

# **Aging and Disability Resource Center**

***A One Stop Shop for aging and disability information,  
programs, and services!***

## **Information and Referrals for:**

**In-home services (Homemaker, Personal Care, Respite, Case Management)**

**Nutrition Services (Home Delivered Meals and Congregate Meals)**

**Transportation**

**Senior Centers**

**Caregiver Support Services**

**Evidence-Based Health Programs**

**Housing**

**Legal Services**

**Nursing Home Ombudsman**

## **Benefits Counseling and Screening for:**

**Medicare Savings Programs**

**Kentucky Medicaid Waiver Screening**

**Federal and State-funded services**

**Short-Term Meal Program**

***All information provided by the ADRC is free and confidential***

***CONTACT THE ADRC @***

***(859) 692-2480, Toll free 1-866-766-2372 or email at [adrc@nkadd.org](mailto:adrc@nkadd.org)***

***Monday through Friday 8:30am to 4pm!***

