



Wellness Inclusion Nursing

Who We Serve

WIN nurses collaborate with providers of care for individuals with disabilities and the frail elderly. This includes families, paid and non-paid caregivers, direct service workers, and health care providers. We focus on restoring, maintaining and promoting maximal health and independence for individuals so they can achieve the best life possible.

Services We Provide

Identify, connect and assist in the coordination of needed community health care resources, including physicians, therapists and other medical specialists, home health services, and hospice.

Supply ongoing needs assessment and monitoring through regular visits, team meetings and/or communications with caregivers and other team members.

Provide education and advocacy to medical staff in medical settings.

WIN nurses **provide consultation, training, and technical assistance** to individuals with disabilities and paid and non-paid caregivers:

- ☐ How to safely address assessed nursing needs* (see *Common Health Issues* in next column) in community supported living.
- ☐ Training and health education tailored to the individuals' unique learning style.
- ☐ Planning around end of life care.
- ☐ Coordination of hospital stays and discharges to facilitate a smooth, positive, and safe process.

** Common health issues we address*

- ☐ inadequate fluid intake
- ☐ constipation
- ☐ swallowing issues: aspiration, adaptive feeding, G-tubes
- ☐ seizures
- ☐ weight gain or loss, obesity, nutrition problems
- ☐ orthopedic concerns: arthritis, osteoporosis, genetic syndromes
- ☐ bladder and kidney problems: UTIs, incontinence, urinary retention
- ☐ pain
- ☐ GI problems: GERD, incontinence, ostomies
- ☐ mental health and behavioral issues
- ☐ diabetes and its complications
- ☐ mobility issues: falls, spasticity, balance
- ☐ skin breakdown: wounds, fungal and bacterial infections; rashes

WIN provides consultation for:

- ❑ *Physical assessments.*
- ❑ *Training and health education to residential and vocational support staff and family.*
- ❑ *Advocacy and planning for end of life care.*
- ❑ *Coordination of hospital stays and discharges to facilitate a smooth and positive process.*
- ❑ *Healthy living.*
- ❑ *Education and advocacy to medical staff in medical settings.*
- ❑ *Working together with teams to support individuals with complex medical needs.*



CONTACT

Marcia Stickel, Director
(608) 890-2843
stickel@wisc.edu

Carmella Smith
(608) 890-2844
cvsmith2@wisc.edu

MAILING ADDRESS

Waisman WIN
122 E. Olin Ave., Ste. 255
Madison, WI 53713

FAX: (608) 263-4681

cow.waisman.wisc.edu/win

Waisman WIN



The **Wellness Inclusion Nursing (WIN)** Program nurses serve as consultants to providers of care for individuals with disabilities and the frail elderly. This includes families, paid and non-paid caregivers, direct service workers, and health care providers.

We focus on restoring, maintaining, and promoting maximal health and independence for individuals with developmental disabilities (DD) so they can achieve the best life possible.