

Aging & Disability Resource Center

Help starts here

Do you need help but don't know where to find it? Most people are unaware of the options and resources available to them for their aging and long-term care needs.

As part of the area agency on aging, your local Aging and Disability Resource Center can help provide the answers you have been searching for. ADRCs provide information, referrals, resources and benefits counseling to individuals who need guidance and assistance.

Our ADRC specialists will help you understand and evaluate available options. Our goal is to help you live well and age well at home.

"No wrong door"

Contact your local area agency on aging or call 1-800-AGELINE.

ADMINISTRATION FOR COMMUNITY LIVING (ACL)

Federal agency provides funding to states.

ALABAMA DEPARTMENT OF SENIOR SERVICES (ADSS)

Serves as Alabama's state unit on aging.

13 ALABAMA AREA AGENCIES ON AGING

Covering every community in Alabama.



Get to Know Your Local Area Agency on Aging (AAA)

Live Well • Age Well • At Home

Alabama's AAAs specialize in resources, services, and information for older individuals, people of any age who are disabled, and their caregivers.



Alabama Association of Area Agencies on Aging

Services for individuals of all ages & incomes.

a4a's primary mission

is to build capacity and coordinate the activities of the 13 area agencies on aging (AAAs) in Alabama. AAAs are devoted to helping older adults and people with disabilities, along with their caregivers, live in their communities in the least restrictive environment with maximum dignity and independence for as long as possible.

Alabama Area Agencies on Aging

AAA Mission : Help older adults and people with disabilities live with dignity in their homes and communities for as long as possible through a comprehensive coordinated system of care.

Leaders in community living

NCQA ACCREDITATION

Alabama area agencies on aging were awarded a three-year accreditation for Case Management for Long-Term Services and Supports (LTSS) by the National Committee for Quality Assurance (NCQA).

This makes Alabama the first state in the nation to achieve statewide NCQA accreditation.



CAREGIVER SUPPORT Information, assistance, education, counseling, respite, resources related to Alzheimer's/dementia, and supplemental services.

HOME & COMMUNITY BASED SERVICES

In-home services and care coordination to help older and disabled individuals remain in their homes.

INSURANCE COUNSELING Counseling, advocacy, and help with Medicare, Medicaid, Prescription coverage, Long-Term Care, and Medicare Fraud.

LEGAL SERVICES Legal assistance with powers of appointment, access to public benefits, housing, and healthcare.

NUTRITION Nutritious meals either delivered at home or in a congregate setting.

OMBUDSMAN SERVICES Information and advocacy for residents of long-term care facilities and their family members.

PRESCRIPTION ASSISTANCE Helps obtain free or low cost prescription drugs from pharmaceutical companies.

SENIOR EMPLOYMENT A paid training program to help strengthen and improve skill set to secure gainful employment.

EDUCATION & TRAINING Presentations are available to public, civic, and professional groups free of charge.

VOLUNTEER Opportunities are available.



ECONOMIC IMPACT ACROSS THE STATE

- » 350 Senior Centers administered
- » \$30 million saved through SenioRx
- » 7 million meals served annually
- » 9,400 individuals supported at home versus facility, saving almost \$400 million annually
- » 425 unduplicated providers

Alabama Area Agencies on Aging



Alabama Tombigbee Regional Commission (ATRC)
107 Broad Street
Camden, AL 36726
(334) 682-5206
(888) 617-0500
atrcaging.com

Central Alabama Aging Consortium (CAAC)
2500 Fairlane Drive, Suite 200
Montgomery, AL 36116
(334) 240-4680
(800) 264-4680
centralalabamaaging.org

East Alabama Regional Planning & Development Commission (EARPDC)
1130 Quintard Avenue, Suite 300
Anniston, AL 36201
(256) 237-6741
eastalabamaaging.org

Lee-Russell Council of Governments (LRCOG)
2207 Gateway Drive
Opelika, AL 36801
(334) 749-5264
lrcog.com

Middle Alabama Area Agency on Aging (M4A)
209 Cloverdale Circle
Alabaster, AL 35007
(205) 670-5770
m4a.org

