

Aging & Disability Resource Center Presentations Winter/Spring 2023

Join Milwaukee County Aging & Disabilities Services for our series of presentations for Older Adults and Adults 18 and older with Disabilities.

These presentations are also Family Members, Caregivers and anyone interested in learning about services we provide for Residents of Milwaukee County. These presentations will be conducted virtually through Microsoft Teams. There is no fee to attend.

There is a maximum of 25 people per session.

Presentation: **Milwaukee County Aging and Disability Resource Center (ADRC)**

Date: **Thursday, January 19**

Time: **11:00 a.m. - 12:00 p.m.**

Description: Milwaukee County Aging & Disabilities Services empowers safe, healthy and meaningful lives by connecting older adults and individuals with disabilities to resources that promote independence and inclusion, giving them choices for living in, and giving to our community. This presentation will give an overview of the services we provide for older adults and adults with disabilities including: Information & Assistance, Benefits Specialists, Options Counseling, Dementia Care, Senior Centers, Senior Dining, Transportation, Wellness Programs and more.

Presentation: **Disability Benefits Specialist Program**

Date: **Thursday, February 16**

Time: **11:00 a.m. - 12:00 p.m.**

Description: Milwaukee County Elder and Disability Benefits Specialists can help you navigate public and private benefits that you may be eligible for. Benefit specialists help older adults and adults with disabilities with questions and problems related to benefits such as Medicare, Medicaid, Social Security, FoodShare, and health insurance. Assistance is available for applying for SSI/SSDI, appealing denials, Medicare questions and related issues. Services are free and confidential.

(See the back for the March, April and May workshops)

For more information or to register call Nicolet Recreation: **(414) 351-7566**



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Presentation: [Let's Talk Brain Health!](#)

Date: Thursday, March 16

Time: 11:00 a.m. - 12:00 p.m.

Description: Learn about dementia and brain health from a Dementia Care Specialist (DCS) from the Aging & Disability Resource Center of Milwaukee County. DCS will discuss risk factors for developing memory loss, normal vs not normal aging, warning signs of Alzheimer's, ways to reduce your risk of developing memory issues, and the importance of early detection.

Presentation: [Milwaukee County Transportation Options](#)

Date: Thursday, April 20

Time: 11:00 a.m. - 12:00 p.m.

Description: Presentation about transportation options for older adults and people with disabilities in Milwaukee County

Presentation: [Take Charge of Your Health with Self-Management Workshops](#)

Date: Thursday, May 18

Time: 11:00 a.m. - 12:00 p.m.

Description: Milwaukee County Aging & Disabilities Services and its community partners work together to bring you a variety of health and wellness programs to help you stay in control of your health and manage your health conditions. Program topics include falls prevention, chronic disease management, diabetes and chronic pain management, caregiver programs, incontinence programs, physical activity, and brain boosting programs. Get an overview on each of the program offerings and learn how you can become a facilitator for the programs.

Milwaukee County ADRC

Help is just a call or click away.

Phone: [414-289-6874](tel:414-289-6874)

Website: county.milwaukee.gov/aging

county.milwaukee.gov/dsd

Email: adrc@milwaukeecountywi.gov

