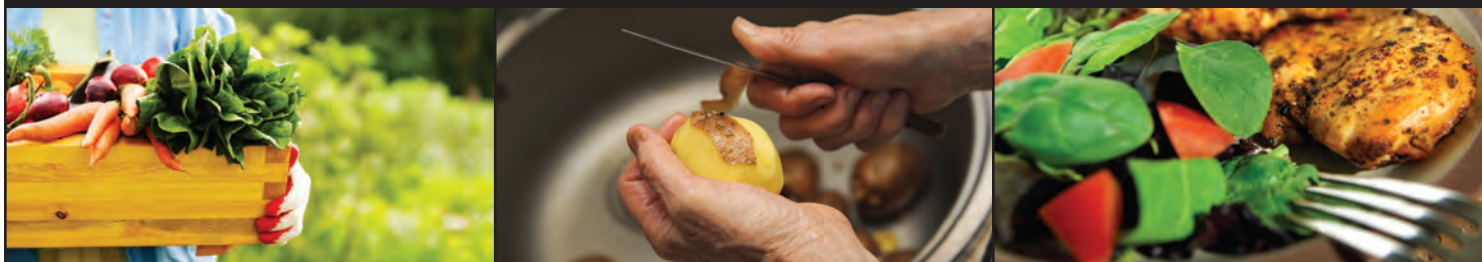


# Toolkit for Older Adults: The Importance of Nutrition



## **Good Nutrition Prevents Disease and Illness**

Good nutrition and a balanced diet is the foundation for maintaining good health and preventing disease.

The Nutrition Program created under The Older American Act (OAA) helps make sure older adults have access to good food and other health benefits.

## **Meal Options**

Nearly 50 years ago, the federal government passed the Older American Act, which helped states develop home-delivered meals and congregate meal sites.

The OAA also provided nutrition education, counseling, and screening. The home-delivered meals and congregate dining sites are often the gateway to many other services. These programs are offered by every county, tribal aging unit, and Aging and Disability Resource Center (ADRC).

## **What are Home-Delivered Meals?**

This program provides a nutritionally balanced meal along with a short visit by a volunteer. Meals may come from a congregate lunch site, a hospital, or a Meals on Wheels program.

## **What are congregate meal sites?**

These places offer nutritionally balanced meals in a group dining setting. For some people, the congregate meal sites offer an easy way to socialize and connect with others in their community.

## **How can I find Meals on Wheels or a congregate meal site near me?**

Your IRIS Consultant or local Aging and Disability Resource Center can help you find out more about group dining sites or home-delivered meals in your area.

## **What are some other ways that I can enjoy company when I have my meals?**

There are several ways you can involve others during mealtimes:

- Invite a friend, neighbor, or relative over to share a meal with you in your home or at a restaurant.
- Offer to make and share a meal with someone in exchange for a skill or chore.
- Start or join a group that regularly meets for coffee or tea.
- Take turns making and sharing meals with a friend, neighbor, or relative.

## More Information About Nutrition Programs and Services

### **Commodity Supplemental Food Program (CSFP)**

This website provides information about a program that provides free, nutritious food to seniors aged 60+ who qualify.

Website: <http://www.dhs.wisconsin.gov/health/Nutrition/CSFP/index.htm>

### **Emergency Food Assistance Program**

This website has information about a federal program that provides food assistance to people through local food pantries or prepared meal sites.

Website: <http://www.dhs.wisconsin.gov/health/Nutrition/TEFAP/index.htm>

### **FoodShare Wisconsin**

This website has information about the FoodShare Program, which was created to help people with limited money buy the food they need for good health. You can learn more about the program as well as how to apply for benefits.

Website: <http://www.dhs.wisconsin.gov/foodshare/index.htm>

### **The Older Adults General Nutrition Resource List**

This website has a collection of nutrition resources specifically for older adults. It contains links to pamphlets, newsletters, and other websites.

Website: <http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>

### **Senior Farmers' Market Nutrition Program (Senior FMNP)**

This website has information about how older adults can qualify for a program to buy fresh, local-grown fruits and vegetables directly from local farmer's markets.

Website: <http://www.dhs.wisconsin.gov/WIC/Fmnp/senior.htm>

### **Senior Nutrition Information at Nutrition.gov**

This is a federally-funded website with links to food and nutrition information all across the federal government. It includes information about healthy eating and making healthy choices at every stage of your life.

