For more copies of this Resource Guide, contact:
Rock County Council on Aging

51 S Main Street
Janesville, WI  53545 (mailing address)

3328 Hwy 51 North, Janesville (physical address)
Phone (608) 758-8455
Fax (608) 758-8472

Website: www.co.rock.wi.us/Aging

“Like” us on Facebook

All phone numbers listed in this guide are a 608 area code unless noted.

The agencies/businesses listed in guide should in no way be construed to constitute an endorsement of a specific company, organization or its service, nor should exclusion be construed to constitute disapproval.

Provided by
Rock County Council on Aging

DRAFT 23  5/29/18)
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## ASSISTIVE SERVICES AND/OR EQUIPMENT

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
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<tbody>
<tr>
<td>Emergency Response Systems</td>
<td>Janesville: 756-6784</td>
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<tr>
<td></td>
<td>Beloit: 364-5480</td>
</tr>
<tr>
<td></td>
<td>Stoughton: 873-2372</td>
</tr>
<tr>
<td>Home Health United</td>
<td>800-924-2273</td>
</tr>
<tr>
<td>Tracking System/Bracelet - Project Lifesaver</td>
<td>373-3880</td>
</tr>
<tr>
<td>First Lutheran Church Equipment Loan Closet</td>
<td>752-7434</td>
</tr>
<tr>
<td>Library - Homebound Book Delivery</td>
<td>868-2872</td>
</tr>
<tr>
<td>Home Safety Assessment - Mercy Health System</td>
<td>755-7998</td>
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<tr>
<td>Independence First Mobility Store</td>
<td>608-243-1785</td>
</tr>
<tr>
<td>Wisconsin Talking Book and Braille Library</td>
<td>800-242-8822</td>
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## CONSUMER

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Better Business Bureau of Wisconsin</td>
<td>414-847-6000</td>
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<tr>
<td>Consumer Credit Counseling</td>
<td>365-1244</td>
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<tr>
<td>Consumer Product Safety Commission</td>
<td>800-638-2772</td>
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<tr>
<td>Mortgage Foreclosure Prevention</td>
<td>362-9051</td>
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<tr>
<td>Poison Control Centers</td>
<td>800-222-1222</td>
</tr>
<tr>
<td>WI Agr, Trade &amp; Consumer Protection</td>
<td>800-422-7128</td>
</tr>
<tr>
<td>WI Office of Privacy Protection (ID Theft)</td>
<td>800-422-7128</td>
</tr>
<tr>
<td>Wisconsin Legislative Hotline</td>
<td>800-362-9472</td>
</tr>
<tr>
<td>Register for “Do Not Call” List</td>
<td>Wisconsin: 888-382-1222</td>
</tr>
<tr>
<td>(Get off telemarking call lists)</td>
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## HEALTH SERVICES

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<td>Beloit Area Community Health Center</td>
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<tr>
<td>Dental Clinic at VA Hospital</td>
<td>280-7035</td>
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<tr>
<td>HealthNet of Janesville (Serving all of Rock County)</td>
<td>756-4638</td>
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<tr>
<td>Donated Dental Services</td>
<td>888-338-6852</td>
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## PRESCRIPTION DRUG ASSISTANCE

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<tbody>
<tr>
<td>Partnership for Prescription Assistance</td>
<td>888-477-2669</td>
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<tr>
<td>Prescription Drug Helpline – Medicare Part D</td>
<td>855-677-2783</td>
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<tr>
<td>SeniorCare Prescription Drug Prgrm (WI)</td>
<td>800-657-2038</td>
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## VISION

<table>
<thead>
<tr>
<th>Service</th>
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</thead>
<tbody>
<tr>
<td>Office for the Blind and Visually Impaired</td>
<td>757-5203</td>
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<tr>
<td>EyeCare America (Free Eye Care)</td>
<td>800-222-3937</td>
</tr>
<tr>
<td>HealthNet (Vision Care Program)</td>
<td>756-4638</td>
</tr>
<tr>
<td>WI Council of the Blind</td>
<td>800-783-5213</td>
</tr>
</tbody>
</table>
Introduction

Are you looking for resources to help you remain independent in your home?

Are you caring for or assisting an aging or disabled parent, spouse, family member or friend? Do you know someone who is?

The Elder Services Resource Guide will provide you with helpful resources that are available to Rock County residents. Our goal is to help you become as informed as possible so you can remain independent, or if you are a caregiver, provide the best possible care to your loved one.

There are only four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.

-- Rosalyn Carter
Rock County Council on Aging

Council on Aging is the County’s aging unit, which serves the seniors, families and caregivers of Rock County.

At Rock County Council on Aging, our mission is to help preserve the independence, self-worth and dignity of older residents of Rock County.

The office hours are 8 a.m. to 5 p.m. Monday through Friday and are located at 3328 U.S. Highway 51 North, Janesville, Wisconsin. (N. Parker Drive becomes Highway 51). The mailing address is 51 South Main Street, Janesville, WI 53545. The main telephone number is 608-757-5472.

