

Just one call will put you in touch with a trained professional.

Your options counselor will help you identify private and public options to support you.

We are here to help you. Contact us!

ADRC
Aging and Disability
Resource Connection
— of OREGON —

www.ADRCoforegon.org
1-855-ORE-ADRC (673-2372)

► Contact your local ADRC

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

DHS
Oregon Department
of Human Services

This document can be provided upon request in alternative formats for individuals with disabilities or in a language other than English for people with limited English skills. To request this form in another format or language, contact 1-800-282-8096 (voice or TTY) or spd.web@state.or.us to arrange for the alternative format that will work best for you.

What are your options...



...to get the help you need?

DHS 9544GE (2/2014)



Do you, your spouse or loved one need to find local resources and services?

Knowing your options will help empower you to live as independently as possible while getting the help you need.

Call Oregon's Aging and Disability Resource Connection. Our professional staff will walk you through the process of finding available services.

Call us at **1-855-ORE-ADRC (673-2372)**.

This service is available to all seniors, people with disabilities, families and caregivers.

The service is free.

When you call:

- A professionally trained staff member will talk with you about your available options based on your needs and individual circumstances.

For example, you may need to know your options for bringing help into the home for bathing, dressing and housekeeping; family and caregiver support; resources to stay healthy; Medicare counseling.

- After we have discussed all the options, you will **make your own informed decision** about the services you may want and need. We can also help you set up the services you select.
- We will follow up to make sure the services you selected are working for you.

How the ADRC helped one family:

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

— ADRC consumer