Website: <http://www.nutrition.gov/life-stages/seniors>

## Nutrition Worksheet

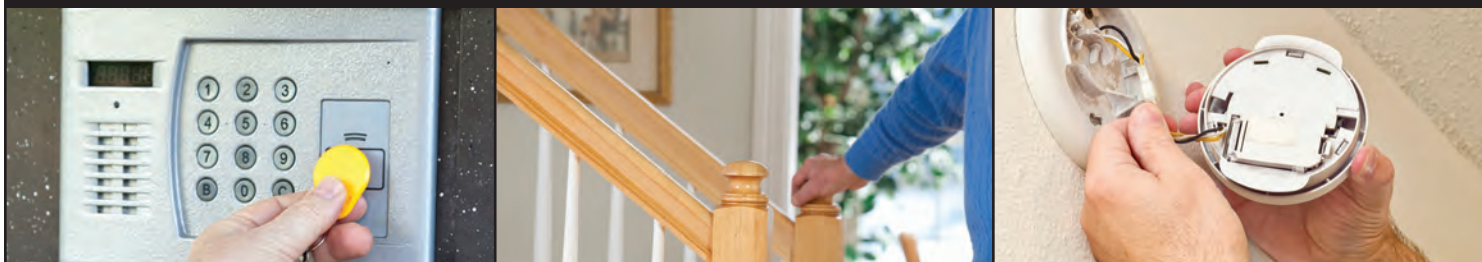
Good nutrition and healthy eating habits are important at every age. The screening tool below is used by the Nutrition Program to determine an older person's nutritional risk. Talking about your "yes" answers with your local doctor or dietician is recommended.

If you have questions about this worksheet, please contact your IRIS Consultant.

1. I have an illness or condition that made me change the kind and/or amount of food I eat.	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. I eat fewer than 2 meals per day.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. I eat few fruits or vegetables, or milk products.	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. I have 3 or more drinks of beer, liquor, or wine almost every day.	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. I have tooth or mouth problems that make it hard for me to eat.	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. I don't always have enough money to buy the food I need.	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. I eat alone most of the time.	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. I take 3 or more different prescribed over-the-counter drugs a day.	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Without wanting to, I have lost or gained 10 pounds in the last 6 months.	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. I am not always physically able to shop, cook, and/or feed myself.	<input type="checkbox"/> Yes <input type="checkbox"/> No

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# Toolkit for Older Adults: Staying Safe in Your Home



Home safety is important at every age. There are many organizations and people who can help you stay safe and independent in your home.

## Home Safety Help: Did you know?

- If you are discharged from a nursing home, the nursing home staff will do a safety assessment of your home before you return.
- Independent Living Centers can help you with the transition from the hospital to your home.
- Some local, state, and national volunteer organizations can help you with home repairs (Habitat for Humanity, etc.).
- Some local fire departments provide free home safety inspections to highlight fall hazards and also provide advice on how to keep your home as safe as possible.

## Who can I talk to about staying safe in my home?

There is a lot of information available to you about home safety and independence. You can talk to your family, friends, and neighbors about issues and concerns you may have.

Your IRIS Consultant can work with you to find the resources and the information you need to help answer any questions.

## What's an easy first step to take?

If you haven't already, take the time to introduce yourself to your neighbors and other people in your community. When you know who your neighbors are, and they know you, it is easier to keep an eye out for one another.

## How can I learn more about preventing falls?

Preventing falls is a very important way to stay safe in your home. There are many ways to learn more about what you can do:

- Contact your local Aging and Disability Resource Center for classes and information about fall prevention.
- Talk with your IRIS Consultant about additional resources available in your area.
- Talk with your family, friends, and neighbors about how you want to stay safe and prevent falls. They may have good ideas to share and have ways to help.

# Home Safety Checklist

You can use the Home Safety Checklist below to see if there are any safety issues in your home. Talk with your family, friends, or your IRIS Consultant about specific areas that you would like to address.

## Personal Safety

- I use an assistive device, such as a walker, cane, or a reacher/grabber as needed.
- I have smoke detectors near bedrooms and on each floor of my home.
- I have working fire extinguishers in the kitchen and in rooms with fireplaces or wood burning stoves.
- I do not smoke in bed or leave candles burning in an empty room.
- I get up slowly after sitting or lying down to avoid sudden drop in blood pressure, which can cause fainting spells, falls and injuries.