Website: www.co.rock.wi.us/Aging

“Like” us on Facebook

Programs available:

- Elder Benefit Specialist Program - 757-5414
- Nutrition Services - 757-5474
- Congregate/Home Delivered Meals - 757-5474
- Rock County Transit - 757-5054
- Family Caregiver Support Program - 758-8455
- Mobility Manager - 757-5408
- Healthy Aging Workshops 757-5472

Helpful Local Resource Numbers

ROCK COUNTY
- Council on Aging 757-5472
- Nutrition Program 757-5474
- Rock County Transportation 757-5054
- Family Caregiver Support Program 758-8455
- Elderly Benefit Specialist 757-5414
- Mobility Manager 757-5408
- Aging and Disability Resource Center (ADRC) 741-3600
- Health Department 757-5442 or 364-2010
- Veterans Service 757-5552 or 363-6280

WISCONSIN
- BadgerCare+Core Plan/Basic 800-291-2002
- Food Share QUEST Card Customer Service 888-794-5780
- Medigap Helpline Office Commissioner of Insurance 800-242-1060
- Medicaid & State SSI Recipient Hotline 800-362-3002
- Unemployment Insurance Claims 800-822-5246
- WI Dept. Of Veterans Affairs 800-947-8387
- WI Dept of Motor Vehicles 800-924-3570

ALZHEIMER’S RESOURCES
- Alzheimer’s Family Caregiver Suprt (AFCSP) 758-8455
- Alzheimer’s & Dementia Alliance of WI 888-308-6251
- Alzheimer’s Association South Central WI 800-272-3900
- Project Lifesaver - Tracking Bracelet 373-3880

CAREGIVER RESOURCES
- Caregiver Support Groups & Educational Classes 758-8455
- Rock County Family Caregiver Support Pgrm 758-8455
- Eldercare Locator (National) 800-677-1116

HEARING RESOURCES
- TEPP (Telephone equipment for hearing) 743-4120
- Office for Deaf and Hard of Hearing 437-5828

CONSUMER RESOURCES
- Register for “Do Not Call” List 888-382-1222
  (Get off telemarketing call lists)
Financial Assistance Programs

Food Stamps/Food Share Program
Help with purchasing food
FoodShare Program
Southern Consortium (888) 794-5780
FoodShare Helpline (877) 366-3635

Energy Assistance
Help with your power and light bill
Energy Services at (608) 363-9200

Medical Assistance (MA)
Help with medical bills (888) 794-5780 (tollfree)

Medical Assistance (MA)
Rock Change Center (888) 794-5780 (tollfree)
To report changes the FoodShare, BadgerCare/Medical Assistance and Child Care.

Homestead Program
The Homestead Credit Program can provide an additional cash benefit to homeowners and renters who meet eligibility criteria. This tax credit is designed to help eligible households meet the rising cost of property tax bills and rental payments. To apply for the Homestead program Contact your Elderly Benefit Specialist at (608) 757-5414.

Adult Day Care
Adult Day Care consists of daytime care for functionally impaired elderly persons. It is provided through a structured program of social and rehabilitative services in a supportive group setting outside the client's home.
The fees for adult day services vary, generally between $45 to $65 per day, with additional fees for transportation. Adult Day Care and Hourly Respite are available through this agency.

KANDU Adult Day Care
1741 Adel St, Janesville WI 53546 755-4123
Meals, recreational activities, personal care, bathing and community involvement. Operates Monday thru Friday www.kanduindustries.com

Healthy Aging Workshops
Rock County Council on Aging offers evidence-based healthy aging workshops. We provide opportunities to older people in Rock County with the tools and resources to better manage their health.

Workshops available are:
- Stepping On (fall prevention)
- Living Well with Chronic Conditions
- Healthy Eating for Older Adults
- Powerful Tools for Family Caregivers
- Lighten Up! Your Life
Take charge of your health! Participate in one of our evidence-based workshops.
For more information on the upcoming workshops, call Council on Aging at 757-5472.
Rock County Long Term Support Programs are individualized programs that provide alternatives to nursing home care. These programs allow eligible individuals to remain in the community, often in their own homes, preserving their dignity and sense of self-respect. If remaining in the home is not possible, other non-institutional arrangements can be made.

Long Term Support Programs are designed to help people receive benefits from existing resources. A case manager will work with the recipient to develop an individualized service plan.

Benefits can include: adaptive equipment, supportive homecare, home health aides, skilled nursing, home modifications, home delivered meals, medication management, community-based residential facilities, personal care, respite care, social outings, lifeline, transportation, adult family homes, grocery shopping

Any person considering residence in a nursing home for any reason is invited to inquire about Long Term Support Services through the Rock County Aging and Disability Resource Center.

What is “Respite Care” For Family Caregivers?

