



## Greater Wisconsin Agency on Aging Resources (GWAAR) News

### Nice to Know

#### **GWAAR Board of Directors annual meeting**

*Friday, December 12 / 10:00 a.m.*

The next GWAAR Board of Directors annual meeting will be held on Friday, December 12 at 10:00 a.m.

**Live meeting link:** <https://bit.ly/4q1h7Rr>

Watch for the meeting agenda to be posted this week:

<https://gwaar.org/meet-our-board>:

<https://gwaar.org/api/cms/viewFile/id/2008833>

For any questions, please contact [Rosanna.mazzara@gwaar.org](mailto:Rosanna.mazzara@gwaar.org)



#### **We're Hiring: Veteran Self-Directed Program (VSDP) Care Consultant**

Do you have a passion for supporting Veterans and helping them live independently? The VSDP empowers veterans to choose caregivers, services, and supports so they can safely remain in their homes.

#### **As a VSDP Care Consultant, you'll:**

- Assess Veterans' abilities and needs
- Develop personalized care plans
- Assist with budgeting and purchasing goods/services
- Monitor service provision and provide ongoing support

This role involves travel across **North Chicago, Tomah, Madison, Milwaukee, and Minneapolis** VAMC catchment areas. Ideal candidates will have a degree in Social Work or related field (Bachelor's required, Master's preferred) and be based in Central, South-Central, or South-Eastern Wisconsin.

 View the full job description:

<https://gwaar.org/api/cms/viewFile/id/2008591>

**View or share on LinkedIn:** <https://bit.ly/48tiHEF>

**View or share on Facebook:** <https://bit.ly/4iPGF1B>

 To apply, send your cover letter and resume to: Lisa Drouin, VA Programs Manager,

[Lisa.Drouin@GWAAR.org](mailto:Lisa.Drouin@GWAAR.org)



## Advocacy

[Janet Zander](#), Advocacy and Public Policy Coordinator

### Nice to Know

#### **Speaker's Task Force on Elder Services Update**

The task force is planning to gather one additional time in early Jan. 2026 (the date has not yet been determined) to discuss proposal ideas, they have not yet decided if they will be gathering any additional presentations/testimony at the hearing.

As a reminder, the Task Force is looking to identify ways to improve the quality of life for older Wisconsinites and is focused on programs, services, and policies that help older people maintain independence in their own homes, encourage social interaction and community engagement to combat isolation and loneliness, prioritize physical wellbeing and financial independence, and prevent elder financial exploitation.

To ensure task force members hear from all those wishing to share information related to successful programs and services to help older Wisconsinites remain living at home or the challenges faced by older people planning to age in place, please contact the Task Force members using this Wisconsin Aging Advocacy Network (WAAN) Action Alert - <https://bit.ly/48T5s1c>.

Task Force membership:

[Representative Snyder \(Chair\)](#)

[Representative VanderMeer](#)

[Representative Doyle \(Vice-Chair\)](#)

[Representative Novak](#)

[Representative Melotik](#)

[Representative McCarville](#)

[Representative Gundrum](#)

[Representative Taylor](#)

#### **Action Alert: Online Caregiver Training and Learning Platform**

Trualta, the online family caregiver training and learning platform currently used in Wisconsin, has been a lifeline for over 2,000 Wisconsinites, offering free, easy-to-access caregiver education, stress-management tools, and virtual connections that reduce isolation and burnout.

Wisconsin is currently funding this valuable caregiver platform using a two-year federal grant which ends **December 31, 2026**.

To ensure the continuation of the online platform, we are requesting state funding to continue this proven, cost-effective statewide caregiver support and education platform, and urging the introduction of **bipartisan legislation establishing a permanent Caregiver Education and Support Fund of \$100,000/year** (indexed annually for inflation).

**Take Action: Contact your State Senator and Assembly Representative and urge them to introduce legislation creating a permanent Caregiver Education and Support Fund.**

**See WAAN's Action Alert:** <https://bit.ly/4rmKUp3>

**View all WAAN Advocacy Alerts:**

<https://gwaar.org/waan-advocacy-alerts>

Contact your State Senator & Assembly Representative and urge them to **introduce legislation creating a permanent Caregiver Education and Support Fund**.



