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## ***Resource Directory***

## ***Barron County***

**May, 2017**

For latest updates please go online to view:

<http://www.adrcconnections.org/resource-guides>



## ***“Connections for Better Living”***

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**Phone: (715) 537-6225**

**335 E Monroe Avenue, Room 100**

**Barron, WI 54812-1478**

**Toll-free: (888) 538-3031**

**Fax: (715) 537-6842**



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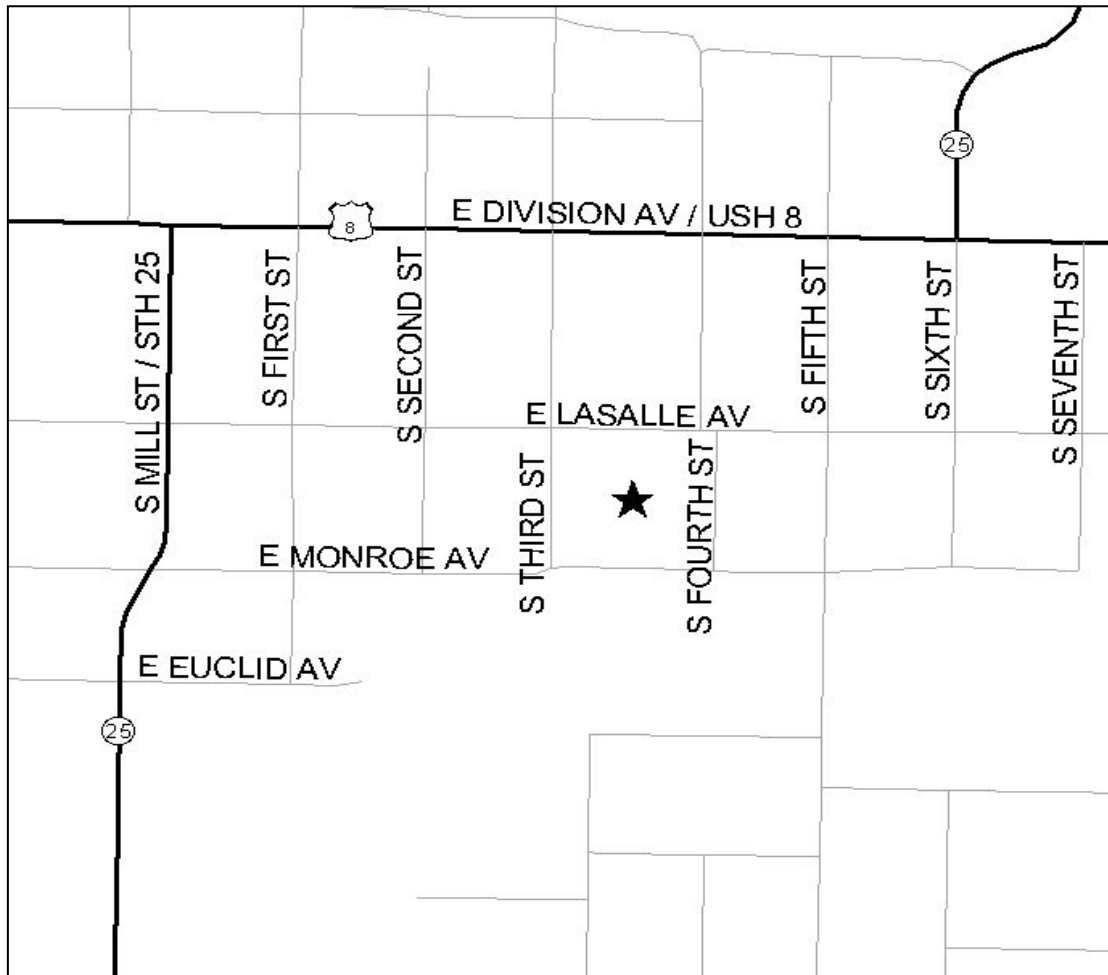
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ADRC Supervisor	.....	Mary Updike
Administrative Specialist	.....	Caryn Becker
Dementia Care Specialist	.....	Trisha Bailkey
Dementia Care Specialist	.....	Peggy Schmidt
Disability Benefit Specialist	.....	Kim Gogan
Elder Benefit Specialist	.....	Leanne Grover
Elder Benefit Specialist	.....	Mary Simpson
Fiscal/Administrative Specialist	.....	Terri Mikyska
Health Promotion Specialist	.....	Natalia Del Monte
Information & Assistance Specialist	.....	Sue Allyn
Meals on Wheels Coordinator	.....	Joanne Sweet
Nutrition & Transportation Program Manager	.....	Jennifer Jako
Outreach Specialist	.....	Chris Hagen
Office Assistant	.....	Maggie Sinclair
Resource Specialist	.....	Kim Cobb

**[www.adrcconnections.org](http://www.adrcconnections.org)****Email: [adrc@co.barron.wi.us](mailto:adrc@co.barron.wi.us)****Veterans Services Staff****715-537-6290**

Veterans Service Officer	.....	Scott Bachowski
Assistant Veterans Service Officer	.....	Tammi Saleska

## Map and Directions



### **Barron County Government Center (old courthouse)**

335 E Monroe Avenue, Room 100  
Barron, WI 54812-1478

Phone: (715) 537-6225  
Fax: (715) 537-6842

Toll-free: (888) 538-3031

**Directions from the north:** Take Hwy 25 or Hwy 53 south to Hwy 8. Head west on Hwy 8 and turn left on Third St. Turn left on Monroe Ave.

**Directions from the south:** Take Hwy 53 north to Hwy 8. Head west on Hwy 8 and turn left on Third St. Turn left on Monroe Ave.

**Directions from the east:** Take Hwy 8 west. Turn left on Third St. Then turn left on Monroe Ave.

**Directions from the west:** Take Hwy 8 east to Third St. Turn right on Third St. Then turn left on Monroe Ave.

Barron County Resources, 05/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)  
Call 715-537-6225 or visit our website: [www.adrcconnections.org](http://www.adrcconnections.org)

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This resource directory contains information on many topics, products, and programs. It should be used as an overview and general guide. No endorsements or recommendations are made by the Aging and Disability Resource Center of Barron, Rusk, and Washburn Counties.

## ***What is an ADRC?***

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The Aging and Disability Resource Center (ADRC) is a public office where people can find help in their communities for older people and adults with disabilities, as well as their families and friends. Our staff is available to answer your questions and help you explore all of your options. Free, private, confidential meetings with our staff are available at the resource center, over the telephone, or in a visit to your home.

Call 715-537-6225 or 1-888-538-3031.

## ***What we do***

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- Benefits counseling – Accurate and current information on private and government benefits and programs. “Red tape cutters” on problems related to Medicare, Social Security, and other benefits.
- Equipment loan closet – Short term rental of commodes, bath benches, walkers, wheelchairs, etc. \$15.00 each for three months.
- Family caregiver services – Consultation with individuals and families, support group, respite programs, Daybreak adult day care, educational materials.
- Health & Wellness Programs – Healthy living programs, falls prevention workshops, monthly nutrition workshops, and caregiver support workshops.
- Information and connections – Answers to questions and assistance in locating needed help.
- Informational lending library – Books, CDs, tapes, pamphlets, brochures.
- Long-term care options counseling – Consultation and advice about the options available to meet an individual’s long-term care needs, including enrollment into long term care options (Family Care and IRIS).
- Meals-on-Wheels – Meals are delivered to homebound adults age 60+ and includes a check on their well-being. Suggested donation: \$4.00.
- Medicare/supplemental insurance counseling – Help seniors with filing claims, solving claim errors, appealing decisions, and understanding and comparing supplemental health insurance policies.
- Memory care connections – Support for spouses and others caring for a loved one with Alzheimer’s disease at home.
- Private-pay caregiver hiring – Families needing to hire a caregiver can review job applications completed by caregivers seeking work. Families use their private funds to directly pay caregivers.
- Senior dining – Healthy, appetizing meals served at senior centers. Opportunity for networking, visiting with friends, volunteering. Suggested donation: \$4.00.
- Tax-aide – Help with filing Wisconsin Homestead Tax and income tax returns.
- Transportation – Information about transportation choices and volunteer drivers.
- Youth Transition Services-Information about resources available when youth with disabilities reach adulthood.



## **Abuse & Neglect**

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Report suspected physical abuse, emotional abuse, financial abuse, sexual abuse, neglect, or self-neglect of an older person or adult with a disability. Callers may choose to be anonymous.

*For reporting about people living in a long-term care facility.*

**Long Term Care Ombudsman**

**(800) 815-0015**

*For reporting allegations of abuse or neglect by facility staff or home health workers.*

**Wisconsin Division of Quality Assurance**

**(800) 642-6552**

*For all other reporting.*

**Barron County Department of Health & Human Services**

**Adult Protective Services**

**(715) 537-5691**

335 E Monroe Ave., 3rd Floor Barron, WI 54812

**Barron County Domestic Abuse Project**

**(715) 537-6334**

Advocacy for survivors and victims of domestic abuse.

**After-hours: (888) 552-6642**

**Time-Out Family Abuse Shelter, Inc. (715) 532-6976**

**(800) 924-0556**

Crisis/support line and shelter for victims of domestic violence, sexual assault, and their families.

P.O. Box 406 Ladysmith, WI 54848

## **Advocacy/Community Organizations**

<b>AARP Wisconsin – (American Assoc. of Retired Persons)</b>	<b>(866) 448-3611</b>
222 W Washington Ave. Suite 600 Madison, WI 53703	
<b>AgrAbility of Wisconsin</b>	<b>(608) 262-9336</b>
Independent living services for individuals and families engaged in farming and coping with a disability. Provided at your home or farm.	<b>TTY (800) 947-3529</b>
<b>AIDS Resource Center of Wisconsin</b>	<b>(800) 750-2437</b>
505 Dewey St. S. Suite 107 Eau Claire, WI 54701	<b>(715) 836-7710</b>
<b>American Cancer Society</b>	<b>(800) 227-2345</b>
N19 W24075 Riverwood Dr. Waukesha, WI 53188	<b>(262) 523-5500</b>
<b>Arthritis Foundation</b>	<b>(800) 333-1380</b>
10427 W. Lincoln Ave., Suite 1300 West Allis, WI 53227	
<b>Autism Society of Wisconsin</b>	<b>(888) 428-8476</b>
1477 Kenwood Dr. Menasha, WI 54952	
<b>Barron County Area Literacy Council, Inc.</b>	<b>(715) 637-5797</b>
Free reading help for adults.	
1128 22 7/16th St. Chetek, WI 54728	
<b>Brain Injury Alliance of Wisconsin</b>	<b>(800) 882-9282</b>
6409 Odana Rd., Suite #1 Madison, WI 53719	
<b>Brain Injury Resource Center of Wisconsin</b>	<b>(262) 770-4882</b>
511 N. Grand Avenue Waukesha, WI 53186	
<b>Center for Independent Living Western Wisconsin</b>	<b>(715) 736-1800 (866) 419-1260</b>
312 W Knapp St. Suite 1 Rice Lake, WI 54868	
<b>Coalition of Wisconsin Aging Groups (CWAG)</b>	<b>(800) 488-2596</b>
Mailing address: P.O. Box 628248 Middleton, WI 53562	<b>(608) 224-0606</b>
Physical address: 2850 Dairy Dr. Suite #100 Madison, WI 53718	
<b>Disability Rights Wisconsin</b>	<b>(715) 736-1232 (877) 338-3724</b>
217 W Knapp St. Rice Lake, WI 54868	
<b>Down Syndrome Association of Wisconsin</b>	<b>(715) 379-0563</b>
P.O. Box 3156 Eau Claire, WI 54702	
<b>Epilepsy Foundation of Western Wisconsin</b>	<b>(800) 924-2105</b>
1812 Brackett Ave. Suite 5 Eau Claire, WI 54701	<b>(715) 834-4455</b>

*For complaints, questions and/or concerns regarding the care and the rights of people (ages 18-59) receiving Family Care or IRIS.*

**Family Care & IRIS Ombudsman** (715) 736-1232 (877) 338-3724

*For complaints, questions and/or concerns regarding the care and the rights of residents in nursing homes, group homes, and people age 60 and older receiving Family Care.*

**Long Term Care Ombudsman/ Family Care** (800) 815-0015

**NAMI of Barron County (National Alliance on Mental Illness)** (715) 568-4426

P.O. Box 477 Rice Lake, WI 54868

**Pink Ribbon Advocacy, Inc.** (715) 537-1400

Financial assistance to breast cancer patients.  
2071 9 ½ St. Cumberland, WI 54829

**The Arc Eau Claire** (715) 514-1825

Developmental disabilities  
800 Wisconsin St. Mailbox 86 Eau Claire, WI 54703

**United Cerebral Palsy West Central Wisconsin, Inc.** (888) 845-5775

206 Water St. Eau Claire, WI 54703 (715) 832-1782

**Wisconsin Board for People with Developmental Disabilities** (888) 332-1677

101 E. Wilson St., Rm. 219 Madison, WI 53703 (608) 266-7826



**Project Lifesaver – Barron County**

**(715) 637-6840**

Through Sheriff's Department to safeguard and locate individuals who may wander.

