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

**How do I contact the ADRC?**

**Call toll-free:** 1-844-843-6364 or call the Area Agency on Aging in your area. Monday through Friday 8 a.m. to 5 p.m. (excluding holidays)

**Nebraska Area Agencies on Aging**

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

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

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

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

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

- **Omaha:** 402-444-6536
  Eastern Nebraska Office on Aging

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

**Want to know more?**

Visit the ADRC website: https://nebraska.arounja.org

**Aging & Disability Resource Center (ADRC)**

Providing Nebraskans with useful information, assistance and education on community services and supports related to aging and disability.
What is ADRC Nebraska?

ADRC Nebraska is a program funded by the State of Nebraska and overseen by the Nebraska Department of Health and Human Services’ State Unit on Aging. Local ADRC staff are available over the phone or in person to assist Nebraskans who are aging or have a disability, and/or their representatives to locate and access services and supports.

Who provides ADRC services?

- Aging Office of Western Nebraska
- Aging Partners
- Blue Rivers Area Agency on Aging
- Brain Injury Alliance 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

Who does the ADRC help?
The ADRC provides information, assistance and education on services and supports to:

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

ADRC Services

ADRC services are available for eligible persons and/or their caregivers. Services include:

Information and referral: assistance in finding and securing long-term services and supports.

Options counseling: assistance in making informed choices about services 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 obtaining public benefits (Medicaid, Medicare, supplemental food and nutrition, housing vouchers, etc.).

Mobility training: training on transportation options and how to effectively utilize local transportation.