

# Older Americans Month 2013

## *Unleash the Power of Age!*



- *Lee Girard, Community Services Manager*
- *Deborah Hughes, ADRC Advisory Council Member*





**Empowering older adults and people with disabilities to get the services they need**

# Multnomah County's ADRC

*Regionally-organized and based*



## Five core components:

- Information & assistance
- Options counseling
- Streamlined access
- Person-centered care transitions
- Quality assurance & evaluation

# ADRC Website

**12 questions to assess needs**

**Information about:**

- **Community resources**
- **Healthy living**
- **Medicare**
- \* **Search by county, need, or service**



# ADRC Helpline

- **The number to call for assistance in securing services and benefits**
- **Staffed by AIRS-certified Community Information Specialists**

[www.adrcoforegon.org](http://www.adrcoforegon.org)



Call 24 hours a day, 7 days a week  
Telephone interpreter service available

**503-988-3646**  
TTY 711

Explore  
your  
options

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

Support and services relating to:  
Aging - Disabilities - Veterans

- Abuse reporting
- Transportation
- In-home support
- Public benefits
- Caregiver support
- Housing resources
- Meals
- Legal resources
- Medicare help
- Other related issues

# Options Counseling

**A person-centered approach to:**

- **Assess needs**
- **Provide information about both short and long-term care options**
- **Empower clients to make knowledgeable decisions**

**Hollywood  
Senior Center  
client, Joe, with  
Options  
Counselor,  
Nathan**



**“When we (Nathan, Options Counselor) first met, it was a good feeling because at that point I wasn’t getting any help. I didn’t know where to go. Meeting Nathan was a big help to me, a big plus. Then we became good friends. I like that I could ask Nathan for advice but that I was king of my own decisions.”**

# **An ADRC Advisory Council Member's View**

- **A cutting-edge innovation**
- **Provides immediate help when an urgent situation arises**
- **Offers long-term planning assistance to enhance quality of life**