**WAAN**  
Wisconsin Aging Advocacy Network

## **Caregiver Designation Bill**

On Dec. 2, 2025, Caregiver Designation legislation (LRB-2744/1 and LRB-5678/1) was released for co-sponsorship. Last session, Wisconsin created a process that offers people the option to have emergency contact information included in their electronic record when applying for or renewing their driver's license, learner's permit, or state identification. This legislation builds upon the emergency contact information process to allow people to designate themselves as the primary caregiver for up to three people in their electronic record as well.

The following scenario helps to make clear how this bill would work – imagine a daughter who is the primary caregiver for her father gets into an accident and must be taken to the hospital. Her father could be stranded at home for days without anyone to care for him and not knowing what happened. This bill creates a way for law enforcement to inform the father of the situation, as well as, reach out to any emergency contact she has provided to inform them that her father will need to be cared for. All of this is to provide protection to the individual who is cared for.

To help this legislation advance quickly through the process of becoming law, we would like to see strong bipartisan support from state legislators. **Please contact your State Senator and Assembly Representative and encourage them to sign on to this legislation as a co-sponsor by contacting Senator Quinn's office at (606) 266-3510 or Representative Green's office at (608) 237-9174.**

To find contact information for your state legislators enter your home address in the text box here: **[Find Your Legislator](#)**: <https://maps.legis.wisconsin.gov/>

## **FoodShare Update**

Back in October, over 100 local, regional, and statewide organizations sent a letter to the Wisconsin State Legislature asking them to fully and immediately support the Wisconsin Department of Health Services' (DHS) funding request of \$69 million which is needed to implement FoodShare program changes required by the One Big Beautiful Bill Act (OBBA). The funding is needed in this biennium (2025-2027) and was not included in the state budget signed into law this past July.

The letter to the legislature requested the funding be included as part of AB 387/SB 390, the "budget correction" bill introduced this session. Unfortunately, the State Legislature did not provide the funding needed to implement the required changes to the FoodShare program. Without additional funding, needed staff cannot be hired and trained and the state is put at greater risk of increasing its error rate, which will result in financial penalties for the state.

It is critical for this state funding to be provided soon; over 43,000 people are at risk of losing basic food necessities if they don't get the help they need to meet work requirements. If the FoodShare program is important to you and/or those you care about, please contact your State Senator and Assembly Representative to share your thoughts on the importance of the program to older adults, people living with disabilities and/or caregivers

To find contact information for your state legislators enter your home address in the text box here: **[Find Your Legislator](#)**: <https://maps.legis.wisconsin.gov/>

## Protect and Increase Federal Aging Funding

In mid-November, the longest federal government shutdown in U.S. history (43 days) ended when Congress passed a spending package which the President then signed into law. **The spending package included a Continuing Resolution (CR) which funds portions of the federal government (like Older Americans Act [OAA] programs and the Medicare Improvements for Patients and Provider Acts [MIPPA]) at FY 2025 levels through January 30, 2026.** The CR does not address the expiring Affordable Care Act (ACA) enhanced subsidies. The spending package did include three appropriations bills which will fund several key operations for the remainder of the federal fiscal year (Sept. 30, 2026), including full funding for SNAP (FoodShare in Wisconsin). Note: With federal funding for SNAP now secured through federal fiscal year 2026, **the Wisconsin Department of Health Services does not anticipate any further disruptions of FoodShare through Sept. 2026.** FoodShare members will get their December benefits on schedule. Members may continue to use benefits on their QUEST cards. FoodShare members can check their FoodShare balance by calling QUEST Card Services at 877-415-5164.

