

# 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](http://atrcaging.com)

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

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

**Lee-Russell Council of Governments (LRCOG)**  
2207 Gateway Drive  
Opelika, AL 36801  
(334) 749-5264  
[lrcog.com](http://lrcog.com)

**Middle Alabama Area Agency on Aging (M4A)**  
209 Cloverdale Circle  
Alabaster, AL 35007  
(205) 670-5770  
[m4a.org](http://m4a.org)

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

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

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

**South Alabama Regional Planning Commission (SARPC)**  
110 Beaugard Street  
Mobile, AL 36633  
(251) 433-6541  
[sarpc.org](http://sarpc.org)

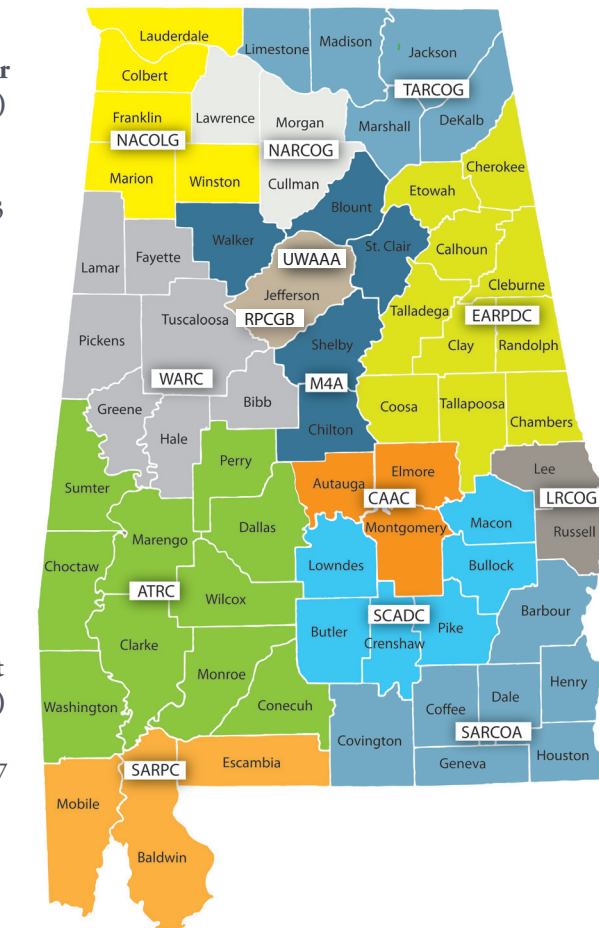
**South Central Alabama Development Commission (SCADC)**  
5900 Carmichael Place  
Montgomery, AL 36117  
(334) 244-6903  
[scadc.net](http://scadc.net)

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

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

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