North Central Alabama Regional Council of Governments (NARCOG)
216 Jackson Street SE
Decatur, AL 35601
(256) 355-4515
narco.org

Northwest Alabama Council of Local Governments (NACOLG)
103 Student Drive
Muscle Shoals, AL 35661
(256) 389-0500
(800)-838-5845
nacolg.org

Regional Planning Commission of Greater Birmingham (RPCGB)
2 20th Street North, Suite 1200
Birmingham, AL 35203
(205) 251-8139
rpcgb.org

South Alabama Regional Planning Commission (SARPC)
110 Beaugard Street
Mobile, AL 36633
(251) 433-6541
sarpc.org

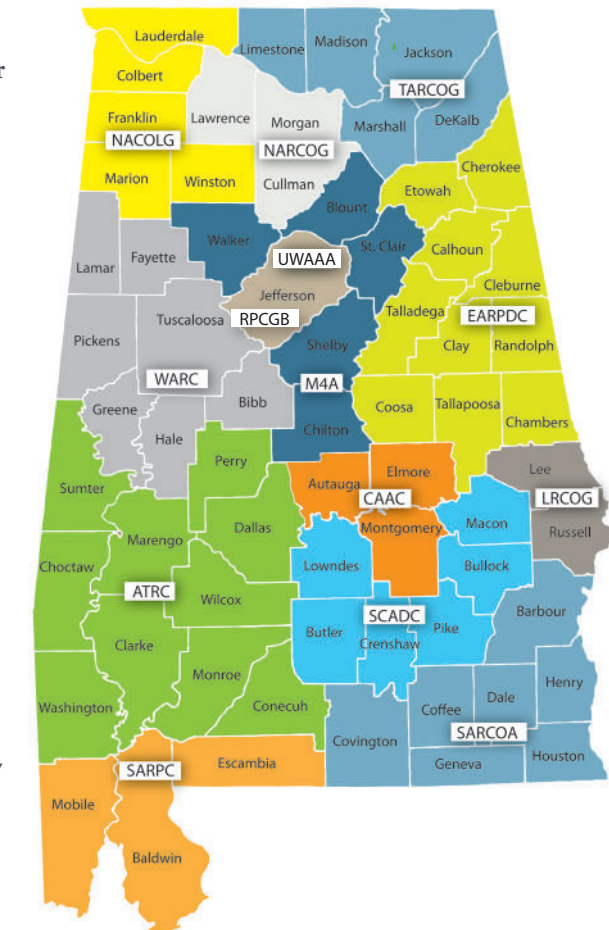
South Central Alabama Development Commission (SCADC)
5900 Carmichael Place
Montgomery, AL 36117
(334) 244-6903
scadc.net

Southern Alabama Regional Council on Aging (SARCOA)
1075 S. Brannon Stand Rd
Dothan, AL 36305
(334)793-6843
(800) 239-3507
sarcoa.org

Top of Alabama Regional Council of Governments (TARCOG)
5075 Research Dr, NW
Huntsville, AL 35805
(256) 830-0818
tarco.us

West Alabama Regional Commission (WARC)
4200 Highway 69 North, Suite 1
Northport, AL 35473
(205) 333-2990
westalabamaaging.org

United Way Area Agency on Aging of Jefferson County (UWAAA)
1515 Sixth Avenue S., Suite 607
Birmingham, AL 35233
(205) 458-3330
uwca.org



OVERVIEW OF SERVICES



Older Americans Act Programs
Senior Centers, Meals, Supportive Services, Ombudsman, Support for Caregivers, Transportation, Information & Assistance



Medicaid Waivers
Long-Term Care Coordination: Elderly & Disabled, Technology Assisted, Personal Choices, Alabama Community Transition



Healthcare Integration
Care Transitions, Health Coaches, Chronic Care Management, Community Care, Veterans-Directed Care



Evidence-Based Health Programs
Diabetes Education and Prevention Classes, Falls Risk Education, Chronic Disease Self-Management, Tai Chi, Stress Management

**Statewide Network;
Local Connections.**