

# Aging & Disability Resource Center of Central WI 2014 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.



## Navigating Options

The ADRC-CW helps people navigate through the various resources, benefits, and choices that allow them to remain as healthy and independent as possible.

- ◆ 597 individuals enrolled in publically-funded programs, such as Family Care and IRIS

**In 2014, the ADRC-CW made over 18,000 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 in Central WI.

- ◆ 85,674 meals served to 1,651 participants at senior dining sites
- ◆ 122,612 meals served through Meals on Wheels deliveries to 1,061 participants

**In 2014, the ADRC-CW served 208,286 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 Central WI residents stay active and connected.

**In 2014, the ADRC-CW delivered 92 evidence-based classes.**



## Supporting Caregivers, Family, & Friends

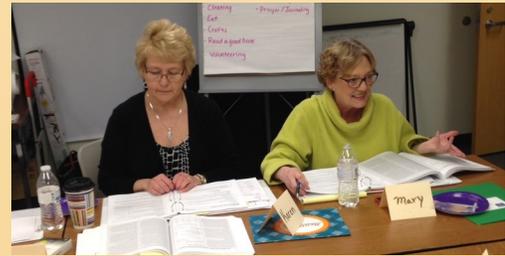
Often, it is the family and friends of an individual with a disability, chronic illness, or age-related need who provide the most direct care. The ADRC-CW provides resources, options, information, and classes to make caregiving easier and less stressful.

**In 2014, the ADRC-CW made 822 contacts with Central WI residents regarding caregiver support.**

## Getting the Word Out...

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

- ◆ **Over 85,000 Monthly Guides and 21,000 Resource Directories distributed**
- ◆ **243 presentations to the community**
- ◆ **Almost doubled our Facebook followers – from 61 to 116**
- ◆ **14,557 Visitors to the ADRC-CW Website**



(Photo of volunteers Karen and Mary, leading a Healthy Living With Diabetes class)

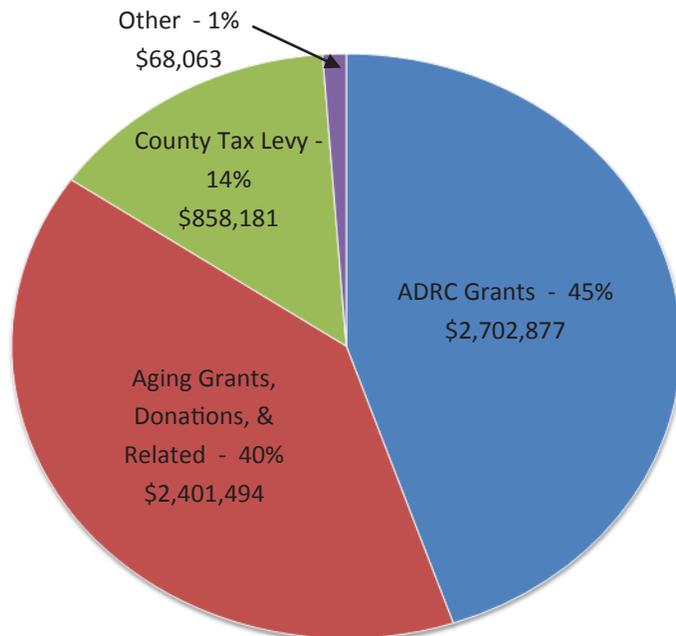
## Volunteers—The Key to Our Success

“Volunteering at the ADRC-CW gives me a sense of being able to contribute to a place of service that provides help and direction for people who so greatly need the assistance. And it’s a good feeling to know I can help.”

~ Darlene Cosh, Office Volunteer in Wisconsin Rapids

**In 2014, the ADRC-CW had 397 volunteers, who donated a total of 26,938 hours!**

## 2014 ADRC-CW Funding Sources



**Total: \$6,030,615**

## *What do our customers say?*

“I was expecting you’d tell me to put her in a nursing home, and we’re not ready for that yet. This wasn’t what I was expecting. This was helpful. Thank you.”

- A husband whose wife has early-onset Alzheimer’s disease

“I’ve gotten to 13 minutes on the treadmill! We learned so many useful and attainable ways to better our health.”

- A “Walk with Ease” participant

“I wanted to let you know that these meals are what Mom needs to continue living here alone. She is getting the nutrition and correct amount of calories that she needs. We think the meals are what keep her going!”

- The son of a MOW participant

“We moved here from another state and had worked with the ‘system’ there, trying to find services for our daughter who has a disability. We were very happy with the services provided to us through the ADRC-CW – very clear and helped us understand our options – what a great advantage Wisconsin has with having ADRCs!”

~ The parent of a daughter with a disability

### 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.