



Utah

Aging & Disability

Resource Connection

What is an ADRC?

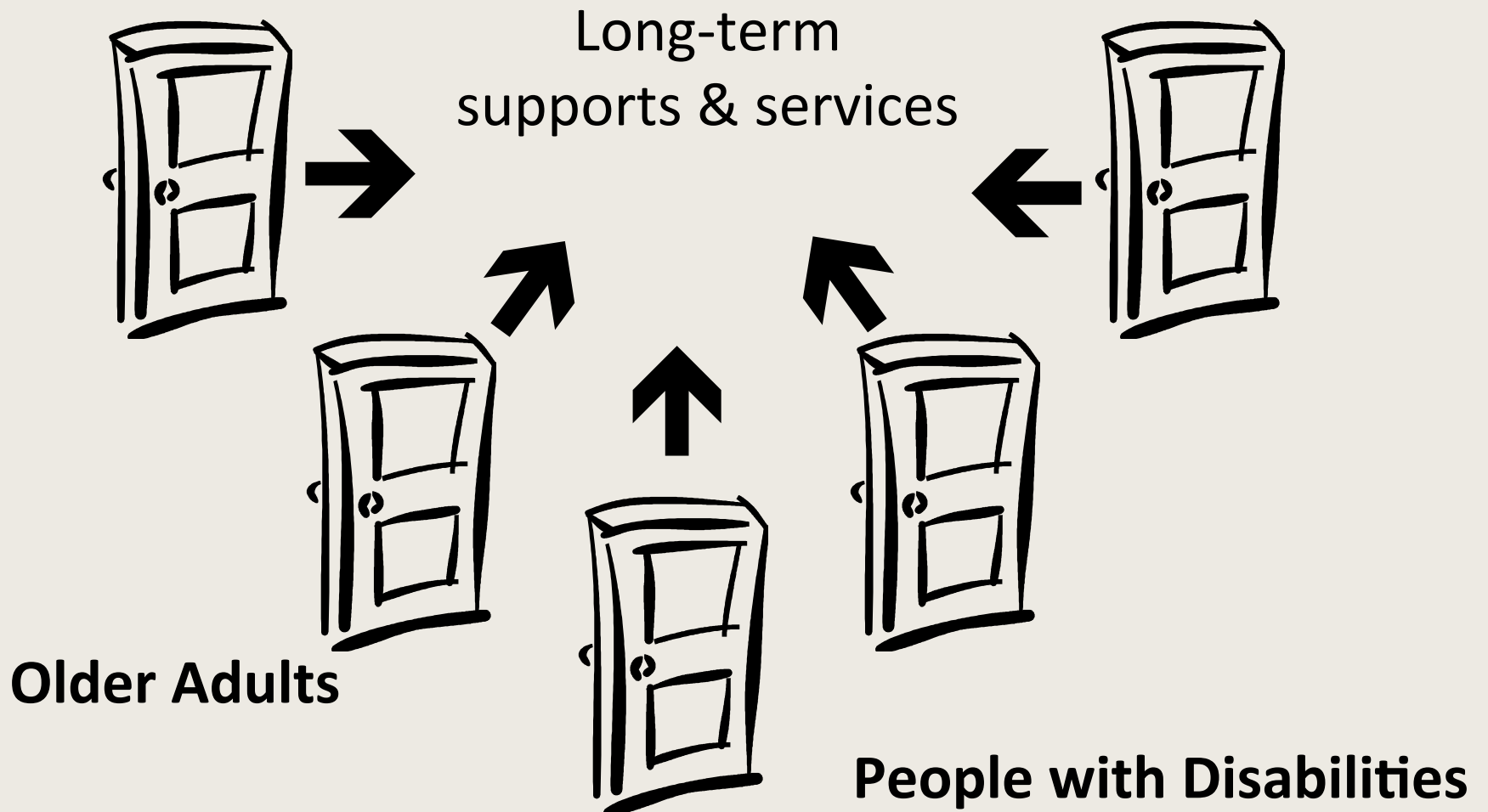


Aging and Disability Resource Connection serve as a single point of entry into the long-term supports and services system for older adults and people with disabilities.

