# Aging and Disability Resource Center *of Jefferson County*

Information ❖ Assistance ❖ Advocacy

*Serving the general public as a source for information about Aging and Adult Disability Resources*

# ADRC Services & Benefit Guide


**1541 Annex Road**
**Jefferson, WI 53549**
**Phone: 920-674-8734**

**Toll: Free: 1-866-740-2372**
**TTD: 920-674-5011**
**TTY: 1-800-947-3529**


**Office Hours**
**Monday through Friday**
**8:00–4:30 p.m.**


email: adrc@jeffersoncountywi.gov
www.jeffersoncountywi.gov


***Information in this guide book is subject to change without notice, please check with the ADRC for the most recent updates.***

# Aging and Disability Resource Center *of Jefferson County*

Aging and Disability Resource Centers (ADRCs) offer the general public a single entry point for information and assistance on issues affecting older people and people with disabilities, regardless of their income. Our resource center is a welcoming and convenient place for you and your family to get information and access to a wide variety of services. Our Aging and Disability Resource Specialists can help you sort through your options so you can make informed decisions during difficult, often confusing times. We will talk with you wherever it is most convenient—in our office, in your home, over the phone, or by email.

## WE CAN HELP YOU:

- **Maintain your independence in the community**
- **Find services to help you remain at home**
- **Make plans for your future housing and care needs**
- **Evaluate your eligibility for financial benefits**

The Aging & Disability Resource Center is here to provide you with information and assistance on a wide variety of topics. Our Aging & Disability Specialists rely on an extensive database that contains up-to-date information on many services and resources.

To request general information about resources, services or programs available within the Jefferson County area, please call **920-674-8734** or toll-free **1-866-740-2372** or send an email to **adrc@jeffersoncountywi.gov.**

**ADRC's are available in all Wisconsin counties and 11 tribes.**

**To find an ADRC in your area**

**http://www.dhs.wisconsin.gov/adrc/customer/map/customer/map/index.htm**

**Talking with an Aging and Disability Resource Specialist can help you make more informed decisions about your health care needs**

## Let Us Help

Whether you would like information about how you can remain in your home or move to an assisted living or nursing home facility, the Aging and Disability Resource Center can help you plan services and supports to keep you safe and comfortable.

## Expert Information

Aging & Disability Resource Specialists are experts in knowing housing options and programs available to help you get the care you need. Some people require a nursing home for a short stay to help with personal care while recovering from an operation or illness – others may need a long term arrangement due to chronic illness or a disability.

Through a pre-admission consultation, people have a conversation with knowledgeable professionals about the options available, information on what to look for in a facility and calculating what you can afford to pay and for how long. It is very important to assess your present situation and consider all your options before giving up your home to enter a long-term care facility.

Aging & Disability Resource Specialists can help individuals consider how long personal funds will last and discuss what may happen if money runs out so people can best plan for their future. The conversation can also include information about the sources of government funding that may be available and how people can be eligible.

**What Services do we offer?**

Information, assistance, and referral for local community services.

Counseling on options to meet immediate or future care needs.

Assistance to apply for public benefit programs such as Medicare and Medicaid.

Advocacy to cut through problems with benefit programs, health insurance, housing, or consumer issues

Link to help when someone is being abused (physically, verbally, or financially) or when someone is neglecting their own care.

Determine eligibility for publicly funded long term care programs such as Family Care, Partnership or IRIS.

# Publications available at the ADRC

## Assisted Living Options in Jefferson

Do you have questions about Assisted Living?

What assisted living options are available in Jefferson County?

How do I choose the option best suited to meet my needs?

What does it cost and how do I know what I can afford to pay?

Where can I get information about assisted living and help to understand my options?

## Nursing Home Facilities

Do you have questions about nursing home options?

How can I determine what my care needs are now and will be in the future?

Where can I get information and assistance about long-term care options?

How do I pay for a nursing home & other healthcare expenses?

How do I decide which nursing home best meets my needs?

What nursing homes are located in my area?

## Students with Special Needs

If you are a young adult transitioning from the school system and/or children's programs to adult programs, the Aging & Disability Resource Center is here to help you and your family, to make that transition as smooth as possible.

Transition Roadmap

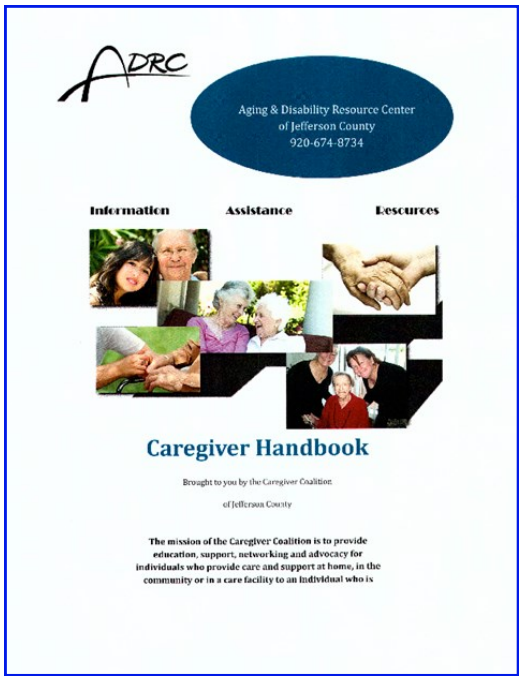
# Are you a caregiver?

Families—not institutions—provide the majority of care to their loved one who may have a disability or have a chronic illness. You are a caregiver if you routinely provide supervision and/or assistance to another individual who is elderly, disabled, chronically or terminally ill.

The Aging and Disability Resource Center (ADRC) of Jefferson County is the first place to call to help you learn about community resources that are available to you. ADRC Staff are very knowledgeable about programs that can help fund services and educational opportunities to help you care for the people you love.

Jefferson County receives financial support through the **National Family Caregiver Support Program** which is designed to provide information, support and assistance to:

- Family and friends who help care for a person age 60 and older.
- Family and friends who help care for a person with Alzheimer's disease or other dementia regardless of age.
- Grandparents or relative caregivers age 55+ who are the primary caregiver for their relative's children age 19 or younger, or who are caring for someone with a severe disability who is 19 to 59 years of age.
- Services available through the **National Family Caregiver Support Program** include:




- Information to caregivers about available services.
- Assistance to caregivers in accessing services.
- Individual counseling, organization of support groups, and caregiver training to assist caregivers in making decisions and solving problems related to their caregiver role.
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities, whether their loved one is elderly or a grandchild (supportive home care, chores, personal care).
- Supplemental services on a limited basis to complement the care provided by the caregiver (home modification, transportation, adaptive aids, personal response systems).

