

Aging and Disability Resource Centers are the first place to go with your aging and disability questions.

ADRCs are "information centers" where individuals can obtain accurate, unbiased information related to aging or living with a disability.

An ADRC Specialist Can Help You Find Information About:

- Medicare Plans
- Medicaid
- Assisted Living/Nursing Home
- Employment Programs
- Health and Wellness
- Housing Options
- In-Home Personal Care
- Nutrition Programs
- Prescription Drug Coverage
- Respite Care
- Support Groups
- Transportation

To find the nearest
ADRC in your area call:

1-800-AGE-LINE
(1-800-243-5463)

NACOLG Dept. of Aging Services
103 Student Dr.
POB 2603
Muscle Shoals, AL 35662
(256)389-0530

Funding provided by:



Alabama Department of Senior Services
770 Washington Ave., Ste. 570
Montgomery, AL 36130
PHONE: (334) 242-5743
FAX: (334) 242-5594
www.AlabamaAgeline.gov

Alabama's
Aging & Disability
**Resource
Center**
An Initiative of the U.S. Department of
Health and Human Services

Empowerment

Dignity

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Alabama's local Area Agencies on Aging (AAAs) and other community partners have expanded their services and are now providing information, assistance and services through their Aging and Disability Resource Centers.

What is an Aging & Disability Resource Center?

- A local community's one stop access point for information and services to help people, adults with disabilities and caregivers find the resources they need regardless of their income.
- A visible and trusted place in the community where you can get free information, counseling and access to a wide variety of services and programs.
- A single point-of-entry to public long-term services and supports to make informed decisions and provide streamlined access to those services.
- A partnership between agencies to assist consumers and provide follow-up to ensure access to services.

Information and Assistance

ADRC Specialists provide you with knowledge about services, programs, and solutions for disability and long-term care issues such as living arrangements, health, adult protective services, employment and training for people with disabilities, home maintenance, nutrition, Social Security, and other publicly funded programs.

Benefits Counseling

ADRC Specialists can provide accurate and current information about private and public benefits or programs that you may qualify to receive. ADRC Specialists will help navigate issues when people run into problems with Medicare, Social Security and other benefits.

Options Counseling

ADRC Specialists offer information about the choices that are available to meet your long-term services and supports. An ADRC Specialist discusses factors to consider when making long-term care decisions so you have the knowledge and information you need to make an informed decision.

Health and Wellness

Today there are many ways that someone can stay healthy and avoid injury even if a person is getting older or living with a disability. ADRC Specialists can make connections for you that will support your best possible health and safety.

Planning for Future Needs

ADRCs are the entry-way to publicly funded long-term services and supports. ADRC Specialists will help assess your level of need for services and ensure that you are eligible. Counselors can provide information about all the options available and help you select the solution best for you.

Crisis Support

If you or someone you know is at risk of abuse or neglect, losing housing or heat, ADRC Specialists are there to help connect you with someone who will respond to your urgent situation.