"Respite" is for the caregiver. "Care" is for your loved one.

For many family caregivers, the challenges of caring for a loved one are part of daily life.

Caregiving is a demanding, difficult job and no one is equipped to do it alone. Getting help is essential for your health, and your resilience is critical for your loved one.

Respite care provides short-term breaks that relieve stress, restore energy, and promote balance in your life. Working/caring for family members or friends may be difficult, but there are many respite care options and strategies that you may not be aware of.

Respite Care Basics

Seeking support and maintaining one’s own health is key to managing the caregiving years. Using respite care before you become exhausted, isolated, or overwhelmed is ideal, but just anticipating regular relief can become a lifesaver.

Respite can take many forms, but comes down to two basic ideas: sharing the responsibility for caregiving and getting support for yourself. Finding the right balance requires persistence, patience, and preparation.

For more information, visit the Wisconsin Caregiver Support Programs website at http://wisconsincaregiver.org/
Support Groups for Family Caregivers

These support groups enable persons facing similar problems to cope through the sharing of experiences, practical suggestions, and emotional support.

There are many support groups throughout Rock County. Call Rock County Council on Aging for a current listing with dates, times and locations at 608-758-8455.

Wisconsin Family Caregiver Support Programs

Nearly everyone will be a caregiver at some point in life. And nearly everyone will need a little help providing that care. Being responsible for someone else can feel overwhelming, especially if the role is unexpected or interferes with job responsibilities. This is why Wisconsin offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable. Eligibility requirements vary for each program.

The National Family Caregiver Support Program (NFCSP) provides services and supports that help family caregivers and informal caregivers, such as a neighbor/friend, care for older adults at home. The NFCSP is available to any person providing care to an adult age 60+

The Wisconsin Alzheimer’s Family and Caregiver Support Program (AFSCP) is similar to the National Family Caregiver Support Program, but only serves people with a diagnosis of Alzheimer’s disease or dementia.

For more information, contact Rock County Council on Aging at 608-758-8455.

Rock County Long Term Care Program

(Continued)

Anyone who is a resident of Rock County and who has a long-term or irreversible illness or disability that substantially impairs his or her ability to function independently may be eligible. A brief listing of these conditions includes frail elderly, physically disabled, Alzheimer’s or related diseases, other long-term illnesses or disabilities.

Persons needing Long Term Support services are encouraged to apply at any time and may refer themselves or have someone make a referral for them, such as a relative, doctor, social worker, pastor, friend, etc. At times, the demand for service exceeds the monies available in these programs. In those situations, names of eligible applicants are placed on a waiting list for service funding and are served as soon as funding becomes available.

Eligibility requirements vary for each program, but are generally based on the applicant’s medical, functional, service and financial needs. The assessment to determine eligibility is free and does not obligate the applicant to receive services.

For more information on these programs, call the Rock County Aging and Disability Resource Center.

(608) 741-3600
**Elderly Benefit Specialist Program**

Elderly Benefit Specialist Program in Rock County has one Specialist who provides services. A Benefit Specialist is a person trained to help older persons who are having a problem with their private or government benefits. They are often called “red tape cutters” because they are experts at helping older persons with the extensive and complicated paperwork that is often required in benefit programs.

There is no charge for the services, but persons assisted by the program are encouraged to make a donation towards the cost of the service.

You may make an appointment with an Elderly Benefit Specialist at (608) 757-5414.

**Nursing Homes**

Sometimes, the decision to move a loved one becomes necessary. Visit the nursing home of your choice and then discuss placement with the nursing home’s Admissions Coordinator. Below is a list of the nursing homes in our area.

Nursing Homes:
- Alden Meadow Park H.C.C.  676-2202 709 Meadow Park Drive, Clinton 53525
- Beloit Health & Rehab  365-2554 1905 West Hart Road, Beloit, 53511
- Cedar View Health Center  756-0344 1702 S River Road, Janesville, 53546
- Evansville Manor  882-5700 470 Garfield Ave, Evansville, 53536
- Edgerton Care Center  884-1617 313 Stoughton Road, Edgerton, 53534
- Edgerton Hospital - Swing Bed Program  884-3441 313 Stoughton Road, Edgerton, 53534
- Mercy Manor Transition Center  756-6000 1000 Mineral Point Ave, Janesville, 53548
- Premier Rehab & Skilled Nursing  365-9526 2121 Pioneer Dr, Beloit, 53511
- Rock Haven Nursing Home  757-5028 3418 N Cty Trk Hwy F, Janesville, 53547
- St. Elizabeth’s Nursing Home  752-6709 502 St. Lawrence, Janesville, 53545
- Woods Crossing At Woods Point  897-3031 401 E 23rd St, Brodhead, 53520
Power of Attorney for Health Care

The Power of Attorney for Health Care law allows you to complete a written document designating another person to act on your behalf as your health care agent. Subject to limitations you impose, the designated health care agent is authorized to make many types of health care decisions on your behalf should you later become incapacitated.

