

## About the ADRC

San Diego County's Aging and Disability Resource Connection (ADRC) is made possible through a shared partnership among the County of San Diego's Aging & Independence Services as well as Access to Independence (Independent Living Center), Trilogy Integrated Resources, the California Department of Aging and members of the community. It is supported, in part, by a joint initiative sponsored by the Federal Centers for Medicare and Medicaid Services and the Administration on Aging.



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Director: Pam Smith  
*In partnership with Access to Independence (a2i)*  
Director: Louis Frick



**Aging & Independence Services**  
9335 Hazard Way  
San Diego, CA 92123

Visit [www.sandiego.networkofcare.org/aging](http://www.sandiego.networkofcare.org/aging)

## San Diego County AGING & DISABILITY RESOURCE CONNECTION



Are you searching for aging and disability resources for yourself or a loved one?

Are you thinking about or ready to plan for the future?

The questions are hard enough. Finding the answers just got easier.

When you don't know where to turn, turn to us!

Welcome to the  
**AGING and DISABILITY  
RESOURCE CONNECTION**

The Network of Care website is a newly enhanced resource for San Diego County's Aging and Disability Resource Connection (ADRC). This web-based program:

- provides free, comprehensive information about long term care services and support options
- puts you in touch with important planning and communication tools
- helps you find local programs and services
- complements and enhances existing Call Center functions at Aging & Independence Services
- is for seniors and people with disabilities, as well as their caregivers and service providers

**To get help:**

Visit [SanDiego.NetworkofCare.org](http://SanDiego.NetworkofCare.org) and click on **Seniors and People with Disabilities**

If you do not have internet access or you still can't find what you are looking for, call 1-800-510-2020 (Monday through Friday, 9:00 AM – 5:00 PM) to be connected to a trained professional

**HELP IS JUST A  
CLICK AWAY**

**Highlighted features include:**

Service Directory

A current and comprehensive database of local aging and disability services.

LTC Options Counselor

A brand new feature to help you think about and plan for your quality of life, now and in the future.

Google

A new search engine to make it easier to find information.

Library

A warehouse of up-to-date research articles produced by leading experts, including thousands of hand translated articles in Spanish.



A direct link to the local Independent Living Center website ([a2isd.org](http://a2isd.org)), an additional resource for people with disabilities. Call (800) 300-4326 or TYY (800) 959-9395.

[www.sandiego.networkofcare.org/aging](http://www.sandiego.networkofcare.org/aging)

**The ADRC website also  
includes many other  
exciting features:**

- **Fall Prevention:** a new section that includes reports, fact sheets, videos and other important information on fall prevention
- **Assistive Devices:** a useful database to aid in the selection of an appropriate assistive device
- **Legislation:** provides the latest information on state and federal legislation and includes the option to communicate directly with lawmakers
- **My Folder:** a secure and central location where individuals can create, update, store and share important health information
- **Message Board:** a forum for individuals to discuss important issues about aging, disabilities and long term care
- **Medicare:** a new section that offers comprehensive, official information provided by the U.S. Department of Health & Human Services