**Dementia Care Living Facilities –see Assisted Living and Nursing Homes**

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**Geriatric Clinics**

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**Mayo Clinic Health System-Northland**

**(715) 236-8500**

**Geriatric Consultation Clinic**

331 South Main Street Suite H Rice Lake, WI 54868

**UW Health Eau Claire**

**(715) 839-5175**

**Family Medicine Clinic-Geriatric Assessments**

617 Clairemont Avenue Eau Claire, WI 43701

**Memory Clinics**

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For the evaluation of memory problems.

**Clinics affiliated with WI Alzheimer's Institute**

**(608) 263-2761**

**Wisconsin Alzheimer's Institute**

**(608) 829-3300**

**University of Wisconsin School of Medicine & Public Health**

7818 Big Sky Drive, Suite 215 Madison, WI 53719

**Mayo Clinic Health System Memory Care Clinic**

**(715) 838-1900**

Clinic hours: Monday afternoons.

1400 Bellinger Street, 5th Floor Neurosciences Eau Claire, WI 54703

**Mayo Clinic Alzheimer's Research Center**

**(507) 284-1324**

200 First St. SW Rochester, MN 55905

**Gundersen Memory Center**

**(800) 362-9567 ext 5900**

1900 S. Ave. La Crosse, WI 54601

**Marshfield Clinic-Memory Clinics**

Eau Claire 2nd Friday of the month

**(715) 858-4500**

## **Assisted Living**

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### **Adult Family Homes**

**(877) 622-6700**

Supervision, room and board provided. Current listing: <https://www.dhs.wisconsin.gov/guide/afh.htm>

1-2 bed homes are certified by Community Link, Inc. of Wisconsin.

3-4 bed homes are licensed by the State of Wisconsin.

### **Residential Care Apartment Complexes (RCACs)**

An apartment that includes a kitchen, living area, bedroom, and private bathroom.

Registered or certified by the State of Wisconsin. Private & semi private rooms.

Services include meals, laundry, housekeeping, arranging medical appointments and transportation, and may include up to 28 hours per week of nursing care per resident.

<http://www.dhs.wisconsin.gov/bqaconsumer/assistedliving/aslivdirs.htm>

**Atrium Senior Living of Chetek** (formerly known as Pelican Place) **(715) 924-4891**

708 Tainter St. Chetek, WI 54728

**Brentwood Senior Communities** **(715) 736-7400**

633 Cameron Rd. Rice Lake, WI 54868

**Dove Healthcare – Barron – Assisted Living** **(715) 537-1151**

1333 E Memorial Dr. Barron, WI 54812

**Woodstone Senior Living Community** **(715) 736-6060**

950 Bear Paw Ave. Rice Lake, WI 54868

### **Community Based Residential Facilities (CBRFs)**

State licensed: 24-hour supervision, meals, medication monitoring, personal care, semi-private, private rooms or apartments. Facilities generally have 5-25 residents. State licensed.

**Cameron House** **(715) 790-4727**

1372 24 3/8 St. Cameron, WI 54822

**Care Partners** **(715) 719-0415**

1639 Kern Ave. Rice Lake, WI 54868

**Country Terrace** **(715) 234-2012**

1631 Kern Ave. Rice Lake, WI 54868

**IntegriCare** **(715) 719-0024**

Rice Lake, WI 54868

**Monroe Manor** **(715) 537-5700**

508 E Monroe Ave. Barron, WI 54812

**Our House** **(715) 236-7211**

415 E South St. Rice Lake, WI 54868

**River's Edge** **(715) 790-4727**

251 Woodard St. Chetek, WI 54728

***Dementia Care Facilities-also see Nursing Homes***

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Adult Family Homes, Community Based Residential Facilities, Residential Care Apartment Complexes, and Nursing Homes that specialize in caring for people with Alzheimer’s or other dementia.

<b>Amery Memory Care</b>			<b>(715) 797-6027</b>
215 Birch St.	Amery, WI	54001	
<b>Brentwood Memory Care</b>			<b>(715) 736-7402</b>
633 Cameron Rd.	Rice Lake, WI	54868	
<b>Colfax Health &amp; Rehab Center</b>			<b>(715) 962-3186</b>
1011 University Ave.	Colfax, WI	54730	
<b>Dallas Care &amp; Rehab Center</b>			<b>(715) 837-1222</b>
104 E Dallas St.	Dallas, WI	54733	
<b>Golden Age Manor</b>			<b>(715) 268-7107</b>
220 Scholl Ct.	Amery, WI	54001	
<b>Heritage Manor</b>			<b>(715) 234-2161</b>
19 W Newton St.	Rice Lake, WI	54868	
<b>Atrium Post-Acute Care of Chetek</b>			<b>(715) 924-4891</b>
(formerly Knapp Haven Nursing Home)			
725 Knapp St.	Chetek, WI	54728	
<b>Lake Hallie Memory Care</b>			<b>(715) 738-0011</b>
4407 124th St	Chippewa Falls, WI	54729	
<b>Monroe Manor</b>			<b>(715) 537-5700</b>
508 E Monroe Ave.	Barron, WI	54812	
<b>Our House Memory Care</b>			<b>(715) 736-0347</b>
413 E South St.	Rice Lake, WI	54868	
<b>Woodstone Memory Care</b>			<b>(715) 736-6060</b>
950 Bear Paw Ave.	Rice Lake, WI	54868	

# **Assistive Technology/Adaptive Equipment**

*See also Hearing, Vision*

Assistive technology and adaptive equipment enable people with disabilities to accomplish daily living tasks, assist them in communication, education, work or recreation activities, and help them achieve greater independence and enhance their quality of life.

**Assisted Living Store** (888) 388-5862  
[www.assistedlivingstore.com](http://www.assistedlivingstore.com)

**Adaptive Experts** (800) 371-2778

Driver Evaluation and Training for People with Disabilities

A national company that provides a team of state licensed Occupational/Physical therapist with expertise as licensed driving instructors. Services include comprehensive driving evaluations and behind-the-wheel driver training.

[www.adaptivemall.com](http://www.adaptivemall.com)

**Apria Healthcare**

1316 North Hastings Way Eau Claire, WI 54703 (715) 835-6965

2021 Kern Ave Rice Lake, WI 54868 (715) 234-6961

**Center for Independent Living Western Wisconsin** (715) 736-1800

312 W Knapp St. Suite 1 Rice Lake, WI 54868 (866) 419-1260

**e-pill medication reminders**

[www.epill.com](http://www.epill.com)

**Home Medical** (715) 234-5000

1590 Macauley Ave. Rice Lake, WI 54868

**Lutheran Social Services** (715) 210-7299

35 W Messenger St

**Numotion** (800) 522-6294

<http://www.numotion.com>

**Maxi Aids**

[www.maxiaids.com/store/default.asp](http://www.maxiaids.com/store/default.asp)

**Walgreens Home Medical**

849 Woodward Ave. Chippewa Falls 54729 (715) 726-8540

502 S Main St. Rice Lake, WI 54868 (715) 736-0120

**WisLoan** (877) 463-3778

Low-interest loan for adaptive equipment. (414) 305-0509

**Center for Independent Living**

312 W Knapp St. Suite 1 Rice Lake, WI 54868



## **Caregiver Support**

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See also; Support Groups, Assisted Living and Nursing Homes for agencies that may provide weekend or short-term care; Support Groups.

### **Alzheimer's and Dementia Information                      ADRC                      (715) 537-6225**

#### **Education and Support**

For people with dementia or who are concerned they have symptoms, their family care partners, and the community.

335 E Monroe Ave. Room 100    Barron, WI                      54812

### **Family Caregiver Support Services    ADRC                      (715) 537-6225**

Provides support services to families who provide care to persons age 60 or older and to grandparents or older relatives with minor children living in their home.

335 E Monroe Ave. Room 100    Barron, WI                      54812

### **Memory Care Connections                      ADRC                      (715) 537-6225**

Offers support and guidance for people caring for their loved ones with dementia at home.

335 E Monroe Ave. Room 100    Barron, WI                      54812

### **Music & Memory                                              ADRC                      (715) 537-6225**

Provides personalized music with community support to Barron County residents living at home who have memory concerns.

335 E Monroe Ave. Room 100    Barron, WI                      54812

### **Powerful Tools for Caregivers Workshop                      (715) 537-6225**

Meets 2 hours a week for 6 weeks.

Helps family caregivers take care of themselves while caring for a parent, spouse or friend – at home, in a facility, or from a distance.

### **Agencies & programs that provide weekend or short-term care; also called respite:**

*Also see Assisted Living and Nursing Homes for agencies that may provide weekend or short-term care. Also see Support Groups.*

These agencies serve all or parts of Barron County, and may have service hour minimum requirements.

### **American Parkinson Disease Association Wisconsin Chapter                      (608) 229-7628**

Individuals with Parkinson disease may be eligible for a stipend to be used for respite care services.

### **Daybreak                                                                      ADRC                      (715) 537-6225**

A group activity and respite care program for early to mid-stage Alzheimer's Disease or related memory disorders. The Daybreak program is available in Barron and Rice Lake.

### **Chores & Care File                                              ADRC                      (715) 537-6225**

List of local resources available for hiring in-home help.

335 E Monroe Ave. Room 100    Barron, WI

### **Comfort Keepers                                                                      (715) 381-6730**

Eau Claire & Hudson locations.

Barron County Resources, 05/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (ADRC)

Call 715-537-6225 or visit our website: [www.adrcconnections.org](http://www.adrcconnections.org)

<b>Help At Home, LLC</b>				<b>(715) 645-2598</b>
110 S Lake Dr.	Shell Lake, WI	54871		
<b>Indianhead Home Health Services</b>				<b>(715) 532-4222</b>
1000 College Ave. West	P.O. Box 40	Ladysmith, WI	54848	
<b>Lean On Me Home Care</b>				<b>(715) 463-5004</b>
P.O. Box 337	Grantsburg, WI	54840		
<b>Peaceful Living</b>				<b>(715) 386-7071</b>
411 County Road UU, Unit C	Hudson, WI	54016		
<b>Visiting Angels</b>				<b>(715) 861-5546</b>
2396 Hallie Rd. Suite 4	Chippewa Falls, WI	54729		

## ***Consumer Protection/Fraud***

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*For complaints about identity theft and fraud.*

**Barron County Sheriff's Department**

**(715) 537-3106**

Justice Center

1420 State Hwy 25 N                      Barron, WI                      54812

**Better Business Bureau of WI, Inc.**

**(800) 273-1002**

10019 W Greenfield Ave.                      Milwaukee, WI                      53201

**Consumer Protection Hotline**

**(800) 422-7128**

Wisconsin Dept. of Trade, Agriculture & Consumer Protection

**TTY (608) 224-5058**

*For complaints about any type of insurance.*

**Office of the Commissioner of Insurance**

**(800) 236-8517**

125 South Webster St                      Madison, WI                      53703-3474

**Wisconsin Do Not Call List**

**(888) 382-1222**

**Wisconsin Landlord/Tenant Hotline (Housing)**

**(800) 422-7128**

Wisconsin Dept. of Trade, Agriculture & Consumer Protection

**TTY (608) 224-5058**

## ***Dental Resources***

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Dental providers listed serve all patients, regardless of ability to pay or insurance status.