The CR provides a temporary solution for the remaining nine appropriations bills that still need to be passed, including the bill for the U.S. Department of Health and Human Services (HHS) which includes OAA and other aging services funding. To avoid another federal government shutdown at the end of Jan., Congress needs to pass a full-year funding bill or another short-term spending bill. **It is critical for the final appropriations bill to include funding increase recommendations for OAA programs and that nothing is cut.**

**Take Action now:** Please urge your members of Congress to retain the appropriations levels set out in the Labor/HHS bill, which increases funding for Title III B Supportive Services, and to support the Senate's recommendations for funding for Title V of the OAA, the Senior Community Service Employment Program. You can find contact information for your U.S. Senators here [U.S. Senate: States in the Senate | Wisconsin: <https://www.senate.gov/states/WI/intro.htm>](https://www.senate.gov/states/WI/intro.htm)

and for your U.S. House Representative here <https://www.house.gov/representatives#state-wisconsin>

Contact information can also be found on the GWAAR website here: [Wisconsin Members of the 119th Congress: <https://gwaar.org/api/cms/viewFile/id/2008426>](https://gwaar.org/api/cms/viewFile/id/2008426)

## Weekly Federal Funding Fallout2025 Updates and Q&A webinar

*Friday, December 12 / 9:00 - 10:00 a.m.*

**English registration:** <https://bit.ly/FedFunds1212>

**Spanish registration:** <https://bit.ly/FedFundSpan1212>

Cuts to federal Medicaid spending continue to be a top concern, however other programs important to people with disabilities may cut through the reconciliation bill process, and the administration is making changes at several federal agencies including the Dept. of Health and Human Services, Social Security, and Education that directly impact people with disabilities.



## Data Management

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[Carrie Kroetz](#), Data Management and Technology Coordinator

### Nice to Know

#### **\*\*Reminders\*\***

All webinars are recorded and posted on the GWAAR Partners Resources site and accessed by registered users.

<https://gwaar.sharepoint.com/sites/PartnerResources> | Aging Programs | [Data Management](#)



#### **\*\*End of Federal Year Reporting\*\***

As we are wrapping up the End of Year Reporting for the NAPIS report, GWAAR asks that data users do not enter new, modify existing or delete existing data in PeerPlace prior to October 1<sup>st</sup>, 2025 – unless instructed otherwise by GWAAR Data staff. This information has been vetted and is almost ready for submission.

If you have questions, please reach out to [Carrie Kroetz](mailto:Carrie.Kroetz@gwaar.org), [carrie.kroetz@gwaar.org](mailto:carrie.kroetz@gwaar.org)

#### **\*\*Upcoming\*\***

**FFY Variance Report** – as we complete the End of Federal Year Reporting, we will send out the FFY Variance Report and at that time provide a due date for submission. This report will compare clients served, services received, and funds used to pay for these services – this will also include In-Kind reported. Remember, when answering the variances we are looking for the “why” something has changed – not that “we served more people”. Please aim to provide a more detailed explanation – “WHY” did you serve more people? Did you expand your program, did you start a new program, did you close a point of service site...

### [End-of-Year Variance Report Refresher Webinar](#)

*Friday, December 12 | 11:00 a.m.- 12:00 p.m.*

**Registration:** <https://bit.ly/3Yhd9br>

*Recording will be posted on the GWAAR Partners Resources site and accessible by registered users.*

## Elder Benefit Services

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[Amanda Grady](#), EBS Support Attorney Program Manager

### Nice to Know

#### **Welcome Emily Gabor, new Benefit Specialist Supervising Attorney**

Emily Gabor has been hired as one of our Benefit Specialist Supervising Attorneys and started December 8!

Emily went to William & Mary Law School and then practiced criminal defense for a few years before she focused on Estate Planning and Special Needs Trusts as a solo practitioner.

Emily said, “I am passionate about helping older and disabled Wisconsinites live dignified, healthy, and happy lives. I believe that helping them stay independent and connected to their communities is the best way to accomplish that.”

Welcome Emily!

## Emergency Preparedness

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Angie Sullivan, Health Promotion Program Specialist

### Nice to Know

#### Holiday safety tips from ReadyWisconsin

This time of the year is a time for celebrations, but also a time for an increased risk of falls and fires. Visit the Wisconsin Emergency Management website for holiday preparedness tips you can share.

