



## Are you or someone you know:

- Looking for alternatives to living in a nursing home?
- Have a disability?
- Trying to find help caring for aging parents?
- Need assistance with bathing, shopping, paying bills or other chores?

**We help you find the support and care you need!**

**Get the answers and resources you need.**



**Information, referrals & assistance**

**Call 211**

**or**

**888-425-7138**

**adrcnavigator@wyoming211.org**



**[www.adrcwyoming.org](http://www.adrcwyoming.org)**



**Empowering older adults, people with disabilities and their caregivers to successfully navigate services and support.**



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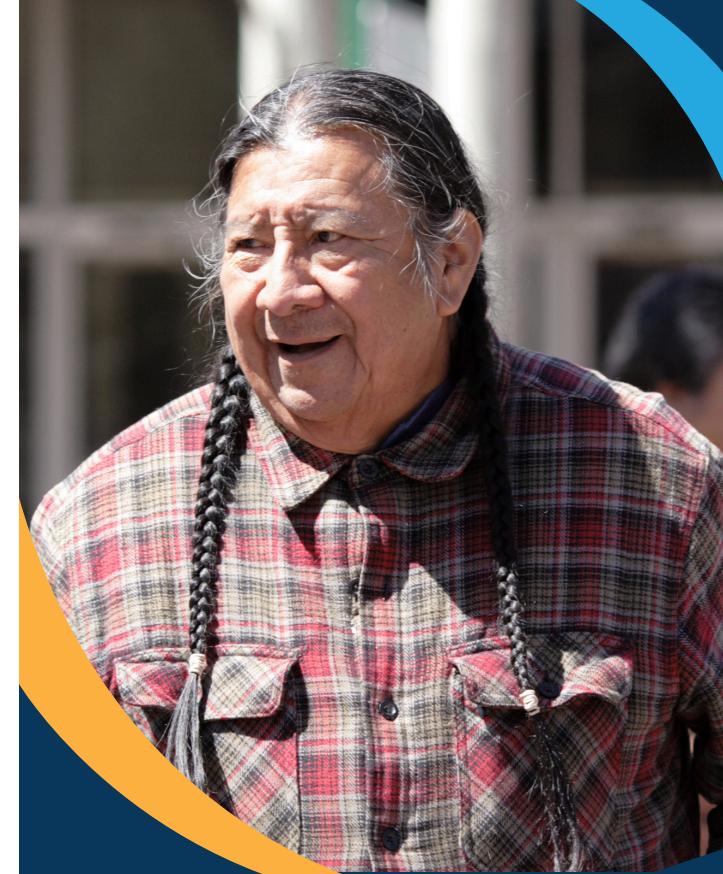
**or**

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**Empowering elders, adults with disabilities and their caregivers to successfully navigate services and support.**



## Whom do we serve?

We serve older adults and people with disabilities, as well as their families, friends and caregivers who work with and care for them.

## How much does it cost?

Information provided by our ADRC navigator is **free** of charge to Wyoming residents.

## Our ADRC navigator helps:

- **Identify** your long-term support needs
- **Explore** your options for meeting those needs
- **Connect** you with the resources you choose for yourself or your loved one
- **Follow up** to ensure your needs are met

## We can connect you with:

- Medicaid, Medicare, and Social Security eligibility assistance
- In-home personal care and nursing
- Housing options
- Help applying for services
- Transportation
- Caregiver support and respite
- And more...

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