

What kind of help do you need?



Are you or someone you know:

- Looking for alternatives to living in a nursing home?
- Have a disability?
- Trying to find help caring for aging parents?
- Need assistance with bathing, shopping, paying bills or other chores?
- Worried that going for medical care will mean not coming back home?

We help you find the support and care you need so you can stay home healthier and longer. Our goal is to help you live as independently as possible, where you choose.

Locations

Anchorage Area

Municipality of Anchorage
825 L St., Ste. 203, Anchorage
907-343-7770 or www.muni.org/adrc

Mat-Su Region

LINKS
777 N Crusey St., Ste. 101, Wasilla
907-373-3632 or www.linksprc.org

Fairbanks, Interior, North Slope

Fairbanks Senior Center - ADRC North
1424 Moore St., Fairbanks
907-452-2551 or www.adrcnorth.org

Kenai Peninsula, Kodiak, Valdez, Cordova

Independent Living Center (ILC)
Call to find an office near you in Soldotna, Homer, Seward, Kodiak
907-262-6333 or www.peninsulailc.org

Southeast Region

Southeast AK Independent Living (SAIL)
Call to find an office near you in Juneau, Ketchikan, Haines, Sitka
888-487-1025
www.sailinc.org

Western Alaska, Dillingham to Kotzebue

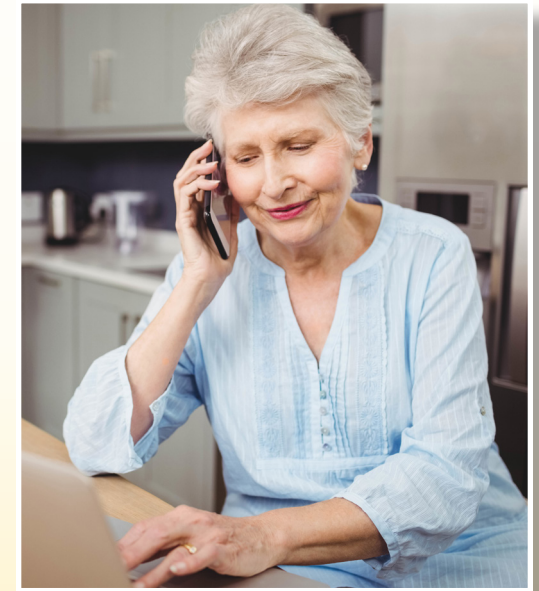
Bristol Bay Native Assoc. (BBNA)
1500 Kanakanak Rd., Dillingham
800-478-4139 or 907-842-4139
www.bbna.com

Statewide:

Call toll-free: 1-855-565-2017
<http://dhss.alaska.gov/dsds/Pages/adrc>



Connecting seniors,
people with disabilities and
caregivers with long-term care
services and supports



Information, referrals & assistance

1-855-565-2017

Statewide, toll-free

Alaska Department of Health & Social Services
Senior and Disabilities Services

This information is also available in an accessible
format on the division's ADRC webpage
dhss.alaska.gov/dsds/Pages/adrc

Alaska

ADRC

Aging & Disability Resource Centers

- Help seniors, people living with disabilities, and caregivers access long-term supports in their communities, regardless of age or income.
- Conduct a person-centered intake to determine which programs you qualify for.



We help you find the support and care you need to live as independently as possible, where you choose.

How?

The ADRC specialist helps:

- **Identify** your long-term support needs
- **Explore** your options for meeting those needs
- **Connect** you with the resources you choose for yourself or your loved one
- **Follow up** to ensure your needs are met

We can connect you with:

- Medicaid or Medicare information
- In-home supports
- Help applying for services
- Home medical equipment
- Transportation
- Home remodeling for accessibility and safety
- Family caregiver respite
- Support groups
- And more...

ADRCs are your guide to making informed decisions

Empowering Alaskans to live independently



The TRUST
The Alaska Mental Health
Trust Authority

Call toll-free: **1-855-565-2017**

Alaska Department of Health & Social Services
Senior and Disabilities Services
Alaska Mental Health Trust Authority