



By contacting a local ADRC, seniors 60 and over are able to access services outside of Medicaid. Some of these services are offered through the Older Americans Act that provides services to all seniors regardless of income. Some services include:

- **Support services:** Assistance to maintain independence through assisted transportation, in-home care, adult day care, and information and referral services.
- **Nutrition services:** Balanced, nutritious meals at home through Meals on Wheels or in a group setting at a community center.
- **Preventive health services:** Evidence-based programs that promote healthy lifestyles through physical activity, appropriate diet and nutrition, self-management of chronic health conditions and regular health screenings.
- **Family Caregiver Support program:** Individual and group options counseling, training and respite care for family members and friends who are primary caregivers. Also, assistance to relatives raising children.
- **Elder rights services** Focus on the physical, mental, emotional and financial well-being of older Americans. Services include pension counseling, legal assistance and elder abuse investigations.
- **Senior Community Service Employment Program:** Serves people with low incomes who are 55 years old or over and who have poor employment prospects. The program provides placement in a paid community service position to gain job skills, training and assistance to secure unsubsidized employment.
- **Long-Term Care Ombudsman:** Advocate for residents of licensed care facilities (nursing homes, assisted living, and adult foster homes) to resolve complaints and promote system changes that will improve the quality of life and care for residents.

- **Services to Native Alaskans, Native Hawaiians, and Native Americans**
Outreach and support services give consideration to the unique cultural and social traditions of Native and Tribal communities. (Funds to support these services are granted directly from the federal government to Tribes, they do not pass through the State Unit on Aging)
- **Options counseling:** Trained professionals meet with consumers and discuss all long-term services and support that may be available based on their specific situation or need. The goal is to assist consumers in making informed decisions about their long-term care.
- **Information and assistance:** Information and Assistance Specialists are available to help consumers find local information and services to assist consumers in making informed decisions.

How do I find non-Medicaid services in Oregon?

Call the ADRC of Oregon and ask to speak with an Options Counselor or find services on the ADRC of Oregon website.

[1-855-ORE-ADRC \(1-855-673-2372\)](tel:1-855-ORE-ADRC)

To find an ADRC office in your area visit

www.adrcoforegon.org

Call us! We can help!

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