

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



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**

