



WAISMAN WIN

Distance Learning

Waisman WIN (*Wellness Inclusion Nursing*) is excited to announce a new series of **online training opportunities** for individuals around the state of Wisconsin. This series provides expertise, training, and resources through videoconference workshops for individuals who support the overall health and wellbeing of adults and children with IDD in their communities.

Access to resources and clinical services focused on the specialized healthcare needs of individuals with disabilities may not be available in many rural and underserved communities in Wisconsin and beyond. To meet this need, the Waisman Center aims to expand access to its specialized resources and expertise through WIN videoconference workshops. In-person trainings on each topic will be held at the ADRC of Dane County. For more information on live seminars, visit: cow.waisman.wisc.edu/training/.

The online workshops are free to the public and have been made available through support from the Evjue Foundation and Group Health Cooperative – South Central Wisconsin.

Who should participate?

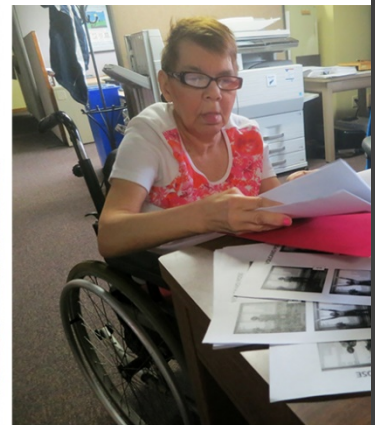
Family members, caregivers, residential and vocational staff, and others who support adults and children with intellectual and developmental disabilities (IDDs) in the community.

How do I access these webinars?

These webinars are accessed through Zoom Video Conferencing and can be joined via computer, iOS and Android. To register, visit: www.surveymonkey.com/r/WINDL. Participants will be sent a Zoom Meeting access link and participation instructions via email prior to the training.

About Waisman WIN:

A program within Community Outreach Wisconsin, Waisman Center, the Wellness Inclusion Nursing (WIN) Program nurses serve as consultants to residential and vocational team members, families and health care providers. WIN focuses on restoring, maintaining and promoting maximal health and independence for adults and children with developmental disabilities (DD) so they can achieve the best life possible. Presented by Marcia Stickel, Clinical Nurse Specialist, Waisman Wellness Inclusion Nursing Program Director.





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OCT
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Take Charge of Your Own Health Care

This session will cover how to use the Self-Directed Health Care Kit. This Self-Directed Health Care Kit is designed to help individuals with developmental and intellectual disabilities (I/DD) advocate for their own health care and support clear communication between the individual and their health care practitioners.

The kit includes a set of forms for tracking health care concerns and interventions. It has also been designed to help the person in a supportive role to help advocate for the individual and enhance the interaction between the individual and the health care practitioner.

NOV
15

Go with Your Gut: Healthy Living = Healthy Bowel

A nurse who works with individuals and their supports in the communities where they live shares practical ideas for good health. She will share information on how eating and drinking well while keeping active can help keep your gastrointestinal tract working well.

Constipation or diarrhea often becomes a health issue for many who must take medications with side effects which cause these problems, resulting in health crises if they are ignored. This session will include ideas on how to keep track of bowel health along with ideas of what can be done proactively to prevent crises.

FEB
13

Is It Pain? What to Look For, What to Do

Many individuals have difficulty in understanding their pain or telling others about it. A person's life can be greatly improved when pain and the cause of pain is discovered.

WIN nurses are experienced in looking for and finding individual's hidden pain. This class will help raise your awareness of pain possibilities that may negatively affect individuals that you support.

MAR
13

Save My Skin

Keeping skin whole and healthy helps a person feel comfortable and prevents infection. When skin problems occur, severe infections can develop which are painful, life-threatening, or lead to amputation.

Learn what you can do to prevent individuals from having skin problems such as open sores and rashes. Develop your knowledge of what to watch for and what to do when you see a possible problem.

For more information and to register: cow.waisman.wisc.edu/win/windl

These webinars are free to attend and accessed through Zoom Video Conferencing. There is a \$20 charge to receive a Certificate of Attendance for 1.5 Continuing Education Hours for social workers.