



Aging and Disability Resource Center

BACKGROUND

The Aging and Disability Resource Center (ADRC) initiative is a collaborative effort led by the Administration on Aging (AoA) and Centers for Medicare & Medicaid Services (CMS) and involves the partnership of the Department of Health and Human Services Office on Disability, the Administration for Developmental Disabilities, as well as the Department of Education and the Veterans Administration. This initiative seeks to streamline access to long-term services and supports (LTSS) for older adults, all persons with disabilities, family caregivers and LTSS providers. Currently, all 50 states and 4 territories (District of Columbia, Guam, Puerto Rico and the Commonwealth of Northern Mariana Islands) are operating or are in the process of implementing elements of a fully-functioning ADRC.

ADRCs serve as single points of entry into the LTSS system for older adults, people with disabilities, caregivers and families. Sometimes referred to as “one stop shops” or “no wrong door” systems, ADRCs help individuals and their families to identify their LTSS needs, understand their LTSS options including the publicly funded programs available to them, and develop and activate a LTSS plan. ADRC programs raise visibility about the full range of available options, provide objective

information, advice, counseling and assistance, empower people to make informed decisions about their LTSS, and help people access public and private LTSS programs.

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

ROLE OF ADRCs IN PERSON CENTERED SYSTEMS

ADRCs are an integral component of health and long-term care reform and essential in the development of effectively managed person-centered service systems at national and state levels. These person-centered

FACTS

systems are envisioned to: optimize choice and independence; be served by an adequate workforce; be transparent; encourage personal responsibility; provide coordinated, high quality care; be financially sustainable; and utilize health information technology. The ADRC initiative focuses on improving access to LTSS so that an individual can receive the right services at the right time and in the right place. These services are person-centered and directed by the individual receiving the LTSS as occurs with the Veteran's Directed Home and Community Based Services program (VD-HCBS). ADRCs use two broad strategies to divert individuals from unnecessary long-term institutional care and ensure that short-term institutional stays do not become permanent: (1) intervening with options counseling in critical pathways; and (2) expediting eligibility determination processes for home and community-based services. For example, many ADRCs have collaborated to support individuals transitioning across LTSS settings such as hospitals and nursing homes. This collaboration has included ADRCs working to raise visibility about HCBS options within their communities, providing options counseling to potential participants and their families, conducting assessments, care plan development, waiver enrollment, service initiation and follow-up. ADRCs have a critical role in supporting this 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. Many states have worked to make Medicaid, Older Americans Act and state revenue-funded programs more flexible and person-centered. ADRCs have worked

to streamline the application process for Medicaid and other public programs like LIHEAP, SNAP, transportation, and housing.

ADRC GRANTEES

ADRCs play 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. ADRCs currently operate in over 350 community sites across 54 States and Territories.

2010 AFFORDABLE CARE ACT

HHS awarded \$68 million in new grants and programs from the Affordable Care Act to help people navigate health and long-term care options. ADRC expansion opportunities were given in three announcements:

ADRC Options Counseling Grants: 20 states funded to strengthen Aging and Disability Resource Centers (ADRCs) Options Counseling and Assistance Programs for community-based health and long-term care services. Options counseling programs help people understand, evaluate, and manage the full range of services and supports available in their community.

ADRC Nursing Home Transition through Money Follows the Person Grants: 24 states funded to strengthen the ADRCs role in the CMS Money Follows the Person program and support state Medicaid agencies as they transition individuals from nursing homes to community-based care.

FOR MORE INFORMATION ABOUT AOA

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Evidence Based Care Transition Grants:

16 states funded to coordinate and continue to encourage evidence-based care transition models which help older persons or persons with disabilities remain in their own homes after a hospital, rehabilitation or skilled nursing facility stay. These grants will help break the cycle of readmission to the hospital that occurs when an individual is discharged into the community without the social services and supports they need.

ADDITIONAL INFORMATION

ADRC Technical Assistance Exchange

Website: provides information about state ADRC initiatives, tools, and resources about streamlining access to long term services and supports, single point of entry systems, long term care options counseling, outreach and marketing, and much more.

<http://www.adrc-tae.org>

Criteria of a Fully Functioning Single Entry

Point System/ADRC: http://www.adrc-tae.org/tiki-download_file.php?fileId=29619

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