“Incapacitated” is defined in Wisconsin statutes as “the inability to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manage his or her health care decisions.”

A Power of Attorney for Health Care document states that when you are no longer able to make health care decisions due to being incapacitated, the person designated as your health care agent is authorized to make those decisions on your behalf.

A Power of Attorney for Health Care is different from a Living Will in that the Living Will functions as an actual statement directly from you to health care providers, indicating your wishes regarding feeding tubes and life-sustaining procedures in the event you ever have a terminal condition or are in a persistent vegetative state.

A Power of Attorney for Health Care takes affect upon your temporary or permanent incapacity. A Living Will also may take effect upon your temporary or permanent incapacity, but only if you also have a terminal condition or are in a persistent vegetative state.

Your local nursing home, area hospital or Council on Aging can provide you with information on getting started on Power of Attorney for Health Care.

Emergency Response System

Provides an in-home 24-hour electronic alarm system that enables homebound persons to summon emergency help. It gives peace of mind for older adults, their caregivers and family.

A button is worn by the individual and pushed in case of emergency. The system works through the telephone line and allows your loved one to speak directly to a specially trained attendant in the event of an emergency, at the push of a button. Affordable and easy-to-install, call button can be worn as a watch or necklace.

Local Suppliers of emergency call systems:
- Mercy Hospital, 756-6781
- Beloit Hospital, 364-5480
- Stoughton Hospital, 873-2372

Telephone Reassurance Programs

Reassurance workers make regular contact through telephone calls with homebound older persons to assure their well-being and safety and to provide companionship and social interaction.

- Friendly Voice Program
  Retired and Senior Volunteer Program
  362-9593 or 756-4281

These volunteers are coordinated through RSVP. There is no cost for this program.
### Independent Senior Housing

Independent senior housing is a residential living setting for senior adults that does not provide supportive services. Senior adults lead an independent lifestyle that requires minimal or no extra assistance. There are senior housing units that have government-subsidized rental programs. Those apartments are listed below and have a “#” in front of their name.

To apply for an apartment, contact the apartment manager and schedule a tour. Then, if the apartment is satisfactory, you can request to fill out an application and submit it back to manager of that apartment unit. Generally, in a government-subsidized apartment, it takes 30 days or more to receive an approval.

<table>
<thead>
<tr>
<th>BELOIT</th>
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<tr>
<td>High School Apt</td>
<td>365-2517</td>
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<tr>
<td>Hillcrest Apt</td>
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<td>Ridge Manor Apt</td>
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<td>Riverside Terrace</td>
<td>365-7222</td>
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<td>Rock Bay Harbor</td>
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<td># Scoville Center Apts</td>
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<td># Woodside Terrace</td>
<td>365-0333</td>
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<td>Village on Olympian Hill</td>
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<td>#Village East Apts</td>
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<td># Meadow Park Apt</td>
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<td># Edgerton Meadows</td>
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<td># Edgerton Retrmt Apt</td>
<td>884-9009</td>
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<tr>
<td>Edgewood Glen</td>
<td>884-2680</td>
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<tr>
<td># Elm Drive Apt</td>
<td>884-8454</td>
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### Legal Assistance and Services

There may be times when you feel you or your loved one needs legal assistance. The list below will give you a few options.

If you are looking for long term care planning and want to discuss this with an attorney, be sure that the attorney you select is well versed in Long Term Care Planning and the Medicaid Nursing home rules. Attorneys can get specialized training/certification and are called “Elder Law Attorneys”.

| Wisconsin State Bar Lawyer Referral & Information | 800-362-9082 |
| Legal Action of Wisconsin | 800-362-3904 |
| Rock County Guardianship Issues | 741-3551 |
| Wisconsin Guardianship Hotline | 855-409-9410 |

If you are looking for an “Elder Law Attorney”, the National Academy of Elder Law Attorneys, Inc. (NAELA) has a website where you can search your area for a Elder Law Attorney. The website is: www.naela.org/MemberDirectory/.

The NAELA website also offers a fact sheet on “Questions and Answers when looking for an Elder Law Attorney” at www.naela.org/About_QandA.aspx.
## Assisted Living