## Communication

- I have cordless phones in living room and bedroom (or a cell phone to carry with me into the bathroom).
- I use an emergency alert system like Lifeline when needed.
- I have considered using intercoms between rooms that are far apart.

## Rooms and Hallways

- I have secured the carpeting to floor, with no edges to trip on.
- I have removed clutter or anything that someone could trip on (i.e. newspapers, magazines).
- I wipe up all spills and slippery spots immediately.
- I have space between my furniture so I can move around easily.
- My furniture and lamps are steady and stable.
- My electrical cords are out of the way.
- I have bright lights that are easy to turn on and off.
- I do not use extension cords to plug lights or appliances into a socket.

## Stairs

- I have sturdy handrails on both sides of the stairs.
- I have light switch at the top and bottom (glow in the dark preferably).
- I have non-slip surfaces.
- I have handrails on both sides.
- I use a chair lift where needed.
- I have colored tape for edges of stairs.
- My stairs are sturdy and not wobbly.

## Bedroom (continued)

- I have a phone next to my bed.
- There is no clutter on the floor.
- I have a bright bedside lamp that is easily reached.
- I have night lights to avoid falls on the way to and from the bathroom.
- I have a commode next to bed, if walking to the bathroom is risky.
- I have clothing hung where it is easily reached.
- There is nothing on shelves requiring reaching or use of a step stool.

## Bathroom

- I have support bars next to the toilet or a raised toilet seat with grab bars.
- I use grab bars where I enter the shower or tub.
- I use grab bars to help me stand safely in the shower.
- I have a non-skid bath mat.
- I use a shower chair and handheld sprayer, if it is difficult to stand in the shower.
- I have night lights in the bathroom and in the hallway/room outside of bathroom.
- I keep my water temperature no higher than 120 degrees.

## **Kitchen**

- I place items I use every day within reach so that I do not need to climb.
- I do not wear loose clothing that can ignite while cooking.
- My fire extinguisher is ready to use and easily reached.
- I have roll-out shelves so I can easily reach items.
- I have a wheelchair-accessible sink.
- I have locks on drawers and doors for dangerous items.
- I use microwaves instead of stoves.

## **Home Exterior**

- I make sure to remove snow and ice from walkways, stairs, and sidewalks.
- I have bright lights at entryways.



## Staying Safe and Planning for Tasks

You can use this worksheet by yourself or with your family, friends, or IRIS Consultant to help address safety concerns. You may find it helpful to look at the Home Safety Checklist to identify your safety concerns.

Safety Concerns	What needs to happen	Who will help
<i>Example: Smoke detectors</i>	<i>Example: The batteries need to be changed twice a year.</i>	<i>Example: My niece, Janet.</i>

You can use this worksheet by yourself or with your family, friends, or IRIS Consultant to help plan how important tasks will be done.

Tasks I want to do and I am able to	Tasks I will ask for help with	Who I will ask
<i>Example: Meals</i>	<i>Example: Grocery Shopping</i>	<i>Example: Neighbor</i>

## Resources for Home Safety

### **Alzheimer's Society: Home Safety Guide**

The Alzheimer's Society has information about how people can live safely in their own homes. The website includes helpful home safety tips.

Phone: 1-800-272-3900

Website: <http://www.alz.org> Home Safety Guide Website: <http://goo.gl/FST1i1>

### **Centers for Disease Control (CDC): Home Falls Prevention Checklist**

The CDC has an online checklist that includes helpful ways you can prevent falls at home and in other places.

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html>

### **Independent Living Centers**

An Independent Living Center (ILC) is a consumer-directed, non-profit organization that provides four core services: peer support, information and referral, independent living skills training, and person and systems advocacy. You can find a complete list of Independent Living Centers in Wisconsin at the IRIS website at <http://www.Wisconsin-IRIS.com> under "Resources".

You can also find this information on the Wisconsin Department of Health Services' website at <http://www.dhs.wisconsin.gov/disabilities/physical/ilcs.htm>.

Independent Living Centers can:

- Provide additional services such as community education, training on the Americans with Disabilities Act (ADA), personal care, and service coordination.
- Provide home assessments. They can help identify any barriers to your independence and come up with ideas for solutions. An assessment must be done before any IRIS-funded home modifications.

Independent Living Centers are also Device Loan and Device Demonstration Centers, as part of the WisTech Assistive Technology Program.

