



**Utah**

**Aging & Disability**

**Resource Connection**

# What is an ADRC?

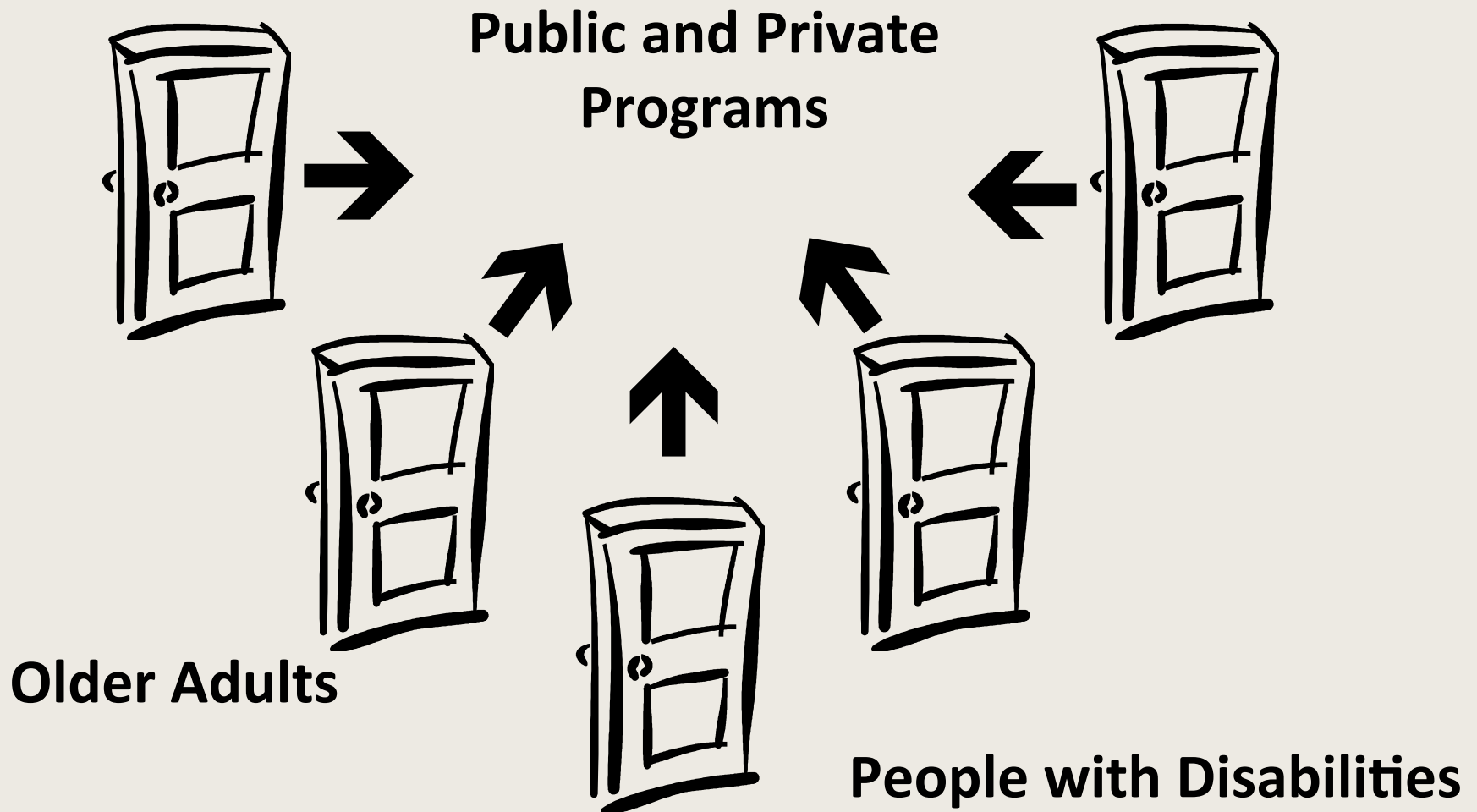


**Aging and Disability Resource Connection** serve as a single point of entry into the long-term supports and services system for older adults and people with disabilities.

# 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

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- 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