**Community Based Residential Facilities (CBRF) And Residential Care Apartment Complexes (RCAC)**

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<thead>
<tr>
<th>Name</th>
<th>City</th>
<th>Phone</th>
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<tr>
<td>Cedar Crest Asst Living</td>
<td>Janesville</td>
<td>756-0344</td>
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<tr>
<td>Collinwood Elderly Care</td>
<td>Orfordville</td>
<td>879-3084</td>
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<td>Cozy Li’l Acre</td>
<td>Janesville</td>
<td>758-1103</td>
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<tr>
<td>Heartwarming House (The)</td>
<td>Milton</td>
<td>868-3040</td>
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<tr>
<td>Azura Memory Care</td>
<td>Beloit</td>
<td>365-7470</td>
<td>Alzheimer's/Dementia</td>
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<td></td>
<td>Clinton</td>
<td>676-4056</td>
<td></td>
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<tr>
<td>Hearthsides</td>
<td>Janesville</td>
<td>757-2275</td>
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<tr>
<td>Huntington Residence</td>
<td>Janesville</td>
<td>868-5035</td>
<td>Alzheimer's/Dementia</td>
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<tr>
<td>Huntington Residence Memory Care</td>
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<td>868-5035</td>
<td>Alzheimer's/Dementia</td>
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<tr>
<td>Kelly House</td>
<td>Evansville</td>
<td>882-4191</td>
<td></td>
</tr>
<tr>
<td>Our House Assisted Living</td>
<td>Janesville</td>
<td>756-1340</td>
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<tr>
<td>Our House Memory Care</td>
<td>Janesville</td>
<td>756-9030</td>
<td>Alzheimer's/Dementia</td>
</tr>
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<td>Pioneer Court</td>
<td>Beloit</td>
<td>365-9451</td>
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<td>Sherman Home, The</td>
<td>Janesville</td>
<td>758-3324</td>
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<tr>
<td>St. Elizabeth Manor</td>
<td>Footville</td>
<td>876-4000</td>
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<tr>
<td>Sun Valley</td>
<td>Beloit</td>
<td>365-7455</td>
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<td>362-8094</td>
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<tr>
<td>Sun Valley Terrace</td>
<td>Beloit</td>
<td>365-3737</td>
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<tr>
<td>Willowick</td>
<td>Beloit/Clinton/Jvl</td>
<td>774-2104</td>
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<tr>
<td>Wright Home, The</td>
<td>Janesville</td>
<td>758-3324</td>
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<tr>
<td>Woods Crossing</td>
<td>Brodhead</td>
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**Residential Care Apartment Complexes (RCAC)**

<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
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<td>Janesville</td>
<td>756-0344</td>
</tr>
<tr>
<td>Huntington Place</td>
<td>Janesville</td>
<td>868-5035</td>
</tr>
<tr>
<td>Kelly House Asst. Living</td>
<td>Evansville</td>
<td>882-4191</td>
</tr>
<tr>
<td>Milton Senior Living</td>
<td>Milton</td>
<td>868-3000</td>
</tr>
<tr>
<td>Riverside Terrace</td>
<td>Beloit</td>
<td>365-7222</td>
</tr>
<tr>
<td>Swifthaven</td>
<td>Edgerton</td>
<td>884-2828</td>
</tr>
<tr>
<td>The Heights at Evansville</td>
<td>Evansville</td>
<td>882-9995</td>
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<tr>
<td>Evansville Manor</td>
<td></td>
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</tr>
</tbody>
</table>
Meals and Nutrition

Congregate Meals are meal sites available in most communities that provide an opportunity for Seniors (over age 60) to enjoy a hot meal in a warm family-like atmosphere. A donation for each meal is suggested.

Congregate meal locations in Rock County are:

- **Janesville**
  - Riverview Heights Apartments
  - 930 N Washington Street

- **Beloit**
  - Grinnell Hall
  - 631 Bluff Street

- **Evansville**
  - Creekside Place
  - 102 Maple
  - Transportation Available

- **Milton**
  - The Gathering Place
  - 715 Campus Lane
  - Transportation Available

- **Clinton**
  - Clinton Senior Center
  - 508 Front Street
  - Transportation Available

Reservations are required. To reserve a meal or cancel a meal, call no later than noon of the prior business day.

To Find Out More—To Make a Reservation

Call: 757-5474

Visit our website at

www.co.rock.wi.us/aging

What Is Assisted Living?

(Continued)

weakened condition increasing the likelihood of a life-threatening fall or injury. Diminished eyesight can also contribute to falls and car accidents if the person is still driving. Deafness decreases a desire to interact socially.

When a couple moves to an assisted living residence, chances are only one of them requires assistance. The move can be truly liberating for their partner, who has been caregiving 24/7. The caregiver’s health and sleep is often compromised by stress and the physical demands involved in caring for their spouse. When these care needs are being handled by staff, the healthier spouse can go back to being more of a mate and less of a “nurse.” A closer bond is re-established. Families have peace of mind. It’s a win-win solution.

Some assisted living residents may be younger seniors (50-65 years old) that have been injured or had surgery requiring a rehabilitation period before being able to safely return to their home. Most assisted living residences have respite services available. Respite is a short-term, temporary living arrangement in a furnished studio apartment. Respite residents may receive occupational or physical therapy services onsite or may be bused to and from a rehabilitation facility. Living in a warm, caring environment rather than a clinical, hospital-like setting provides social opportunities and professional care at just a fraction of the cost of a hospital or nursing home.

