



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

Wyoming

2.1.1



www.adrcwyoming.org



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



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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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