

June 2022



ADRC EXPRESS

From the desk of the Disability Benefits Specialist

Hello, my name is Kris and I have been the Disability Benefit Specialist (DBS) at the ADRC since 2014. One of my roles is to help adults with disabilities age 18-59 answer questions and solve problems related to Social Security, Medicare, Medicaid, health insurance, and other public and private benefits.



All ADRC's have a DBS. You can work with a DBS to apply for Social Security Disability and Supplemental Security Income, fill out forms for disability reviews, appeal denials of disability benefits, compare options for health insurance, advocate for solutions to an issue, and more.

The DBS can also assist youth who are transitioning out of high school and turning 18. There are many changes that occur during this time that can have an impact on eligibility for benefits.

Services provided by a DBS are free of charge. Benefit Specialists don't sell anything and aren't paid by any companies. Their only aim is to help you identify and apply for programs and health care that will best meet your needs.

If you would like to contact the Disability Benefit Specialist, please call 715-395-1396 or email kris.westerlund@douglascountywi.org.



Starting Conversations about Future Planning

Planning for the future can help you maintain a healthy and strong bond with your loved one. However, it might not always be easy to start conversations about future plans. You may worry about making your loved one feel stressed or upset. Here are a few ideas to consider when starting the conversation with your loved one. Prepare ahead by planning topics or questions you want to discuss, be clear about what you want to say, and choose a time when you are both relaxed and have enough time to have a conversation. Start the conversation by saying that you want to make sure your loved one's needs are met, want to avoid confusion, reduce stress, and create a peace of mind. Make them feel more comfortable by spending lots of time listening carefully to what they say, let them take a break if needed, come back to the conversation on a different day if they are not ready to share, and be patient and allow lots of time to talk.



Article from [Trualta.com](https://www.trualta.com)



Learn tips at our upcoming event!
Love Your Brain
Tuesday, June 14th
5:00PM-6:30PM
Superior Public Library
Please RSVP to 715-395-1234!
FREE food, resources, giveaways
including a grand prize!!



CONTACT US TODAY!

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