

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 will 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.

Contact us:

Anchorage Area

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

Bristol Bay & Kodiak

Bristol Bay Native Association
1500 Kanakanak Road P.O. Box 310
Dillingham, AK 99576
907-842-4139 or 1-800-478-4139
www.bbna.com

Kenai Peninsula, Valdez/Cordova

Independent Living Center
Homer: 265 E. Pioneer, 907-235-7911
or 1-800-770-7911
Soldotna: 47255 Princeton Ave. Suite 8
907-262-6333
Seward: 201 Third Ave., 907-224-8711
www.peninsulailc.org

Mat-Su Area

LINKS Mat-Su ADRC
3161 E. Palmer-Wasilla Hwy #2
Wasilla, AK 99654
907-373-3632 or 1-855-355-3632
www.linksprc.org

Southeast Alaska

Southeast Alaska Independent Living Center
Juneau: 3225 Hospital Dr., Suite 300
907-586-4920 or 1-800-478-SAIL(7245)
www.sailinc.org

Statewide:

Call toll-free: **1-877-6AK-ADRC (625-2372)**
<http://dhss.alaska.gov/dsds/Pages/adrc>

Alaska Department of Health & Social Services
U.S. Administration on Aging



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



Information, referrals & assistance
1-877-6AK-ADRC
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 Alaska seniors, Alaskans living with disabilities, and caregivers access long-term supports in their communities, regardless of age or income.
- Provide thorough, unbiased information. *See back for locations.*



We will 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
- Crisis support
- 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

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