

## We connect you to services

- ▶ In-home service and support: bathing, dressing, housekeeping
- ▶ Choosing a care facility: adult foster care, residential care, assisted living and nursing homes
- ▶ Family and caregiver support
- ▶ Peer counseling
- ▶ Transportation
- ▶ Home-delivered meals
- ▶ Personal medication alerts
- ▶ Medicare counseling
- ▶ Medical equipment
- ▶ Programs and resources for healthy living
- ▶ Legal services

... and other services you may need.

The ADRC's services don't stop here. We follow up to make sure you are getting the help you need.

"[ADRC] was very, very helpful. My parents have warmed up to the idea of services in their home, obtained Lifeline™ and contacted the VA ... They are considering numerous options that were introduced to them."

— ADRC consumer

## Contact your local ADRC



To locate the nearest ADRC in your area, call  
**1-855-ORE-ADRC (673-2372)**  
or visit **[www.ADRCoforegon.org](http://www.ADRCoforegon.org)**.



This document can be provided upon request in alternate formats for individuals with disabilities or in a language other than English for people with limited English skills. To request this brochure in another format or language, email [spd.web@state.or.us](mailto:spd.web@state.or.us), or call 1-800-282-8096 (voice or TTY).

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# Get connected.



**[www.ADRCoforegon.org](http://www.ADRCoforegon.org)**  
**1-855-ORE-ADRC (673-2372)**

## ► **Your ADRC connects you to the help you need...for free!**

The Aging and Disability Resource Connection, or ADRC, is a free service that offers the public a single source for information and assistance on issues affecting older people and people with disabilities regardless of their income. It is easy to access the ADRC. Simply call, walk in or visit our website.

## ► **Information and assistance**

Information and assistance specialists provide you with knowledge about public and private services and programs so you can choose options that fit your personal situation.

## ► **Health and wellness**

Today there are many ways to stay healthy and avoid injury as we age or live with a disability. The ADRC can make connections to local programs that will support your best possible health and safety.



## ► **Benefits counseling**

Benefits specialists can provide accurate and current information about private and government benefits and programs that you may be entitled to receive. Benefits specialists can cut the “red tape” when people run into problems with Medicare, Social Security and other benefits.

## ► **Vital connections**

If you or someone you know is at risk of abuse or neglect or is in crisis, the Resource Connection can connect you with someone who will respond to your urgent situation.

## ► **Long-term care options counseling**

Options counselors offer information about services and supports available to meet your long-term care needs. An options counselor discusses factors to consider when making long-term care decisions and assists you in making your decisions based on your wants and needs.

## ► **Help paying for long-term care**

ADRCs are the entryway to publicly funded long-term care programs. The Resource Connection helps assess your level of need for services and ensures that you are eligible. ADRC staff can provide information about all the options available and help you select the solution best for you.

## ► **Connecting with your local ADRC is easy**

You can walk in to your local ADRC, call us or visit our website at [www.ADRCoforegon.org](http://www.ADRCoforegon.org).

“ We take information and referral to the next level by actually connecting people to the resources they need. This work is very gratifying and people are very appreciative of the help we give them.”

— ADRC resource specialist



“ The ADRC located a contractor who allowed me to make financial arrangements. So now I have a ramp and can come and go independently with either my scooter or wheelchair.”

— ADRC consumer