### **National Center for Supportive Housing and Home Modification**

At this website, you can view an example of a home and office that have been adapted to the needs of people with disabilities and mobility issues.

Phone: 213-740-1364

Website: <http://www.homemods.org>

### **Office for the Deaf and Hard of Hearing**

The Office for the Deaf and Hard of Hearing is part of the Wisconsin Department of Health Services. They provide information and referral services on:

- Accommodation needs as well as requirements
- Available services
- Communication Access
- Hearing Loss
- Technology

Phone: 608-266-5641

Website: <http://www.dhs.wisconsin.gov/sensory/ODHHServices.htm>

## **Wisconsin Council of the Blind and Visually Impaired**

Phone: 608-255-1166

Toll-Free 1-800-783-5213

Website: <http://wcblind.org/index.php>

The Wisconsin Council of the Blind and Visually Impaired offers these services:

- **Assistive Products**

Assistive products are items that make everyday tasks for the blind and visually impaired a little easier. The Council sells specialized items at low cost to people who are blind or have low vision. Popular items such as magnifiers, clocks, watches, talking devices, kitchen equipment and writing supplies are on display at the Sharper Vision Store in Madison WI and in the on-line store. These items can be ordered on line, via phone or through the mail.

For additional information, call a Sharper Vision Store Product Specialist.

Phone: 608-237-8100

Website: <http://wcblind.org/index.php>

- **Free White Canes**

Any Wisconsin citizen who is blind or visually impaired may be eligible for one free white cane every 24 months.

- **Computer Technology, Evaluation, and Training for the Blind and Visually Impaired**

The council provides evaluation services and training on how to use technology to enhance your life and stay connected to others. These services include assistance and training using screen reader software, screen magnifier software, and basic software training.

- **Vision Rehabilitation Services**

The Vision Rehabilitation Services provide people who are blind or visually impaired with knowledge and skills to enable them to live independently. Services are tailored to each person's needs and provided one-on-one; either in the home or at the Wisconsin Council of the Blind and Visually Impaired office in Madison. This service is free to any legally blind Wisconsin resident.

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# Toolkit for Older Adults: Staying Healthy



There are many resources that can help you and your caregivers stay as healthy as possible. Diet, exercise, medication management, and good medical care are all important pieces of living a healthy lifestyle.

## Preventive Services and Screenings

Medicare covers many different types of free screenings, trainings, counseling services, and vaccinations to prevent illness and keep people healthy.

Visit <http://www.medicare.gov/publications> for “Your Guide to Medicare’s Preventive Services,” which contains more information. You can also call 1-800-MEDICARE to ask for a copy (TTY users call 1-877-486-2048).

- **Memory screening** is available through geriatric or memory clinics.
- **Depression screening** is now covered under Medicare and is available through your medical provider.

## Staying Healthy Workshops and Classes

There are many community-based and in-home programs in Wisconsin for people 60 years and older to help you:

- reduce the risk for chronic conditions and disability
- improve self-management
- reduce risk of falls
- increase quality of life

You can learn more about the available workshops and classes in your area by visiting the website above or by contacting your IRIS Consultant for more information.

## The Importance of Circles of Support

A circle of support is a group of people you know who you can depend on when you need a little extra help. Everyone has a circle of support. Who is in your circle? Are you in someone else’s circle?

You may want to talk with the people in your circle when you are admitted to the hospital or have any other serious health issue.

## Ask Me 3<sup>®</sup>

Ask Me 3<sup>®</sup> is a national education program designed to help promote good communication between doctors and patients.

The program focuses on three questions you should understand after at every visit with your doctor:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

To find healthy workshops in your community, visit <http://wihealthyaging.org>.

The people you know can be very helpful when it comes to:

- making the transition from the hospital back to your home; and
- lending a hand when you have follow-up visits to your doctor.

Your IRIS Consultant is happy to talk with you about how you can make a bigger circle of support or find ways to involve more people.

A **geriatrician** is a doctor who is trained to work with older patients. These doctors specialize in the unique issues facing older adults.

You can ask your doctor, clinic, or pharmacist for the name of a geriatrician near you. Also, you can do an online search for geriatricians in your city or state.

### **Living Well with Chronic Conditions Program**

(also known as the Chronic Disease Self-Management Program (CDSMP))

This workshop is held in community settings, such as senior centers, churches, libraries, and hospitals. Sessions are 2 hours and 30 minutes long, once a week for 6 weeks. The workshops are facilitated by two trained leaders, one or both of whom are non-health professionals living with a chronic condition.