Assisted living is NOT at all like a nursing home. It is just another type of residential setting available to meet the needs of many Americans in the golden years of their lives.
What is Assisted Living
By: Annette Baker

It wasn’t too many years ago when an older adult no longer able to perform all of the ADLs (activities of daily living) moved to a nursing home. If the person only needed assistance with dressing and bathing, but was mentally and emotionally healthy, these clinical, hospital-like surroundings often lead to depression, followed by a combination of further physical, mental and emotional declines.

That was then. Today, communities provide several types of assisted care. A Residential Care Apartment Complex (RCAC) is a type of residence providing a variety of options which may include meals, entertainment, activities, parties, religious services, beauty/barber, physician, podiatry, massage and transportation services. Certified RCACs qualify for Medicaid Waiver funding. Licensed RCACs do not qualify for funding.

Another type of assisted living facility is a Community Based Residential Facility (CBRF). Many similar services are provided here, as in an RCAC. However, a CBRF qualifies for both Community Options Program Waiver (COPW) and Medicaid Waiver funding. Often the types of amenities and activities are more limited in this type of facility.

A move to an assisted living residence can enhance quality of life, allowing a person to remain more independent for a longer period of time. It appears that too often families and individuals procrastinate, putting off a move to an assisted living residence due to lack of information about assisted living. As some people age, they become socially isolated and reclusive. Depression sets in, which can lead to nutritional deficiencies (either eating too much/not eating enough or not eating nutrient-rich foods), leading to a

Meals and Nutrition (Continued)
The Congregate meal menus change on a monthly basis. A sample of a monthly entrée menu is below.

- Pork Pot Roast
- Spaghetti & Meatballs
- BBQ Pork Riblets
- Beef Stew
- Chicken Parmesan
- Mexican Taco Casserole
- Meatloaf
- Swedish Meatballs
- Chicken Gumbo
- Chicken Marsala
- Sloppy Joes
- Baked Chicken
- Ring Bologna
- Turkey Tetrazzini
- Chili
- Baked Chicken Drumsticks
- Pork w/ Basil Dijon Sauce
- Macaroni Ham & Cheese
- Beef Barley Soup
- Salisbury Steak

Special diets are available upon request. Milk is served with all meals. Coffee and tea are served with dining center meals.

Hungry Yet?

*Reservations to attend are required.
*To reserve a meal or cancel a meal, call no later than Noon of the prior business day.
*A donation for each meal is suggested.

To Find Out More—To Make a Reservation—To Cancel a Reservation

757-5474
Hospice is compassionate care for those who have a life-limiting illness and their family members. In addition to addressing the physical needs of the patients, hospice provides spiritual and emotional care to both the patients and their entire families. Hospice allows the patient to spend their final days in dignity and comfort.

All hospices must provide basic core services: nurse, social worker, chaplain, volunteer, nursing assistant, medications and supplies related to the terminal diagnosis. However, patients and their loved ones need to be aware that a hospice agency has a lot of latitude in determining services offered, so always remember to inquire about what is available.

**WHY WOULD I WANT TO USE HOSPICE?**

- Has been diagnosed with a life-limiting illness.
- Is experiencing pain and experiences frequent hospitalizations.
- Desires to remain at home and needs financial relief.
- Decides to forgo curative treatment.
- Requires frequent telephone calls, doctors office, or emergency room visits.

Hospice can provide:

- Expert relief of physical, emotional, and spiritual pain.
- The ability to stay at home and significant financial relief.
- Home visits, thereby decreasing the need for doctor or emergency room visits.
- Telephone support, offering expert advice and dispatching assistance when required.
- Respite care, to allow the caregivers the opportunity to rejuvenate.
- Ongoing bereavement support for family and friends following the illness.

**Hospice Care Providers**

<table>
<thead>
<tr>
<th>Hospice Provider</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agrace Hospice</td>
<td>755-1871</td>
</tr>
<tr>
<td>Beloit Regional Hospice</td>
<td>363-7421</td>
</tr>
<tr>
<td>Heartland Hospice Services</td>
<td>815-282-2279</td>
</tr>
<tr>
<td>Home Health United Hospice</td>
<td>877-356-4514</td>
</tr>
<tr>
<td>Mercy Hospice Care</td>
<td>754-2201</td>
</tr>
<tr>
<td>Rainbow Hospice</td>
<td>920-674-6255</td>
</tr>
<tr>
<td>Southern Care Hospice</td>
<td>866-419-2773</td>
</tr>
</tbody>
</table>

**Meals and Nutrition**

**Home Delivered Meals**

Home delivered meals is a service that brings hot, nutritionally balanced meals to homebound seniors and their caregivers, age 60 and older. Meals are available Monday – Friday and on weekends in some areas. Home delivered meals are available throughout the county.