“Holiday decorations should bring joy and not danger into people’s homes,” said Wisconsin Emergency Management Administrator Greg Engle. “By taking a few extra moments to prevent hazards in your homes, you can create a joyful and safe environment.”

**View the holiday safety tips:**

<https://wem.wi.gov/make-safety-your-holiday-tradition/>



## Family Caregiver Support

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Bryn Ceman, Caregiver Programs Specialist

### Nice to Know

#### 🌟 Upcoming Opportunity: Powerful Tools for Caregivers – Virtual Program (January–February 2026)

Milwaukee County DHHS Aging & Disabilities Services is offering a free virtual Powerful Tools for Caregivers program this winter, with both English and Spanish options available. This six-week workshop is designed to help family and informal caregivers build skills, reduce stress, and improve overall well-being while caring for an adult loved one.

📅 Thursdays, January 15 – February 19, 2026

⌚ 5:30 - 7:00 p.m.

💻 Held on Microsoft Teams

📞 Respite options may be available upon request

This evidence-based series provides caregivers with practical tools to:

- Reduce personal stress
- Improve communication and decision-making
- Strengthen confidence in the caregiving role
- Better manage time, goals, and problem-solving
- Access helpful local resources
- Registration is required.

📞 Call (414) 289-6565 or email

[caregiversupport@milwaukeecountywi.gov](mailto:caregiversupport@milwaukeecountywi.gov) to sign up.

This is a valuable opportunity for caregivers across our community to gain support, connection, and practical strategies for their day-to-day lives.

**View the flyer:** <https://gwaar.org/api/cms/viewFile/id/2008834>

MILWAUKEE COUNTY DHHS AGING & DISABILITIES SERVICES

### Powerful Tools for Caregivers

\*Workshop for family and informal caregivers of adults\*

Powerful Tools for Caregivers is a six session program to help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, or neighbor, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

**Powerful Tools Virtual Program**

**\*Spanish and English Option Available\***

**Each Thursday from January 16th through February 19th, 2026**

**5:30 pm — 7:00 pm**

**Class will be hosted on Microsoft Teams platform.**

**Respite options may be available upon request**

Registration required. For more information or to register: (414) 289-6565 or [caregiversupport@milwaukeecountywi.gov](mailto:caregiversupport@milwaukeecountywi.gov)

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.



**Please update your contact info in DHS SharePoint.**

To keep receiving important DHS updates, resources, and caregiver support announcements, please review and update your agency's Caregiver Coordinator contact information in the DHS SharePoint directory. Accurate info helps ensure the right staff get the right messages.

Access DHS SharePoint here: [\*\*\*Aging and Disability Resource Center - Caregiver Programs\*\*\*](https://share.health.wisconsin.gov/ltc/teams/ADRC/SitePages/Caregiver%20Programs.aspx)

<https://share.health.wisconsin.gov/ltc/teams/ADRC/SitePages/Caregiver%20Programs.aspx>

**Reminder: National Family Caregivers Month Marketing Toolkit survey**

Thank you for taking a moment to complete this brief 2-question survey. We're gathering feedback from Caregiver Coordinators, Aging Unit Directors/Managers, and ADRC Directors/Managers on the usefulness of the National Family Caregivers Month Marketing Toolkit. Your responses will help us understand how widely the toolkit was used and how we can continue improving statewide support and resources for future caregiver initiatives.

This will take less than one minute—thank you for your time and insight! 

<https://forms.office.com/r/6bR4VjUZkw>

**Please complete the survey**



**Reminder: Updated data on unpaid caregiver experiences**

 New Wisconsin data from the Survival Coalition shows just how much unpaid family caregivers are doing and how much our systems depend on them.