**For more information about caregiving and resources, please contact the ADRC at 920-674-8734.**

never too old to play

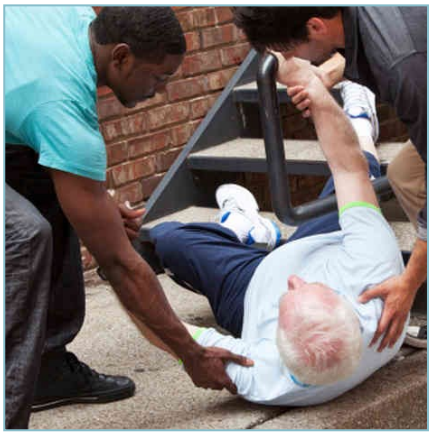
# Evidenced-Based Self–Management Programs

***Living Well With Chronic Conditions***

***A Workshop that helps you feel better, be in control so you can do the things you want to do.***

Put life back into your life by participating in a Living Well Workshop. If you have a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Well workshop can help you take charge of your life. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand how to evaluate new treatment choices, and learn better ways to talk with your doctor and family about your health. Learn from trained volunteers with health conditions themselves. Set your own goals and make a step-by-step plan to improve your health-and your life. The class is fun and interactive. Workshops run 2 1/2 hours for 6 weeks and are held at various locations throughout the year. Call 920-674-8734 for more information.

***Stepping On - A Workshop that will help you avoid falls!***



According to the National Center for Injury Prevention and Control, falls and hip fractures among older adults is serious. More than one-third of adults ages 65 and older fall each year. Among older adults, falls are the leading cause of injury and deaths and the most common cause of non-fatal injuries and hospital admissions for trauma.

Of those who fall, 20% to 30% suffer moderate to severe injuries such as hip fractures or head traumas that reduce mobility and independence, and increase the risk of premature death. Stepping On is a falls prevention program for seniors age 60+ that have fallen, have a fear of falling or want to avoid falling. Demonstration and practice of simple strength and balance exercises proven to help you improve your strength and balance.

The workshop runs for 7 weeks meeting 2 hours each week and are held at various locations throughout the year. Call the ADRC at 920-674-8734 for more information.

## ***Powerful Tools for** Caregivers**— Taking Care of You!***

**Powerful Tools for Caregivers** emphasizes that the focus is on "YOU, the caregiver, not on the family member receiving care". This 6-week, evidence-based workshop that has been shown to improve:

- Self-Care Behaviors: (e.g. increased exercise, relaxation and medical check-ups)
- Management of Emotions: (reduced guilt, anger, and depression)
- Self-Efficacy: (increased confidence in coping with caregiving demands)
- Use of Community Resources: (increased utilization of local services**)**

**Who should consider taking Powerful Tools for Caregivers?**

Family caregivers should take this course to help them better cope with the challenges of caregiving and get support and resources to make the caregiving journey easier. Workshops run 2 1/2 hours for 6 weeks and are held at various locations throughout the year. Call 920-674-8734 for more information.

# The Arthritis Toolkit

**A Stanford evidence based program designed to help individuals with arthritis live their lives a little bit better each and every day!**

- **Exercise Action Plan**
- **A Self-Test**
- **Information Sheets**
- **An Action Plan**
- **Exercise CDs**

**Benefits**

- Manage your symptoms
- Put life back in your life
- Manage arthritis through exercise, pain management, and relaxation

**Also available in Spanish**

**Contact the ADRC of Jefferson County at 920-674-8734 or ADRC@jeffersoncountywi.gov for information on how you can get your hands on a Toolkit!**

WISCONSIN ARTHRITIS PROGRAM

**www.wisconsinarthritisprogram.org**

ARTHRITIS FOUNDATION®

**Take Control.** We Can Help.™

1-800-333-1380

# Disability & Elder Benefit Specialists

The Aging and Disability Resource Center has Elder Benefit Specialists to help seniors, people over the age 60 and a Disability Benefit Specialist who helps people between the ages of 18 and 59 who are encountering problems with private or government benefit programs. They are highly knowledgeable in the following areas: Medicare, Food Share, Social Security Disability, Supplemental Security Income (SSI), SeniorCare and Medical Assistance. Benefit specialists are trained and guided by attorneys who specialize in elder and disability benefits law. They are often called "the red tape cutters", and their mission is to help people figure out what benefits they are entitled to and what they must do to receive them.

A Benefit Specialist is an advocate who can act on behalf of an individual with other parties involved. Many of the benefits issues faced by seniors and people with disabilities can be very complex. A phone conversation can oftentimes be sufficient to provide information and guidance. A home visit or office appointment may be necessary to review paperwork and to examine all opportunities of support and assistance. To speak with a Benefit Specialist, please call: **920-674-8734** or toll-free **1-866-740-2372**.

# ABC's of Medicare Workshops

In an effort to meet the increased demand for Medicare counseling and all its complexities, the Elder Benefit Specialist (EBS) program now offers "ABCs of Medicare" workshops throughout the year for Jefferson County residents who will be newly eligible for Medicare.

This workshop is ideal for people who will be turning 65 in the upcoming months and will be *newly eligible for Medicare*…. However, it can also be helpful to ANY Medicare beneficiary who has questions or concerns regarding complicated Medicare options and benefits.

This casual workshop is limited to 8-10 participants. It is a complete and comprehensive overview, and participants do have an opportunity to ask questions throughout the class. Every effort is made to provide all with a better understanding of how Medicare "works" and how to objectively compare their insurance for health and drug coverage .

# Dementia Care Specialist

The Aging and Disability Resource Center has a Dementia Care Specialist who provides help and practical guidance for people supporting a loved one with possible or diagnosed memory impairment. Help is also available to people who have memory concerns, or have just been diagnosed with Alzheimer's, a mild cognitive impairment, or dementia. Our Dementia Care Specialist can help people and their care partner in crises situations or if there is a difficult period of time when a caregiver needs guidance and support to manage the level of care their person with dementia needs. Our Dementia Care Specialist will be able to offer you tools and techniques to help you plan ahead and to offer practical solutions so you will be better prepared.