<b>Affordable Dentures</b>			<b>(715) 855-1020</b>
4850 Keystone Crossing	Eau Claire, WI	54701	
<b>Donated Dental Services</b>			<b>(866) 812-9840</b>
Volunteer dentist in your area. P.O. Box 14173	West Allis, WI	53214	
<b>Rice Lake Dental Center</b>			<b>(715) 236-8900</b>
1501 W Stout St.	Rice Lake, WI	54868	
<b>Rural Health Dental Clinic</b>			<b>(715) 986-2599</b>
212 Maple St. S.	Turtle Lake, WI	54889	

## **Emergency Needs – Housing, Gas, Food**

*Also see Energy/Utility Assistance, Food & Nutrition Programs, Housing, & Veterans Services.*

<b>911 – Police, Sheriff, Fire and Rescue Emergencies</b>	<b>Call 911</b>
<b>American Red Cross Western Wisconsin Chapter</b>	<b>(877) 618-6628</b>
3728 Spooner Ave. Altoona, WI 54720	
<b>Association of Churches for Emergency Outreach</b>	<b>(715) 434-2236</b>
Serves Rice Lake area only.	
<b>Benjamin’s House Emergency Shelter</b>	<b>(715) 736-2437</b>
Homeless shelter serving individuals and families. 1107 Heart Island Pkwy. Rice Lake, WI 54868	
<b>Harvest of Hope Fund</b>	<b>(608) 836-4633</b>
Emergency needs for food, home heating fuel, medical expenses, re-training, and other immediate situations for farm families. 7118 Old Sauk Rd. Madison, WI 53717	
<b>Rice Lake Guest House</b>	<b>(715) 234-4811</b>
1113 Heart Island Pkwy. Rice Lake, WI 54868	
<b>Salvation Army</b>	<b>(715) 554-4928</b>
PO Box 165 Barron, Wisconsin 54812	
Emergency overnight shelter.	
Family House	<b>(715)-651-8740</b>
PO Box 29 Rice Lake, Wisconsin 54868	
<b>St. Vincent de Paul</b>	<b>(715) 736-1601</b>
Emergency funds available; leave message and call will be returned within 24 hrs.	
<b>West CAP (West Central Wisconsin Community Action Agency, Inc.)</b>	<b>(800) 606-9227</b>
525 Second Street, PO Box 308 Glenwood City, WI 54013	

# **Employment**

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Job training, counseling and employment opportunities for older adults, veterans, and people with disabilities.

**Barron County Developmental Disabilities Services** (715) 537-5341  
**Vocational Day Program**  
 175 Lake St. Barron, WI 54812

**Barron County Job Center** (715) 234-6826  
 Provides assistance for employers and individuals seeking employment.  
 331 S Main St. Rice Lake, WI 54868

**Programs located at the Barron County Job Center:**

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**Division of Vocational Rehabilitation (DVR)** (715) 234-6806  
 Provides employment services and counseling to people with disabilities.

**Citizens Employment and Training, Inc.** (888) 772-4337  
 Employment and training for older adults and adults with disabilities.

**Veterans Assistance** (715) 234-6826  
 Office hours at Barron County Job Center.

**Workforce Resource Inc.** (715) 234-6302 (715) 234-6826  
 Serves unemployed, underemployed and refugees. Somali (715) 537-3404

**Stout Vocational Rehabilitation Institute** (715) 232-2513  
 Private pay vocational evaluation & training.  
 101 Vocational Rehabilitation Menomonie, WI 54751

**Ventures Unlimited**  
 Vocational services for people with disabilities in three locations

**Cameron** (715) 458-5005

**Hayward** (715) 934-3035

**Shell Lake** (715) 468-2939

## **Energy/Utility Assistance**

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### **Energy Assistance Program**

**(715) 537-5691**

Provides financial assistance with heating bills, furnace tuning & replacement, and weatherization for income-eligible households.

**Barron County Department of Health and Human Services**

335 E Monroe Ave., 3rd floor Barron, WI 54812

### **Heat for Heroes**

**(800) 891-9276**

Heating assistance for veterans.

### **Keep Wisconsin Warm/Cool Fund**

**1-800-891-WARM (9276)**

(Should apply for Energy Assistance first)

PO Box 68 Madison, WI 53701-0068

### **Lifeline & Link-Up Program**

Eligible customers must be in a low-income household or receive a benefit from one of the following: Wisconsin Works, Medicaid, Supplemental Security Income (SSI), FoodShare, Energy Assistance, or Homestead Credit.

Lifeline & Link-up are programs designed to help low-income people or people on a fixed income, reduce their phone or cell phone bill and assist with telephone service connection and installation.

This program does not assist with past-due bills.

To apply, contact your local telephone company and say you want to apply for the Lifeline & Link-up programs for Wisconsin.

### **SafeLink Wireless**

**(800) 723-3546**

Free cellular service and cell phone through Lifeline for low-income persons.

**(800) Safelink**

### **USDA Rural Development**

**(715) 635-8228**

Provides low-interest loans for all income-eligible persons and grants for persons age 62 and older for home weatherization and modifications.

800 N Front St. Room 102 Spooner, WI 54801

## **Food & Nutrition Programs**

*Also see Senior Centers/Senior Dining for meal sites. Please check with your local grocer for delivery assistance.*

**FoodShare/Great Rivers Income Maintenance Call Center (888) 283-0012**

Provides monthly benefits to help low-income households buy food.  
(For questions or to apply go online: [www.access.wi.gov](http://www.access.wi.gov))

**Barron County Department of Health and Human Services (715) 537-5691**

335 E Monroe Ave., 3rd floor Barron, WI 54812

**Liquid Nutritional Supplements (715) 236-6109**

Lakeview Medical Center offers a variety of nutritional supplements.

1700 West Stout Street | Rice Lake, Wisconsin 54868

*Effective Nov 1, 2016 Barron County no longer offers liquid supplements.*

**Meals On Wheels ADRC (715) 537-6225**

335 E Monroe Ave. Room 100 Barron, WI 54812

**Mom's Meals NourishCare (877) 508-6667**

3210 SE Corporate Woods Dr Ankeny, IA 50021

**Senior Commodity Supplemental Food Program ADRC (715) 537-6225**

A monthly box of food to persons age 60 and older who meet income guidelines.

335 E Monroe Ave. Room 100 Barron, WI 54812

### **Food Pantries & Meals**

**Cameron Area Food Pantry (715) 458-0466**

Tuesday, 9:00 a.m.-11:00 a.m. Thursday, 1:00 p.m.-3:00 p.m.

300 N 1st St. Cameron, WI 54822

**Chetek Food Shelf, Inc. (715) 925-3500**

Tuesday & Thursday, 10:00 a.m.-1:00 p.m.

121 2nd St. Chetek, WI 54728

**Chetek United Methodist Church (715) 924-4660**

Meal served every Wednesday & Thursday, 5:30 p.m.-6:30 p.m.

300 Stout St. Chetek, WI 54728

**Community Connections Lunch Box Program (715) 234-2828**

Lunch served Tuesday, Noon-1:00 p.m.

35 W Messenger St. Rice Lake, WI 54868

**Cumberland Food Pantry (715) 822-2004**

Friday, 1:00 p.m.-3:00 p.m.

1356 2nd Ave. Cumberland, WI 54829



<b>Cupboard &amp; Closet</b> Mon-Fri, 9:00 a.m.-5:00 p.m., Sat 9:00 a.m.-1:00 p.m. 411 E LaSalle Ave.                      Barron, WI                      54812	<b>(715) 637-3499</b>
<b>Good Samaritan Ministries</b> (On-call) 2056 15th Ave.                      Cameron, WI                      54822	<b>(715) 234-4230</b>
<b>Meal from the Heart</b> Hot meal served 3rd Thursday of the month at 5:30 p.m. 4 W LaSalle St.                      Barron, WI                      54812	<b>(715) 537-3575</b>
<b>Prairie Farm and Ridgeland Food Pantry</b> Tuesday, 2:00 p.m.-4:00 p.m. American Legion Building              Prairie Farm, WI              54762	<b>(715) 455-1246</b>
<b>Ruby's Pantry</b> <b>Living Water Church</b> Food distribution 3rd Saturday of every month 9:00 a.m.-10:30 a.m. (\$20 donation) 411 North 1st St.                      Cameron, WI                      54822	<b>(715) 458-0121</b>
<b>Ruby's Pantry</b> <b>Cumberland Elementary School</b> Food distribution 1st Saturday of every month, 8:00 a.m.-10:30 a.m. (\$20 donation) 1530 2nd Ave.                      Cumberland, WI                      54829	<b>(715) 822-2830</b>
<b>St. Vincent de Paul-Paul's Pantry and Soup Kitchen</b> Tuesday & Thursday, Noon-2:00 p.m. Lunch served Mon., Wed., Thurs. & Fri., Noon – 1:00 p.m. 40 S Main St.                      Rice Lake, WI                      54868	<b>(715) 234-2372</b>
<b>Sister's Emergency Food Cupboard and Closet</b> Mon., 10:00 – 11:00 a.m., Wed., 9:00 – 10:00 a.m., Thurs. by appt., leave message. 1108 Heart Island Pkwy.              Rice Lake, WI                      54868	<b>(715) 434-4332</b>
<b>Turtle Lake Food Pantry</b> <b>Village Hall</b> Open Tuesdays 12:30 p.m. to 3:30 p.m. 200 West Martin Ave.                      Turtle Lake, WI                      54889	<b>(715) 986-2241</b>
<b>We Share Food Pantry</b> Tuesday, 10:30 a.m.-Noon, Thurs. 1:00 p.m.-2:30 p.m. 400 W Coleman St.                      Rice Lake, WI                      54868	

# **Health Insurance/ Prescription Drug Programs**

**ForwardHealth Member Service** (800) 362-3002  
 Available Monday through Friday, 8:00 a.m. - 6:00 p.m.,  
 except state-observed holidays

**Medical Assistance (Medicaid)** (888) 283-0012  
 Barron County Department of Health and Human Services  
 335 E Monroe Ave., 3rd Floor Barron, WI 54812

**Medicaid & Supplemental Security Income Recipient Service Hotline** State: (800) 362-3002  
 Federal: (800) 772-1213  
 Answers questions for those receiving Medicaid including coverage billing and prior authorization.  
 Also provides referrals to dentist/dental services who accept Medicaid, Medicare,  
 Medicare Part D information, and to report Medicare fraud.

**Rice Lake Area Free Clinic** (715) 736-3733  
 Every Tuesday (except holidays) of the month, 5:00 p.m.-9:00 p.m.  
 1035 N Main St. (Medical Arts Bldg.), Rice Lake, WI 54868

## **Medicare, Medicare Part D information, and to report Medicare fraud**

**Medicare National Information Line** (800) 633-4227

**Aging & Disability Resource Center** (715) 537-6225  
 335 E Monroe Ave. Room 100 Barron, WI 54812

**Disability Drug Benefit Helpline (under 60)** (800) 926-4862

**Medicare Part D Helpline** (855) 677-2783 (715) 537-6225

**Benefit Specialists ADRC** (715) 537-6225  
 335 E Monroe Ave. Room 100 Barron, WI 54812

**Prescription Assistance Resources ADRC** (715) 537-6225  
 335 E Monroe Ave. Room 100 Barron, WI 54812

**SeniorCare** (800) 657-2038  
 (715) 537-6225  
 A prescription program for Wisconsin residents age 65 or older. There are  
 three levels of program participation, which is dependent on income.