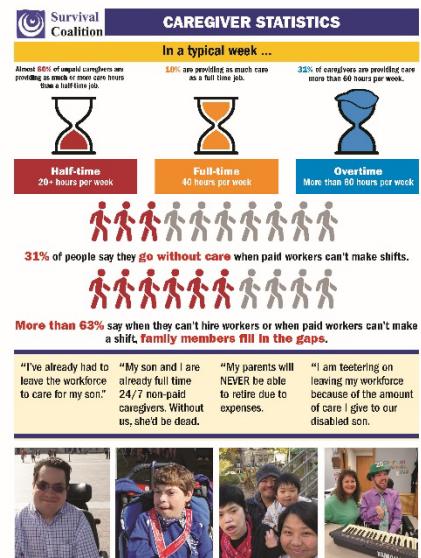
-  Nearly 60% provide 20+ hours of care each week,
-  31% are providing more than 60 hours/week, and
-  When paid workers miss shifts, 63% of families step in to cover the care.

Unpaid caregivers are coordinating medical care, providing hands-on support, navigating Medicaid paperwork, and doing the work that makes living at home possible; often at the cost of their own health, income, and well-being.

 Caregiving isn't just love, it's labor. And Wisconsin families are doing it around the clock.

**Survival Coalition Unpaid Caregiver Experiences Nov. 2025:**

<https://gwaar.org/api/cms/viewFile/id/2008825>



## Fiscal

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*[Carrie Kroetz](#), Data Management and Technology Coordinator*

### Need to Know

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#### \*\*Reminders\*\*

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ACE Meet  Fiscal Resources Advocacy

Partners

<https://gwaar.sharepoint.com/sites/PartnerResources> | [Fiscal Resources](#)

#### \*\*Claim Form\*\*

We apologize for the delay in posting the October-December claim form, however we had to finalize the September claim for the Federal Report.

We have contacted those Aging Units who received additional re-obligation of unspent funds to apply to their September claims. If you requested funds and did not hear from us, we are sorry but at this time we did not have enough funds to distribute. Please keep watch for end of year re-distribution requests.

We anticipate posting the claim on Tuesday, 12/09/25, and having the deadline for submission extended to December 13<sup>th</sup>. While we realize this is a fast turnaround we appreciate your patience in this matter.

#### \*\*End of Federal Year Reporting\*\*

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*Registration: <https://bit.ly/3Yhd9br>*

*Recording will be posted on the GWAAR Partners Resources site and accessible by registered users.*

**2026 Draft Budget** – due to some upcoming changes taking effect in 2026 we have yet to post the 2026 Draft Budget. Once we have solidified the changes, we will update the form and inform Aging Directors and Fiscal staff of the posting. GWAAR Fiscal will also hold a webinar to inform staff of these changes and a review of instructions to complete the budget. In the meantime, we have received the estimated allocations and will post those in the Fiscal Resources library by the end of the week.

## Health Promotion

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Angie Sullivan, Health Promotion Program Specialist

### Need to Know

#### New! Eat Smart, Move More, Weigh Less 2 is now eligible for OAA Title III-D funding

Eat Smart, Move More, Weigh Less 2 (ESMMWL 2) is now on Wisconsin's list of evidence-based health promotion programs eligible for OAA Title III-D funding. ESMMWL 2 builds on strategies covered during Eat Smart, Move More, Weigh Less (ESMMWL). Participants who successfully completed ESMMWL are eligible to participate in this 12-week program.



Program components include:

- Live online classes facilitated by a Registered Dietitian Nutritionist (RDN)
- Convenient lunchtime and evening classes
- Accessible on computers, laptops, tablets and smartphones
- Peer support during class and on private Facebook Community Page
- Opportunities to share successes and discuss challenges

Weekly sessions include topics such as: Navigating the Diet Maze, Sugar Control, Finding Your Fitness Connection, Cooking Smart, Mindful Eating, Choosing Healthy Fat, Sleep and Managing Holidays and Preventing Relapse

Contact Angie Sullivan, OAA Program Specialist Health Promotion and Supportive Services at [angela.sullivan@gwaar.org](mailto:angela.sullivan@gwaar.org).

