

Resources

SENIOR HOUSING & CARE OPTIONS

1ST CHOICE Advisory Services..503-353-7870
800-361-0138

1ST CHOICE advisors assist those looking in Clackamas, Multnomah, Washington and Yamhill Counties and the surrounding areas.

TRANSPORTATION

Ride Connection503-226-0700
Tri-Met Lift.....503-962-8000
Clackamas County503-655-8208
Transportation
Reaching People

OREGON AGING & DISABILITY RESOURCES

ADRC Connection of OR.....855-673-2372
<https://adrcoforegon.org/consite/index.php>

AGING, DISABILITY, MEDICAID & VETERAN SERVICES

Multnomah County503-988-3646
Clackamas County503-650-8640
Washington County503-846-3060

ELDER ABUSE

Oregon State Hotline855-503-7233

ELDERS IN ACTION

Advocates for Seniors503-235-5474

**1ST CHOICE is available 7 days a week
8:30am to 8:30pm, 365 days a year**

When to call 1ST CHOICE...

1ST CHOICE advisors provide personalized referrals for senior housing, senior care, and in-home care services.

Your advisor will be your guide through every step of the process, working hand-in-hand with you to match the needs of your unique situation with the options you will want to consider.

- When living at home is no longer practical or safe
- When health suffers from poor nutrition or missed medications
- When social isolation leads to boredom and depression
- When family and friends are voicing health and safety concerns
- Before, *or after*, a crisis forces a change

1ST CHOICE
ADVISORY SERVICES

1ST CHOICE is a FREE senior housing and care referral service helping seniors and their families find the options they need.



503-353-7870
Toll Free: 800-361-0138

Senior Housing Options

OUR SERVICES

1ST CHOICE provides personalized referral services for senior housing, senior care and in-home care services.

1ST CHOICE will have you work with one of our advisors who is well acquainted with the options available in the geographic location of your preference.

From the options that 1ST CHOICE defines for you, you have the option of contacting the providers on your own or have the advisor accompany you on your visits. If it's in-home care services you are looking for, 1ST CHOICE can be there for the first meeting to be sure all your questions are asked and answered to your satisfaction.

By working with an advisor, you will receive a tailored list of options that matches your needs, interests and situation as closely and appropriately as possible. You will also have the confidence that you will be able to make an informed decision because our advisor will make sure you are seeing the best options possible.



ADULT CARE HOME – Provide room, board, and care for up to 5 residents in Oregon (6 residents in Washington).

ADULT DAY CENTER – is a facility for the supervised care of older adults. It usually provides them with activities and socialization during certain days and hours of the week.

ASSISTED LIVING – these are generally apartment-style housing that offers care services for resident's activities of daily living.

CONTINUING CARE RETIREMENT COMMUNITY (CCRC) – these communities normally offer independent living through nursing home care and varying levels of medical and personal care services.

MEMORY CARE COMMUNITY – provide care to individuals with Alzheimer's and dementia.

SKILLED NURSING – provide nursing care on a 24-hour basis in a hospital-like setting including skilled and/or rehabilitation care.

RETIREMENT COMMUNITY – a housing complex designed for older adults who are generally able to care for themselves.

WHO WE SERVE

- Adult children helping their elderly or frail parent move into a care situation
- Spouses who can no longer meet the high demands of caregiving at home
- Powers of attorney working on behalf of an elderly family member or friend
- Seniors living alone and in need of companionship and care

LONG-TERM CARE and HOW ITS PAID FOR

Long-term care is ongoing assistance with some of the basic activities of daily living (or ADLs). ADLs include toileting, feeding, dressing, grooming, transferring, bathing and ambulating. The need most often stems from disability, chronic illness or cognitive impairment.

LONG-TERM CARE IS TYPICALLY PAID FOR USING:

- Personal funds
- Long-term Care Insurance
- Veterans Benefits / Aid and Attendance
- Medicaid

Note: Medicare or Medigap do not pay for most long-term care services. Medicare may pay for skilled and rehabilitation services and home health.



(Housing and/or care services must be paid through private funds or long-term care insurance benefits)