**ABC for Health Inc.** (715) 485-8525  
 Health benefits counseling for low-income families and rural families.  
 100 Polk County Plaza, Suite 180 Balsam Lake, WI 54810



# **Healthy Living & Falls Prevention**

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**Barron County Public Health Office** (715) 537-6580

335 E Monroe Ave., 3rd Floor Barron, WI 54812

**Be Well Barron County** (715) 537-6120

Local physical activity guides and resources for healthy eating available.

335 E Monroe Ave., 3rd Floor Barron, WI 54812

**Memory Screen** **ADRC** (715) 537-6225

10-minute basic screening that can help identify possible changes in memory and understanding. Available in our office or your home.

335 E Monroe Ave. Room 100 Barron, WI 54812

## **Classes & Workshops**

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Local Senior Centers may offer a variety of physical activity programs.

**Balance & Beyond Exercise Classes** (715) 236-6239

**ADRC Workshops** (715) 537-6225

335 E Monroe Ave. Room 100 Barron, WI 54812

### **Beneficial Bites Workshop**

### **Healthy Living with Diabetes**

Learn tips to manage your diabetes and prevent complications if you have diabetes, prediabetes or help care for someone with diabetes

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

Take charge of your chronic condition by learning how to relieve symptoms and set goals to live a healthier life

### **Powerful Tools for Caregivers**

Gain the tools and knowledge to help take care of yourself as a caregiver, whether you care for a spouse, relative or friend

### **Stepping On Falls Prevention**

Build strength through simple exercises and gain confidence in how to prevent future falls

**Mayo Clinic Health Systems-Northland** (715) 537-3186

1222 E. Woodland Ave. Barron, WI 54812

### **Silver Sneakers**

Provides a free fitness center membership to older adults whose health insurance plan participates. Check with your local health plan and fitness facility.

**The Wisconsin Tobacco Quit Line** (800) 784-8669

Free information on quitting smoking, one-on-one telephone counseling, and referrals to local programs. Local Senior Centers may offer a variety of physical activity programs.

## **Hearing - Deaf/Hard of Hearing**

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**Center for Independent Living Western Wisconsin** (715) 736-1800 (866) 419-1260

Products to assist with hearing impairment available for loan.

312 W Knapp St. Suite 1 Rice Lake, WI 54868

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

Northwestern Region

610 Gibson St, Suite 1 Eau Claire, WI 54701

**Videophone: 715-502-9355**

**Fax: 715-836-6761**

**Telecommunication Equipment Purchase Program (TEPP)**

Helps persons who are deaf, hard of hearing, speech impaired, deaf with low vision, or deaf/blind purchase telecommunication equipment. Contact for an application:

**Wisconsin Public Service Commission**

P.O. Box 7854 Madison WI53707

**(608) 266-5481 (608) 267-1479**

**TTY (800) 251-8345**

**Wisconsin Telecommunications Relay Systems**

Allows a text telephone to be used by someone who may be deaf, hard of hearing or speech impaired to call or be called by virtually anyone using a voice telephone. Calls may be placed 24 hours a day, 7 days a week.

**Voice** 711 or (800) 947-6644

**TTY** 711 or (800) 947-3529

**ASCII** 711 or (800) 272-1773

**Speech to Speech** 711 or (800) 833-7637

**Spanish only** 711 or (800) 833-7813

**Financial Help to Purchase Hearing Aids:**

For individuals with limited financial resources.

**Audient Alliance for Accessible Hearing Care** (866) 956-5400

**Help America Hear Program** (631) 366-3461

**Starkey Foundation Hear Now Program** (800) 328-8602

**Wisconsin Lions Foundation** (877) 463-6953

## **Home Care**

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### **Licensed Home Health Agencies:**

State licensed home health agencies offer in-home skilled nursing, therapy services and personal care. May be covered by Medicare if prescribed by a doctor.

**Hearts of Gold, Inc.** (715) 468-2931  
38 5th Ave. Shell Lake, WI 54871

**Indianhead Home Health/Home Services** (715) 532-4222  
1000 College Ave. West P.O. Box 40 Ladysmith, WI 54848

**Indianhead Medical Center Home Health (Shell Lake Hospital)** (715) 468-7833  
Serves Washburn, Sawyer, Burnett, Barron and Polk counties.  
P.O. Box 300 113 4th Ave. Shell Lake, WI 54871

**Interim Healthcare** (715) 834-1313  
4257 Southtowne Dr., Ste. 3 Eau Claire, WI 54701

**International Quality Homecare Corporation** (877) 854-1411  
(Previously Gemini) Fax: (715) 699-1556  
15614 Windrose Lane, Suite 310A Hayward, WI 54843

**Lakeview Medical Center Home Care** (715) 236-6256  
1700 W Stout St. Rice Lake, WI 54868

**Mayo Clinic Health System Home Health & Hospice**  
1222 E Woodland Barron, WI 54812 (715) 537-3186  
2049 15<sup>th</sup> Ave. Cameron, WI 54822 (715) 458-4380

### **Hospice**

State licensed home health care and support services for the terminally ill and their families.

**Heartland Hospice** 715-214-2485  
3410 Oakwood Mall Drive, Suite 400 Eau Claire, WI 54701 fax (715)-552-1182

**Lakeview Medical Center Hospice Care** (715) 236-6256  
State licensed home health care and support services for the terminally ill and their families.  
1700 W Stout St. Rice Lake, WI 54868

**Mayo Clinic Health System Home Health & Hospice** (715) 537-3186  
1222 E Woodland Barron, WI 54812

**St. Croix Hospice** (855) 278-2764  
7200 Hudson Blvd. Suite 230 Oakdale, MN 55128

**In-home help**

Rates range from \$10-\$30 per hour. Non-medical services such as bathing, homemaking, chores, transportation, meal preparation, respite care, companionship, errands. Not covered by Medicare. \*Service providers with "\*" can bill Medicaid, and are licensed.

**\*Advanced Living Care** (715) 505-2812

903 Bongey Drive Menomonie, WI 54751

**\*Center for Independent Living** Voice/TTY: (715) 736-1800

312 W. Knapp Street Rice Lake, WI 54868

Voice/TTY: (866) 419-1260

(715) 736-0265 Fax

**Chores & Care File** ADRC (715) 537-6225

List of local resources to hire for in-home help.

335 E Monroe Ave. Room 100 Barron, WI 54812

**Comfort Keepers** (866) 552-6730

Eau Claire & Hudson locations.

**Dash of Polish Nail Salon** (715) 931-0816

103 N Main St. Rice Lake, WI 54868

**Fancy Feet Foot Care** (715) 418-1998

Toe nail clipping at your home or local Senior Centers.

**Help At Home, LLC** (715) 645-2598

110 S Lake Dr. Shell Lake, WI 54871

**Home Sweet Home MCM LLC** (715) 296-5586

2823 20th St Rice Lake, WI 54868

**Indianhead Home Health/Home Services** (715) 532-4222

1000 College Ave. West P.O. Box 40 Ladysmith, WI 54848

**Interim Healthcare** (715) 834-1313

4257 Southtowne Dr., Ste. 3 Eau Claire, WI 54701

**\*International Quality Homecare Corporation** (Previously Gemini) (877) 854-1411

15614 Windrose Lane, Suite 310A Hayward, WI 54843

Fax: (715) 699-1556

**Lutheran Social Services** (715) 210-7299

35 W Messenger St Rice Lake, WI 54868

**Peaceful Living** (715) 386-7071

1200 Hosford St. Suite 107 Hudson, WI 54016

**\*Sunshine Personal Care Agency** (715) 514 5566

1101 W. Clairemont Ave Suite 2A Eau Claire, WI 54701

**Visiting Angels** (715) 861-5546

2396 Hallie Rd. Suite 4 Chippewa Falls, WI 54729

## **Housing – Assistance/Ownership**

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Help with down payment, taxes, purchase, and information.

**Barron County Habitat for Humanity** (715) 458-1400

Help with down-payment for first-time home buyers with disabilities.

309 N 1st St. Cameron, WI 54822

**Movin Out, Inc.** (877) 861-6746 ext. 7

902 Royster Oaks Drive, Suite 105 Madison, WI 53714

**Property Tax Deferral Loan Program** (800) 755-7835

Applications may be obtained by contacting: Must be 65+ TTY: (800) 943-9430

WHEDA, P.O. Box 1728 Madison, WI 53701

**Senior Tax Exchange Program**

Local property tax credit in exchange for volunteering in area school districts with students. Contact your local district for information.

**Barron School District** (715) 537-5612

**Rice Lake School District** (715) 234-9007

**USDA Rural Development** (715) 635-8228

800 N Front St. Room 102 Spooner, WI 54801

**West CAP** (800) 606-9227

PO Box 308 – 525 2nd Street Glenwood City, WI 54013



# ***Housing - Renting***

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## ***Independent Senior Apartments***

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<b>Brentwood Senior Communities</b>			<b>(715) 736-7400</b>
633 Cameron Rd.	Rice Lake, WI	54868	
<b>Lakewood Regency Apartments</b>			<b>(715) 822-2741</b>
1110 7th Ave.	Cumberland, WI	54829	
<b>Woodstone Senior Living Community</b>			<b>(715) 736-6060</b>
950 Bear Paw Ave.	Rice Lake, WI	54868	

# **Housing-Subsidized Apartments**

Federally subsidized apartments for seniors, age 62+ and/or adults with disabilities who are capable of living independently.

<b>Barron County Housing Authority</b>		<b>(715) 537-5344</b>
611 Woodland Ave.	Barron, WI	54812
Almena: Portland Manor		
Barron: Berger-Woodland Manor, Parklawn Apartments		
Dallas: Parkview Manor		
Haugen: Norvin-Chateau		
Prairie Farm: Riverview Manor		
Turtle Lake: Lakeland Manor		
<b>Catholic Charities Bureau Housing Management</b>		<b>(715) 925-2015</b>
707 Tainter St.	Chetek, WI	54728
Evergreen Apartments		
<b>Chetek Housing Authority</b>		<b>(715) 924-3300</b>
801 W Stout St.	Chetek, WI	54728
Lone Oak Apartments		
<b>Cumberland Housing Authority</b>		<b>(715) 822-2005</b>
1295 6th Ave.	Cumberland, WI	54829
Island City Apartments, Island City Duplexes, Lakeview Apartments		
<b>Housing Authority City of Barron</b>		<b>(715) 537-5533</b>
123 E Franklin Ave.	Barron, WI	54812
Parklawn Apartments		
<b>Impact Seven</b>		<b>(715) 357-3334</b>
147 Lake Almena Dr.	Almena, WI	54805
Almena: Almena Duplex II, Home Store Apartments, Joseph Vinopal Villa,		
Barron: Maple Park Apartments		
Chetek: Center Park Apartments, BARC Lane, serves developmentally disabled		
Prairie Farm: Pioneer Housing, Scott Terrace serves developmentally disabled		
Rice Lake: Franklin School Apartments, Pine Park Apartments		
<b>Landmark Company</b>		<b>(715) 834-3411 (800) 924-3256</b>
Locations throughout Barron County.		<b>TTY:(715)-834-4010</b>
<b>Rice Lake Housing Authority</b>		<b>(715) 234-3721</b>
132 W Marshall St.	Rice Lake, WI	54868
Marshall Towers, Red Cedar Village, Riverside Arms, Water's Edge		

**Turtle Lake Non-profit Housing** (715) 986-2504  
1658 ¼ St. Turtle Lake, WI 54889  
Lakeland Manor

**Sunrise Meadow II** (800) 606-9227 x 336  
Barron

**Woodland Village Apartments** (715) 234-1590  
Rice Lake

**Subsidized Rent Vouchers**

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**Barron County Housing Authority** (715) 537-5344

