

PRESENTATION OPTIONS

The Aging & Disability Resource Center (ADRC) of Eau Claire County welcomes invitations to speak at business, civic groups, support groups, conferences and other meetings. Presentations include a general overview of ADRC programs and services, specific topics or can be tailored to fit a particular group.

options counseling

- ◆ Housing Options
- ◆ Available In-Home Services
- ◆ Long-Term Care Options

elder and disability benefits

- Monthly Medicare & You Presentation
- ◆ Medicaid (Medical Assistance)
- ◆ Medicare
- ◆ Prescription Drug Coverage Benefits
- ◆ Supplemental Medicare Insurance
- ◆ Social Security Disability Benefits
- ◆ Spousal Impoverishment
- ◆ Food Share
- ◆ Other Private and Public Benefits

health, wellness and prevention

- ◆ Fall Prevention
- ◆ Exercise
- ◆ Nutrition
- ◆ Chronic Disease Self Management
- ◆ Caregiving
- ◆ Adaptive Equipment Kit
- ◆ Home Modification
- ◆ Alzheimer's Disease

WHAT IS AN AGING & DISABILITY RESOURCE CENTER (ADRC)?

The ADRC offers the general public a single entry point for information and assistance on issues affecting adults age 60 and older, adults with disabilities, mental illness and substance use disorders and their families and caregivers regardless of income.

ADRCs are welcoming, convenient places for you and your family to get information and access to a wide variety of services. Services can be provided on the telephone, at the Aging & Disability Resource Center or in your home.

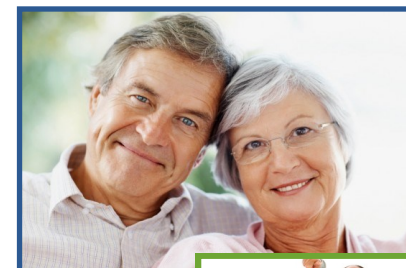


721 Oxford Avenue - Room 1130
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Monday - Friday: 8:00 am - 4:30 pm

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1-888.338.4636
tty: use Relay (711)

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www.eauclaireadrc.org

www.facebook.com/ECC.ADRC



HEALTH PROMOTION AND PREVENTION PROGRAMS

Healthy Living

EVIDENCE BASED PROGRAMS

Stepping On falls prevention

Learn strength and balance exercises, how medications, vision changes, footwear and home modifications affect your risk for falling. Interactive workshop with guest presenters. Meets 2 hours weekly for 7-weeks.

Strong Bodies

Strength and balance training program geared for older adults. Includes warm-up, strength building, balance exercises & cool-down. Meets twice weekly for 10-weeks. No fee for new participants.

Mind Over Matter; Healthy Bowels, Healthy Bladder By the time women reach menopause, over half of older women experience urine or bowel leakage. Topics to be covered: how the pelvic floor works, low-impact exercises, fluid & fiber intake, building confidence to set and achieve reasonable goals, problem-solving & coping with setbacks, resources and more. Meets 2 hours every-other week for one month.

Walk With Ease

You will learn basics about arthritis, relationship between arthritis, exercise & pain, how to exercise safely & comfortably, ways to make walking fun, and tips & strategies to stick with your personal walking plan for improved fitness. Meets one hour, three times weekly for 6 weeks.

Healthy Living

EVIDENCE BASED PROGRAMS

Healthy Living with Chronic Pain

You will learn 13 self-management tools with emphasis on: emotional health, evaluating treatments, pacing activity, communication skills, relaxation techniques, creating a pain profile, partnering with your care team and managing fatigue. Participants receive a complimentary companion book, *“Living a Healthy Life with Chronic Pain.”* Meets 2½ hours weekly for 6-weeks.

Healthy Living with Diabetes

You will learn about nutrition/healthy eating, managing blood sugar, problem-solving, dealing with stress, preventing complications, making decisions, physical activity/exercise, depression, positive thinking and more! Participants receive a complimentary companion book, *“Living a Healthy Life with Chronic Conditions.”* Meets 2½ hours weekly for 6-weeks.

Med Wise Rx

Skills-based educational program designed to improve older adults' communication with pharmacists and other providers leading to safer medication management. Gain confidence in talking with your pharmacist, learn what to ask about your medicines, and how to ask for a medication check-up. Meets twice for 1½ hour classes, separated by one week for home practice.

WHAT ARE EVIDENCE BASED PROGRAMS?

EBPs are based on rigorous study of the effects or outcomes of specific interventions or model programs. They demonstrate reliable and consistently positive changes in important health-related and functional measures. They work!

Benefits to Older Adults:

- ♦ Improved quality of life
- ♦ Increase self-efficacy in managing one's health
- ♦ Increased or maintained independence, positive health behavior, or mobility
- ♦ Reduced disability (fewer falls, later onset or fewer years of disability, etc.)
- ♦ Reduced pain
- ♦ Improved mental health (including delays in loss of cognitive function and positive effects on depressive symptoms)

HOW DO I SIGN UP FOR A WORKSHOP?

Workshops are offered throughout the year at various times and locations. Contact us for upcoming dates, times and locations. (715) 839-4735, 1-888-338-4636, tty: use Relay (711), adrc@eauclairecounty.gov Online www.adrc-events.org.

Class sizes limited to 8 - 14 participants per workshop. Advance registration required.