Workshop subjects include:

- techniques to deal with problems such as frustration, fatigue, pain, and isolation
- exercises for maintaining and improving strength, flexibility, and endurance
- use of medications
- communicating effectively with family, friends, and health professionals
- nutrition
- how to evaluate new treatments

Contact Information:

#### **Wisconsin Institute for Healthy Aging**

1414 MacArthur Road, Suite B, Madison, WI 53714

Phone: 608-243-5690

E-mail: [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

Website: <http://goo.gl/VLZj77>

#### **Preventing Falls**

Falls are the leading cause of injury and deaths among older adults in Wisconsin. Between twenty and thirty percent of people who fall have injuries that reduce mobility and independent living. The most common risk factors for falls include; increased age, medication use, and changes to cognitive and sensory systems.

**Stepping On** is a 7 week falls prevention class, which empowers older adults to reduce the risks of falls, improve self-management, and increase quality of life.

Website: <http://www.dhs.wisconsin.gov/aging/CDSMP/SteppingOn/index.htm>

**Sure Step** is a thorough, one-on-one intervention conducted by a physical therapist, occupational therapist, or registered nurse.

Website: <https://wihealthyaging.org/sure-step>

## **Staying Healthy, Connected, and Safe**

### **Personal Emergency Response System (or LifeLine)**

This service can be used in case of falls or health problems. There are many systems available, some through hospitals or non-profit agencies. Your IRIS Consultant can help you find more information on the various systems that are available in your area.

You can also visit the website below for a listing of providers in Wisconsin, along with their contact information.

Website: <http://psc.wi.gov/utilityinfo/tele/usf/programs/lifeline.htm>

### **Telecommunications Equipment Purchase Program**

The Telecommunications Equipment Purchase Program (TEPP) helps people with disabilities buy specialized equipment to use basic telephone services. People with hearing, vision, mobility, or speech impairments can use TEPP. There are no income restrictions and a person may apply every three years.

Please contact your local Independent Living Center or your IRIS Consultant for more information on how to find the equipment that best meets your needs.

### **Remote Electronic Support**

Remote electronic support is a way to use technology to get the assistance you need to be safe in your own home. Using remote electronic support can mean that paid staff do not have to be in your home all the time for you to live safely on your own.

You can learn more by contacting your IRIS Consultant, or by reading the documents about remote electronic support on the IRIS website.

Website: <http://www.Wisconsin-IRIS.com/page/forms>

### **Project Lifesaver**

A partnership between area sheriff's departments and local Aging and Disability Resource Centers, this program provides support for both children and adults who are at risk of wandering due to cognitive impairment or medical condition.

Contact your IRIS Consultant or local Aging and Disability Resource Center for more information on the Project Lifesaver program in your area.

## Medication Management: Keeping it All Straight

Every year approximately 100,000 people aged 65 and older are hospitalized due to avoidable medications problems. Talk with your doctor and pharmacist to learn about your medications and how to take them in order to stay healthy and prevent problems.

Contact your IRIS Consultant if you would like help finding resources for your medication management needs.

### The Brown Bag Program

Many pharmacies offer the Brown Bag program which gives you a chance to bring all your drugs to a pharmacist for a thorough review and discussion. Talk to your pharmacist for more information.

Pharmacists can answer your questions about how drugs might interact with each other and if there are any side effects.

<b>Managing Your Medications</b>	
When your doctor prescribes a new medication	<ul style="list-style-type: none"><li>• Use medication log (page 15) and share with your doctor at visits</li><li>• Give your doctor a list of all your current medications.</li><li>• Make sure your doctor knows about any medication allergies you have.</li><li>• Make sure you know what the medication is for and how to take it.</li><li>• Ask about any side effects.</li></ul>
When picking up a prescription from pharmacy	<ul style="list-style-type: none"><li>• Talk to your pharmacist and make sure you understand how and when to take the medication. Ask questions.</li><li>• Ask about any side effects.</li><li>• Give your pharmacist a list of your current medications, herbal remedies, and over-the-counter medications.</li><li>• Talk with your pharmacist about ways to manage your medications.</li></ul>
Taking medications	<ul style="list-style-type: none"><li>• Follow directions on how and when to take your medication.</li><li>• Report any side effects to your doctor.</li><li>• Use a medication box or other management tool to help remember to take medications on time and in the correct dosage.</li></ul>
Storing medications	<ul style="list-style-type: none"><li>• You can use a medication box or other medication storage tool if you have multiple medications.</li><li>• Keep medication out of reach of children.</li><li>• Dispose of out-of-date prescriptions safely through your local drug disposal program.</li></ul>