**Rice Lake Housing Authority** (715) 234-5221

**Wisconsin Landlord/Tenant Hotline** (800) 422-7128  
Help resolving issues and complaints.

## **Housing – Repairs/ Modifications/Weatherization**

<b>Center for Independent Living</b>	<b>(715) 736-1800</b>
Options for home accessibility. Home organization, moving assistance, and relocation help.	
312 W Knapp St. Suite 1                      Rice Lake, WI                      54868	
<b>Home Repair Program</b>	<b>(715) 726-7933</b>
Assists low and moderate-income households with repairs to their homes.	
Chippewa County Housing Authority	
711 N. Bridge St., Room #14              Chippewa Falls, WI              54729	
<b>Tomorrow’s Home Foundation</b>	<b>(608) 255-3131</b>
Manufactured/mobile homes.	
258 Corporate Dr. Suite 200C              Madison, WI                      53714	
<b>USDA Rural Development</b>	<b>(715) 635-8228</b>
Provides low-interest loans for all income-eligible persons and grants for persons age 62 and older for home weatherization and modifications.	
800 N Front St. Room 102                      Spooner, WI                      54801	
<b>Volunteer Services of Barron County, Inc.</b>	<b>(715) 236-2184</b>
Volunteers to help build and install wheel chair ramps and install grab bars.	
335 E Monroe Ave. Room 100              Barron, WI                      54812	
<b>WisLoan</b>	<b>(715) 736-1800</b>
Low-interest loans available to people with disabilities for adaptive equipment such as ramps and grab bars.	
<b>WI Fund</b>	<b>(715) 537-6375</b>
Private Sewage System Replacement or Rehabilitation Grant Program.	
Barron County Zoning Office	
335 E Monroe Ave.                              Barron, WI                      54812	

# ***Legal***

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## ***Legal Assistance***

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<b>Disability Rights Wisconsin</b>			<b>(715) 736-1232</b>
217 W Knapp St.	Rice Lake, WI	54868	<b>(800) 928-8778</b>
			<b>TTY (888) 758-6049</b>
<b>Family Services of Barron County</b>			<b>(715) 537-5886</b>
Corporate guardianship services.			
327 E LaSalle Ave.	Barron, WI	54812	
<b>Helping Hands Family Services, Inc.</b>			<b>(715) 462-9630</b>
Corporate guardianship services.			
P.O. Box 21	Hayward, WI	54843	
<b>House Calls, Inc.</b>			<b>(888) 232-6475</b>
Corporate guardianship and representative payee services.			
P.O. Box 361	Menomonie, WI	54751	
<b>Payee Services, Inc.</b>			<b>(715) 233-0203</b>
Corporate guardianship and representative payee services.			
390 Red Cedar St.	Menomonie, WI	54751	
<b>Wisconsin Guardianship Support Center</b>			<b>(855) 409-9410</b>
Greater Wisconsin Area Agency on Aging. Information about advance directives and guardianship-related issues. Does not provide legal representation.			
<b>Wisconsin Judicare, Inc.</b>			<b>(800) 472-1638</b>
Legal services program for low-income persons.			
P.O. Box 6100	Wausau, WI	54402	
<b>Wisconsin State Bar Lawyer Referral &amp; Information Services</b>			<b>(800) 362-9082</b>
Does not provide referrals for pro-bono or reduced rates.			
<b>Wisconsin Pooled &amp; Community Trusts, Inc. (WisPACT)</b>			<b>(608) 268-6006</b>
Special needs trusts for people with disabilities.			
131 W Wilson St. Suite 300	Madison, WI	53703	

## ***Medical Equipment***

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*Also see Assistive Technology.*

Wheelchairs, hospital beds, grab bars, medical supplies, etc. Local pharmacies may have additional medical supplies/equipment.

### ***Loan Options***

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**Foxy Locks Wig Bank** (715) 434-6003

Wigs available for checkout using Rice Lake Public Library Card. (715) 931-0637

Rice Lake Public Library/Pink Ribbon Advocacy  
2 E Marshall St Rice Lake, WI 54868

**Loan Closet ADRC** (715) 537-6225

Used medical equipment such as wheelchairs, walkers, bath chairs & benches, etc.  
335 E Monroe Ave. Room 100 Barron, WI 54812

**Center for Independent Living Western Wisconsin** (715) 736-1800

Equipment and technology to promote independence available for loan.  
312 W Knapp St. Suite 1 Rice Lake, WI 54868

### ***No-charge***

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**Volunteer Services of Barron County, Inc.** (715) 236-2184

Free grab bars and help with installation.  
335 E Monroe Ave. Room 100 Barron, WI 54812

### ***Purchase Options***

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**Apria Healthcare Inc.** (715) 234-6961

2021 Kern Ave. Rice Lake, WI 54868

**Center for Independent Living Western Wisconsin** (715) 736-1800

Used equipment available for sale.  
312 W Knapp St. Suite 1 Rice Lake, WI 54868

**Home Health Resources** (715) 268-9264

131 Keller Ave. N Amery, WI 54001

**Home Medical Products & Services** (715) 234-5000 (800) 528-9969

1590 McCauley Ave. Rice Lake, WI 54868

**Independence First Mobility Store** (608) 243-1785

Low-cost & refurbished mobility and medical equipment.  
2554 Advance Rd. Madison, WI

# ***Medication Management***

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*Check with your local pharmacy for their specific options.*

<b>Safe Living Technologies-North</b>		<b>(715) 234-2349</b>
9-11 E Eau Claire St.	Rice Lake, WI	54868
Mailing address:		
331 S Main St., Ste E 217	Rice Lake, WI	54868
<b>Center for Independent Living Western Wisconsin</b>		<b>(715) 736-1800</b>
Medication dispensers and reminders available for loan.		
312 W Knapp St. Suite 1	Rice Lake, WI	54868
<b>Comfort Keepers</b>		<b>(866) 552-6730</b>
Medication dispenser & reminder service.		
<b>Medications Plus Pharmacy</b>		<b>(715) 234-9021</b>
Weekly medication set up \$3/week fee.		
8 E Koepp St.	Rice Lake, WI	54868
<b>Ohde Pharmacy Medi-set Service</b>		<b>(715) 924-3592</b>
Weekly medication set up \$15/mo. fee. Delivery to homebound in Chetek.		
628 2nd St.	Chetek, WI	54728
<b>Prescription Drug Plan Selection Assistance ADRC</b>		<b>(715) 537-6225</b>
335 E Monroe Ave. Room 100	Barron, WI	54812

## ***Disposal Options***

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### **Medication Return Drop Box (24/7 disposal)**

Cumberland City Police 950 1st Avenue, Cumberland, WI 54829  
 Justice Center 1420 State Hwy 25 N Barron, WI 54812  
 Public Safety Building (Lobby), 34 South Wilson Ave, Rice Lake 54868  
 Turtle Lake Police Department, 114 Martin Ave, Turtle Lake, WI 54889

### **Sharps Disposal**

**(715) 537-6580**

Barron County Public Health Office accepts full sharps containers free of charge.  
 335 E Monroe Ave., 3rd Floor Barron, WI 54812

## ***Mental Health & Substance Abuse***

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*Check your local phone book for counseling services.*

**Local Crisis Phone Number** (888) 552-6642

**Alcoholics Anonymous** (715) 931-8262  
 Support groups around Barron County.

**Amery Behavioral Health Center** (715) 268-0069  
 Specializes in mental health and dementia behaviors for older adults, inpatient/outpatient.  
 230 Deronda St. Amery, WI 54001

**Barron County Behavioral Health Services** (715) 537-5691  
 35 E Monroe Ave., 3rd Floor Barron, WI 54812

**Grassroots Wellness** 800-770 0588 ext 1  
 (715)-619-0588  
 Free, peer-run respite for Wisconsin residents with mental health or substance abuse challenges.  
 820 N Broadway St Menomonie, WI

**NAMI (National Alliance for the Mentally Ill)** (715) 736-0089  
 119 W Humbird St. Rice Lake, WI 54868

**Narcotics Anonymous** (866) 668-3580  
 Support groups around Barron County.

**New Directions 2000** (715) 234-3637  
 Drop-in center.  
 133 N Main St. Rice Lake, WI 54868

**THRIVE: Barron County Mental Health Team** (715) 537-6101  
 Up-to-date list of Mental Health providers

**Western Region Recovery and Wellness Consortium** (715) 537-5691  
 Barron County Health and Human Services  
 335 E. Monroe Ave. Barron, WI 54812

**Wisconsin Council on Problem Gambling** (800) 426-2535  
 1423 Kellogg St. Green Bay, WI 54303

**Women’s Way Program–Lutheran Social Services** (715) 537-6368  
 Provides free case management to women with addictions.  
 335 E Monroe Ave. Barron, WI 54812



## **Nursing Homes/Skilled Nursing Facilities**

*See also Dementia Care Facilities.*

<b>Aging &amp; Disability Resource Center</b>			<b>(715) 537-6225</b>
For assistance with information about paying for nursing home care, information on area nursing homes, or other options to nursing home placement.			
335 E Monroe Ave. Room 100	Barron, WI	54812	
<b>Care &amp; Rehab Center – Barron</b>			<b>(715) 537-5643</b>
660 E Birch Ave.	Barron, WI	54812	
<b>Care &amp; Rehab – Cumberland</b>			<b>(715) 822-6113</b>
1110 7th Ave.	Cumberland, WI	54829	
<b>*Care &amp; Rehab Center – Dallas</b>			<b>(715) 837-1222</b>
104 E Dallas St.	Dallas, WI	54733	
<b>*Heritage Manor Skilled Nursing &amp; Rehabilitation</b>			<b>(715) 234-2161</b>
19 W Newton St.	Rice Lake, WI	54868	
<b>*Atrium Post-Acute Care of Chetek</b>			<b>(715) 924-4891</b>
(Formerly Knapp Haven Nursing Home)			
725 Knapp St.	Chetek, WI	54728	
<b>Dove Healthcare – Nursing Home</b>			<b>(715) 234-2604</b>
910 Bear Paw Ave.	Rice Lake, WI	54868	
<b>Pioneer Nursing Home</b>			<b>(715) 455-1178</b>
530 River Ave.	Prairie Farm, WI	54762	
<b>Rice Lake Convalescent Center</b>			<b>(715) 234-9101</b>
1016 Lakeshore Dr.	Rice Lake, WI	54868	
<b>*Wisconsin Veterans Home</b>			<b>(715) 720-6775</b>
2175 E Park Ave.	Chippewa Falls, WI	54729	

\* Have dementia units

## **Personal Emergency Response Systems**

A Personal Emergency Response System (or PERS) is a service generally provided by a private company that helps to monitor its subscribers for falls, medical problems or other emergencies by use of a three-part system including a:

- 1) pendant, charm, necklace, belt or watch;
- 2) base station;
- 3) call center/monitoring station.

Medicare and most insurance companies typically don't pay for the equipment. New options include a Mobile Personal Emergency Response System (MPERS), which allows the subscriber to be away from the base station by using cellular technology. Many companies also offer automatic fall detection for those who don't know to press their help button or who have lost consciousness. Costs range from \$25-\$50/month.

<b>Safe Living Technologies-North</b>			<b>(715) 234-2349</b>
9-11 E Eau Claire St.	Rice Lake, WI	54868	
(Professional Building-Prime America)			
Mailing address:			
331 S Main St., Ste E 217	Rice Lake, WI	54868	
<b>Chippewa Valley Electric – Med-A-Lert</b>			<b>(800) 300-6800</b>
P.O. Box 575	Cornell, WI	54732	
<b>Citizens Connected</b>			<b>(715) 237-2605</b>
P.O. Box 127	New Auburn, WI	54757	
<b>Comfort Keepers</b>			<b>(866) 552-6730</b>
Eau Claire & Hudson Locations			
<b>Cumberland Memorial Hospital-Lifeline</b>			<b>(715) 822-2741</b>
1110 Seventh Ave.	Cumberland, WI	54829	
<b>Lakeview Medical Center-Lifeline</b>			<b>(715) 236-6209</b>
1700 W Stout St.	Rice Lake, WI	54868	
<b>Project Lifesaver – Barron County</b>			<b>(715) 637-6870</b>
Through Sheriff's Department to safeguard and locate individuals who may wander.			
<b>Team Northwoods Communications</b>			<b>(715) 868-8326</b>
N4041 Sand Hill Road	Bruce, WI	54819	

## **Representative Payee Services**

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A representative payee is a person or agency who provides financial budgeting and bill paying for those who have a difficult time with these tasks on their own. A representative payee will manage your money and pay your bills and budget an allowance for you. If a person needs a representative payee for funds received from the Social Security Administration, they should contact their local field office.

