

### Nutrition Education

The warning signs of poor nutritional health are often overlooked. Nutrition education by a registered dietitian is available to those who may be at high nutritional risk or are simply concerned about their nutritional health. Nutrition education presentations available on a variety of nutrition related topics. **No charge**

### Memory Screening

Memory screens are provided at no-cost for individuals who are concerned about their memory. The screenings take approximately 15-30 minutes and can be conducted in the home or the Aging & Disability Resource Center Office. **No charge**

### Fall Prevention Presentations

A fun, interactive presentation on ways to prevent falls and maintain your independence. A great presentation to be given over lunch or afternoon coffee hour at your church, residential building or agency. **No charge**

### Adaptive Equipment

The goal of adaptive equipment is to improve and/or maintain independence and can benefit individuals who have decreased mobility in eating, dressing, grooming, bathing, etc. Items are loaned to individuals who are in need. Items available may include reachers, toilet safety frames, utensils, bath benches, etc. Funding may be available.

*Know us before you  
need us*



### Arthritis Toolkit

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

**Includes *Living a Healthy Life* book, exercise CD's, information sheets, exercise action plan, action plan, and a self-test.**

**Available for check-out at the ADRC up to 4-6 weeks at no charge**

The Aging & Disability Resource Center of Eau Claire County, or *ADRC*, offers the general public information and assistance on issues affecting older adults and adults with disabilities; and their families and caregivers regardless of income.

ADRC's are welcoming, convenient places for you and your family to get information and access to a wide variety of services. Services can be provided on the telephone, at the ADRC, or in your own home.



Eau Claire County Courthouse  
721 Oxford Avenue, Room 1550  
Eau Claire, WI 54703  
Monday - Friday 8:00 am - 5:00 pm  
715.839.4735 or 888.338.4636  
tty: use Relay (711)  
[adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)  
[www.co.eau-claire.wi.us/adrc](http://www.co.eau-claire.wi.us/adrc)

[www.facebook.com/ECC.ADRC](http://www.facebook.com/ECC.ADRC)



## Health Promotion and Prevention Programs



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# Prevention and Wellness Programs

## **Put Life Back In Your Life: Living Well with Chronic Conditions**

A six-week evidence based workshop researched and developed at Stanford University in California. The workshop is led by two trained Living Well leaders that help people living with chronic conditions manage their symptoms, communicate with their doctors, lessen their frustration, fight fatigue and live a healthier life.

**\$20, includes *Living a Healthy Life* book and materials, \$10 refund for completing 5 of the 6 classes.**

## **Stepping On: Falls Prevention Workshop**

A seven-week evidence based workshop developed by Dr. Lindy Clemson of Sydney, Australia, which uses adult education to develop knowledge and skills to prevent falls in older adults. The program focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls.

**No charge**

## **Step-by-Step Fall Prevention In-Home Program**

An in-home program designed to empower older adults to take control of their own safety by providing resources and education to prevent falls in the home. Step-by-Step is conducted by a Certified Occupational Therapy Assistant. **No charge**

## **Family to Family Education Program**

A twelve-week course taught by trained National Alliance on Mental Illness members who have lived with this experience and offers education and support for families and friends of people with mental illness. The course teaches the knowledge and skills that family members need to cope more effectively. **No charge**

## **Prepare to Care**

A program that helps employees and their families develop a care plan for themselves and or for a loved one. The caregiving plan is based on the needs and wishes of those who will be receiving the care.

**No charge, includes five-step plan and workbook**

## **Adult Children & Aging Parents: Conversations between Generations**

This curriculum from Iowa State University Extension focuses on the needs of whole families, to help families talk about and plan for changing needs in later life, increase family problem-solving skills and strengthen family relationships between generations.

Adapted to reflect Wisconsin laws, this curriculum helps participants explore questions about later-life legal, financial and housing needs and about understanding their family relationships. The course can be taught in single-topic workshops or an educational series.

**No charge**

## **Taking Care of YOU: Powerful Tools for Caregiving**

A six-week educational workshop for caregivers that teaches effective tools and techniques to use in any caregiver role, including coping with stress, taking care of yourself, making tough caregiving decisions, setting goals and problem solving, reducing guilt, anger and depression and much more. **\$20, includes *Caregiver Helpbook* and materials**

## **Eldercare and Work: Finding the Balance**

This program defines effective caregiving, sets four principles that can help make caregiving a positive experience and teaches a six-step process to develop your own unique plan to finding the balance between being a good caregiver, good employee and good to yourself. This program is 90 minutes and adaptable to any time of the day.

**\$15, includes *Elder Care: A Six Step Guide to Balancing Work and Family* and materials**

*\*Classes are offered throughout the year at different times and locations. Contact the Aging & Disability Resource Center of Eau Claire County for upcoming classes.*

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