# My Medication Log

Medicine Name	Date Started Taking	Date Stopped Taking	Dosage (e.g. 50 mg.)	How much to take and when to take (e.g. one pill three times/day):	Prescribing Doctor: Name/ Phone

## My Medical Contact Sheet

### My Doctors

Doctor Name/Clinic/Hospital	Phone/Email

### My Pharmacy

Pharmacy Name/Address:	Phone/Email

### My IRIS Consultant

Name	Phone/Email
IRIS Information Center	1-888-515-4747 info@Wisconsin-IRIS.com

# Toolkit for Older Adults: Staying Connected to Your Community



## What does a community look like?

A community is a group of people who come together because they share something in common. Your community is as unique as you are!

The people who are part of your community can be:

- Your neighbors
- Your friends
- Your family
- People who share your interests
- People who live in your area

## Why are community connections important?

Communities grow stronger when everyone shares their gifts and talents. You have skills, knowledge and experiences that will benefit the people you know, including your family, neighbors, and friends.

When you contribute to your community, you are more likely to live a full and meaningful life. Strengthening current relationships and building new ones can also help you avoid depression and loneliness.

## How can I make my own community connections?

Think about what you enjoy doing. Would you be willing to do this activity with someone else? Eating lunch with friends, teaching a class at a senior center, volunteering at a school, getting a haircut, helping out at church services, or visiting a former work place are all good ways to start. If it is difficult to leave your home at times, bringing in friends for cards or visits can also help.

## Who can help me make community connections?

Many of us already have connections that can help us connect to others such as neighbors, church members, former co-workers, grandchildren, and friends. Talking with the people already in your life is a great place to start connecting with a larger community of people.

Your IRIS Consultant can help you find ways to build strong, healthy connections with others. You may want to use the worksheets included as part of this toolkit as a way to start the conversation.

## How can I get started?

The worksheet (and sample) below can help you think of people and ways you can build community connections. You can complete this worksheet on your own or with your family, friends, or IRIS Consultant.

### Who can I call if I have questions?

You can call your IRIS Consultant or the IRIS Information Center if you have any questions.

#### IRIS Information Center

Phone: 1-888-515-4747

Email: [info@Wisconsin-IRIS.com](mailto:info@Wisconsin-IRIS.com)

## Making Connections Worksheet (Sample)

What are my interests, gifts and abilities?	Who do I want to share these interests, gifts, and abilities with?	How can I do this in my community?	What needs to happen in order to make the connection?
<b>Fixing Cars</b>	Former co-workers People who like cars	Visit garage where I used to work or volunteer with an auto class at a local high school	Transportation and permission for visit from employer
<b>Sewing/Knitting/Crocheting</b>	Church group	Volunteer to teach a quilting session or crochet class	Find class and instructor
<b>Going out to eat</b>	Friends	Help out with lunch at senior nutrition site or meet a friend for coffee at a favorite café	Transportation
<b>Family Get-togethers</b>	Grandchildren Other family	Attend a birthday party; host or organize a Sunday football gathering	Connecting with family members
<b>Playing cards/Bowling</b>	Other family	Cards at senior center or at home; visiting bowling alley	No longer able to play at same pace or bowl a whole game; find new ways to enjoy bowling and playing cards
<b>Attending church</b>	Friends/family	Welcome people at a church service	Transportation

# Making Connections Worksheet

<b>What are my interests, gifts and abilities?</b>	<b>Who do I want to share these interests, gifts, and abilities with?</b>	<b>How can I do this in my community?</b>	<b>What needs to happen in order to make the connection?</b>

## People in My Life

You can use this worksheet with your family, friends, caregivers or IRIS Consultant to help decide where you might want to expand your circle of support.

<b>Family members</b>	<b>Friends</b>	<b>People on my street and in my neighborhood</b>
<b>Faith communities or religious organizations</b>	<b>Clubs/Groups/Activities</b>	<b>People I know through sporting events</b>
<b>Other people I know in my city or town</b>	<b>Business acquaintances</b>	<b>Other people in my life</b>

## Transportation

You can use this worksheet by yourself or with your family, friends, or IRIS Consultant to help plan for your transportation needs.