Our Dementia Care Specialist can support individuals with memory screening to detect cognitive changes as well as connect you to programs such as the Language Enriched Exercise Plus Socialization (LEEPS) program which engages people in regular exercise and social activities. There are evidence-based support programs and community resource programs that are available to support family caregivers.

## Dementia Capable Organization

The ADRC is a ***Dementia Capable Organization*** with highly trained professional staff who provide appropriate, competent, sensitive support to the individual with dementia and to caregivers.
Memory loss is not an inevitable part of aging, but if you or someone you care about are experiencing symptoms, it's time to talk with someone about your concerns.

**The ADRC of Jefferson County is here to help!**

Whether in the comfort in your own home, or stopping in at the ADRC, our trained staff will be able to provide a memory assessment and to offer guidance to connect you to services and support.

## Guiding You and Your Family Through Alzheimer's and Related Dementias

**To speak with the Dementia Care Specialist**
**call: 920-674-8734 or toll-free 1-866-740-2372**

A **Dementia Care Specialist** is available to help guide you in making a decision to enroll in the program, or to provide you with a consultation to learn more about dementia, resources and support available throughout Jefferson County.

The **Dementia Care Specialist** will:

- Assess your situation and discuss your concerns.
- Help you and your family understand Alzheimer's disease and related dementias and how the disease may progress over time.
- Work with you and your family on developing a plan that supports you.
- Discuss strategies, provide coping tools and problem solving skills that will help reduce stress.
- Assist you in obtaining community resources and supportive services.

# Senior Dining Programs

## Fellowship, Food & Fun

Jefferson County operates six Senior Dining Sites. Any person age 60 or older and their spouse, regardless of age, are eligible to participate in the congregate nutrition program.

In order to get meals delivered, the individual must have an assessed need and agree to an in-home assessment.

**Meals are available on a donation basis. Any person age 60 or older and the spouse of that person *regardless of age* are eligible to participate in the congregate nutrition program.**

****Meals are served on Mondays Only**

| | | |
|---|---|---|
| Fort Atkinson<br>Senior Center<br>**920-563-7773** | Jefferson<br>Senior Center<br>**920-675-0102** | Johnson Creek**<br>St John's Lutheran Church<br>**920-674-8134** |
| Lake Mills<br>City Hall<br>**920-648-2919** | Palmyra<br>American Legion Hall<br>**262-753-3108** | Watertown<br>Senior Center<br>**920-261-7013** |

For additional information, or to be assessed for home delivered meals

contact:

**Beth Eilenfeldt**
Nutrition Coordinator at
**920-674-8134**

# Food Pantries

Food Pantries are non-profit hunger relief sites that receive food donations to distribute to those in need. Food Pantries are found in most communities within Jefferson County. They rely on donors and volunteers to carry out day-to-day operations. Food Pantries have the sole purpose of helping those in need.

**Where does the food come from?**

It comes from people making donations via food drives, monetary donations, and volunteering. Donations are received by food manufacturers, processors, grocery chains, and other food suppliers. Local companies and organizations, as well as members of the community, also play a key role by making monetary and food donations. Food Pantries work to safely provide, in the best means possible, and ensure that all food is edible and within the expiration date.

| | | |
|---|---|---|
| **Cambridge**<br>Nikolay Middle School<br>211 South Street<br>Cambridge, WI<br>(608) 423-8142 or (608) 423-8108 | **Johnson Creek**<br>St. John's Lutheran<br>129 N. Watertown Street<br>Johnson Creek, WI<br>(920) 699-2471 | **Waterloo**<br>117 E Madison Street<br>Waterloo, WI<br>(920) 478-2321 or (920) 478-3041 |
| **Fort Atkinson**<br>(Near Jones Dairy)<br>715 Jones Ave<br>Fort Atkinson, WI<br>(920) 563-6992 | **Lake Mills**<br>720 E. Lake Street<br>Lake Mills, WI<br>(920) 648-2800 | **Watertown**<br>204 N. 10th Street<br>Watertown, WI<br>(920) 261-7226 |
| **Ixonia**<br>N8346 North Street<br>Ixonia, WI<br>(920) 262-0633 | **Palmyra**<br>St. Matthew's Lutheran Church<br>313 Main Street<br>Palmyra, WI<br>(262) 495-4540 or (262) 495-2205 | **Whitewater**<br>146 W. North Street<br>Whitewater, WI<br>(262) 473-4257 |
| **Jefferson**<br>St. Vincent de Paul Building<br>164 W. Garland Street<br>Jefferson, WI<br>(920) 674-6822 | **Rome/Sullivan**<br>Rome Community Center<br>N3866 West Street<br>Rome, WI<br>(262) 593-8646 or (262) 593-8745 | |

## Second Harvest Mobile Pantry Program

Second Harvest is a FoodShare Outreach Program that is helping to end hunger in Southwestern Wisconsin through community partnerships. They partner with food pantries, shelters, meal sites and other hunger-relief programs served by Second Harvest Foodbank of Southern Wisconsin. Too often, people who are at risk of hunger and might be eligible for FoodShare Wisconsin (food stamps) but don't enroll. Second Harvest Outreach Program helps ensure potentially eligible participants to get the help they need.

**FOODSHARE HELPLINE: 1-877-366-3635**

FoodShare WISCONSIN

## Receive $194.00 or more for groceries each year with FoodShare and the QUEST Card!

FoodShare is a benefit, **like Social Security**, that **saves you money on groceries** and frees up money for bills, medications and other necessities.

