

# Aging & Disability Resource Center of Central WI 2013 Annual Report to the Community

Supporting Health and Independence in the Lives of  
Older Adults and Adults with Disabilities in  
Langlade, Lincoln, Marathon and Wood Counties.



## Providing Information

The ADRC-CW provides information on resources, benefits, and choices that allow our customers to remain as healthy and independent as possible.

- ◆ 467 residents enrolled in publicly-funded community-based services

**In 2013, the ADRC-CW made over 20,000 contacts regarding resources and information.**



## Serving Nutritious Meals

Through our Meals on Wheels and Senior Dining programs, the ADRC-CW provides nutrition and socialization to adults over the age of 60.

- ◆ 85,770 meals served to 1,780 participants at senior dining sites
- ◆ 127,794 meals served through Meals on Wheels deliveries to 1,026 participants

**In 2013, the ADRC-CW Nutrition Program served 213,564 meals.**



## Promoting Healthy Living

The ADRC-CW offers classes to help our customers learn new skills and stay well. From chronic disease self-management and falls prevention to fitness programs, we help residents stay active and connected.

**In 2013, the ADRC-CW delivered 102 evidence-based classes.**



## Supporting Caregivers, Family, & Friends

Often, it is the family and friends of an individual with a disability, chronic illness, or age-related need who provide the most direct care. The ADRC-CW provides resources, options, information, and classes to make caregiving easier and less stressful.

**In 2013, the ADRC-CW made 975 contacts regarding caregiver support.**



## Getting the Word Out...

The ADRC-CW aims to reach as many residents in Central WI as possible, to ensure that anyone who could benefit from the services of the ADRC-CW is aware of them.

- ◆ Over 82,000 Monthly Guides and 19,000 Resource Directories printed and distributed
- ◆ 108 presentations to the community
- ◆ 1 Year Anniversary on Facebook
- ◆ 11,205 Visitors to the ADRC-CW Website



## Volunteers—The Key to Our Success

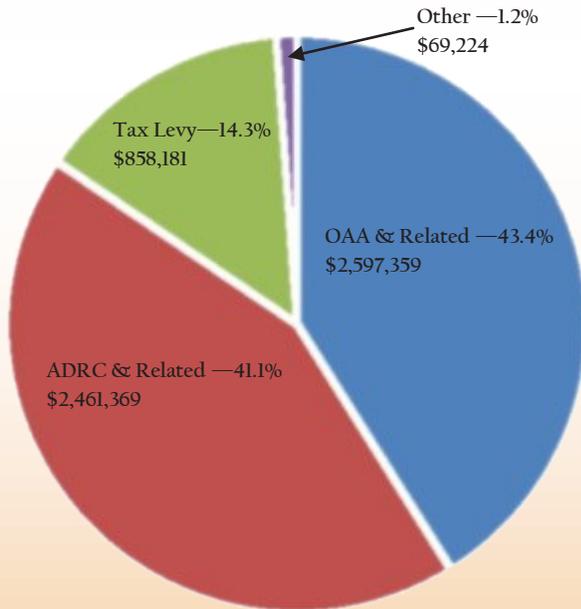
“Volunteering has enriched my life by being able to give back for all the things that I received in my life. The laughter and conversations make each day richer and more joyful and worth living.”

~ Shirley Schnae

(Office and Senior Dining Site Volunteer, Merrill)

**The ADRC-CW had 362 volunteers in 2013, with 27,202.75 volunteer hours donated!**

## 2013 ADRC-CW Funding Sources



## What do our customers say about the ADRC-CW?

“I’ve gained how to accept and cope with the changes I’m dealing with as a caregiver. I no longer feel alone.” - Powerful Tools for Caregivers participant

“It was helpful to have someone in our corner and to deal with someone who was professional and thorough.” - Family of a person with a disability in transition from childhood to adulthood.

“I had total knee replacement surgery and I credit my very speedy recovery to the Arthritis Exercise classes. I whizzed through my rehab in 4 weeks.” - Participant in the Arthritis Foundation exercise class

“If I didn’t get the meals, I’m not sure what I would do. I am very thankful for the program.” - MOW participant

### Contact us:

888-486-9545

www.adrc-cw.com

Find us on Facebook

### Mission:

The Aging and Disability Resource Center of Central Wisconsin (ADRC-CW) promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay, and lessen the impacts of aging and disabilities in the lives of adults.