

# Directory of Services



NorthWest Senior & Disability Services



## Where do you go for answers on aging or a disability?

Aging and having a disability can create a variety of challenges for caregivers and those they're caring for. Remaining independent and living with dignity become important issues. Some solutions may be simple, while others can be quite complex. Often, you may need advice from experienced and knowledgeable sources. That's where we come in. When you or someone you care for need help making decisions, call us. We've got most of the answers. If we don't have one for you, we know where to turn.

**1-800-469-8772**

## **NorthWest Senior & Disability Services**

*Serving seniors and people with disabilities in  
Clatsop, Marion, Polk, Tillamook and Yamhill Counties.*



*Assistance. Advocacy. Answers on Aging.*

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## WHO WE ARE

NorthWest Senior & Disability Services (NWSDS) is a local intergovernmental agency that was created in 1982. Designated as the Area Agency on Aging for Clatsop, Marion, Polk, Tillamook and Yamhill Counties, NWSDS is responsible for planning, developing, coordinating and arranging services for seniors and people with disabilities in these five counties.

Funds for the operation of NWSDS and its programs come from the federal and state government, as well as from community groups and individual donations.





## WHO WE SERVE

NWSDS serves people in Clatsop, Marion, Polk, Tillamook and Yamhill Counties...

- Seniors
- People with disabilities
- Family members
- Caregivers, AND
- Anyone with an interest in learning more about local services for seniors and people with disabilities

## HOW WE CAN HELP

*Most seniors and people with disabilities prefer to live independently in their own homes for as long as safely possible.*

We can help you locate the necessary services to do just that. We can also direct you to a variety of resources in your community for housing, transportation, social services, health care, retirement or care facilities, to name a few. Our staff can determine your eligibility for long-term care programs or direct you to meaningful volunteer opportunities.

If you are 60 years of age or older, someone with a disability, a family member, caregiver, friend, or concerned citizen of a senior or person with a disability who needs some assistance, call us. We can provide you with friendly advice and direction as you make choices related to care or services needed, whether it be as part of the aging process or assistance with a disability. Review the next few pages to learn more about our services. Office locations and telephone numbers are listed on the back cover.

### ***Our Mission***

*“Working together to assist older persons and people with disabilities in making and implementing choices that maximize their independence and quality of life.”*

# SERVICE INFORMATION

## *Information & Referral*

Whether you have an immediate need or want information for long-term planning, NWSDS is your resource for information on available services for older adults and people with disabilities in Clatsop, Marion, Polk, Tillamook and Yamhill Counties.

Call us toll-free at 1-800-469-8772. You may also call or visit any NWSDS office location. A trained specialist will provide you with information on appropriate community resources or services to meet your needs. This service is available to anyone and there is no charge to obtain information. Information about Agency services, as well as links to other resources for older adults, people with disabilities and their families, is available on the internet at [www.nwsds.org](http://www.nwsds.org).



## *ElderCare Locator*

For information on services for seniors in any state (including other areas in Oregon) call the ElderCare Locator at 1-800-677-1116, Monday through Friday, 9 a.m. to 8 p.m. Eastern time.

## *Network of Care*

For a comprehensive, internet-based community resource for seniors and people with disabilities, visit [www.oregon.networkofcare.org](http://www.oregon.networkofcare.org).

## *Public Files*

Public files are available on Community Care Options and Nursing Facilities as listed on pages 6 and 7. Public files contain licensing information, monitoring information and protective services investigations. These files are a useful tool when deciding on Community Care Options and Nursing Facility placement. Please call your local NWSDS office to set up a viewing appointment.



## **SERVICES FOR INDEPENDENT LIVING**

### ***Senior Meals Program***

Enjoy freshly prepared lunches at one of our many meal sites located throughout Clatsop, Marion, Polk, Tillamook and Yamhill Counties. Diabetic substitutions are available. The Senior Meals Program is for all seniors 60 years of age and older. There is no charge for the meal, but donations are suggested. Reservations are recommended. Call any NWSDS office to locate the meal site closest to you.

### ***Home-Delivered Meals***

Our Meals On Wheels program brings meals to your home. If you live within our delivery area and are unable to prepare your meals or travel to a meal site, a friendly volunteer will deliver meals to your door. Hot and frozen meals are available.

### ***In-Home Services***

If you are an older adult or have a disability and prefer to remain independent in your own home, we can arrange help with the following: housekeeping, laundry, meals, shopping, medication management, bathing assistance, and other personal care requirements. This service is available for seniors and people with disabilities who need help with tasks of daily living. You and a NWSDS case manager will discuss your individual needs and establish a plan that suits you best. Assistance can be provided on either a temporary or long-term basis. Eligibility and costs vary by program. Tasks may be paid for by state funded programs including Oregon Project Independence (OPI) and State Plan Personal Care.

# FINANCIAL & MEDICAL ASSISTANCE

## ***Medicaid/Oregon Health Plan***

These programs pay for a full range of medical services including doctors, acute hospitalization and long-term care. Eligibility is based on your income and resources.

## ***Qualified Medicare Beneficiaries (QMB) & Specified Low-Income Medicare Beneficiary Program (SLMB)***

QMB helps people who have Medicare pay for their monthly Medicare premium, as well as their Medicare co-payments and deductibles. SLMB helps people pay for their monthly Medicare premium. Eligibility is based on your income and resources.

## ***Food Stamps***

The Food Stamp program helps stretch the food budget of individuals on limited incomes. The benefits are issued through an electronic debit card (Oregon Trail Card). Eligibility is based on income and resources.

