



## What do people say about the ADRC?

*"Staff has been truly incredible about breaking down steps and focusing on what I can and should do for my mom."*

*"This was extremely helpful. Going into this, we were worried about options for my brother with a disability. We feel so much better now."*

*"I am grateful to receive kind and complete information."*

**Visit the ADRC website:**  
adrcnebraska.org



## How do I get started?

Call 1-844-843-6364 (toll free) or any ADRC partner listed below. Depending on your needs, you may be redirected to another partner.

**Aging Office of Western Nebraska**  
**Scottsbluff: 308-635-0851**

**Aging Partners**  
**Lincoln: 402-441-7070**

**Blue Rivers Area Agency on Aging**  
**Beatrice: 402-223-1376**

**Brain Injury Association**  
**Statewide: 844-423-2463**

**Eastern Nebraska Office on Aging**  
**Omaha: 402-444-6444**

**Easterseals Nebraska**  
**Statewide: 800-471-6425**

**League of Human Dignity**  
**Statewide: 800-656-4758**

**Midland Area Agency on Aging**  
**Hastings: 402-463-4565**

**Munroe Meyer Institute**  
**Statewide: 800-656-3937**

**Northeast Nebraska Area Agency on Aging**  
**Norfolk: 402-370-3454**

**South Central Area Agency on Aging**  
**Kearney: 308-234-1851**

**West Central Area Agency on Aging**  
**North Platte: 308-535-8195**

**211**  
**Statewide: Dial 211**



**Serving all Nebraskans**



*Providing Nebraskans with useful information, assistance and education on community services and supports related to aging and disability*

## What is ADRC Nebraska?

The ADRC assists Nebraskans who are aging or have a disability and/or their representatives in locating services and supports in their community.

There is no charge for services. The ADRC is funded by the State of Nebraska, with oversight by the Department of Health and Human Services State Unit on Aging.

### Who provides ADRC services?

A network of partners provides ADRC services. Partners include:

- Aging Office of Western Nebraska
- Aging Partners
- Blue Rivers Area Agency on Aging
- Brain Injury Association of Nebraska
- Eastern Nebraska Office on Aging
- Easterseals Nebraska
- League of Human Dignity
- Midland Area Agency on Aging
- Munroe Meyer Institute
- Northeast Nebraska Area Agency on Aging
- South Central Nebraska Area Agency on Aging
- West Central Nebraska Area Agency on Aging
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## Who does the ADRC assist?

The ADRC provides information, assistance and education on how to connect with services and supports for:

- Seniors age 60 and over
- People with disabilities of all ages
- Family members, caregivers and advocates for both

## ADRC Services

All ADRC services are **FREE** and available for eligible persons and/or their caregivers. Services are provided either by phone or in person. Each ADRC partner determines the services they provide. Services include:

### Information and Referral

Assistance with information about services and supports.

### Options Counseling

Assistance in making informed choices about services, supports, and settings to best meet the person's needs.

### Transitional Options Counseling

Assistance in specific, time-limited issues such as transition from a hospital to independent living.

### Benefits Assistance

Assistance in understanding and/or applying for public benefits (Medicaid, Medicare, SSI/SSDI, supplemental food and nutrition, housing vouchers, etc.).

### Mobility Training

Training on transportation options and how to utilize local transportation.