For eligibility, please contact:
- Beloit Meals On Wheels - 362-3683
- Mercy Health System - 756-6077
- Rock County Council on Aging - 757-5474
- Edgerton Care Center - 884-1675

**Nutrition Counseling**

Nutrition Counseling provides individualized advice and guidance to individuals or family caregivers who are at nutritional risk because of their health or nutritional history, dietary intake, medication use or chronic illness. Counseling may include options and methods for improving nutritional status and is provided by a health professional.

Nutrition counseling provided by Rock County Council on Aging (608) 757-5474.
State of Wisconsin
Home Health Care Hotline
1-800-642-6552

What information can the Home Health Hotline provide?
The toll-free Home Health Care Hotline Wisconsin residents with information about:
- Local home health care agencies
- Agency certification for Medicare and/or the Medical Assistance Program
- Results of state inspections of agencies
- Complaints which have been filed against the agency within the last two years.
The Hotline may also be used to file complaints.

What is the Home Health Care Hotline number and how does it work?
The toll-free Wisconsin Home Health Care telephone number is 1-800-642-6552. Calls are taken 24 hours a day. A recorded message asks callers to leave their message on an answering machine. Callers should include:
- Their name, area code and telephone number
- Whether they are seeking information or wanting to file a complaint
Calls are returned by the next working day.

Chores and Housekeeping
The following agencies provide an array of in-home services such as laundry, light housekeeping, meal preparation and transportation.

- Almost Family Home Care 755-0592
- Home Instead Senior Care 314-9241
- MercyHome Health Care 754-2201
- Stoughton Hospital Home Health 873-2366

Dementia Care Specialist
Rock County Aging and Disability Resource Center offer the services of a Dementia Care Specialist. Dementia Care Specialists provide cognitive/memory screening and offer programming designed specifically for people with dementia and their caregivers.

The Dementia Care Specialist offer evidence-based programming, which has been proven to improve caregivers' ability to provide safe care while relieving caregiver stress and increasing personal coping skills.

To contact the Dementia Care Specialist in Rock County, call 608-741-3615.
Funding In-Home Care Services

Now that you or your loved one need in-home care services, you may be looking for funding to help pay for those services. Most of the time, Medicare does not cover ongoing costs for in-home care, personal care, adult day care, cooking, cleaning, transportation and other costs associated with ongoing in-home assistance.

Below is a list of some possibilities for funding. You or your loved one may or may not qualify for the programs listed. Many of the programs have waiting lists. Some of the programs require an initial screening and may have income and asset guidelines. Funding may not be easy to access and you may have to navigate through some paperwork, but with a little diligence you may find the funding you or your loved one needs.

- Aging/Disability Resource Center—Family Care Program 608-741-3600
- Rock County Council on Aging 758-8455
  Alzheimer’s Family Caregiver Support Program (AFCSP)
- Rock County Council on Aging 758-8455
  National Family Caregiver Support Program (NFCSP)
- Veterans Administration -- Local Veterans Office
  Aid and Attendance Program 608-757-5552 or 363-6280
- Long Term Care Insurance --
  Individual may have purchased policy
- Reverse Mortgage -- Private mortgage companies
- Medical Assistance (MA or Title XIX)
  Economic Support Division 888-794-5780

Transportation

Transportation for medical appointments and, in some cases, shopping purposes are provided by the following providers. Some of the providers have private pay rates, accept donations, or services can be billed to Medical Assistance for those who are eligible.

- Clinton Sr. Center Van (Clinton Only) 676-4600
- Curtis Ambulance Service 741-1111
- Disabled Veterans Transport Network 247-4674
- DR Medical Transportation 920-542-1040
- Edgerton Taxi (Edgerton Area only) 884-9847
- Evansville Sr Shuttle (Evansville Only) 882-0407
- Park City Taxi 436-1617
- Lavigne Bus Co 920-563-1515
- MTM (Medicaid Medical Rides) 866-907-1493
- Paratech Ambulance Service 758-1113
- Rock County Specialized Transit 757-5054
- RSVP Seniors Volunteering for Seniors 362-9593
- You Buy We Fly 363-3939

Transportation for medical appointments outside of Rock County is available. In some cases, it’s a volunteer driver program or a service provider with handicapped accessible vans. Some of the providers have private pay rates, accept donations, or services can be billed to Medical Assistance for those who are eligible.