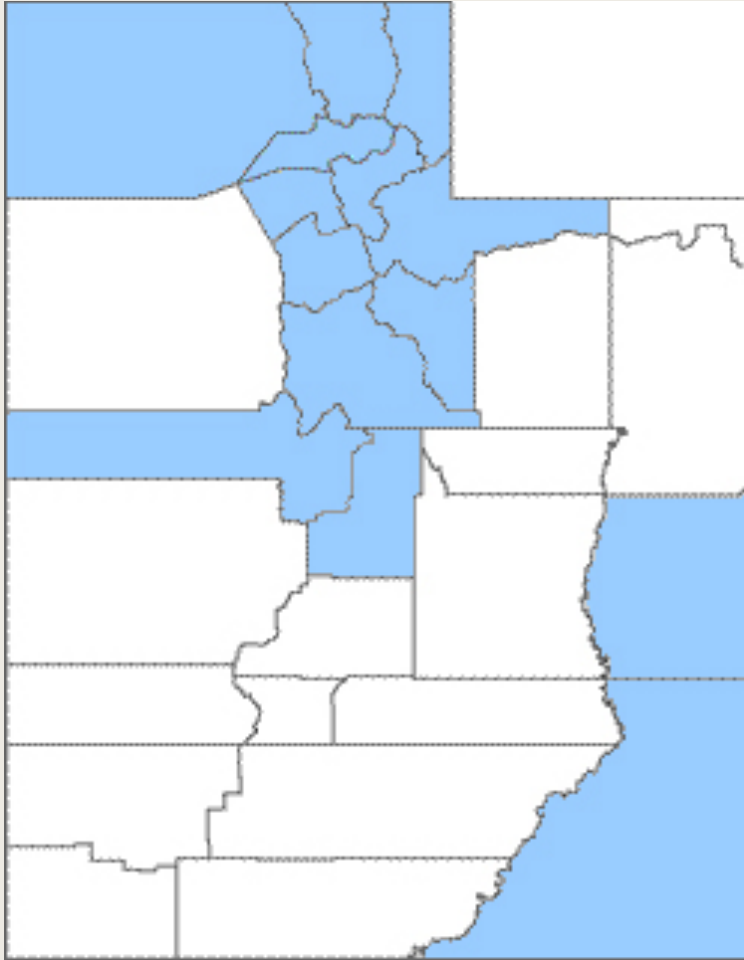
## Centers for Independent Living

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

\*Recent name change: Roads to  
Independence

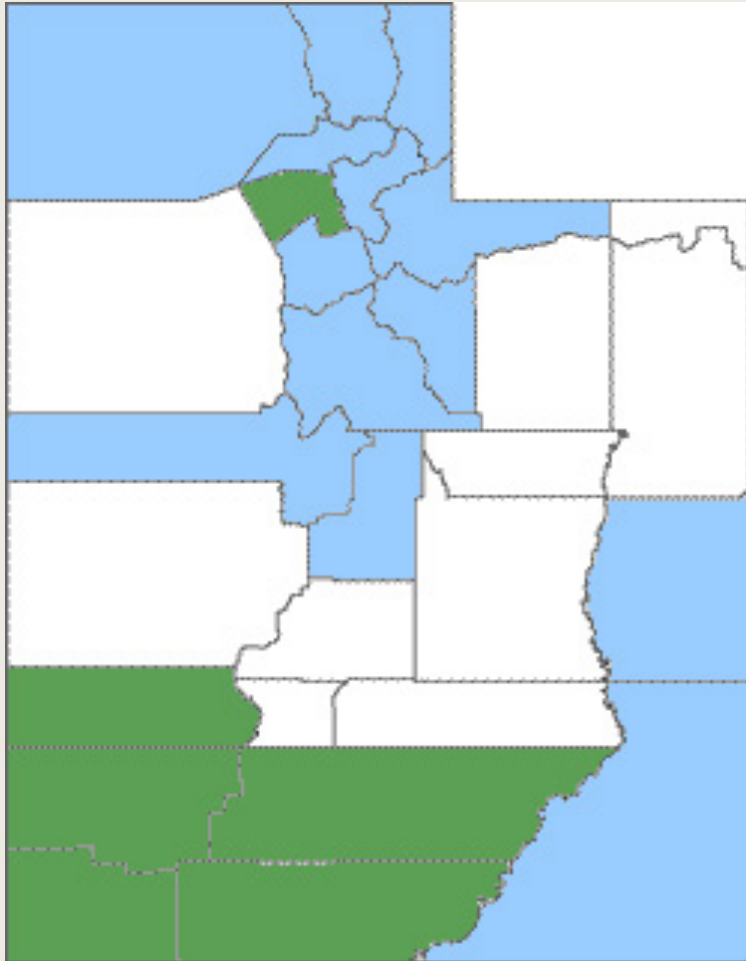


# Counties Served



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

Long term support options counseling is an *interactive* decision process whereby individuals, family members and/or others are *supported* in their deliberations to determine choices in the context of the consumer's needs, preferences, values, and individual circumstances.

# Person Centered Planning

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- 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?

# Essential Components of 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

# Opening the Conversation

- ❑ Would you like to talk more in depth about your options?
- ❑ Would you like to learn in more detail services that may be available?
- ❑ Would you like to schedule an appointment with an Options Counselor?

# Yes it is Options Counseling when:

- The individual defines the goals and is invested in achieving goals
- The individual feels heard and valued
- The individual is motivated to make changes
- The individual is satisfied with the decisions and the plan
- The options counselor has explained all available options

# Utah ADRC Websites

**About Us:**

<http://www.utadrc.org>

**Statewide  
Database:**

<http://www.utahadrc.org>

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