Goals of ADRCs

- **Every** community in the nation
- **Highly visible** and **trusted**
- People of **all incomes** and **ages**
- Information on the **full range** of long term support options
- Point of entry for **streamlined access**

No Wrong Door



5 Operational Components



- Information, Referral & Awareness
- Options Counseling and Assistance
- Streamlined Eligibility Determination for Public Programs
- Person-Centered Transition Support
- Quality Assurance & Continuous Improvement

Utah ADRC Program Office

- Awarded 3 year Grant in 2009
- Began with Four Pilot sites in 2010
- The Utah ADRC is a continuing collaborative effort of the Utah Commission of Aging
- Administered through the University of Utah Center on Aging
- Received an additional year of funding October 1, 2012 – September 30, 2013 to expand our efforts

ADRCs in Utah

Area Agencies on Aging

- Mountainland (*Summit, Wasatch, & Utah*)
- Salt Lake County Aging Services (*Salt Lake*)
- Bear River (*Cache, Rich, & Box Elder*)

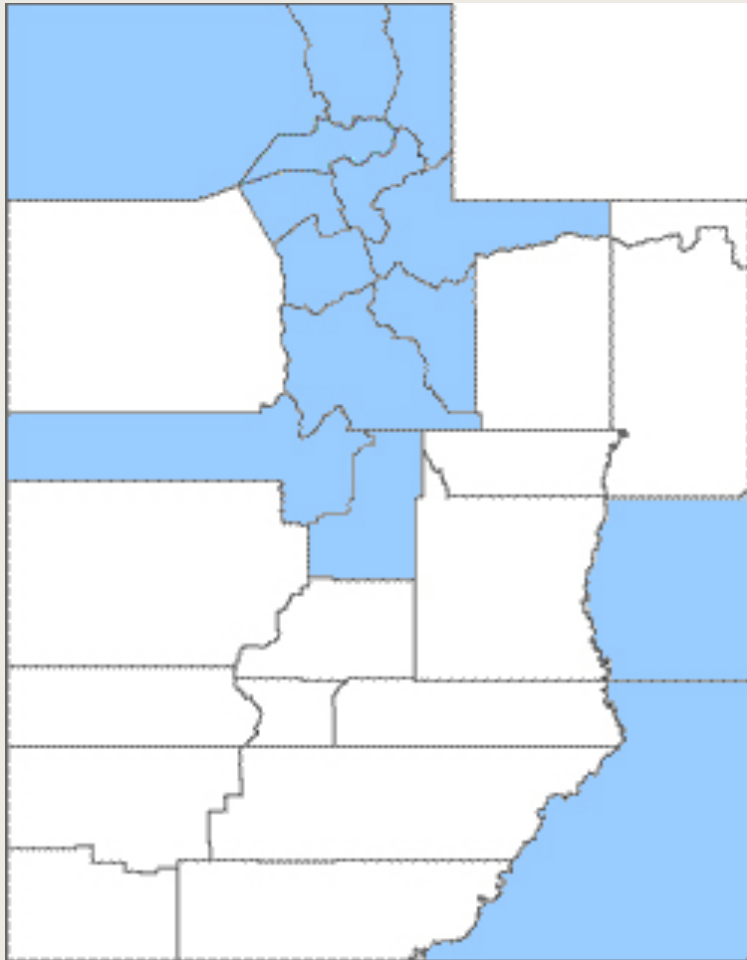
ADRCs in Utah

Centers for Independent Living

- Active Re-Entry (*Grand & San Juan*)
- Ability First (*Utah, Wasatch, Juab, & Sanpete*)
- Tri-County (*Morgan, Davis, & Weber*) *

