



# Aging and Disability Resource Center

## BACKGROUND

The Aging and Disability Resource Center Program (ADRC), a collaborative effort of the Administration on Aging (AoA) and the Centers for Medicare & Medicaid Services (CMS), is designed to streamline access to long-term care services and supports for consumers of all ages, incomes and disabilities, and their families.

The ADRC initiative, launched in the fall of 2003, supports State efforts to develop “one-stop shop” programs at the community level that help people make informed decisions about their service and support options. States are using ADRC funds to integrate and/or better coordinate their existing systems of information, assistance, and access and are doing so by forming strong State and local partnerships.

ADRC programs provide options counseling to assist:

- Individuals and families needing either public or private resources;
- Individuals and families planning for their future long-term care needs;
- Professionals seeking assistance on behalf of their clients; and
- helping individuals with chronic conditions and/or disabilities who are being discharged to avoid unnecessary nursing home admissions as well as to avoid unnecessary readmission to the hospital.

ADRC programs also serve as the entry point to publicly administered long-term supports including those funded under Medicaid, the Older Americans Act, and State revenue programs.

## AOA & CMS VISION FOR RESOURCE CENTERS

AoA and CMS envision ADRCs as highly visible and trusted places available in every community across the country where individuals can get information on the full range of long-term support options. ADRC programs have taken important steps towards meeting this vision and have helped states move towards person-centered and integrated long term care systems that promote independence and dignity. To help and support these efforts, in 2006, Congress reauthorized the Older Americans Act with the inclusion of language supporting the development of ADRC efforts in every State.

The overall goal of the ADRC program is to empower individuals to effectively navigate their health and other long-term support options. Long-term support refers to a wide range of in-home, community-based, and institutional services and programs designed to help individuals’ access services.

ADRCs serve as integrated points of entry into the long-term care service system and are designed to address the frustrations many consumers and their families experience when they need to obtain information and access to supports and services. In many communities, long-term support services are administered by multiple agencies and have complex, fragmented, and often duplicative intake, assessment, and eligibility functions. Figuring out how to obtain services can be difficult. A single, coordinated system of information and access for all persons seeking long-term support minimizes confusion, enhances individual choice, and supports informed decision-making. It also improves the ability of State and local governments



**FOR MORE INFORMATION ABOUT AOA**

U.S. Department of Health and Human Services, Administration on Aging, Washington DC 20201  
PHONE 202.619.0724 / FAX 202.357.3523 / EMAIL [aoainfo@aoa.gov](mailto:aoainfo@aoa.gov) / WEB [www.aoa.gov](http://www.aoa.gov)



to manage resources and monitor program quality through centralized data collection and evaluation.

## ADRC GRANTEES

ADRCs will have a critical role in supporting health and long-term care reform by improving the ability of state and local governments to effectively manage the system, monitoring program quality and measuring responsiveness of state and local systems of care. With the 2009 awards, ADRCs will expand and operate in at least one community in 54 States and Territories. There are currently over 200 ADRC sites across the nation. Since the inception of this initiative, ADRCs have had over 4.8 million contacts, which include consumers, caregivers, providers and professionals. Nearly 30 states have appropriated state funding or passed legislation to support ADRC programs,

staff and functions. Currently, 13 states offer their ADRC services statewide.

## ADDITIONAL INFORMATION

For additional information on the ADRC initiative, please visit the ADRC Technical Assistance Exchange Web site at <http://www.adrc-tae.org>. The Web site includes contact information for AoA and CMS ADRC project officers, summary information on each of the grantees, and a variety of resources related to this initiative.

You can also find additional ADRC information on the AoA Web site at <http://www.aoa.gov> or the CMS Web site at <http://www.cms.hhs.gov/newfreedominitiative>



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