You may qualify if your household's gross monthly income is less than…
1 person $1,946.00
2 people $2,622.00

Call **toll-free at 888-794-5780**
Website: www.access.wi.gov

# Stockbox Program

**Stockbox is available as of June 4th on the first Wednesday of the month. The pickup location is at the Watertown Senior & Community Center, located at 514 S. First Street, Watertown, WI between 10 and 11 am.**

**Any local resident aged 60 or older who qualifies as low-income under the Stockbox program guidelines (a monthly income of less then $1,275) is eligible for the program. For questions or more information about Stockbox, contact Rick Lewandowski at 414-777-0483.**

# JEFFERSON COUNTY FREE CLINICS

## Rock River Free Clinic

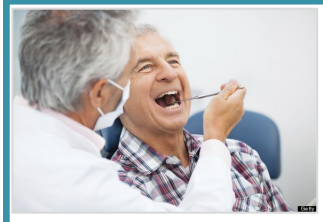
1541 Annex Road, Jefferson, WI 53549
(920) 674-7442
www.rockriverfreeclinic.org

Hours As Follows:

Monday 9 a.m.—6 p.m.
Tuesday 9 a.m.—Noon
Wednesday 9 am.—6 p.m.
Thursday 9 a.m.—6 p.m.
Friday 9 a.m.—5 p.m.

The Free Clinic provides high quality medical services to individuals who:

- Are uninsured
- Have income at or below 200% poverty level
- Are NOT eligible for Medicare, Medicaid, Private Insurance or BadgerCare
- Reside in Jefferson Co., Cambridge or Whitewater.



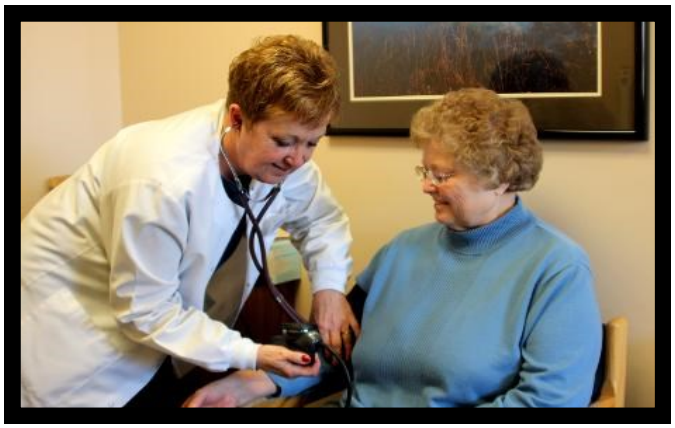
## Community Dental Clinic

520 Handeyside Ln
Fort Atkinson, WI
53538
(920) 563-4372

Who Can Receive Services:

- Individuals or families must have an income of 200% of the Federal Poverty Level or less **and**
- **No** Dental Insurance **or**
- Eligible to receive dental services through Medical Assistance (MA or Forward Card)
- Patients must reside in Jefferson County area.

**Please call to see if you qualify!**



## Watertown Area Cares Clinic

415 South Eighth Street,
Watertown, WI
(920) 206-7797

**Who Qualifies:**

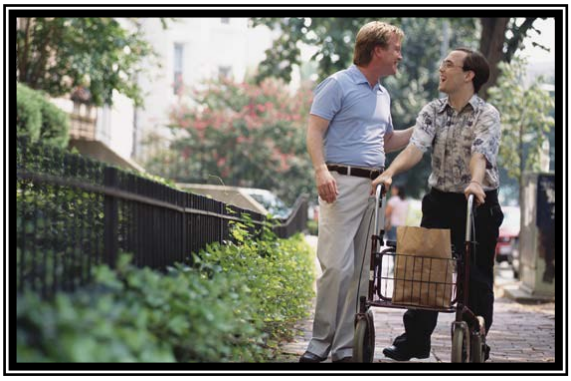
We provide health services to the uninsured whose income is less than 200% of the federal poverty level. **Please call us to find out if you qualify.**

**Hours: (By Appointment ONLY)**

We offer care by appointment only on Tuesdays - Thursdays from 8:30 a.m. to 11:30 a.m. and Tuesday evenings from 6 p.m. to 8 p.m. We accept same-day appointments (based on availability).

# HOUSING OPTIONS of JEFFERSON COUNTY

**Community Action Coalition for South Central Wisconsin, Inc.**
114 E. Main Street, Watertown, WI 53094
(920)262-9667 Fax (920)262-9559
Email cacwtn@cacscw.org



For the most recent Jefferson County Low Income Housing list you may contact the ADRC of Jefferson County at 920-674-8734 or 1-866-740-2372

**What is considered low-income housing?**

**Low-Income Housing** provides housing based on Income Level

- Section 42 Housing– Must fall under set income level /limit & rent is a flat amount.
- PB: Section 8: Must fall within income guidelines & rent is based on income.
- 30% of Public Housing: Rent based on 30% of monthly gross income.

**Emergency Shelter** provides homeless individuals with housing vouchers for temporary/emergency shelter and assists participants in locating permanent housing and other resources. Contact to see a brochure and list of shelters.

**Eviction Prevention** provides mediation and/or financial assistance to households that have experienced a sudden, unexpected and temporary loss of income and have received a 5-day notice from their landlord.

**Landlord/Tenant Mediation** helps households prevent eviction by offering mediation services to landlords and tenants. Mediation: (608)257-0143. **Tenant Resource Center** is a non-profit organization dedicated to providing services and resources for housing issues. Phone: (608)-257-0006. **Legal Action of Wisconsin, Inc.** is a non-profit law firm which provides representation in order to achieve justice for low-income people or others who might be denied.
Madison Office: 608-256-3304
or Toll-Free: 800– 362-3904.

**WHEDA Section 8 Housing Choice Vouchers** provides rental assistance to households experiencing poverty. As of January 1, 2014, this program is being administered by Central Wisconsin Community Action Council. Contact Lisa Williams, Voucher Administrator by calling (608) 254-8353 ext. 247 or by email, *lisa@cwcac.org* or Heather Showers, Section 8 Coordinator by calling (608) 254-8353 ext. 246 or by email, heather@cwcac.org.