**More information on Eat Smart Move More Weigh Less** - <https://esmmweighless.com/>

**More information on Eat Smart, Move More, Weigh Less 2** - <https://esmmweighless.com/weigh-less-2/>

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### Nice to Know

#### Online Health Promotion Programming Opportunity for Title IID Funding:

UW Madison Extension Virtual StrongBodies Series: Offered via zoom

Class meets on Tuesdays and Thursdays at 9:00am weekly for 11-12 weeks

AU/ADRCs can reserve spots for county residents (\$50/participant)

**Reserve spots here:** <https://bit.ly/3XLKknr>

After Extension receives your request for spots, you will be mailed invoice for payment, flyer for upcoming virtual series for promotion (editable for you to add your local contact info) and link to online registration for the virtual class so you can register local residents.

Participant demographic information will be sent to you for your Peer Place reporting after the registration deadline for each series.

**Find out more about StrongBodies here:** <https://health.extension.wisc.edu/strongbodies/>

-continued-

## 2026 Series:

- Winter Series: January 6 - March 26 (deadline, Fri, Jan 30)
- Spring Series: April 7 - June 25 (deadline, Fri, May 1)
- Summer Series: July 7 - Sept 24 (deadline: Fri, July 31)
- Fall Series: Oct 6 - Dec 17 (deadline, Fri, Oct 30)

\*2025 OAA Title III-D funds can be used to purchase "spots" into the Winter 2026 series. For any OAA Title III-D funding questions, please contact Angie Sullivan [angela.sullivan@gwaar.org](mailto:angela.sullivan@gwaar.org)

## Reminder: Health Promotion 101 (OAA Title III-D Refresher)

*Monday, December 15 / 1:00 - 2:00 p.m.*

Need a Refresher on Health Promotion (OAA Title III-D)?

Join us for an upcoming webinar that provides an overview of the Older Americans Act Title III-D: Health Promotion and Disease Prevention provisions and priorities.

We'll cover key topics including:

- Locating approved evidence-based health promotion programs
- Data collection and reporting requirements
- Voluntary contributions
- Available resources and support



This session is open to Health Promotion Coordinators, Aging Unit Supervisors, ADRC Directors, and fiscal or data reporting staff.

Register today to strengthen your understanding and ensure your program is aligned with Title III-D goals!

**Registration:** <https://bit.ly/4nNzQhS>

## Nutrition

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[Kristi Cooley](#), Nutrition Program Specialist

[Jean Lynch](#), Program Specialist Manager

[Pam VanKampen](#), Nutrition Program & Senior Center Specialist

## Nice to Know

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### NOURISH Step handouts for 2026

NOURISH Step Nutrition Education offers simple, practical guidance to help older adults build confidence in the kitchen and make healthier food choices. The program breaks nutrition learning into easy-to-follow steps that emphasize safety, balanced meals, and real-life skills. By supporting both knowledge and hands-on practice, Nourish helps participants feel empowered to cook, eat well, and improve their overall well-being.

The 2025 general monthly handouts are still great to use in 2026—especially if you missed any in 2025. Looking ahead, the 2026 materials will focus on diabetes and diabetes-related topics, aligning with the state's three-year goal to increase awareness and provide nutrition education around diabetes.

*-continued-*

For 2026, our focus is going to be on diabetes and related topics. If you commit to focusing on diabetes for 2026, we ask that you use all 12 of the newsletters so participants receive a full, connected picture of diabetes. Make the nutrition education come to life by asking your local Senior Dining Sites to spend about 10 minutes reviewing each newsletter to spark interest and generate questions.

The January 2026 issue is now available at [www.gwaar.org/nourishstep](http://www.gwaar.org/nourishstep) or on our SharePoint site at [www.gwaar.org/nourishstep](http://www.gwaar.org/nourishstep), and future issues will be posted in early 2026.

If you have any questions or need the Canva link, please contact [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org).



**Take a NOURISH Step!**

**January: The Big Picture of what doctors call "Metabolic Syndrome."**

**Did you Know?**

~1 in 3 adults may have Metabolic Syndrome.  
Waist size is one of the strongest predictors.



**Why is it a big deal?**

Having Metabolic Syndrome increases the risk of the following:

- Cardiovascular disease (including heart attacks and stroke)
- Diabetes
- Liver and kidney disease
- Sleep apnea

**What is Metabolic Syndrome?**

Metabolic syndrome may be the most common and serious condition you've never heard of, and it's on the rise. **Nearly half of all people over 60 may have it.**

Metabolic syndrome is a group of health problems, such as high blood pressure, high blood sugar, unhealthy cholesterol levels, and extra weight around your waist. When several of these occur together, they put extra strain on your heart and overall health.

