

INDEPENDENT. LIKE YOU.

You're not navigating this **alone.**

Sometimes situations change so quickly, you don't know where to begin. Or you may feel so overwhelmed by opinions that you're not sure whose to trust.

Start with the Imperial County Aging & Disability Resource Center, a welcoming office staffed with people who listen first and help you find the right next step.

We don't sell anything. We aren't affiliated with a company or product. We're here to help Imperial County residents stay independent by connecting them with the resources they need.

QUESTIONS WE HEAR EVERY DAY

“Where do I even begin?”

“Can my mom stay in her own home?”

“What does any of this cost?”

"Your best life starts with the right information. Find it here."

IMPERIAL COUNTY ADRC



Imperial County ADRC

1405 N. Imperial Ave., Suite C
El Centro, CA 92243

Free, unbiased information for every Imperial County resident.

A COALITION OF PARTNERS

- Access to Independence
- Imperial County Public Administrator
- BUHSD Family Resource Center
- Goodwill Industries of Imperial County
- Volunteers of America Southwest

Bilingual help • Se habla español.

www.icadrc.org

Connecting Our Community to Care.

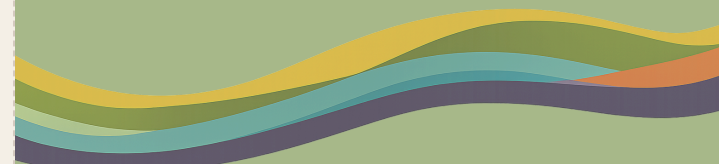


IMPERIAL COUNTY
**AGING & DISABILITY
RESOURCE CENTER**

IMPERIAL COUNTY ADRC

The information you need for the life you **want.**

Free, trusted help with aging, disability, and caregiving in Imperial County.



WHAT WE DO

One call. The right **next step.**

The ADRC is a "no wrong door" connection point for older adults, people with disabilities, and the families who care for them. Reach out by phone, walk in, or referral. A navigator will help you sort what's urgent, what's free, and what comes next.

Free of charge

Bilingual · Se habla español



FOR PARTNERS & CAREGIVERS

Send a referral.

Scan with your phone camera to open the referral form, or visit icadrc.org/refer.

HOW IT WORKS

- 1 Tell us what's going on. Call, walk in, or reach out online.
- 2 We listen, then map your options clearly and honestly.
- 3 We connect you to the right local partner and follow up.

WHAT WE CONNECT TO

Trusted services across Imperial County.



In-Home Care & Nursing

Personal care, housekeeping, chore services, and skilled nursing at home.



Housing & Home Modifications

Help finding a place to live, plus ramps, grab bars, and accessibility upgrades.



Adaptive Equipment

Wheelchairs, walkers, hearing devices, and assistive technology.



Transportation

Rides to medical, daily-life, and benefits-related appointments.



Health, Nutrition & Meals

Home-delivered meals, congregate dining, and wellness programs.



Medicare, Medi-Cal & Social Security

Free, unbiased benefits counseling. Real answers, no strings.



Caregiver Support & Respite

Support groups, training, and short-term respite so caregivers can rest.

WHO WE SERVE

Older adults, people with disabilities & the people who love them.

Whether you're caring for a parent, navigating a new diagnosis, helping a neighbor age in place, or planning for your own future, start with us. Information at the ICADRC is free of charge to all Imperial County residents.

ACCESSIBLE TO ALL

Accommodations, alternate formats, and after-hour appointments available on request. Hearing loops on site; call ahead to arrange interpreters or captionists.

START THE CONVERSATION

760-332-3213

1405 N. Imperial Ave., Suite C
El Centro, CA 92243

Mon to Fri · 8 AM to 5 PM

accessmedia@accesstoindependence.org

www.icadrc.org