



Are you an adult age 19 to 59 with physical disabilities?

If so, there is a program that may be able to help.

The program is called Oregon Project Independence (OPI). It is for adults age 19 to 59 who:

- Live in Oregon
- Have a physical disability
- Do not receive Medicaid
- Need help from another person with activities like walking, dressing, using the restroom, and bathing

The type of help depends on a person's needs. Some things people may be able to get help with are:

Bathing	Dressing/grooming	Personal care
Walking	Using the restroom	Housekeeping
Meal preparation	Assisted transportation	Shopping
Medication management	Reminders	Caregiver respite
Home delivered meals	Adult Day Services	

There may be a small cost for services using a sliding scale fee.

To learn more or to apply, contact NorthWest Senior and Disability Services Aging and Disability Resource Connection at 1-866-206-4799.