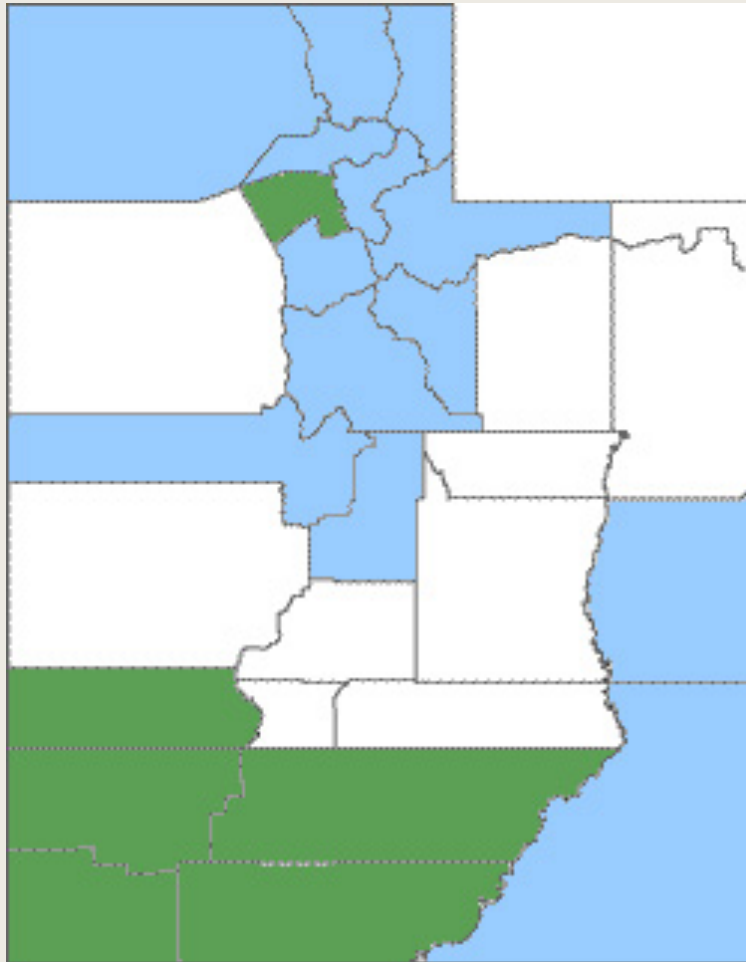
*Recent name change: Roads to
Independence

Counties Served



Utah's ADRC sites serve more than 80% of the state's population, with sites covering all of the Wasatch Front.

Counties Served



Potential New Sites in 2013

- Five-County Area Agency on Aging
- Davis County Family Health and Senior Services

Options Counseling

An *interactive* decision support process whereby individuals, family members and/or others are *supported* in their deliberations to determine long-term supports choices in the context of the consumer's needs, preferences, values, and individual circumstances.

Person Centered Planning

- Optimize choice and independence
- Encourage personal responsibility
- Empowers the individual
- Structured process to define goals and outcomes

Goals of Options Counseling

- Facilitate informed decision-making about LTSS
- Serve a key role in the streamlined access to supports
- Provide a clear pathway for individuals to access LTSS
- Help to prevent or delay premature institutionalization by offering options to help individuals spend resources wisely in the community

Options Counseling vs. I&R/A



Options counseling is in-depth
decision support and counseling

Long-term Care Concerns

- Are you confused by the choices you face as you age?
- Are you, or is someone you love, trying to make difficult care decisions?
- Are you trying to stay in your home as you age?
- Has it been suggested that you need nursing home care?
- Do you need to plan for future care needs such as legal, medical, and financial?
- Do you need help understanding how long term care is paid for?

So much information, so many questions



Red Flags

- Are there signs of depression?
- Are there signs of Alzheimer's or Dementia?
- A recent loss of family support?
- A recent loss of financial support?
- Is there a high level of Caregiver Stress?
- A recent hospitalization/
institutionalization?

**THE
ESSENTIAL
COMPONENTS
OF
OPTIONS COUNSELING**

Options Counseling

1. Personal interview
2. Exploring options and planning
3. Decision support (pros and cons)
4. Collaborate with the individual to develop an action plan
5. Connect client/consumer to services and support and follow-up

Utah ADRC Websites

About Us:

<http://www.utadrc.org>

**Statewide
Database:**

<http://www.utahadrc.org>

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