<b>Beneficial Rep Payee Services, Inc.</b>			<b>(715) 831-9349</b>
P.O. Box 3153	Eau Claire, WI	54702	
<b>House Calls of Menomonie, Inc.</b>			<b>(888) 232-6475</b>
P.O. Box 361	Menomonie, WI	54751	
<b>Payee Services, Inc.</b>			<b>(715) 233-0203</b>
P.O. Box 26	Menomonie, WI	54751	
<b>Seboe Services, Inc.</b>			<b>(715) 434-1042</b>
P.O. Box 651	Rice Lake, WI	54868	<b>fax (715) 434-1043</b>

## ***Senior Centers/Senior Dining***

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Provide recreation activities for older adults, cards, crafts, dancing, trips, movies, exercise, delicious meals, etc.

<b>Almena Township Hall*</b>				<b>(715) 357-6016</b>
Meals served Tues & Thurs.	211 West Soo Ave.	Almena, WI	54805	
<b>Barron Senior Center</b>				<b>(715) 537-5726</b>
Meals served Monday – Friday.	12 N 3rd St.	Barron, WI	54812	
<b>Cameron Senior Center</b>				<b>(715) 458-2765</b>
Meals served Monday-Friday.	512 Main St.	Cameron, WI	54822	
<b>Chetek Community Center</b>				<b>(715) 925-2600</b>
Meals served Monday – Friday.	711 1st St.	Chetek, WI	54728	
<b>Cumberland Senior Center</b>				<b>(715) 822-8794</b>
Meals served Monday – Friday.	1255 Webb St.	Cumberland, WI	54829	
<b>Dallas Lutheran Church*</b>				<b>(715) 837-1186</b>
Meals served Thursday.	101 E Dallas St.	Dallas, WI	54733	
<b>Haugen Village Hall</b>				<b>(715) 234-4630</b>
Meals served Tuesday & Friday.	104 3rd St.	Haugen, WI	54841	
<b>Rice Lake Senior Center</b>				<b>(715) 234-7224</b>
Meals served Monday – Friday.	12 W Humbird St.	Rice Lake, WI	54868	
<b>Turtle Lake Becker St. Apartments*</b>				<b>(715) 986-2034</b>
Meals served Mon, Wed, Fri.	301 Becker St.	Turtle Lake, WI	54889	

\*Meal site only.

## ***Social Security***

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### **Social Security Administration**

The Social Security program's benefits include retirement income, disability income, Medicare and Medicaid, and death and survivorship benefits.

1703 W Knapp St.                      Rice Lake, WI                      54868

**State: (888) 823-3923**  
**National: (800) 772-1213**

## **Support Groups**

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<b>Alcoholics Anonymous</b>	(715) 931-8262
Support groups around Barron County.	
<b>ALS Support Group, Northwestern WI</b>	(715) 271-7257
Second Thursday of each month, 1:00 pm to 3:00 pm Chippewa Valley Bible Church 531 E. South Ave. Chippewa Falls, WI	
<b>Alzheimer's Caregiver Support Groups</b>	
Augustana Lutheran Church, Cumberland 3rd Monday of the month, evening	(715) 296-0967
Bethany Lutheran, Rice Lake 2nd Tuesday of each month	(715) 537-6225
Pioneer Nursing Home, Prairie Farm 2nd Thurs. of each month	(715) 455-1178
Brentwood Senior Living, Rice Lake 3rd Tuesday of each month, evening Pre-registration requested.	(715) 418-3002
<b>Aphasia Communications Group</b>	(715) 234-3838
Lakeview Medical Center Rice Lake	
<b>Breast Cancer Support Group</b>	(715) 537-1400
Pink Ribbon Advocacy, Inc. Rice Lake, WI 54868	
<b>Diabetes Information Group</b>	(715) 236-8251
Lakeview Medical Center Rice Lake, WI 54868	
<b>Early Stage Memory Loss Support Group</b>	(715) 537-6225
Aging and Disability Resource Center. Pre-registration required	
<b>Rice Lake Area Grief Support Group</b>	(715) 236-6256
Lakeview Medical Center Rice Lake, WI 54868	
<b>Low Vision Support Group ADRC</b>	(715) 537-6225
Transportation available Barron, WI 54812	
<b>National Alliance for the Mentally Ill (NAMI)</b>	(715) 736-0089
Rice Lake, WI 54868	
<b>Northern Lights Narcotics Anonymous</b>	(866) 668-3580
Support groups around Barron County.	
<b>Northwoods Area Stroke Support Group</b>	(715) 236-6314
Lakeview Medical Center Homecare and Hospice Rice Lake, WI 54868	
<b>Ostomy Support Group</b>	(715) 637-5020
Rice Lake, WI 54868	
<b>Parkinson's Support Group</b>	(715) 255-0357
Shell Lake, WI	
<b>Traumatic Brain Injury Support Group</b>	(715) 234-0079
Lakeview Medical Center Rice Lake 54868	
<b>Women's Issues Support Group (Domestic Violence)</b>	(715) 537-6334
Barron County Department of Health & Human Services	

# **Transportation Services-Medical**

## **Emergency Medical -Call 911**

## **Non-Emergency Medical**

*For individuals **not** on Medical Assistance. For those on Medical Assistance, see below.*

**Add LIFE Transit\*** (715) 537-6333  
Please call-individual options vary.

**American Cancer Society’s Road-To-Recovery** (800) 227-2345  
Available based on volunteer availability. Transportation to cancer treatment. No cost to patient.

**Badger Taxi** (715) 434-4444  
Serves Rice Lake & Chetek, open 24/7

**Handi-Lift\*** (715) 822-5077  
1779 10th St. Cumberland, WI 54829

**Namekagon Transit\*** (866) 295-9599  
County-wide public transportation. Door-to-door service, reservations required. Reduced cost for seniors and people with disabilities.

**Rice Lake City Cab\*** (715) 234-6305  
30 E Eau Claire St. Rice Lake, WI 54868

**Veterans Service Office\*** (715) 537-6290  
To VA Hospital/Clinic  
335 E Monroe Ave. Room 100 Barron, WI 54812

**Volunteer Services of Barron County, Inc.** (715) 236-2184  
Service those 60+ or those who are disabled.  
335 E Monroe Ave. Room 100 Barron, WI 54812

*For individuals on Medical Assistance*

**Medical Transportation Management\*** (866) 907-1493

\*Ramp or lift-equipped available

## **Transportation Services-Non-medical, Local**

**AddLIFE Transit\*** (715) 537-6333  
Errands, shopping, senior dining, etc. Reservations required. Monday-Friday only.

**Badger Taxi** (715) 434-4444  
Serves Rice Lake & Chetek, open 24/7.

**Namekagon Transit\*** (715) 634-6633 (866) 295-9599  
County-wide public transportation. Door-to-door service, reservations required.  
Reduced cost for seniors and people with disabilities.

**Rice Lake City Cab\*** (715) 234-6305  
30 E Eau Claire St. Rice Lake, WI 54868

**Wisconsin Mobility Management** (866) 295-9599  
Free, personal assistance in finding transportation resources that meet your needs.

### **Other Transportation Related Resources:**

**A&J Mobility** (715) 874-6630  
Automobile and van adaptations.  
2650 Prospect Drive. Eau Claire, WI 54703

**Center for Independent Living Western Wisconsin** (800) 228-3287  
Transportation voucher program (volunteer drivers).

**Chippewa Valley Shuttle Service** (877) 811-4211  
To Mpls/St Paul Airport only. Call for current pick-up locations.

**Disabled Parking Permit Special Plates Unit** (608) 266-3041  
Temporary & permanent available through Wisconsin Motor Vehicle Dept.  
P.O. Box 7306 Madison, WI

**Driver Safety Assessment Program** (715) 236-6408  
Lakeview Medical Center

**Jefferson Bus Lines** (800) 451-5333  
Eau Claire to Duluth, with stops in between, including Rice Lake.

**Jump Start Program** (800) 606-9227  
Vehicle purchase assistance for low-income persons through West CAP.  
P.O. Box 308 Glenwood City, WI

**NWT Express** (877) 698-3977  
To Twin Cities for any reason.  
15954 River's Edge Dr. Hayward, WI 54843

\*Ramp or lift-equipped available

## ***Veterans Services***

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<b>Veterans Service Office</b> 335 E Monroe Ave., Room 100 Barron, WI 54812	<b>(715) 537-6290</b>
<b>Minneapolis VA Medical Center</b> Transportation available, call Veterans Service Office.	<b>(612) 725-2000 (715) 537-6290</b>
<b>Rice Lake VA Medical Clinic</b> 2700A College Dr. Rice Lake, WI 54868	<b>(715) 236-3355</b>
<b>Veterans Housing and Recovery Program</b> Homeless shelter for Veterans. 2820 E Park Dr., Bldg. 128 Chippewa Falls, WI 54729	<b>(715) 726-2541</b>
<b>Barron County Job Center</b> Office hours vary. Call for an appointment. Located at the Barron County Job Center.	<b>(715) 234-6826</b>
<b>Veterans Restorative Justice Programs</b> Veterans working with veterans readjusting to life after military service.	<b>(715) 736-0940, press 3</b>
<b>Wisconsin Veterans Home</b> 2175 E Park Ave. Chippewa Falls, WI 54729	<b>(715) 720-6775</b>
<b>La Crosse Veteran's Center</b> Free mental health services for veterans, satellite office in Barron. 20 Copeland Ave La Crosse, WI 54603	<b>(608) 782-4403</b>
<b>Supportive Services for Veteran Families (SSVF)</b> Provides monetary assistance for veterans in need.	<b>(608) 372- 8387</b>
<b>Heat for Heroes</b> Heating assistance for veterans.	<b>(800) 891-9276</b>



## ***Vision – Blind/Low Vision***

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<b>Aging &amp; Disability Resource Center</b>	<b>(715) 537-6225</b>
Large-print calendars.	
335 E Monroe Ave. Room 100    Barron, WI    54812	
<b>Center for Independent Living Western Wisconsin</b>	<b>TTY (866) 419-1260</b>
Products to assist with vision impairment available for loan.	
312 W Knapp St. Suite 1                      Rice Lake, WI    54868	<b>(715) 736-1800</b>
<b>EyeCare America</b>	<b>(877) 887-6327</b>
Free eye exams to those who qualify.	
<b>Hadley School for the Blind</b>	<b>(800) 323-4238</b>
Distance learning courses.	
700 Elm St.                                      Winnetka, IL    60093	
<b>Healthy Eyes Eyeglass Program (414) 765-0505</b>	
Financial assistance to purchase prescription glasses to those who qualify.	
<b>Prevent Blindness of Wisconsin</b>	
759 N Milwaukee St. Suite 305 Milwaukee, WI    53202	
<b>Low Vision Support Group                      ADRC</b>	<b>(715) 537-6225</b>
Transportation available.	
335 E Monroe Ave.                              Barron, WI    54812	
<b>Office for the Blind and Visually Impaired</b>	<b>(715) 836-6772</b>
Free directory assistance exemption service & free home assessments from rehabilitation specialist.	
610 Gibson St. Suite 1                      Eau Claire, WI    54701	
<b>Wisconsin Council of the Blind &amp; Visually Impaired</b>	<b>(608) 255-1166</b>
Services and resources for people who are blind or visually impaired.	
Free white canes	
Sharper Vision Store	<b>(608) 237-8100</b>
754 Williamson St.                              Madison, WI    53703	
<b>Wisconsin Talking Book &amp; Braille Library</b>	<b>(800) 242-8822</b>
813 W Wells St.                                      Milwaukee, WI    53233	

## **Websites**

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Internet access is available at no cost at the local libraries. Classes on navigating the Internet are available at some libraries, senior centers, and Wisconsin Indianhead Technical College.

