



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

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COUNTY OFFERS NEW AGING AND DISABILITY RESOURCE CONNECTION *Fast, Friendly and Easy Access to Information and Assistance*

The County of San Diego Health and Human Services Agency Aging & Independence Services (AIS) is offering a new connection to resources for aging and disability services. The resource is available to all San Diego County residents looking for information for themselves or a loved one, on a professional or personal basis. The Aging and Disability Resource Connection (ADRC) is a one-stop shop for services, health information, assistive products, Medicare Part D updates, relevant legislation, fall prevention techniques, home and community-based care planning, and a protected site to store your own health-related information.

The resources are available at www.sandiego.networkofcare.org/aging. The Web site is backed up by both the AIS Call Center at **1-800-510-2020** and Access to Independence, the local Independent Living Center for people with disabilities, at **1-800-300-4326** (TTY: 1-800-959-9395).

The ADRC is part of a larger national initiative sponsored by the Administration on Aging and Centers for Medicare and Medicaid Services to improve access to information and resources to help support elderly and disabled persons and prevent unnecessary hospital and nursing home stays.

To obtain a brochure about the Aging and Disability Resource Connection, call (858) 495-5428.

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