

## Office of Aging and People with Disabilities Long-term Services



Are you an older adult or a person with physical disabilities looking for emotional, medical, or financial support? You may qualify for free services to help with loneliness, cognitive and mobility needs and more:

### Feeling lonely?

- GrandPads are easy-to-use tablets for calls, emails, and chat groups.
- *GetSetUp*: free classes on topics like cooking, exercise, and finances.
- Robot Pets are cute and lifelike for friendship and cuddling.

### Assistive technology

- Live more independently with tools like walkers and diabetic supplies.

### Support in your home:

- Get connected to homecare workers and other supports.
- We can help install wheelchair ramps, chair lifts and more.

### Daily Support:

- Prepared meals delivered to your home (up to 2 a day).
- Deep cleaning services.

### Financial Help:

- Guidance on budgets, organizing bills and payments.
- Emergency funds for rent and other urgent needs.

To learn more, find an APD office near you or online at [oregon.gov/odhs](https://oregon.gov/odhs).

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact the ODHS Office of Equity and Multicultural Services at [ODHSLanguageaccess@odhs.oregon.gov](mailto:ODHSLanguageaccess@odhs.oregon.gov) or 833-685-0841. We accept all relay calls.