## Find a Place to Live

- Search up-to-date listings of rental housing
- View maps and photos
- Go online or call toll free for help searching

## List Rental Housing

- Showcase your rentals with free listings
- Add photos and details about property features and neighborhood amenities
- Go online or call toll free to add and update listings

**For more information, go to WIHousingSearch.org or call 1-877-428-8844**

Powered by socialserve.com.
a 501(c)(3) nonprofit corporation

# Do I Qualify for Homestead Credit?

To qualify for homestead credit for 2014:

- You must have been a legal resident of Wisconsin for **all** of 2014, from January 1 through December 31.
- You must have been 18 years of age or older on December 31, 2014.
- You cannot be claimed as a dependent on someone else's 2014 federal income tax return. (Note: This limitation does not apply if you were 62 years of age or over on December 31, 2014.)
- Your household income must have been less than $24,680 for 2014.
- You must have been the owner or renter of your Wisconsin homestead during 2014.
- You must not have lived for the **entire** year 2014 in housing that is exempt from property taxes. (Note: Property owned by a municipal housing authority is not considered tax-exempt for homestead credit purposes if that authority makes payments in place of property taxes to the city or town in which it is located. If you live in public housing, you should check with your rental manager.)
- You must not, at the time of filing a claim, be living in a nursing home **and** receiving Title XIX medical assistance.
- You must not be claiming Wisconsin farmland preservation credit for 2014.
- You must not be claiming the veterans and surviving spouses property tax credit on the 2014 real estate taxes.
- Only one claim may be filed per household (husband and wife residing together). No claim maybe filed on behalf of a person after his or her death.
- You must not have received Wisconsin Works (W2) payments of any amount or county relief payments of $400 or more for **each month** of 2014. (Note: If you received **any** amount of a Wisconsin Works (W2) payment in 2014 ***or*** county relief payments of $400 or more for any month in 2014, your property taxes and rent have to be reduced by one-twelfth for **each** month you received any of these benefits.)
- **Note:** You need not be a homeowner to qualify. Renters as well as persons who reside in mobile or manufactured homes or nursing homes that are subject to property taxes may also qualify to file a claim. For most claimants, the deadline for filing a 2014 Schedule H or H-EZ is April 17, 2019. If you are a taxpayer with a fiscal taxable year (one ending on a date other than December 31), your deadline for filing Schedule H or H-EZ is 4 years, 3 1/2 months after the end of the fiscal taxable year to which the claim relates.

WISCONSIN DEPARTMENT OF REVENUE
Mail Stop 5-77, PO Box 8949
Madison WI 53708-8949
Phone: (608) 266-8641 Fax: (608) 267-1030
Email: DORHomesteadCredit@revenue.wi.gov

## How to Benefit from the Government's

# Free Cell Phone Program

This program gives each recipient a free phone and 250 to 500 free minutes per month. Participants have an option of purchasing more minutes if so desired. The free phone service is for a period of one year and can be renewed annually if qualified.

You can apply for the cell phone if you meet the criteria for any of the programs listed below. Also, displaced families and those living in areas of natural disasters are eligible. **You must provide proof of eligibility**.

- Federal Public Housing Assistance (Section 8)
- Food Stamps (FoodShare)
- Low Income Home Energy Assistance (LIHEAP)
- Medical Assistance (MA) or Badger Care
- Supplemental Security Income (SSI)
- WI Homestead Tax Credit (Schedule H)
- Wisconsin Works (W2)
- Income at or below 135% of the Federal Poverty Guideline (FPG) for 2013
- National School Free Lunch Program

The five carriers that are part of the Government's *Free* Cell Phone Program in Jefferson County are listed below. Other carriers offer *reduced rate* plans.

| Carrier | Website or Location | Telephone | Fax | Mail |
|---|---|---|---|---|
| REACHOUT (250) | www.reachoutmobile.com/ | 877-870-9444 | 877-870-9333 | Reach out Wireless<br>Nexus Communications, Inc.<br>P.O. Box 247168<br>Columbus, OH 43224 |
| ASSURANCE (250) | www.assurancewireless.com | 888-321-5880 | 877-732-3018 | Assurance Wireless<br>PO Box 7600<br>Mattoon, IL 61938 |
| SAFELINK (250) | www.safelinkwireless.com/ Safelink | 800-723-3546 | 866-902-5756 | SafeLink Wireless, Inc.<br>PO Box 220009<br>Milwaukie, OR 97269-0009 |
| BUDGET (250) | www.budgetmobile.com | 888-777-4007 | 888-671-8214 | Budget Prepay, Inc.<br>1325 Barksdale Blvd.<br>Bossier City, LA 71111 |
| QLINK (250) | http://qlinkwireless.com/ register/default.aspx | 855-754-6543 | 855-837-5465 | QLINK<br>499 East Sheridan Street<br>Suite 300<br>Dania, FL 33004 |

# MEDICARE

## Medicare Beneficiary Cost – 2015

**Part A Hospital Inpatient:**

**Monthly Premium $407.00 for unisured**
**Inpatient Deductible $1,260.00 per benefit period**
**Days 1 - 60 Fully paid after deductible**
**Co-insurance days 61-90 $315.00**
**Co-ins. for life-time reserve days $630.00**

*A hospital patient is eligible for 90 days of coverage each benefit period. A benefit period begins with the first day of hospitalization and ends when patient has been out of the hospital or skilled nursing facility for 60 days. A patient who is hospitalized more than 90 days in a benefit period will draw on their 60 life-time reserve days unless he\she notifies the hospital in writing they do not wish to do so.*

**Skilled Nursing Facility: 3-Day prior hospitalization required**

**Co-insurance first 20 days fully covered**
**Co-insurance 21-100 days $157.50**
**100 days of coverage available per benefit period for skilled nursing**

**Part B Physician and other outpatient services**

**Annual Deductible $147.00**
**Monthly Premium $104.90***

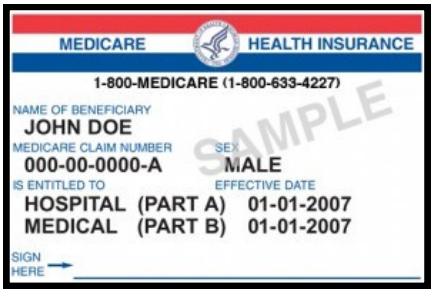
***In 2015 single beneficiaries whose annual incomes are above $85,000 and married couples with incomes above $170,000 will pay higher Parts B & D Medicare Premiums.***

## "EXTRA HELP" WITH PART D

**The Federal Government provides a Low Income Subsidy for people with lower income and assets to help pay for prescription drugs through Part D of Medicare.**

**Full subsidy with no premium for a Part D Plan and no deductible:**

- ⇒ **Income of under $1,344 a month individual/$1,812 couple and assets of under $8,780* individual/$13,930* couple**
- ⇒ **Partial Subsidy with low premium for a Part D Plan and $66 deductible plus 15% co-pay for prescriptions:**
- ⇒ **Income of under $1,491 a month individual/$2,011 couple and assets of under $13,640* individual/$27,250* couple**




***Includes $1,500 a person for burial expenses.**

How Can the Medicare Savings Program Help Me?

