

Anybody can call  
**1-855-ORE-ADRC**  
(1-855-673-2372)  
to request free  
options counseling.  
We can meet you in  
the ADRC office or  
your home, or we  
can talk by phone.



## Contact your local ADRC

- Call 1-855-ORE-ADRC (673-2372)
- Email [ADRC.info@dhsoha.state.or.us](mailto:ADRC.info@dhsoha.state.or.us) or
- Visit [www.ADRCoforegon.org](http://www.ADRCoforegon.org).



You can get this document in other languages, large print, braille or a format you prefer. Contact the Aging and Disability Resource Connection (ADRC) at 503-945-6237 or email [ADRC.info@dhsoha.state.or.us](mailto:ADRC.info@dhsoha.state.or.us). We accept all relay calls or you can dial 711.

DHS 9544GE (05/2017)

# Options Counseling:

Exploring your long-term care choices together

**1-855-ORE-ADRC (673-2372)**  
**[www.ADRCoforegon.org](http://www.ADRCoforegon.org)**



# Do you need to find local resources and services?

Finding information and services about long-term care can be difficult. Knowing your options will help you to live as independently as possible, while getting the help you need. Person-centered options counseling offers information about services to meet your changing and ongoing needs. It is available to older adults, persons with disabilities, families, friends and caregivers.

An options counselor will discuss what to consider when making long-term decisions about care. The counselor will help you make decisions based on your needs.

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



## 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 Lifeline and contacted the VA. They are considering numerous options that were introduced to them at the home visit.”

— ADRC consumer

## When you call:

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

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

After we discuss all the options, you will be more prepared to make an 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.

## Just one call will connect you to a trained professional.

Your options counselor will help you find private and public options to support you. We are here to help. Contact us!

To locate the nearest ADRC in your area, call 1-855-ORE-ADRC (673-2372), email

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or visit

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