

## 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](http://www.muni.org/adrc)

### Mat-Su Region

LINKS  
777 N Crusey St., Ste. 101, Wasilla  
907-373-3632 or [www.linksprc.org](http://www.linksprc.org)

### Fairbanks, Interior, North Slope

Fairbanks Senior Center - ADRC North  
1424 Moore St., Fairbanks  
907-452-2551 or [www.adrcnorth.org](http://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](http://www.peninsulailc.org)

### Southeast Region

Southeast AK Independent Living (SAIL)  
Call to find an office near you in Juneau, Ketchikan, Haines, Sitka  
800-478-SAIL(7245) or 907-586-4920  
[www.sailinc.org](http://www.sailinc.org)

### Western Alaska, Dillingham to Kotzebue

Bristol Bay Native Assoc. (BBNA)  
1500 Kakanak Rd., Dillingham  
800-478-4139 or 907-842-4139  
[www.bbna.com](http://www.bbna.com)

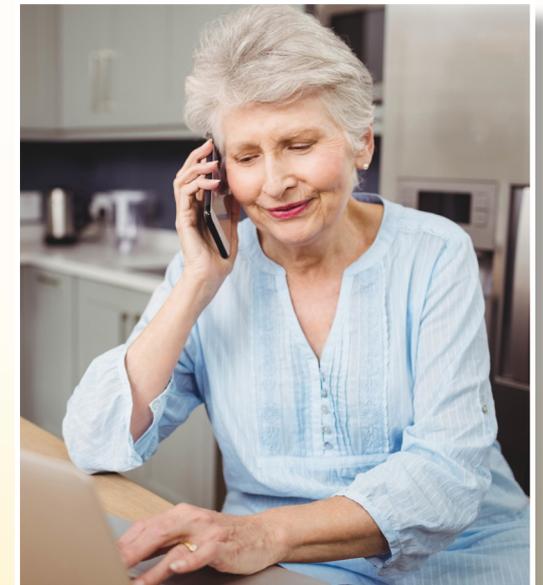
Statewide:

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

<http://dhss.alaska.gov/dsds/Pages/adrc>

Alaska **ADRC**  
Aging & Disability Resource Centers

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](http://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



- 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