# QMB AND SLMB PROGRAM

# (Medicare Savings Programs)

## The Qualified Medicare Beneficiary Program

*The QMB Program is a plan to help pay medical costs for persons who have low income and assets but are above the Supplemental Security Income limits.*

*For those who qualify, it can pay:*

1. **The Medicare Part B premium**
2. **The Part A and Part B Medicare deductibles**
3. **The 20% co-insurance for Part B**

## The Specified Low-Income Medicare Beneficiaries

*The SLMB program is a plan to help pay for Medicare Part B premiums for persons who meet the financial requirements.*

## Expanded Buy-In for Low Income Medicare Beneficiaries

*Expanded Buy-In benefits for Seniors* were created by the BBA of 1997. Persons with incomes between 120 and 135 percent of poverty can currently qualify for this plan which also pays the Medicare Part B premium.*

| Group Size | QMB Limit (100% of Poverty) | SLMB Limit (120% of Poverty) | SLMB+ (QI-1) (120-135% of Poverty) *first-come, first-served | QMB & SLMB Asset Limit |
|---|---|---|---|---|
| 1 | $1,001 | $1,197 | $1,344 | $7,280 |
| 2 | $1,348 | $1,613 | $1,812 | $10,930 |

QMB

Qualified Medicare Beneficiary Program

SLMB

Specified Lon-Income Medicare Beneficiary

# What is Medicaid?

- ***Medicaid is*** a program financed jointly by federal and state governments, providing medical care and long-term care to many of the nation's most vulnerable lower-income people.
- Created in 1965, Medicaid pays physician and hospital bills, prescription drug costs, and other health care costs for lower-income mothers and children, frail seniors, and people with disabilities.
- Each state decides how to structure benefits, eligibility, service delivery and payment rates with guidelines established by federal law.

**What Does Medicaid Cover?**

- States must provide all beneficiaries with a basic set of services, including doctor visits, hospital care, lab and x-ray services, family planning services and special health screening for children.
- States are also required to pay for care in nursing facilities and for home-based services. Medicaid pays for almost 50% of nursing home expenses nationally. Costly long-term institutional care is generally not covered by private insurers or Medicare.
- States may provide "optional" services, including dental care, eyeglasses, speech therapy and prescription drugs.
- Because the population served by Medicaid has little or no ability to pay for medical services, federal law limits the premiums and the amount of cost sharing permitted under the program.
- A state that chooses to provide an optional service must provide that service to all of its "categorically" eligible enrollees, e.g., physical therapy provided to elderly individuals receiving Supplemental Security Income (SSI), and must also be offered as a benefit to disabled individuals receiving SSI.

**Who Gets Medicaid?**

- Eligibility rules for Medicaid are complex, and vary widely from state to state. They are linked to both income and other factors like family or disability status.
- Major categories of eligible people that the states must cover (mandatory populations) I include:
  - ⇒ Pregnant women and children under age 6 in families with family incomes under 306% of the federal poverty level
  - ⇒ Children ages 6 to 18 in families with family incomes under 306% of the poverty level
  - ⇒ Parents and 18 year olds whose incomes below welfare standards as of July 1996 and;
  - ⇒ Elderly and disabled individuals who are eligible for SSI program.

To see what programs you may be able to enroll in, visit ACCESS.wi.gov and click on "Am I Eligible?" or go directly to "Apply for Benefits."

ACCESS

Your Connection to Programs for Health, Nutrition and Child Care

SENIORCARE Rx
Prescription Drugs for Wisconsin Seniors

**SENIORCARE – STATE PHARMACY ASSISTANCE PROGRAM**

## What is SeniorCare?

SeniorCare is a prescription drug assistance program for Wisconsin residents who are 65 years of age or older who meet the eligibility criteria. The program is designed to help seniors with their prescription drug costs. Those interested may apply at any time. However, your application will not be accepted if you apply earlier than the calendar month before your 65th birthday.

To enroll in SeniorCare:

- You must be a Wisconsin resident.
- You must be a U.S. citizen or qualifying immigrant.
- You must be 65 years of age or older.
- You must pay a $30 annual enrollment fee **per person.**
- Your assets, such as bank accounts, insurance policies, home property, etc., are not counted.
- Your annual income determines the level of coverage (see SeniorCare Income Limits table below).

In addition, program participants are subject to certain annual out-of-pocket expense requirements depending on their annual income, as shown in the table below. Drug coverage may vary by Level. For more information about covered drugs, see the SeniorCare Covered Drugs fact sheet at *dhs.wisconsin.gov/seniorcare/information.htm*, call your pharmacy or the SeniorCare Customer Service Hotline.

## Effective February 1, 2015

| Group Size | Level 1<br>Income or below<br>160% FPL | Level 2a<br>Income between<br>160% - 200% FPL | Level 2b<br>Income between<br>200% - 240% FPL | Level 3<br>Income more than<br>240% FPL |
|---|---|---|---|---|
| Individual | $18,832 | $18,833—$23,540 | $23,541—$28,248 | $28,249 or greater |
| Couple | $25,488 | $25,489—$31,860 | $31,861—$38,232 | $38,233 or greater |

For More Information:

- Call the SeniorCare Hotline at 1-800-657-2038 (Voice) or 711 (TTY), or
- Visit the SeniorCare Web site at: dhs.wi.gov/seniorcare.

# Transportation Program

## The Human Services Transportation Program

is intended to provide Driver/Escort Services to the elderly that are 60+ and persons with disabilities to get to medical appointments. This program is only available to those individuals who have means **no other means of transportation**.
A $1.00 donation is requested per one-way in-county trip.
A $10.00 donation is requested per round trip out of county transportation.

To request a Driver, **Contact:** Jackie Cloute
**Telephone:** 920-674-8104 **Hours:** Weekdays, 8:00 a.m.- 4:30 p. m.