### **Aging & Disabilities**

Administration on Community Living	<a href="http://www.acl.gov">www.acl.gov</a>
Wisconsin Aging Programs	<a href="http://www.dhs.wisconsin.gov/aging">www.dhs.wisconsin.gov/aging</a>
Wisconsin Aging & Disability Resource Centers	<a href="http://www.dhs.wisconsin.gov/adrc/index.htm">www.dhs.wisconsin.gov/adrc/index.htm</a>
Wisconsin Disability Services	<a href="http://www.dhs.wisconsin.gov/disabilities">www.dhs.wisconsin.gov/disabilities</a>

### **Alzheimer's Resources**

Alzheimer's Association	<a href="http://www.alz.org">www.alz.org</a>
Alzheimer's Disease Education and Referral	<a href="http://www.nia.nih.gov/alzheimers">www.nia.nih.gov/alzheimers</a>
WI Adult Day Services Association	<a href="http://www.wadsa.org">www.wadsa.org</a>
Benefits Medicare	<a href="http://www.medicare.gov">www.medicare.gov</a>
Social Security Administration	<a href="http://www.ssa.gov">www.ssa.gov</a>
Wisconsin ACCESS	<a href="http://www.access.wi.gov">www.access.wi.gov</a>

### **Blind/Low Vision**

Office for the Blind and Visually Impaired	<a href="http://www.dhs.wisconsin.gov/blind">www.dhs.wisconsin.gov/blind</a>
Lighthouse International	<a href="http://www.lighthouse.org">www.lighthouse.org</a>
Wisconsin Council of the Blind	<a href="http://www.wcblind.org">www.wcblind.org</a>

### **Caregiver Resources**

National Alliance for Caregiving	<a href="http://www.caregiving.org">www.caregiving.org</a>
National Center on Caregiving	<a href="http://www.caregiver.org">www.caregiver.org</a>
Caregiver Action Network	<a href="http://www.caregiveraction.org">www.caregiveraction.org</a>
Caregiver Stress	<a href="http://www.caregiverstress.com">www.caregiverstress.com</a>
Wisconsin Family Caregiver Support Program	<a href="http://www.wisconsincaregiver.org">www.wisconsincaregiver.org</a>

### **Deaf & Hard of Hearing**

Office for Deaf and Hard of Hearing	<a href="http://www.dhs.wisconsin.gov/odhh/odhhservices.htm">www.dhs.wisconsin.gov/odhh/odhhservices.htm</a>
Wisconsin Association of the Deaf	<a href="http://www.wisdeaf.org">www.wisdeaf.org</a>

### **Employment**

Department of Workforce Development	<a href="http://www.dwd.state.wi.us">www.dwd.state.wi.us</a>
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### **Government**

Wisconsin Official State Government Site	<a href="http://www.wisconsin.gov">www.wisconsin.gov</a>
Wisconsin Division of Quality Assurance	<a href="http://www.dhs.wisconsin.gov/dqa/sections.htm">www.dhs.wisconsin.gov/dqa/sections.htm</a>
Legislative Hotline	<a href="http://www.legis.state.wi.us">www.legis.state.wi.us</a>
Wisconsin Insurance Commissioner	<a href="http://www.oci.wi.gov">www.oci.wi.gov</a>
Senior Guide for Consumer Protection	<a href="http://datcp.wi.gov/uploads/Consumer/pdf/SeniorGuide170.pdf">datcp.wi.gov/uploads/Consumer/pdf/SeniorGuide170.pdf</a>

Barron County Resources, 05/2017

Aging & Disability Resource Center of Barron, Rusk & Washburn Counties (**ADRC**)

Call 715-537-6225 or visit our website: [www.adrcconnections.org](http://www.adrcconnections.org)

**Housing**

Housing and Urban Development  
Resource Locator [resources.hud.gov](http://resources.hud.gov)

**Health Information**

NIH Senior Health [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)  
Webmd [www.webmd.com](http://www.webmd.com)

**Organizations**

AARP [www.aarp.org](http://www.aarp.org)  
Coalition of Wisconsin Aging Groups [www.cwag.org](http://www.cwag.org)  
Disability Rights Wisconsin [www.disabilityrightswi.org](http://www.disabilityrightswi.org)  
Long Term Care Ombudsman [www.dhs.wisconsin.gov/aging/lcombud.htm](http://www.dhs.wisconsin.gov/aging/lcombud.htm)  
Greater Wisconsin Area Agency on Aging Resources [www.gwaar.org](http://www.gwaar.org)

***Youth Transition***

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**Adults Helping Our Youth (AHOY) (715) 458-5005**

**Ventures Unlimited, Inc.**

Mentoring program for youth with disabilities age 16 and older through  
Ventures Unlimited, Inc.

700 N. 1st St                      Cameron, WI              54822

**Aging & Disability Resource Center (715) 537-6225**

Information about resources available when youth with disabilities reach adulthood.

335 E Monroe Ave. Room 100   Barron, WI              54812

**Western Regional Center for Children and (715) 726-7907**

**Youth with Special Health Care Needs (CYSHCN) (800) 400-3678**

Room 121, 711 N Bridge St.      Chippewa Falls, WI 54729      Fax: (715) 726-7910

**Toll Free: (800) 400-3678**

**TTY - 7-1-1**



## ***Learn More About Our Services***

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## ***Caregiver Services***

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You are a caregiver if you are a spouse, adult child, other relative or friend who helps care for, or is concerned about an older adult or a person with a disability. Caregiving is a two-sided coin. Amidst the joy of helping someone else, there may also be feelings of stress, frustrations, guilt, and a concern about how you are going to handle future caregiving needs.

The ADRC of Barron, Rusk & Washburn Counties offers professional, unbiased information about supportive services and options that can assist you – the caregiver- and the person you are caring for.

### **Here are some of the services we offer:**

- **Support Groups** - These groups provide a great opportunity for caregivers and family members to share and learn from others experiencing similar frustrations and concerns. Occasionally, speakers are brought in to provide valuable information and resources.
- **Powerful Tools for Caregiver Classes** - This six week course is designed specifically for the caregiver to teach important tools to help reduce stress, improve communications, master emotions and communicate in challenging situations.
- **Adult Day Care** - A day time social program for those with memory loss and confusion that provides safety, stimulation, and engagement with others. Please see brochure for full details.
- **National Family Caregiver and Alzheimer Family & Caregiver Support Programs** - Limited financial assistance is available annually to individuals providing care to others. Call us for more information about this program and status of the funds.
- **Information and Assistance** - We offer office, in-home and phone consultation about community resources and options available to you. These include respite care, financial resources and care options as well as information about ways to reduce stress and take care of you.
- **Caregiver Outreach Presentations** - Community presentations can be scheduled on issues related to caregiving to help raise awareness and educate the public about available resources.
- **Resource Library** - A variety of books, brochures and DVDs are available for check out. Topics range from caregiver wellness to specific health conditions related information

## ***Choosing the Right Assisted Living Facility***

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Assisted Living facilities offer housing alternatives for older adults or adults with disabilities who may need help with dressing, bathing, eating, and toileting, but do not require the intensive medical and nursing care provided in a nursing home.

### **How to Choose a Facility**

Begin by thinking about what is important to you or your loved one:

- Do you prefer to live with a lot of people or a few people?
- Do you want a private bathroom?
- Do you have Alzheimer's or dementia?

### **Narrow down your search:**

- Do you want a facility in a particular town, close to friends and family?
- Can the facility provide the level of services that you need?

### **Schedule a tour of facilities that you are interested in:**

- Visit each facility more than once, sometime unannounced.
- Visit at meal times, sample the food, and observe the quality of mealtime services.
- Observe interactions among residents and staff.
- Check to see if the facility offers social, recreational, spiritual activities.
- Talk to residents.
- Learn what staffing level they are and what training staff receive.
- Is there a waiting list?

### **Find out if the facility you are considering has received any citations:**

- Contact the Division of Quality Assurance at 800-642-6552.
- Ask the facility if they have received any citations.

## ***Disability Benefit Specialist Program***

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### **What is a Disability Benefit Specialist?**

A Disability Benefit Specialist (DBS) works with individuals who are between the ages of 18 and 59 and have physical disabilities, developmental disabilities, and/or mental illness and counsels them about public or private benefits. DBS staff are trained by attorneys from Disability Rights of Wisconsin.

### **Who should seek help from a Disability Benefit Specialist?**

- Persons who want to know more about private or public benefits.
- Persons who need help with or information about applying for benefits.
- Persons who have been denied a benefit which they think they are entitled to.

### **What can a Disability Benefit Specialist help you with?**

- Social Security Disability Income (SSDI)
- Supplemental Security Income (SSI)
- Information about private health and disability insurance
- Medical Assistance
- Medicare A, B, C, and D
- Medicare Supplement Insurance
- Patient Assistance Drug Programs
- Other benefit needs and issues

## ***Do Not Resuscitate Order, and Bracelet***

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Wisconsin passed a statute in 1996 as part of WI Act 2000 regarding “Do Not Resuscitate” (DNR) orders. A DNR order is signed by a physician to direct emergency medical service providers not to attempt cardiopulmonary resuscitation (CPR) on a patient. It is standard emergency medical practice to perform CPR on all persons found to be in cardiac or respiratory arrest.

A DNR order may be issued in certain circumstances if a patient with a qualifying medical condition requests that CPR not be done. This decision is made by the patient and their physician after discussing future treatment options. A special DNR bracelet informs first responders, EMT’s, paramedics, and emergency room personnel not to attempt CPR when a patient is wearing an approved bracelet. These statues only apply to the emergency personnel noted above, who are primarily pre-hospital and emergency department health care providers; they do not control DNR orders for inpatient hospital or other inpatient settings.

Your attending physician is the only person who may issue a DNR order for you. The order is signed only if a qualified patient requests and signs the DNR order. A person who has a DNR order is then identified by a special DNR bracelet. The bracelet is placed on the person’s wrist by the physician or someone designated to do so. Family members cannot be given bracelets to put on the person.

DNR bracelets must be honored unless the patient revokes the order, or the bracelet appears to be damaged or tampered with. If a bracelet falls off, is damaged, or is not readable, it can be replaced as long as a signed order is in your medical record.



## ***Elder Benefit Specialist Program***

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What is an Elder Benefit Specialist?

Elder Benefit Specialists provide information, assistance, and advocacy to Wisconsin residents age 60 or older on a broad range of benefit programs. They provide information and support in areas such as program eligibility criteria, applying for benefits, appealing benefit denials or incorrect benefit amounts, consumer debt, landlord/tenant law, and private insurance. Elder Benefit Specialists receive on-going training, support and supervision from attorneys at the Greater Wisconsin Area on Aging Resources.

### **Who should seek help from an Elder Benefit Specialist?**

- People 60 or over who want to know more about private and public benefits.
- People 60 or over who need help in applying for benefits.
- People 60 or over who have been denied a benefit that they think they are entitled to receive.

### **How can an Elder Benefit Specialist help?**

- They can provide you with accurate and current information on your benefits.
- They can provide advocacy on your behalf with other parties.
- They can provide you with explanations and possible solutions to issues related to your benefits.