If you need someone to ride with you to a medical appointment, a caregiver can ride with you for free on all non-emergency medical transportation.

Places I want to go	How I will get there	Next steps/Backup plan
<i>Example: Medical appointment</i>	<i>Example: My daughter-in-law, Shelly, will take me.</i>	<i>Example: If Shelly can't take me, I call the non-emergency medical transportation provider. 1-866-907-1493 or 1-800-855-2880 (TTY) (use my MA card)</i>
<i>Example: Food Pantry at the Community Center</i>	<i>Example: I can ride along with my neighbor, Irene, who also volunteers at the Food Pantry.</i>	<i>Example: If Irene can't drive, I can call my sister, Kathy.</i>

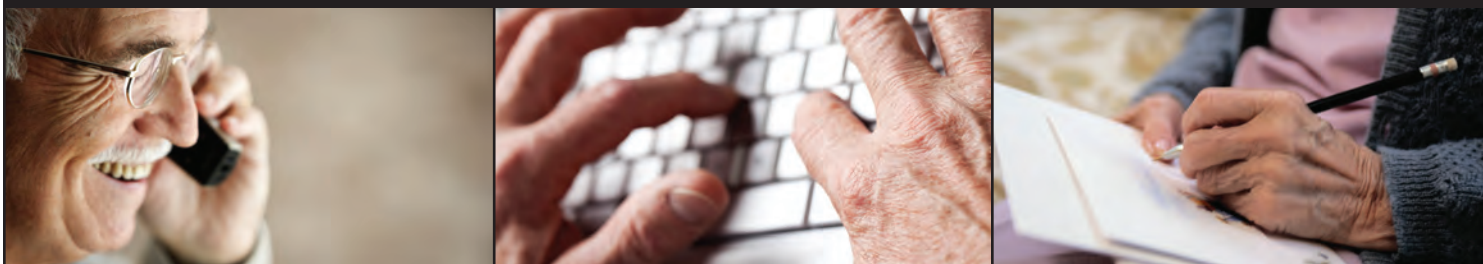
### Transportation Resources in My Community:

Name	Phone

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# Toolkit for Older Adults: Resource Guide



This guide lists contact information, resources and websites that are listed as part of the Toolkit for Older Adults series. If you have questions, please contact your IRIS Consultant for more information or assistance.

## **Medicare**

Toll-Free: 1-800-633-4227

TTY: 1-877-486-2048

Website: <http://www.Medicare.gov>

## **Your Guide to Medicare's Preventative Services**

Website: <http://www.medicare.gov/publications>

## Nutrition Information and Resources

### **Commodity Supplemental Food Program**

Website: <http://www.dhs.wisconsin.gov/health/Nutrition/CSFP/index.htm>

### **Emergency Food Assistance Program**

Website: <http://www.dhs.wisconsin.gov/health/Nutrition/TEFAP/index.htm>

### **FoodShare Wisconsin**

Website: <http://www.dhs.wisconsin.gov/foodshare/index.htm>

### **The Older Adults General Nutrition Resource List**

Website: <http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>

### **Senior Farmers' Market Nutrition Program**

Website: <http://www.dhs.wisconsin.gov/WIC/Fmnp/senior.htm>

### **Senior Nutrition Information at Nutrition.gov**

Website: <http://www.nutrition.gov/life-stages/seniors>

## Staying Safe in Your Home

### **Alzheimer's Society – Home Safety Guide**

Toll-Free: 1-800-272-3900 (24/7 Helpline)

Website: <http://goo.gl/FST1i1>

### **National Resource Center for Supportive Housing and Home Modification**

Phone: 213-740-1364

Website: <http://www.homemods.org>

**Office for the Deaf and Hard of Hearing**

Website: <http://www.dhs.wisconsin.gov/sensory/ODHHServices.htm>

**Options for Independent Living**

Toll-Free: 1-888-465-1515

Phone: 920-490-0600 TTY

Website: <http://www.optionsil.com/model-home>

**Sharper Vision Store**

Phone: 608-237-8100

Website: <http://wcblind.org/index.php>

**Wisconsin Council of the Blind & Visually Impaired**

Phone: 608-255-1166

Toll-Free: 1-800-783-5213

**Staying Healthy****Alzheimer's Association**

Phone: 1-800-272-3900 (24/7 Helpline)

