



Welcome . . .

to the Aging & Disability Resource Center (ADRC) of Southwest Wisconsin.

Who we serve . . .

We're here to help older people and people with disabilities — along with their families and caregivers — find services and resources to keep them living well and independently. We help:

- ◆ Adults age 60 and older;
- ◆ Adults with physical or developmental disabilities;
- ◆ Adults with mental health or substance abuse problems.

Our information and assistance is **free** and completely **confidential**. Some services are available on a limited basis and are based on program eligibility.



To talk with a friendly professional, call toll-free:

(877) 794-2372

Or, contact us at one of these local ADRC offices:

Iowa County

222 N Iowa St, Suite 110
Dodgeville, WI 53533
Phone: (608) 935-0389

Green County

N3152 State Road 81
Monroe, WI 53566
Phone: (608) 328-9499

Grant County

8820 Hwy 35/61 South
Lancaster, WI 53813
Phone: (608) 723-6113 or
(800) 514-0066

Lafayette County

627 Main Street
Darlington, WI 53530
Phone: (608) 776-4960



Start here!





Information & Assistance

Free & Confidential!

Our trained information and assistance specialists are knowledgeable about all of the programs and services available to help meet your needs. Contact us if you have questions or want information on these or other programs and services you may need:

Help with benefit programs

Where do you turn when you have questions or concerns about public or private benefit programs or other legal issues? Contact an Elderly or Disability Benefit Specialist for help accessing programs (such as Social Security, Medicare, Medicaid, and more), benefits, and legal rights.

Elderly Benefit Specialists help anyone age 60 and over;

Disability Benefit Specialists support people — ages 18 through 59 — who are physically disabled, developmentally disabled, or with mental health or substance use problems.

Help understanding ALL your options for care

Not sure about all your options for long-term care? We want you to have all the information you need to make your own choices. Contact us for objective, in-depth information about the services and resources available to meet your current and future needs for care.

We'll talk with you about the types and cost of care available —whether you receive services at home or in another community setting.

Nutrition Programs

Good nutrition is an important part of maintaining good health. Getting together at a senior dining site or receiving a home-delivered meal makes getting a well-balanced meal a snap. Contact us to learn more about the nutrition services available to you.

Transportation Services

Need a ride? The ADRC can help provide you with transportation for doctor visits and many other activities. Contact us to talk about your needs and schedule a ride.

Programs for your health

Staying active and healthy is key to maintaining your independence. We offer several education and prevention programs and screening services to help protect your health such as blood pressure screening, memory screening, short-term medication management, health education with one-on-one consultations, home safety assessments, and a program to prevent falls.

Support for caregivers

Caring for someone who is elderly or disabled can be a rewarding experience, but it can also present challenges. We offer information and assistance to help family caregivers care for their loved one — and themselves.

Help transitioning from child to adult services

We talk with and provide assistance to young adults with disabilities and their families as they change from children's programming to services for adults.