

## Clackamas County Social Services Programs

Program	Description
<p><b>Aging and Disability Resource Connection</b></p> <p><b>Information and Referral Line &amp; Options Counseling</b></p> <p>Clackamas County: (503) 650-5622</p> <p>Statewide: 1-855-673-2372</p> <p><a href="http://www.ADRCoofOREGON.org">www.ADRCoofOREGON.org</a></p>	<p><b>The Aging and Disability Resource Connection (ADRC) Information and Referral Line</b> We help people with disabilities, Veterans, and their caregivers. We offer you information on services and make it easy for you to connect with services. We follow up with you to make sure you get the services and answers you need.</p> <p><b>Options Counseling</b> Helps Clackamas County residents understand their choices about services they need when they are getting older. This is a free service.</p> <p><b>Care Transitions</b> Works with local hospitals to help people not go back to the hospital after going home.</p> <p><b>Oregon Project Independence (OPI)</b> Helps people 60 and over and people with dementia who live in their homes. Services we offer are bathing, housekeeping, transportation, dressing, shopping and others. The cost depends on your income minus your medical costs. For information, please call (503) 650-5679 or visit <a href="http://www.clackamas.us/socialservices/OPI">www.clackamas.us/socialservices/OPI</a></p> <p>Clackamas County Social Services works with <b>Adult Community Centers</b> in your community to offer programs to assist all older adults aged 60 and older. Programs include transportation, meals/nutrition services, legal assistance, adult day programs, health promotion, disease prevention, social activities and more.</p> <p><a href="http://www.ADRCoofOREGON.org">www.ADRCoofOREGON.org</a> is the website that provides information on local and state resources.</p>
<p><b>Volunteer Connection</b></p> <p>Clackamas County: (503) 655-8640 <a href="http://www.clackamas.us/socialservices/volunteer">www.clackamas.us/socialservices/volunteer</a></p>	<p><b>Retired Senior Volunteer Program (RSVP)</b> RSVP volunteers, who are 55 years of age and better, contribute their experience, compassion, skills and talents to community organizations to enhance the quality of life in our community. <b>To volunteer, call 503-650-5796</b></p> <p><b>Senior Companion Program</b> – Volunteers spend time with seniors by offering friendship, transportation, and doing activities together. <b>503-655-8875</b></p> <p><b>Transportation Reaching People (TRP)</b> – Volunteers give rides to people with disabilities and older adults to medical appointments and essential errands. <b>503-655-8208</b></p> <p><b>Money Management Program</b> – Volunteers help older adults and people with disabilities who need help with budgeting, balancing checkbooks, and bill paying. We train volunteers. Case Managers refer their clients to this program. <b>503-655-8873</b></p> <p><b>SHIBA Program</b> – Trained volunteers help people with Medicare make health insurance decisions. This free program saves Medicare beneficiaries money by making sure they receive all possible benefits and don't pay too much out of their own pockets. <b>(503) 655-8269, option 4</b></p> <p><b>Family Caregiver Support Program</b> – Caring for a family member who cannot care for themselves can be very stressful. This program offers services that can take some of the burden off unpaid caregivers, caring for someone age 60 or older. We also help those age 55 and older who are raising a child, age 18 and younger, who is related to them. <b>(503) 650-5724</b></p>
<p><b>Energy Assistance Program</b></p> <p>Clackamas County: (503) 650-5640 <a href="http://www.clackamas.us/socialservices/energy">www.clackamas.us/socialservices/energy</a> Statewide: 1-855-673-2372 or 211</p>	<p>Offers help to Clackamas County residents who have low incomes:</p> <ol style="list-style-type: none"> <li>1) During the winter months we help with heating costs including oil, natural gas, electricity, wood, propane and pellets;</li> <li>2) During the summer months, we help Portland General Electric customers with cooling costs;</li> <li>3) Year-round we help NW Natural customers.</li> </ol>

<p><b>Veterans Services</b></p> <p>Clackamas County: (503) 650-5631 <a href="http://www.clackamas.us/socialservices/veterans">www.clackamas.us/socialservices/veterans</a> Statewide: 1-855-673-2372</p>	<p>The <b>Clackamas County Veterans Services Office</b> helps veterans access their benefits, and helps veterans and their dependents with understanding and getting all benefits available to them under State and Federal laws.</p>
<p><b>Housing Programs</b></p> <p>Statewide: 1-855-673-2372 or 211</p> <p><a href="http://www.clackamas.us/socialservices/housingassistance">www.clackamas.us/socialservices/housingassistance</a></p>	<p><b>Coordinated Housing Access (CHA)</b> is the starting point for people who need emergency shelter and/or housing help in Clackamas County. Special programs are available for veterans, families and people with disabilities. Please call to find out what your options are. <b>(503) 650-8575</b></p> <p><b>Rent Well</b> is a class that helps people find and keep affordable rental housing. It is free for Clackamas County residents who have low to moderate incomes. Rent Well can be helpful for renters of all experience levels. <b>(503) 650-5647</b></p> <p><b>Housing Rights and Resources</b> Helps with education on housing discrimination, landlord/tenant rights, legal help for housing issues, and housing information and referral. <b>(503) 650-5750</b></p>
<p><b>Developmental Disabilities</b></p> <p>Clackamas County Intake: (503) 557-2824 <a href="http://www.clackamas.us/socialservices/developmental">www.clackamas.us/socialservices/developmental</a> Statewide: 1-855-673-2372</p>	<p><b>Children's Program:</b> Provides service coordination, case management, family support, residential services and crisis intervention to intellectually disabled or developmentally disabled children ages 0-18.</p> <p><b>Adult Program:</b> Provides service coordination, case management, information and referral, residential services, supported living services, employment and alternatives to employment, transportation, crisis services, and comprehensive in-home support services to intellectually disabled or developmentally disabled adults. Also provides protective services to IDDD adults.</p>

**For information about these and other programs, please call:**  
**The Clackamas County ADRC Information and Referral Line: (503) 650-5622**  
**Statewide ADRC Information and Referral Line: 1-855-673-2372**  
**7-1-1 Oregon Relay**  
**[www.ADRCoofOREGON.org](http://www.ADRCoofOREGON.org)**