Website: <http://www.alz.org>

ALZ Connected: <https://www.alzconnected.org>

**Centers for Disease Control and Prevention**

Phone: 1-800-232-4636

TTY: 1-888-232-6348

Website: <http://www.cdc.gov>

**Healthy Workshops in Your Community**

Wisconsin Institute for Healthy Aging

Phone: 608-243-5690

Email: [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

Website: <http://wihealthyaging.org>

**Living Well With Chronic Conditions Program**

Wisconsin Institute for Healthy Aging

1414 MacArthur Road, Suite B, Madison, WI 53714

Phone: 608-243-5690

E-mail: [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

Website: <http://goo.gl/VLZj77>

**National Institute of Mental Health**

Toll-Free: 1-866-615-6464

Toll-Free: 1-866-415-8051 TTY

Email: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

Website: <http://www.nimh.nih.gov>

**National Suicide Prevention Lifeline**

Toll-Free: 1-800-273-TALK (8255)

Website: <http://www.suicidepreventionlifeline.org>

## Preventing Falls

- **Stepping On**

Website: <http://www.dhs.wisconsin.gov/aging/CDSMP/SteppingOn/index.htm>

- **Sure Step**

Website: <https://wihealthyaging.org/sure-step>

## Suicide Awareness Voices of Education

Phone: 1-952-946-7998

Website: <http://www.save.org>

## Telecommunications Equipment Purchase Program (TEPP)

Toll-Free: 800-251-8345 TTY (in Wisconsin)

TTY: 608-267-1479

Phone: 608-231-3305 Voice

E-mail: [pscrecordsmail@wisconsin.gov](mailto:pscrecordsmail@wisconsin.gov)

Website: <http://psc.wi.gov/consumerinfo/assistanceprograms/tepp/tepp-ind.htm>

## Staying Connected to Your Community

### Create the Good

Website: <http://createthegood.org>

### Lotsa Helping Hands

Website: <http://www.nfca.lotsahelpinghands.com>

### Meetup.com

Website: <http://www.meetup.com>

## Other Helpful Resources

### American Association of Retired Persons (AARP)

Address: 601 E Street, NW, Washington DC 20049

Toll-Free: 1-888-OUR-AARP (1-888-687-2277)

TTY: 1-877-434-7598

Website: <http://www.aarp.org>

### Coalition of Wisconsin Aging Groups (CWAG)

Address: 2850 Dairy Drive, Suite 100, Madison, WI 53718

Toll-Free: 1-800-488-2596

Website: <http://www.cwag.org>

## Driving and Older Adults

- **American Automobile Association (AAA): Senior Driving Resources**

Website: <http://seniordriving.aaa.com>

- **Driver Safety: AARP**

Website: <http://goo.gl/23rCSh>

## Hospice Information

- **The Hospice Organization and Palliative Experts of Wisconsin (HOPE)**  
Address: 3240 University Avenue, Suite 2, Madison, WI 53705-3570  
Phone: 608-233-7166  
Toll-Free: 1-800-210-0220  
Fax: 608-233-7169  
Website: <http://www.HOPEofWisconsin.org>
- **National Hospice and Palliative Care Organization (NHPCO)**  
Toll-Free: 1-800-658-8898  
Website: <http://www.nhpco.org>

## Planning for the Future

- **National Academy of Elder Law Attorneys, Inc.**  
Website: <http://www.naela.org>
- **Wisconsin Guardianship Support Center**  
Contact through Greater Wisconsin Agency on Aging Resources (GWAAR)  
Website: <http://gwaar.org>

## Senior Resources

Address: P.O. Box 285, Germantown, WI 53022  
Phone: 262-253-0901  
Website: <http://www.seniorresourcesonline.com>  
Email: [info@seniorresourcesonline.com](mailto:info@seniorresourcesonline.com)

## Wisconsin Aging and Disability Resource Centers (ADRC)

Website: <http://www.dhs.wisconsin.gov/lc/lc/adrc>  
Map of ADRCs in Wisconsin: <http://goo.gl/scl3PZ>

## Wisconsin Department of Human Services

Address: 1 West Wilson Street, Madison, WI 53703  
Phone: 608-266-1865  
Website: <http://www.dhs.wisconsin.gov>