

Best Southeastern Wisconsin Senior Resources

When you need to research a particular subject that you're not well versed in, where do you turn? For most people it's the internet. Just google a word or subject and your screen will be instantly filled with information. That's wonderful, but it can also be overwhelming.

For seniors, it's not only important to have resources, it's critical that you have quality resources. It's not about volume, it's about a place you can go or a person you can talk to that will answer your specific question with clarity.

Here are a few quality resources that I often use when guiding seniors and their families. I thought you might find them useful as well:

- Alzheimer's Association – Southeastern Wisconsin Chapter – They offer a 24/7 Helpline (800-272-3900) where you can learn about support groups, access educational materials, or simply talk with someone who will listen and walk you through your circumstances.
- Veterans Services – Each county has a Veteran's Service Officer that can help veterans and their spouse to access benefits including pensions, medications, medical care and more. Milwaukee County 414-266-1234, Waukesha County 262-548-7735, Ozaukee County 262-284-8326. I have also found the VFW office in Milwaukee (414-902-5748) to be incredibly helpful in assisting seniors to understand and access benefits they're entitled to.
- Caregiver Connection of Ozaukee County – 262-284-8120 – Their website, www.ozccc.org has a wealth of services and information that can support your caregiving journey.
- Aging & Disability Resource Center (ADRC) – Each county has an office staffed with knowledgeable professionals that can answer a wide range of questions related to aging. Ozaukee 262-284-8120 / Milwaukee 414-289-6874 / Waukesha 262-548-7848
- Health Department – Area cities and towns have local health departments that offer literature on a broad range of health topics, they host educational programs and offer flu shots. And they have nurses on staff with a goal of improving the health of their community.
- Laureate Group website: laureategroup.com I'm proud to share that our website has a wealth of information for anyone trying to navigate long term care, understanding aging issues, and it offers a resource line, Laureate Cares (262-832-7113), where you can talk to someone with years of experience serving older adults. I have the pleasure of being one of the individuals accepting those calls.

These are just a few of many area professionals I've found to be helpful for my clients. I encourage you to reach out to them and take advantage of the expertise they offer.

This article is a reprint of a blog posted by Adele Lund, Laureate Group's Director of Community and Business Relations

For over 40 years, Laureate Group, a local, family owned business has been helping older adults and their families manage the challenges of aging. Laureate Group operates eight senior communities throughout the Greater Milwaukee area. Additional resources can be found at:

*www.laureategroup.com/blog • www.laureategroup.com • Laureate Cares: 262-832-7113
Careers for Caring People: www.laureategroup.com/careers*