

# AGING & DISABILITY RESOURCE CENTER



Front row from left: Janice Langston, Case Manager; Diana Guzman, Information Specialist; Abbey Cole, Case Manager  
Back row from left: Donnieka Johnson, Case Manager; Sylvia Wade, Case Manager; Maureen Widner, Resource Center Director; Joyce Clark, Assistant; Kathy Miller, Case Manager.

**T**he Aging & Disability Resource Center (ADRC) is a one stop shop for community resources and services for older individuals and the disabled. The information and services received from the ADRC empower people to have greater control over their lives and remain as independent as possible.

The ADRC is located within Aging and In-Home Services of NE IN, Inc. Aging and In-Home Services is the local Area Agency on Aging. All public funding for long term care services for the elderly and disabled are administered by the agency which was founded in 1974. The ADRC was created over the past 2 years to meet the growing needs of individuals who would rather remain at home than enter an institution. With the population of older adults increasing rapidly in the United States, the assistance provided by the ADRC will play a key role in helping people find the services they need.

Anyone can call the ADRC and the information and services provided are free to the public. The ADRC phone staff includes 5 case managers and 1 information specialist who are highly trained, caring individuals. The staff will do their best to find out what a person's needs are and help match

them to community resources that will help meet that need. Inquiries can range from someone needing a phone number for transportation to a daughter needing assistance in caring for her parents.

In addition to connecting people with community resources, the ADRC assesses people for eligibility for services provided by Aging and In-Home Services. Aging and In-Home Services provides case management and administers funding for in home services. This funding can pay for services that enable people who are elderly or have disabilities to live in their own homes or in community integrated settings. Services funded under Aging and In-Home Services' programs can include home health aides, homemakers, respite services, adult day services, transportation, home modifications, and adaptive aids.

Typically, ADRC case managers complete assessments over the phone on individuals who are interested in in-home services. If someone is hearing impaired or has difficulty on the phone, then an in home or in office assessment can be scheduled. Telephone service for deaf, hard of hearing, or speech impaired individuals is also available through Relay



Indiana. Interpreter services can also be provided for non-English speaking callers. One ADRC staff member is fluent in Spanish and other language interpreters are available through community agencies in partnership with the ADRC.

## STARTING SERVICE

Once it is determined that a person meets eligibility for funding and that funding is available, services can be started. A case manager will set up the services needed through a provider such as a home health care agency, adult day service, or a medical equipment company. The client's case manager continues to monitor the client and their needs and makes adjustments to the services as needed.

Home delivered meals are another service that can be accessed through the ADRC. Meals are delivered directly to clients' homes. ADRC staff can take your referral for home delivered meals over the phone. Anyone over the age of 60 and homebound can receive home delivered meals. People who are not homebound but would like to socialize and receive a meal can go to one of Aging and In-Home Services' congregate meal sites. The ADRC can provide a complete list of these meal sites.

The ADRC is also responsible for the Family Caregiver Program. This program is federally funded and its purpose is to ease the stress and fatigue brought on by being a caregiver. Anyone over the age of 18 who is a caregiver for someone over the age of 60 is eligible. If the person being cared for has Alzheimer's or a related disorder there is no minimum age requirement for them. Also included in this program are individuals over age 55 who are



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caring for a minor child. The Family Caregiver Program offers case management, respite, home modifications, and medical equipment to assist with stress reduction for the caregiver. Other services provided are counseling, community presentations, and support groups. A Family Caregiver Library is available at Aging and In-Home Services and is stocked with books on caregiving, diseases, and stress reduction.

Last fall, the ADRC received certification from the State of Indiana. There are currently 16 Aging & Disability Resource Centers in Indiana. The State wants these Centers to be "highly visible and trusted places where people can turn for information on a full range of long-term support options." In March, the ADRC received accreditation through the Alliance of Information and Referral Systems (AIRS). Accreditation measures the quality

of services provided. The ADRC received the longest accreditation period offered—5 years. Aging and In-Home Services is also accredited through the Council on Accreditation. It was important for the ADRC to achieve certification and accreditation to let the community know it could be confident about the services the ADRC provides.



## BEGIN WITH A CALL

One phone call to the ADRC can start you or a loved one on the path to being better informed and empowered about decisions you may be facing. It's always better to plan ahead before the need arises, so feel free to call the ADRC about problems you anticipate having in the future. Perhaps you can see that your parents aren't able to do as much for themselves as they have in the past. That's a great time to call and find out what services are available to assist them. If you are anticipating needs in the future, the ADRC can mail you literature to look over and refer to when the time is right. The direct phone number for the ADRC is 469-3036 or 800-552-3662. The ADRC is open 8:30 a.m. to 4:30 p.m. Monday through Friday. We look forward to talking to you.