

ADRC

Aging and Disability
Resource Connection

— of OREGON —



What is the ADRC?

- Central source of information
- ADRCs are highly visible, trusted entities that provide information and services to seniors, people with disabilities, Veterans, their families and caregivers regardless of income

What is the ADRC?

- Help finding resources and making informed decisions to maintain independence
- A coordinated network with existing organizations. (AAAs, CILs, APD, DD/ID, Veterans, Mental Health)

What is the ADRC?

- A one stop shop for information, advice and help for seniors, people with physical disabilities, their families and caregivers
- Professional staff connect you to the right resource and save you time and frustration
- Available to all Oregonians – regardless of income
- A link to private and public resources
- Part of national initiative – ADRCs becoming available in every state



Why ADRC?

- 97% of Oregonians will never access long term supports and services public benefits
- 63% of Oregonians look to health care providers as their source of information for community services and supports
- Only 1 in 5 consumers who contact and APD/AAA about Medicaid are eligible

Why ADRC?

- Move away from an eligibility focus to a person centered approach offering a set of consumer choice options of resources available in the community
- Not just experts working in isolation, but partnership, coordination, cross training and routine communication

ADRC Core Services

- Information and Referral
- Options Counseling
- Access to public and privately funded long-term care programs
- Prevention and early intervention
- Transition support

Information and Referral

- Professional staff with access to a database of resources available in your community
- Provide detailed information based on your needs
- If you need to talk to someone about your situation and help walk you through the process you will be connected with an Options Counselor

- “Are there services to help my mother stay safe in her home?”
- “Is there a falls prevention program in my community?”
- “Where can I find an elder law attorney?”



Person Centered Options Counseling

Trained staff who provide the following:

- Help for consumers to find the information and services they need.
- Support to make educated decisions about long-term care needs.
- Referrals to private and public services.
- Contact provided by telephone or in person, including home visits.
- Follow-up

- “I’m concerned about my father who lives alone. What services are available to help him?”
- “My wife is getting forgetful, and I’m worried she might have Alzheimer’s. What will we do if I can’t take care of her at some point?”



Prevention and Early Intervention

- Connect consumers to programs that can help them live healthier lives.
- Information on programs such as Living Well with Chronic Conditions, Tai Chi, and walking.

- “How can I plan now for when I get older?”
- “My husband and I care for our adult son with developmental disabilities. What will happen to him as we get older?”
- “How can I stay healthy and physically active as I get older?”



Transitions Support

- Helping make transitions in living situations successful.
- Returning home from the hospital
- Moving from home to other living situations

- “My mother broke her hip and is being discharged from the hospital. How do I help her as she returns to her home?”
- “I’m helping my father move into assisted living. What should we look for when we visit possible places?”

Marketing and Outreach

- Tell People about the ADRC
- Educate the community on how to reach the ADRC
 - One name
 - One phone number
 - One resource database and website
- Tell them over and over and over again

Questions?

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ADRC Panel

- Liz Stephens – South Coast Area Agency on Aging, Coos and Curry Counties
- Angie Siegenthaler – Oregon Cascades West Council of Governments – Linn, Benton and Lincoln Counties
- Stacie Zuercher – NorthWest Senior and Disability Services – Marion, Polk, Yamhill and Clatsop Counties