## ***Insurance Benefit Counseling***

You can receive information about the following: Medicare benefits, Medicare Supplement (Medigap) insurance benefits, Medicare Prescription Drug Coverage, Long Term Care (Nursing Home) insurance and filing Medicare and supplemental insurance claims. Services are available to anyone at no charge, although donations are accepted.

## ***Employed Persons with Disabilities (EPD)***

The purpose of the Employed Persons with Disabilities (EPD) program is to provide or continue medical coverage to people with disabilities who are working or want to work. Your gross monthly income will determine if you meet the income criteria. Other requirements apply.

# COMMUNITY CARE OPTIONS

## *Adult Foster Homes*

Adult foster homes are private homes with family-style living that offer room, board, and physical care for up to five residents. Care and supervision are provided to maintain a safe and secure environment in a home-like setting. NWSDS licenses, inspects and monitors these homes in Clatsop, Marion, Polk, Tillamook and Yamhill Counties.

## *Assisted Living Facilities*

Residents of assisted living facilities each have private apartments with a kitchenette and bathroom. They offer full dining room services, housekeeping, physical care and call systems for around-the-clock care. This setting is licensed and regulated by the Department of Human Services, Seniors and People with Disabilities.

## *Residential Care Facilities*

Residential care facilities are congregate settings that offer room, board, supervision and physical care for six or more people. Residents in this setting may have either a shared or private room. These facilities are not required to provide private bathrooms or kitchenettes. Residential Care Facilities are licensed and regulated by the Department of Human Services, Seniors and People with Disabilities.



## ***Nursing Facilities***

Nursing facilities provide nursing care on a 24 hr. basis in a medical setting. Some of the services offered in nursing facilities include: on-site physical rehabilitation, recuperation after hospitalization for serious illness or surgery, and restorative services. Oregon requires that all residents be screened before they enter a nursing facility. This pre-admission screening assures that your service needs match the level of care you receive and is available from NWSDS at no cost. Nursing facilities are licensed and regulated by the Department of Human Services, Seniors and People with Disabilities.

## **PERSONAL SUPPORT OPTIONS**

### ***Adult Protective Services***

It is important to report abuse, neglect, self-neglect or financial exploitation against a senior or someone with a disability, including yourself. You may make a confidential report by contacting any NWSDS office listed on the back cover, by calling Adult Protective Services at 1-800-846-9165, or by calling the statewide hotline at 1-800-232-3020. Reports of abuse will be promptly investigated by our protective services staff.



### ***Senior Peer Counseling Program***

Senior Peer Counselors are available to meet with adults age 60 and older, who are having difficulty coping with challenges from life transitions. Senior Peer Counselors assist people with concerns such as depression, chronic illness or disability, grief, loneliness, and end-of-life issues. All appointments are kept confidential and private. There is no fee for this service.

### ***Family Caregiver Support Program***

The goal of the Family Caregiver Support Program is to help reduce stress that caregivers feel by providing supportive services. These services may include respite, counseling, trainings, support groups, or other resources. Services are for unpaid caregivers and are provided free of charge. Please call one of the NWSDS offices listed on the back cover for additional eligibility information and upcoming events.

### ***Volunteer/Advocacy Opportunities***

The NWSDS Senior Meals Program, Senior Peer Counseling Program, Insurance Benefits Counseling and Senior and Disability Services Advisory Councils need dedicated volunteers. If you're looking for a way to keep active and help others in the process, give us a call!

### ***Emergency Fund***

The NWSDS Emergency Fund helps seniors and people with disabilities when no other options are available. Assistance is provided through community cash donations on a limited one-time basis.

# Contacts for General Information

Telephone: 1-800-469-8772

TTY: 1-888-370-4307

Adult Protective Services: 1-800-846-9165

Email: [webmaster@nwsds.org](mailto:webmaster@nwsds.org)

Visit our web page: [www.nwsds.org](http://www.nwsds.org)

## **Administrative Offices**

3410 Cherry Ave. NE, PO Box 12189 • Salem, OR 97309

503-304-3456 • Fax: 503-304-3434

*This brochure is available in alternate formats through the NWSDS office listed above. The information contained in this brochure is current as of publication date and subject to change without notice.*

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## **NorthWest Senior & Disability Services Office Locations**

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### **For Information and Assistance in Marion and Polk counties call:**

503-304-3420 • 1-866-206-4799 • Fax: 503-304-3421

Or E-mail: [information.nwsds@state.or.us](mailto:information.nwsds@state.or.us)

### **North Salem Senior & Disability Services**

3410 Cherry Ave. NE, P.O. Box 12189 • Salem, OR 97309

503-304-3400 • 1-800-469-8772 • Fax: 503-304-3464

### **South Salem Senior & Disability Services**

3541 Fairview Industrial Dr. SE, P.O. Box 12099 • Salem, OR 97309

503-373-7380 • Fax: 503-371-6599

### **Woodburn Senior & Disability Services**

1320 Meridian Dr. • Woodburn, OR 97071

503-981-5138 • 1-888-257-0138 • Fax: 503-982-8268

### **Dallas Senior & Disability Services**

260 Kings Valley Hwy • Dallas, OR 97338

503-831-0581 • Fax: 503-623-5178

### **McMinnville Senior & Disability Services**

300 SW Hill Rd. • McMinnville, OR 97128

503-472-9441 • 1-866-333-7218 • Fax: 503-472-4724

### **Tillamook Senior & Disability Services**

5010 E. Third St. • Tillamook, OR 97141

503-842-2770 • 1-800-584-9712 • Fax: 503-842-6290

### **Warrenton Senior & Disability Services**

2002 SE Chokeberry Ave. • Warrenton, OR 97146

503-861-4200 • 1-800-442-8614 • Fax: 503-861-0934

**TTY number for all offices is 1-888-370-4307**