunch. For homebound seniors or adults with disabilities who qualify, lunch can be delivered to your home. Nutrition consultation with a Registered Dietician is also available.

Support Groups: Support Groups are a great way to meet and talk with others who can relate to what you are going through and to learn about resources and taking care of yourself as a caregiver. You are not alone! Support Groups facilitated by ADRC staff and held at the ADRC include:

Alzheimer's Family Caregiver Support Group: For family members & caregivers of people with any type of dementia. They meet the 3rd Tuesday of each month from 6:30-8:30

Caregiver Support Group: For anyone caring for an older adult or an adult with a disability. They meet the 1st Wednesday of the month from 6:30-8:00.

Parkinson's Disease Support Group: For people with Parkinson's Disease and their family members & caregivers. They meet the 2nd Tuesday of each month at 1:00.

There are many other support groups specific to a person's condition. Contact the ADRC for more information on Support Groups in our community.

Caregiver Classes: "Taking Care of You: Powerful Tools for Caregiving" is a 6 week class that meets once a week (2 ½ hours each time) for family caregivers. In this class, you will learn how to take better care of YOURSELF as you care for your loved one. Topics include: communication skills, how to cope with anger, guilt, & depression, stress management, relaxation techniques, goal setting, using resources, and making difficult caregiving decisions. This class is offered multiple times throughout the year. Call us for more information on the next class.

Please contact us to talk about your individual situation. We can be reached at:

Phone: 448.4300 TTY: 448.4335

Address: 300 S Adams St, Green Bay

Email: [BC Aging Disability Resource Center@co.brown.wi.us](mailto:BC_Aging_Disability_Resource_Center@co.brown.wi.us)

Web Site: www.adrcofbrowncounty.org

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