## Veteran's Van

The Veteran's Administration has provided Jefferson County with a van to take Vets to medical appointments at the VA Medical Center in Madison. Service is available Monday-Friday and rides are scheduled on a first come, first serve basis.
**Contact:** Don Millar Telephone 920-674-8713 Hours: Weekdays 10 am - 2 pm Cost: None

## Volunteer Opportunities

Volunteer drivers are always needed to transport passengers to medical & agency appointments. Drivers receive mileage compensation and are eligible for trip per diems. To inquire about becoming a Volunteer Driver, please call **920-674-8104** and ask for the Transportation Coordinator.

## Medical Transportation Management (MTM)

Rides for Non-Emergency Medicaid and BadgerCare Appointments. Rides to routine appointments may be scheduled from 7:00 am to 6:00 pm Monday - Friday. Rides to urgent appointments may be scheduled 24 hours a day, seven days a week. For further information regarding Non-Emergency and Urgent appointments contact MTM Reservation Line: 1-866-907-1493.

## Van Transportation

**LaVigne's Bus Company**
Telephone: 920-563-1515
Hours: daytime as needed
Cost: Fee for Service

**St Coletta of Wisconsin** Contact: Mary Vohs
Telephone: 920– 723-6662
Hours: Varies, call for options
Cost: Varies

## Shared Ride Taxi Programs

**Brown Cab Company**
Phone: Fort Atkinson 920-563-6303
Jefferson 920-563-9188
Lake Mills 920-648-4420
Whitewater 920-563-6303

**Passenger Transit of Watertown**
Telephone 920-261-7433

Hours: Available 7 days/week with variable hours for citizens, persons with disabilities and students per community.
Costs: Varies
Other: Reduced fares are offered to senior citizens, Persons with disabilities and students.
Reduced fares for senior citizens who attend Senior Meal sites in Jefferson, Fort Atkinson, and Lake Mills

## Volunteer Organizations

**FISH** volunteers provide rides to residents in the city of Jefferson. Volunteers donate their time to drive people to needed medical appointments only. (No out-of-county trips)
Telephone: 920-674-3557 Hours: As needed
Wheelchair accessible: No Cost: Donation
Other: Two Days advance notice requested.

**Your Friends in Action** volunteers provide individuals with rides to church, the grocery store, medical appointments and more.
Telephone: 920-674-4548 Cost: Donations appreciated
Hours: Weekdays, 8 am—4:30 pm Other : Advance Notice Required

## Bus Service

**Badger Bus** Provides service between Madison and Milwaukee on a daily basis. The pick–up location is at the Johnson Creek Outlet Mall. Please go to the following link to see the schedule and learn about how to schedule a ride:

https://www.badgerbus.com/images/BadgerBusSchedule.pdf

Innovation Express provides services between Janesville and Whitewater on a daily basis. There are two pick up locations in Whitewater. Please go to the following website to see the schedule and learn about how to schedule a ride.

http://www.ci.janesville.wi.us/modules/showdocument.aspx?documentid=2211

## Are Home Energy Costs Putting the Squeeze on You?

Call **1-800-506-5596** to schedule an appointment for **Energy Assistance**.

Bring the following documents with you when you apply:

- Your most recent energy bill
- Photo ID & Social Security Numbers
- Written proof of household gross income 3 Months prior to your application, such as: Payroll stubs, child support printout, unemployment printout, social security benefit verification letter

## New 2015-2016 Gross Income Guidelines

| Number in Household | Gross Income Limit (3 months) |
|---|---|
| 1 | $6,400 |
| 2 | $8,370 |
| 3 | $10,339 |

# What is Publicly Funded Long Term Care?

Publicly Funded Long Term Care Programs provide a wide range of long-term support services to eligible members. Potential members are adults over the age of 18 with physical or intellectual disabilities and elderly persons with long-term conditions requiring care. You must be functionally and financially eligible in order to enroll in Publicly Funded Long Term Care Programs.
The Aging and Disability Resource Center staff will assess the potential member's eligibility for these programs. You should contact the Aging and Disability Resource Center (920-674-8734) for information, assistance and advice about available services, and possible eligibility.

Publicly Funded Long Term Care Programs help provide the services that you need to live an active, healthy and independent life. This is done by offering a variety of community based supports, which are identified to help you achieve your goals in the most cost effective manner possible. Depending on your financial situation, you may have a cost share for services. You will be told how much this will be before enrollment. Public funding supports may include, but are not limited to:

- Adaptive Aids
- Assisted Living Financial Management
- Respite Care
- Medical Equipment
- Prevocational Training
- Skilled Nursing Services
- Supported Employment
- Supportive Home Care
- Personal Response System
- Home Delivered Meals

## Which Publicly Funded Long-Term Care Program Is Best for Me?

### Which statement best describes YOU…

# Considering Your Options for Publicly Funded Long Term Care

## Paying for Long Term Care

Many different sources can help pay for long term care. These may include private insurance, retirement benefits, personal savings and government assistance programs like Medicaid, Medicare, and Veteran's benefits Administration. It is important to understand what services and types of care each one covers. Choosing a Long-term care program that meets your particular needs and situation can at times be difficult and confusing.

**The ADRC can help you understand and compare all your long-term care options.**

FAMILY CARE Long-Term Care

Managed Care

Covers your home and community-based long-term care services — and provides you with your own care team to ensure your needs are met.

You also have the opportunity to arrange, direct and purchase some or all of your services through the Self-Directed Supports Option.

FAMILY CARE Partnership

Managed Care

Covers all long-term care services in the basic Family Care benefits package — *plus:*

- ALL health and medical services and
- ALL prescription drugs

Your care team will coordinate all your health, medical and long term care services.

IRIS Include, Respect, I Self-Direct

Within a budget, an individual develops their own support and service plan. Friends, family or others may help you manage your IRIS plan and budget.

IRIS is self –directed in which you creatively use resources to help meet your individual long-term care needs.

ForwardHealth Wisconsin serving you

Medicaid (Title 19)" Forward" Card

Use your Medicaid (Title 19) "Forward" Card for doctor's visits and other health services. Individuals who qualify for SSI automatically qualify for Medical Assistance (MA). Detailed information about Medicaid in Wisconsin is available online at: http://dhs.wisconsin.gov/medicaid

Honoring Choices
WISCONSIN
AN INITIATIVE OF THE WISCONSIN MEDICAL SOCIETY

# Advance Care Planning: It's About the Conversation!

**What if a sudden illness or injury left you unable to speak for yourself?**

**Who would you want to speak for you?**

**What would you want them to know about your values and wishes?**

Advance care planning is a process that helps you:

- Think about your health care values and goals;
- Consider health care choices you may have to make in the future;
- Talk about your choices with your doctor and your loved ones; and
- Make a written plan for the future (advance directive).

