



**Date:** February 18, 2014

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## **More Oregonians Seeking Information on In-Home Services**

Oregonians looking for information about services to help them safely stay at home and avoid long-term care facilities was one of the leading topics callers asked about in 2013 to the Aging and Disability Resource Connection (ADRC).

Nearly 63,000 people called either the statewide toll free number or their local community ADRC for assistance. One of the largest group of callers requested information about how to access in-home supports. This would include asking about caregivers, adult day care, transportation, meals, home modifications, services and other essentials to help the individual to stay in their own home.

The callers were the individuals themselves, a family member, friend and neighbor or agency representative seeking information, referral and assistance.

"Oregon has long been a leader in helping people who are aging or have a physical disability remain at home," said Mike McCormick, director of the Department of Human Services Aging and People with Disabilities Program. "People are looking for stability and independence at home and in their local communities and ADRC is here to help achieve that goal. Having a single access point makes it so easy for anyone to call and get what they need," he said.

Oregon's ADRC is a "one-stop shop" for older adults, people with physical disabilities, their caregivers and families to get information and services as

their health and long term care needs change. The ADRC is easily accessible for people seeking long term services and information to identify options that best suit their needs.

McCormick added that as Oregonians age and baby boomers turn 65 in greater numbers they are looking for answers to help families make decisions and locate vital services.

“Oregon is working to develop and implement strategies to serve seniors and people with physical disabilities in their own homes and community settings of their own choosing,” he said. “These changes will support independence and delay the entry of individuals into publicly funded long term services and supports.”

Kellie Harrold of Albany called her local ADRC recently to inquire about care for her aging mother, who had suffered a series of strokes. “My mom values her independence and being able to live in her own home,” she said. “She did not want to go to a care facility and I don’t think that would have been a good move for her. We contacted our local ADRC and a counselor helped us walk through our options.”

“ADRC helped us to see the big picture and we are grateful,” she said. “We were able to respect mom’s needs and wishes and ADRC helped us do the right thing for her by allowing her to have a say in her own future and choices.”

ADRC’s are located in Multnomah, Clackamas, Washington, Columbia, Marion, Polk, Yamhill, Clatsop, Tillamook, Linn, Benton, Lincoln, Lane, Jackson and Josephine Counties currently, and the state expects to have ADRC services available statewide by 2015. However, anyone anywhere in Oregon can call the toll free statewide number for assistance or use the website.

Last year, the website: [www.ARDcofOregon.org](http://www.ARDcofOregon.org) had over 206,000 hits. For more information on ADRC go the website at [www.adrcoforegon.org](http://www.adrcoforegon.org). The website is also available in Spanish by clicking on Espanol on the lower left side of the home page. ADRC also has a Facebook page and may be found by searching Oregon ADRC.

To reach the ADRCs’ statewide number, call 1-855-ORE-ADRC.

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