**How Do You Know If You Have It?**

According to the [most widely accepted definition](#), a person has metabolic syndrome when **at least three** of the following are present:

- Increased waist size: Greater than 40 inches in men or 35 inches in women
- Elevated blood triglycerides (a type of fat in the blood): Above 149 mg/dL
- Low HDL (good) cholesterol: Below 40 mg/dL in men or 50 mg/dL in women
- High blood pressure: 130 mmHg or over 85 mmHg or higher
- Elevated blood sugar: A fasting plasma glucose level of 100 mg/dL or above

**What Can You Do to Lower Your Risk?**

Lowering your risk starts with small daily lifestyle changes. Losing 7–10% of your body weight over a year—if you weigh 200 lbs, this would be 14 to 20 lbs. Eating more whole grains, fruits, vegetables, and fiber, and reducing unhealthy fats and added sugars. Aiming for 30–60 minutes of physical activity most days of the week can make a big difference and help you lose weight.

**\*NOURISH stands for: Nutrient Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**



For more information visit: [www.gwaar.org/nourishstep](http://www.gwaar.org/nourishstep)

## Adaptive Equipment Wish List

Adaptive kitchen tools can make cooking safer, easier, and more enjoyable for people of all abilities. From easy-grip utensils to devices that stabilize bowls, jars, or cutting surfaces, a little support can make a big difference in maintaining independence at home. This handout shares examples of helpful products and tips, and your local Independent Living Center can offer additional guidance and personalized recommendations (<https://compassil.org/>). Please note that these items are provided only as informational examples—we are not affiliated with or endorsed by any brands, and the list is not all-inclusive. Feel free to share this handout or ideas from it with participants or on your social media posts; they make great gifts!

**View the handout:**

<https://gwaar.org/api/cms/viewFile/id/2008832>

**View the handout on GWAAR's SharePoint site (registered users):**

[!\[\]\(735ceeed4e566aa93749bb6365185b00\_img.jpg\) Kitchen Utensil Wish List updated 11-5-25.pdf](#)

**Adaptive Kitchen Equipment and Supplies**

A little support can go a long way in helping us remain independent. This resource highlights examples of adaptive products designed to make daily life easier. For additional guidance, please contact your local Independent Living Center: <https://compassil.org/>.

**Disclaimer:** We are not affiliated with or endorsed by any of the products listed. They are provided solely as informational examples of adaptive equipment options. The list is not all-inclusive. Photo credit: Amazon.com

**Palm peeler:** Easy and fast way to peel vegetables with ease.

[Link: https://www.amazon.com/Finger-Grip-Vegetable-Peeler](https://www.amazon.com/Finger-Grip-Vegetable-Peeler)

**Rocker Knife:** used to cut food with minimal strength and dexterity

[Link: https://www.amazon.com/Stainless-Mezzaluna-Rocker-knife](https://www.amazon.com/Stainless-Mezzaluna-Rocker-knife)

**Dutch oven (heavier, with dual handles):** Easy to move from counter to counter and perfect for one-pot meals.

[Link: https://www.amazon.com/Cast-Iron-Dutch-Oven-Lid](https://www.amazon.com/Cast-Iron-Dutch-Oven-Lid)

**Lighter-weight pot (nonstick, dual handles):** An easy-to-handle pot, perfect for cooking quinoa and other grains.

[Link: https://www.amazon.com/BEZIA-Nonstick-Induction-Non-toxic-Kettle](https://www.amazon.com/BEZIA-Nonstick-Induction-Non-toxic-Kettle)

**Pull through Knife Sharpener:** A safe and simple way to keep your kitchen knives sharp.

[Link: https://www.amazon.com/Kitchen-Knife-Sharpener-Sharpening](https://www.amazon.com/Kitchen-Knife-Sharpener-Sharpening)