### **What can an Elder Benefit Specialist help you with?**

- Medicare A, B, C, and D
- Medicare Advantage Plans & Medicare Supplement Programs
- Medicare Savings Programs
- Senior Care & Medicare Prescription Drug Plans
- Social Security & Supplemental Security Income (SSI)
- Medical Assistance/Medicaid
- Spousal Impoverishment Protections
- Food Share
- Veterans Benefits
- Long Term Care Insurance
- Housing Problems
- Age Discrimination
- Consumer Problems

## ***Elderly Nutrition Programs***

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The purpose of the Elderly Nutrition Program is to reduce hunger and food insecurity, to promote socialization of older adults, and to promote the health and well-being of older individuals. Everyone age 60 and older is welcome to participate. Good nutrition helps you think better, fight illness, and have more energy. Getting started on the path to good nutrition is easier than you think.

### **Here are some of the services we offer:**

- Senior Dining - Dining with others can improve your appetite. Scratch cooking, coffee and great company are a few more reasons to give it a try. See the Senior Centers/Senior Dining section for detailed information.
- Meals on Wheels - If you are stuck at home and having a hard time cooking, Meals on Wheels will provide that same delicious meal, delivered with a smile. Maybe you need them during recovery and maybe you need them long-term, these meals are the “little bit of help” you need to stay independent.
- Liquid Nutritional Supplements - Sometimes a little extra is needed to build your strength. Supplements are available at reduced cost with a prescription from a doctor or dietician.
- Beneficial Bites - Need some “easy-to-digest” nutrition information? More importantly, need some reliable information? Your ADRC nutrition staff can help. Nutrition education sessions are regularly offered throughout the county so look for them.
- Commodity Supplemental Food Program - Serves people 60+ in Barron County, who meet income guidelines. Boxes of food containing cereal, juice, milk, canned fruits & vegetables, meat, pasta/rice, and cheese are distribute monthly.

## ***Healthy Living Programs***

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- **Beneficial Bites**

Free educational sessions about different foods provided at several community/senior centers in Barron County. These sessions provide information about the health benefits of the featured food, along with important details about selection, storage and preparation of the food. Food samples and recipes are also part of every session.

- **Healthy Living with Diabetes**

Increase confidence and develop techniques to deal with the symptoms of diabetes and improve blood sugar readings. Learn about appropriate exercise healthy eating strategies a, dealing with difficult emotions, stress reduction techniques, and preventing complications. This is a 6-week workshop.

- **Living Well with Chronic Conditions, Put Life Back Into Your Life!**

A 6-week workshop designed to help those with ongoing health conditions build confidence in their ability to manage their health and maintain active and fulfilling lives.

- **Powerful Tools for Caregivers**

A 6-week course designed specifically for the caregiver to teach important tools to help reduce stress, improve communications, master emotions and communicate in challenging situations.

- **Stepping On: Building Confidence and Reducing Falls**

A 7-week workshop for adults age 60 and over. Learn strength and balance exercises, the role vision plays in keeping balance, how medications can contribute to falls, what to look for in safe footwear, and home hazards

## ***Home Care Services***

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Home care services are designed to help individuals remain living at home and in their communities for as long as they desire. Costs range between \$10-\$30/hour.

### **Who Should Consider Home Care Services?**

- Older adults with support needs
- Individuals with a disability who have care needs
- People recovering from an illness, surgery or hospital stay

### **Types of Home Care Services Available:**

- Skilled Care – health care services, physical therapy, medical social work
- Personal Care Services – bathing, dressing
- Supportive Services – house cleaning, meal preparation, laundry, etc.

### **Tips for Hiring A Home Care Provider:**

- Interview providers in person
- Ask for references
- Ensure a criminal background check has been completed for staff
- Document a plan for services to be provided
- Make billing/payment arrangements
- Check availability for services on off-hours or weekends as necessary

### **Questions to Ask When Hiring a Home Care Provider:**

- How long has the agency been in business?
- What training does the staff have?
- Are the caregivers and/or agency certified or licensed by the state?
- Are the caregivers insured?
- What is the minimum time your agency requires for the service?

## ***Housing and Care Options***

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The following describes the various options available to individuals who need supportive services in their place of residence. Choice of a suitable alternative depends on a number of factors, including lifestyle preferences, the level of support needed, cost, and the options available in a particular community. Some of the options are subject to government regulation, while others are not.

### **In Home Care**

Care services can be provided to individuals in their own home or apartment. Homemaker, chore services, home delivered meals, home health care, attendant care, and transportation are some of the services that make it possible for people with long term care needs to remain in their homes. These can be arranged through public social service agencies, purchased from private agencies, or provided by family and friends. While most services are unregulated, home health agencies are licensed by the state.

### **Senior and Disabled Housing/Independent Living Apartments**

This housing is multi-unit rental housing that is specially designed for, and marketed to elderly and disabled tenants. Most offer studio and/or one bedroom apartments and some have a recreation room or other common space for social gatherings. There may be a manager available to make referrals or organize events. Tenants may individually arrange for supportive services from outside providers, as with any in-home care. No license or special regulation is required for the facility.

### **Residential Care Apartment Complex (RCAC)**

RCACs combine apartment housing with supportive, personal and nursing services. Residents have their own apartments, including full bath and kitchen facilities, and retain control over their personal space, care decisions and daily routines. Services are individually tailored to each resident's capacities and preferences and are adjusted as necessary to avoid requiring people to move if they need more help. Facilities may provide up to 28 hours of service per resident per week. RCACs are either registered or certified. Certified facilities are monitored by the state and eligible to receive Medical Assistance waiver funding, registered facilities will not.

### **Adult Family Home (AFH)**

An adult family home is a residence where one to four unrelated adults live and receive meals, supervision, and personal care. Many adult family homes, especially those with only one or two paying residents, are private homes where elderly or people with disabilities live with a foster family. Adult family homes caring for one or two unrelated adults are certified by a local managed care organization; homes caring for three or four residents are licensed and regulated by the state.

### **Community Based Residential Facility (CBRF)**

CBRFs are staffed group living arrangements that provide room, board, supervision and other supportive services to five or more unrelated residents. Typically, residents have a private or shared sleeping room and share living, dining, and bathroom space with other residents of the facility. CBRFs are intended for people who cannot live independently but are neither acutely ill nor need extensive amounts of nursing care. Facilities vary in size from five residents to over 100. Some are houses, others are facilities. Some serve a frail elderly population; others serve people with disabilities, people with Alzheimer's disease, or mixed group of residents. All CBRFs are licensed by the state.

### **Nursing Home**

A nursing home is a health care facility which provides room, board, and 24 hour care. Residents may be admitted for a short-term stays or for long-term care for chronic conditions. Nursing homes are licensed by the state. Most are also certified for Medicare and Medicaid, which provide public funds to cover the cost of care for eligible residents.

## ***Living Will/Power of Attorney***

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As a competent adult, you have the right to make your own health care decisions. However, you could become incapacitated at any time by an accident, illness or debilitating condition that could lead to your loss of ability to express your wishes about medical treatment. For this reason, it is important for you to plan for future health care decisions. An advance directive is a legal document that allows you to make your health care desires and preferences known.

An advance directive includes written instructions recognized under state law by which you communicate your health care preferences. There are many different terms used to describe advance directives.

The written advance directives recognized by Wisconsin law are:

- Power of Attorney for Health Care (POAHC)
- Declaration to Physicians (known in Wisconsin as Living Will)

Completing either of these documents is voluntary. They are “valid” once they have been completed, properly witnessed and signed. It is important to know that you continue to make your own health care decisions as long as you are able. A Power of Attorney for Health Care becomes effective when two physicians, or one physician and one psychologist, personally examine you and sign a certificate that you are “incapacitated” to make health care decisions. A Living Will becomes effective when you are either in a “persistent vegetative state” or have a terminal illness with death imminent. Two physicians must certify that one of these conditions exists.

For further information, or to access Advanced Directive Forms visit [www.dhs.wisconsin.gov/forms/AdvDirectives](http://www.dhs.wisconsin.gov/forms/AdvDirectives).

## ***Long Term Care***

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Long term care programs, such as Family Care & IRIS, provide services and supports to eligible adults to meet their long term care needs, allowing them to maintain independence and choice in their lives.

Current long term care programs are designed to promote:

- Access – creating a setting where people are able to receive the services they need when they need them.
- Choice – allowing individuals to choose where and how they receive their care.
- Quality – ensuring that services meet an individual’s needs and provide for a good quality of life.
- Cost-effectiveness – assure a sustainable future.

### **Am I eligible?**

- You must be a resident of the county in which you are applying.
- You must be elderly or have a physical or developmental disability.
- You must be found functionally eligible through a long term care functional screen.
- You must be financially eligible.

### **How to apply or receive additional information:**

Contact the Aging & Disability Resource Center (ADRC) of Barron, Rusk & Washburn Counties and ask to speak with an Information & Assistance Specialist. ADRC’s are the single point of entry for providing information and options about long term care programs as well as determining eligibility. An Information & Assistance Specialist will meet with you to determine your eligibility for long term care programs as well as assistance with the enrollment process.

## ***Nursing Home Relocation***

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Do you reside in a nursing home, but would prefer to live elsewhere?

For individuals that are residing in a nursing home the Community Relocation Initiative (CRI) may enable you to move to a different setting where you can receive the services that you need. Alternative settings can include your home/apartment or assisted living facility.

### **Am I eligible?**

- You must reside in a nursing home and have long term care needs.
- Your nursing home stay is currently paid for by Wisconsin Medicaid.
- You must be 65 years of age or older or have a disability.

### **How to receive additional information:**

Contact the social worker at the nursing home and ask for a referral to the Aging & Disability Resource Center (ADRC) of Barron, Rusk & Washburn Counties. An Information & Assistance Specialist will meet with you to determine your eligibility.



# ***Volunteer Opportunities***

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Volunteer with us today!!

## **Volunteer Home Delivered Meal Drivers**

Deliver a hot, nutritious meal to an older, homebound adult. Routes are available every day or select days of the week. Bring sunshine (and a hot meal) into the life of another.

## **Meal Site Volunteer**

Make the group meal site a welcome and warm place to enjoy a midday meal. Help prepare the dining room, assist in serving meals, and clean up after the food, fun and fellowship.

## **Health & Wellness Class Volunteer**

Interested in health, wellness, and prevention? Volunteers are trained to lead classes and work with community health educators.

## **Office Assistant**

Projects could include making copies, answering phones, putting folders/information brochures together, stuffing envelopes, attaching mailing labels, and many more tasks based on the volunteers' interests.

## **Medicare Part D Assistant**

Are you computer savvy and interested in a short term commitment? We need volunteers to help enter information into the computer during Part D Open Enrollment (October – beginning of December)

If interested in volunteering, call the Aging & Disability Resource Center today!

## ***When Should a Person Quit Driving?***

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There is no specific age at which a person can be considered too old to drive, as long as he or she remains healthy and if the declines that take place in the senses and other capabilities are normal. However, because our driver's license carries the greatest responsibility that each of us will ever have, we need to ask ourselves some questions regardless of age.

- Do I have memory problems?
- Am I sometimes afraid to drive?
- Do I feel aggressive when I drive?
- Do I have trouble with my vision? Especially at night?
- Do I have trouble hearing?
- Do I take medication that causes drowsiness, or stimulates?
- Do others honk their horn at me for no reason?
- Do I have difficulty with heavy interstate traffic?
- How can I improve my driving skills?

## ***Youth Transition Services Information***

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For students with disabilities, the Aging & Disability Resource Center is a vital link or “Bridge” between school and community in order to experience the adult world at its best!

The ADRC can assist in answering questions you may have such as:

- Where can I live after high school?
- Can I make my own healthy meals?
- Can I afford to live on my own?
- How am I going to get around town?
- What will I do for a job?
- Do I need assistance with handling my money?
- Do I need help making legal decisions?

### **How can the Aging & Disability Resource Center help you?**

The ADRC can provide:

- Assistance, advocacy and eligibility for Long Term Care services at age 17 years, 6 months old.
- The tools necessary to assist with choices, right and future planning into adult programs and services after high school.
- Information on Guardianship, Power of Attorney for health, and Representative Payee.
- Direction and assistance in understanding your benefits such as Social Security and Medicaid.
- A review of vocational services and programs for future employment, whether part time or full time.