

Aging Unit Plan 2019-2021 Goals

Advocacy Related Activities

2019: To support local, state and federal advocacy efforts of older adults, manager will include “Advocacy” as a standing agenda item on each ADRC Committee agenda each year of the Aging Plan to ADRC Committee members. Additionally, relevant advocacy and information will be shared with older adults via email blasts, newsletter articles, and information at meal sites by December 31, 2019.

2020: To assist older adults in better understanding local programs and processes, the ADRC Director will arrange at least 1 Aging 101 session to educate older adults and Committee members about Aging Programs and include the value of advocating and how to be effective in their advocacy efforts by December 2020.

2021: To create opportunities for older adults to be part of the legislative process, the ADRC will arrange for at least 4 people to attend the annual Aging Advocacy Day in Madison by December 31, 2021.

The Elder Nutrition Program

2019: In order to increase participation at the Sheldon Congregate dining meal program, Rusk County Aging will have three “Breakfast” Events which will be held in Sheldon Community Center by December 31, 2019. The goal is to have a 5% increase at this site.

2020: In order to increase participation at 2 meal sites, Rusk County will have four Salad Bar options dates which will be held between

the Ladysmith Senior Center and Bruce Meal Site by December 31, 2020. The goal is to have a 10% increase at both of those sites.

2021: In order to increase participation in the congregate meal program Rusk County Aging will incorporate a yearly schedule for having “Salad Bar” dates with a minimum of 6 dates a year. This will increase the congregate meal program in Ladysmith/Bruce by 10% by December 31, 2021.

Services in Support of Caregivers

2019: In order to increase awareness of the caregiver grandparents opportunities the NFCSP Coordinator will meet quarterly with HHS Children and Family Services where at least 4 staff members will learn about services available, by December 31, 2019.

2020: To educate local employers and their employees about caregiving issues and available resources, the ADRC staff will collaborate with at least one employer in the county to bring caregiver related education to their worksite. 10 employees will attend the workshop by December 31, 2020.

2021: To educate and support informal caregivers, the ADRC staff will plan, develop, and host a Caregiver education opportunity in the region, in collaboration with the caregiver coalition, by December 31, 2021. To facilitate access to the event, transportation options will be available.

Services to People with Dementia

2019: To increase knowledge and confidence of caregivers on how to manage behavioral changes caused by dementia, the Dementia Care Specialist will provide at least 1 Describe, Investigate, Create, &

Evaluate (DICE) training session to caregivers of people living with dementia. At least 3 caregivers will be trained by December 31, 2019.

2020: To raise awareness and facilitate dementia friendly community initiatives, at least 3 new businesses and/or faith based organizations will receive “dementia friendly” training by December 31, 2020.

2021: In order to deliver brain health/prevention programming to the community, the Dementia Care Specialist will collaborate with community partners to expand “Breakfast for the Brain,” a brain wellness program, to an additional community in Rusk County. The goal is to have at least 20 participants attend by December 31, 2021.

Healthy Aging

2019: To increase participation in our Healthy Aging programming, ADRC staff will collaborate with one new community partner to market evidenced-based programs by December 31, 2019.

2020: To expand Aging Mastery Program (AMP) in the Tri County Area to include opportunities for older adults and their caregivers, Rusk County will utilize Self-Directed Volunteers to help coordinate at least one workshop with at least 10 participants by December 31, 2020.

2021: To sustain community partnerships to provide Healthy Aging programs, ADRC staff will sustain collaboration with three community partners (such as Marshfield Medical Center, Security Health, Ladysmith Care Community), to offer evidenced-based programs: (3) Stepping On, (2) Living Well with Chronic Conditions, (1) Healthy Living with Diabetes and (2) Powerful Tools for Caregivers workshops by December 31, 2021.

Local Priorities

2019: To explore the possibility of more senior driven activities the ADRC Manager will hold two listening and information gathering sessions to see what activities are wanted. To help the seniors start to facility their own activities the information gather will be shared with the community through “The Source”, newsletter, twice to help the attendees recruit participates and volunteers by December 31, 2019.

2020: To assure effective transportation coordination in Rusk County, the Program Manager will participate in the bi- yearly transportation provider meetings. 5 different transportation providers will learn about transportation needs of senior citizens that will result in at least 1 new formal coordinated transportation option by December 31, 2020.

2021: To increase awareness of the latest scams and inform older adults about what they need to do to protect themselves, the Manager will partner with the I team/Caregiver Coalition to provide 2 educational scam presentations, reaching at least 8 people at each presentation, by December 31, 2021.