

## We connect you to services such as:

- In-home help with bathing, dressing, housekeeping, etc.
- Choosing a care setting — adult foster care, residential care, assisted living or a nursing home
- Family and caregiver support services
- Peer counseling
- Transportation
- Home-delivered meals
- Medicare counseling
- Medical equipment and medication alerts
- Programs and resources for healthy living
- Legal services
- Other services you may need

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

**ADRC**  
Aging and Disability  
Resource Connection  
— of OREGON —

## Contact your local ADRC

- Call **1-855-ORE-ADRC (673-2372)**
- Email  
[ADRC.info@dhsola.state.or.us](mailto:ADRC.info@dhsola.state.or.us) or
- Visit  
[www.ADRCoforegon.org](http://www.ADRCoforegon.org).

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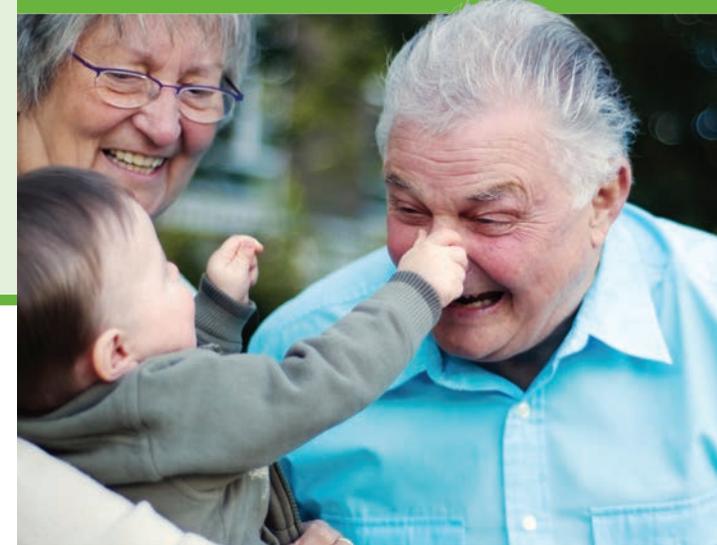
You can get this document in other languages, large print, braille or a format you prefer. Contact the Aging and Disability Resource Connection (ADRC) at 503-945-6237 or email [ADRC.info@dhsola.state.or.us](mailto:ADRC.info@dhsola.state.or.us). We accept all relay calls or you can dial 711.

DHS 9381GE (05/2017)

# Get Connected

To information and services  
about aging or  
living with a disability

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



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

The Aging and Disability Resource Connection, or ADRC, offers free information and help on issues affecting older people and people with disabilities, regardless of their income.



“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 at the home visit.”

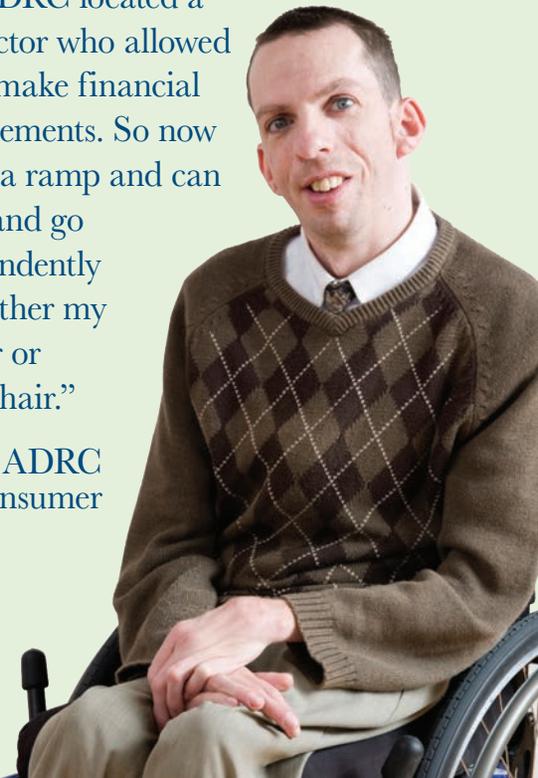
— ADRC consumer

## It is easy to find an ADRC near you.

- Call 1-855-ORE-ADRC or
- Visit [www.ADRCoforegon.org](http://www.ADRCoforegon.org)

“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



## Information and help

Knowledgeable staff inform you about publicly funded services and programs and those you pay for yourself. You can choose the options that fit your situation.

## Paying for long-term care

ADRC staff can:

- Help you assess what services you need
- Give you accurate, current information about private and public benefits and programs
- Cut the red tape and help you understand your Medicare, Social Security, private health insurance and public benefits.

## Person-centered options counseling

Person-centered options counselors offer information about services to meet your changing and ongoing needs. An options counselor can help you make long-term decisions based on your personal situation.

## Health and wellness

ADRC staff can connect you to local programs that will help you be as healthy and safe as possible. Your ADRC can also help family caregivers and answer questions about memory loss and dementia.

## Help with abuse or neglect

Contact your local ADRC for help if you or someone you know is at risk of abuse or neglect or is in crisis.