

Information, Referral & Assistance

Our professional and friendly Information, Referral and Assistance staff are available to meet in-person, over the phone, or via email to help you access services and resources that may be available to you.

[Learn More](#)

We offer many types of assistance, including:

- Resources and referrals
- Senior Health Insurance Benefits Assistance (SHIBA)
- Senior law assistance
- Energy assistance outreach
- Tax preparation services
- Transportation coordination

We take a strengths-based and client-directed approach to developing and accessing resources to assist adults, ages 60+, in remaining independent in the communities of your choosing. Our care coordinators are highly trained professionals with the tools and experience to determine the level of care you need to remain independent and thriving. A care coordinator will listen to you and take a client-centered approach to help you connect with service providers across the county to ensure you have everything you need to live with dignity in the environment of your choosing. All of our Senior Services are offered free of charge.

Contact Us

For more information or to make a referral for a friend, neighbor, patient or loved one, please call (503) 224-2640, Monday–Friday, 9am–5pm, or contact us below.

[Contact Us](#)

Options Counseling

Options counselors work with you to help you make informed long-term care decisions, regardless of income. Options counselors help you determine your strengths, needs, preferences and unique situations. The options counselor translates this knowledge into possible support strategies, action plans, and tactics based on the choices available in the community. Options Counseling can be a stand-alone service for a participant, or can lead to Older Americans Act Case Management.

Older Americans Act (OAA) Case Management

Older Americans Act (OAA) Case Management is a service for individuals ages 60+ who need ongoing support to remain independent. Our expert care coordinators provide assistance in problem solving, advocate on your behalf, and connect you to resources and community supports to enhance your quality of life and future planning for your later years.

Family Caregiver Support

We provide case management services to unpaid caregivers, including friends, family and domestic partners providing care for people ages 60+ or for individuals of any age with Alzheimer's. Our care coordinators can access relief funds, which provide grants to pay for respite such as in-home assistance, adult day programs, or for self-care activities, to help you re-charge and avoid burnout caused by continuous caregiving.

Oregon Project Independence (OPI) In-Home Services

In-home services like personal care, chore services, and cleaning are available to help you meet your every-day needs. OPI is available to qualifying folks aged 60+ or people suffering from Alzheimer's who are not currently enrolled in Medicaid services. [Contact us](#) for more information.