



## Welcome to Your Aging & Disability Resource Center

### How Can We Help You?

**The following information is the first in a series of articles intended to provide you with information about what the ADRC does.**

The Jefferson County ADRC opened its doors in July 2008. We are recognized throughout the county as a “one-stop shop” where people can get a wide variety of information related to aging, living with dementia or another disabling condition. We serve adults with disabilities, and extend our services to youth as they are turning 18 and entering the adult system of care.

The ADRC has an extensive resource database that is easily accessible and up-to-date to ensure that people who contact us get the information they are looking for easily and quickly.

Aging & Disability Resource Specialists are available to meet with walk-ins each weekday between the hours of 8:00 a.m. - 4:30 p.m., or they can schedule an appointment or meet with people in their homes, where-ever and when-ever it is most convenient for them.

The ADRC provides information and assistance on a wide variety of topics, including:

- Adult protective services, abuse, neglect, domestic violence, and financial exploitation;
- Living arrangements related to long-term care (e.g., home care, assisted living, nursing home and other settings; information for people considering a move due to health, disability or frailty);
- Long-term care related services (e.g., in-home services and support, care management, respite, equipment, training, transition planning, independent living skills);
- Paying for long-term care (e.g., public programs; long-term care insurance; other private resources);
- Health and chronic conditions (e.g., rehabilitative care, home health services, medication management, communicating with physicians, medical decision making, advance directives);
- Prevention and early intervention (e.g., screening programs, fall prevention, health promotion, healthy lifestyles, management of chronic conditions, home safety, health care transitions, and medication management);
- Disability conditions, services and supports;
- Aging, including normal aging, conditions associated with aging, and aging services and supports;
- Alzheimer’s and other dementias;
- Mental health services and supports;
- Alcohol and other drug abuse services and supports;
- Employment, training and vocational rehabilitation;

- Financial and other basic needs (e.g., benefits, Medicaid, Medicare, health insurance, food, poverty, money, shelter, paying for medical care and medications);
- Transportation (e.g., specialized transportation, medical transportation, volunteer drivers, taxi, transit);
- Nutrition (e.g., congregate meals, home delivered meals, food pantries, nutrition counseling);
- Home maintenance (e.g., chores, yard work, home safety, weatherization, home repair, ramps);
- Housing (senior housing, special needs housing, public and low income housing, accessible and independent living options, housing counseling services);
- Legal issues (e.g., tax laws, power of attorney, guardianship, consumer rights, advocacy, discrimination, complaints and grievances);
- Education, recreation, life enhancement, volunteerism;
- Caregiving issues and services (e.g., informal, formal and long-distance caregiving; caregiver education and support; role changes associated with changing care needs and health care transitions; stress management; respite); and
- Death and dying issues and supports, including hospice and palliative care.

**Watch for future articles on:**

- Benefits Counseling for elders and person with disabilities
- Long Term Care Options Counseling
- Publicly Funded Long Term Care Programs