- Park City Taxi 436-1617
- Lavigne Bus Co 920-563-1515
- DR Medical Transportation 920-542-1040
- RSVP Seniors Volunteering for Seniors 362-9593
In-Home Care Providers
(Medical and Non-Medical) Continued

**MEDICAL HOME HEALTH (In-Home)**

<table>
<thead>
<tr>
<th>Provider</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Accura Home Health</td>
<td>676-2337</td>
</tr>
<tr>
<td>At-Home Healthcare</td>
<td>363-5885</td>
</tr>
<tr>
<td>Home Health United</td>
<td>800-924-2273</td>
</tr>
<tr>
<td>Mercy Home Health Care</td>
<td>754-2201</td>
</tr>
<tr>
<td>RecoverHealth</td>
<td>531-8880</td>
</tr>
<tr>
<td>Senior Services Plus Health Care</td>
<td>757-5959</td>
</tr>
<tr>
<td>Society’s Assets</td>
<td>800-261-8181</td>
</tr>
<tr>
<td>Stoughton Hospital Home Health</td>
<td>873-2366</td>
</tr>
</tbody>
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**NON-MEDICAL SUPPORTIVE CARE (In-Home)**

<table>
<thead>
<tr>
<th>Provider</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Heart Home Care</td>
<td>352-7700</td>
</tr>
<tr>
<td>Almost Family</td>
<td>755-0592</td>
</tr>
<tr>
<td>Apara Care</td>
<td>622-6200</td>
</tr>
<tr>
<td>Alternative Home Care, Inc.</td>
<td>758-3324</td>
</tr>
<tr>
<td>BrightStar</td>
<td>314-8501</td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>815-623-6602</td>
</tr>
<tr>
<td>Beloit Home Companion Registry</td>
<td>856-0153</td>
</tr>
<tr>
<td>Eternity Home Care</td>
<td>251-2273</td>
</tr>
<tr>
<td>Gift of the Heart Home Care</td>
<td>436-1726</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>314-9241</td>
</tr>
<tr>
<td>MCFI Home Care</td>
<td>215-1915</td>
</tr>
<tr>
<td>Visiting Angels</td>
<td>877-276-7039</td>
</tr>
</tbody>
</table>

**LIVE-IN CAREGIVERS AND COMPANIONS**

<table>
<thead>
<tr>
<th>Provider</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good People</td>
<td>800-608-8003</td>
</tr>
<tr>
<td>BrightStar</td>
<td>314-8501</td>
</tr>
</tbody>
</table>

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**Elder Abuse and Neglect**

What do I do if I suspect someone is being abused or neglected or severely neglecting/harming themselves?

If you suspect an elder adult or adult at risk has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation:

1. **IN AN EMERGENCY, AND/OR IF SOMEONE IS IN IMMEDIATE, LIFE-THREATENING DANGER, CALL THE POLICE OR 9-1-1 IMMEDIATELY.**

2. If not emergency, contact the Rock County ADRC at 741-3600.

3. If the alleged abuser is a paid caregiver employed by a long term care facility, contact the Division of Quality Assurance, Office of Caregiver Quality, Phone: 608-261-8319.

**What will you be asked?** You may give your name and address if you choose, but you do not have to give this information. You will be asked, but are not required to know, information about the adult at risk and the incident(s).

**What will happen after you contact your county elder adults/adults-at-risk agency?** A caseworker will respond to the report and determine what response is necessary.

For more information about elder abuse and neglect, go to this State of Wisconsin website:
In-Home Care Providers (Medical and Non-Medical)

There are two different types of in-home care service providers: medical home care and non-medical supportive home care. Some medical home care providers are able to provide both types of services. Non-medical home care providers only provide non-medical services. It is important to understand the difference between non-medical home care and medical home care in order to get the best care for your loved one.

Medical Home Health Care
Medical home health care makes it possible for some people to leave the hospital so they can recover at home or stay in their own homes rather than going into a nursing home and/or provide nursing services such as wound care. All home health agencies offer skilled nursing and home health aide services.

Home health agencies are state licensed and may provide skilled nursing, rehabilitation services, and personal care to individuals in their home. Services can include skilled nursing care, specific medical assistance, such as intravenous (IV) therapy or wound care, and home health aides to provide assistance with daily living. They may provide/arrange for medical social services, occupational therapy, physical therapy, speech therapy, personal care services, and other therapies. Home health services may be reimbursable through Medicare and Medicaid programs. Reimbursable services are limited and must be prescribed by a physician. Medicare certifies only agencies that offer skilled services. Personal care services may be covered if skilled nursing services are also being provided.

Non-Medical Supportive Home Care
Non-medical supportive home care typically refers to non-medical services that assist individuals with activities of daily living, for example, simple tasks such as light housekeeping, laundry, shopping, meal preparation, opening a jar, or driving to appointments. Assistance may be provided with personal tasks such as bathing, dressing, grooming, toileting and even transferring from the bed to a chair. They may also provide “respite” type services for family caregivers.

Many types of individuals, including those who are trained and supervised by agencies, provide such services. In general, home care providers are available 24 hours a day, seven days a week. They may work by themselves or as a team on a shift, part-time, hourly, live-in, or on an as-needed basis. Generally, Medicare and Medicaid do not pay for these types of services.

Generally, costs for services provided by a non-medical home care agency, costs can range from $20 to $45 per hour, and generally more per hour for nights, weekends and holidays.

As a family caregiver, it is helpful to establish a relationship with a non-medical home care agency before an emergency arises. That way, during your emergency/crisis you are set up with the agency, know what to expect and can get services immediately.