

# The information you need for the life you want.

Sometimes situations change so quickly, you don't know where to begin. Or you may be so overwhelmed with opinions, you aren't sure whose to trust.

Start with Imperial County Aging & Disability Resource Center (ICADRC)

Our welcoming office offer unbiased answers to all questions related to aging or living with a disability. We don't sell anything. We aren't affiliated with a company or product. Instead, we help Imperial County residents stay independent by connecting them with the resources they need.

Your best life starts with the right information. Find it here, at your Aging and Disability Resource Center.

# Get the answers and resources you need.

Visit or contact Imperial County ADRC today.

*Accommodations, materials in alternate formats, and after-hour appointments are available upon request. Hearing loops are available on site; please call to arrange for interpreters or captionists.*

[www.icadrc.org](http://www.icadrc.org)



# Independent. Like you.

Unbiased information to help you live the life you want.



# All about Aging and Disability Resource Centers

## What are Aging and Disability Resource Centers (ADRCs)?

Imperial County ADRC provides Imperial County residents with unbiased information related to aging or living with a disability. The goal is to help people maintain their independence by connecting them with the right resources.

## What are Aging and Disability Resource Centers (ADRCs)?

ICADRC serves older adults and people with disabilities, as well as the families, friends and caregivers who work with and care for them.

## How much does ICADRC services cost?

Information provided at ICADRC is free of charge to Imperial County residents.

## Where can I find the Imperial County ADRC?

ICADRC is located at 321 Wake Avenue. El Centro, CA 92243. Our phone number is (760)332-3213 and you can email us at [accessmedia@accesstoindependence.org](mailto:accessmedia@accesstoindependence.org)

## What types of resources can ICADRC provide?

- In-home personal care and nursing
- Housing options
- Housekeeping and chore services
- Home modifications
- Adaptive equipment
- Transportation
- Health, nutrition, and home-delivered meals
- Medicare, Medicaid, and Social Security
- Caregiver support and respite



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