Make an appointment with a trained advance care planning facilitator today. Learn vocabulary, reflect on your values, choose a health care agent, explore goals for treatment, and take the first steps toward completing an advance directive.

To schedule a free appointment, call:

Jody Deichl
at Fort Atkinson Hospital
at (920) 568-5279.

# Consumer Assistance & Protection

These agencies or offices provide direct advice and/or educational materials for consumers who need assistance in managing their financial resources, evaluating competitive products and services, choosing the most favorable option, understanding their rights as consumers, and seeking redress when they believe their rights have been violated.

## Contact 6: WITI TV 6

Roles & Responsibilities

Got a consumer problem and you need help? Contact 6 is here for you. We attempt to help everyone either by direct service or by referral to others resources. For faster service, please **file your complaint online**.
Contact 6 cannot provide assistance in areas concerning legal advice, court cases, legal contracts, personal disputes, landlord vs. tenant, employee vs. employer, policy and price complaints.

| | | |
|---|---|---|
| 9001 N. Green Bay Road<br>Milwaukee, WI 53209 | Ph: 414-586-2666<br>Website FOX6Now.com » Contact 6: Hardiplank installation problems Comments Feed | **Hours**<br>Monday - Friday<br>9 a.m. - 5 p.m. |

## Federal Citizen Information Center

Roles & Responsibilities

The Consumer Information Catalog lists more than 200 free or low cost booklets on topics such as health, federal benefits, money management, food and nutrition, and more. Publications can be viewed, printed or downloaded at **their website**. Also publishes the Consumer Action Handbook, a guide designed to help with consumer problems and questions, and offers a sample complaint form to use as a guide.

| | | |
|---|---|---|
| 31201 Bryan Circle<br>Pueblo, CO 81001 | Ph: 719-948-4000<br>Ph: 888-878-3256<br>Website Consumer Complaints and Protection \| USA.gov | **Hours**<br>8 a.m. - 8 p.m. |

## Today's TMJ4: Call 4 Action

Roles & Responsibilities

Consumer and business complaints, speakers and outreach.

| | | |
|---|---|---|
| 720 E. Capitol Drive<br>Milwaukee, WI 53212 | Ph: 414-967-5495<br>Website : ***www.jrn.com/tmj4/news/call-4-action*** | **Hours**<br>Monday - Thursday<br>11 a.m. - 1 p.m. |

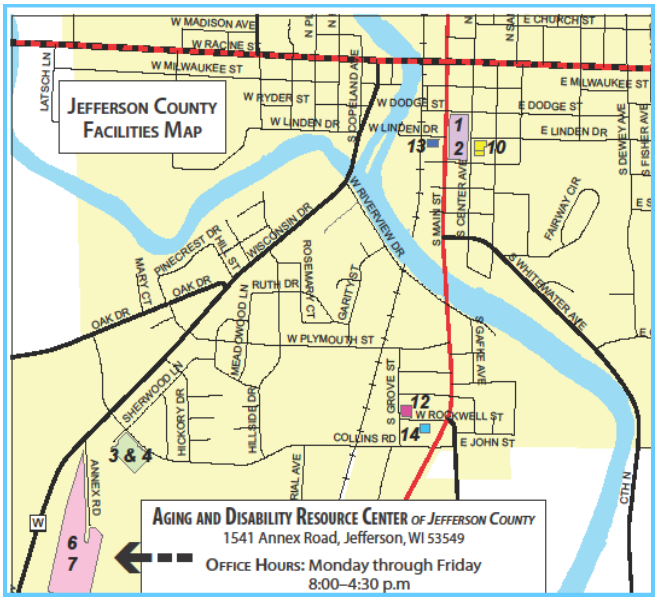
## Wisconsin Department of Agriculture, Trade, and Consumer Protection

Roles & Responsibilities

Provides protection for Wisconsin citizens by enforcing consumer protection laws. Attempts to prevent deceptive, fraudulent, or unscrupulous business practice such as unnecessary or unauthorized motor vehicle repairs, excessive credit charges, landlord/tenant issues, and high pressure door-to-door selling. Complaints received by this department which fall under the jurisdiction of another state or federal agency are directly forwarded to appropriate agency.
To register for the Wisconsin No Call list, call 866-966-2255, or **visit their website**.

| | | |
|---|---|---|
| 2811 Agriculture Drive<br>P.O. Box 8911<br>Madison, WI 53708 | Ph: 608-224-5012<br>Ph: 608-224-5058 (TDD/TTY)<br>Hotline: 800-422-7128<br>Email datcphotline@wisconsin.gov<br>Website http://datcp.wi.gov/ | **Hours**<br>Monday - Friday<br>7:45 a.m. - 4:30 p.m. |

Walk-ins are Welcome




*Call to talk to an Aging and Disability Resource Specialist*

**Telephone: 920–674-8734**
**Fax: 920–674-7603**
**TTD: 920–674-5011**
**TTY: 1-800-947-3529**
**Toll-Free: 1–866–740-2372**

**Email: adrc@jeffersoncountywi.gov**
**Online: www.jeffersoncountywi.gov**
**www.facebook.com/JeffersonCountywi.gov**
**Web http://jeffersoncountyadrc.assistguide.net**

## Your Right to File a Complaint or Grievance

As an ADRC customer, you have the right to register complaints or grievances regarding the services provided by the ADRC. There will be no reprisal to you for registering a complaint or grievance.

If you need to register a complaint or grievance, this should be done within 30 days of the event. You can contact the ADRC's Supervisor at (920)674-8139 for more information about the complaint or grievance process. You can also file a complaint or grievance by writing, calling, faxing, or emailing to:

Aging and Disability Resource Center of Jefferson County
Supervisor: Sharon Olson
1541 Annex Road
Jefferson, WI 53549
(920) 674-8139
Email: sharono@jeffersoncountywi.gov

***Information in this guide book is subject to change without notice, please check with the ADRC for the most recent updates.***

*The ADRC of Jefferson County is an equal opportunity employer and provider functioning under an affirmative action plan.*