You are never too young or too old to start planning for your long-term care needs!

Options Counseling can help you and your family plan for the future!

Who do we serve?

The Options Counseling Program assists all older adults, persons with disabilities, caregivers or family members who wish to explore available aging and disability services and supports in their community.

Options Counseling is offered for a nominal fee.

How can Options Counseling benefit me?

If you answer yes to any of the following questions, options counseling may be for you.

- ➔ Have you had a change in your health which requires some additional assistance?
- ➔ Is your family concerned about you living on your own?
- ➔ Do you have physical limitations that keep you from completing daily chores?
- ➔ Have you fallen recently or are you concerned about safety in your home?

If yes, contact us at 1-800-551-3191 for more information.

OPTIONS COUNSELING

Options Counseling Program

A service of the Aging & Disability Resource Center

1-800-551-3191

MONTANA DPHHS

Healthy People. Healthy Communities.

Department of Public Health & Human Services

Options Counseling

There are many choices, and just as many questions about long term care planning: "What kind of care would I need in order for me to stay in my home as I age? Where do I even start? How do I help my friend or loved one with this planning? What does this all mean?"

Options Counseling could be the answer. An Options Counselor helps you weigh the pros and cons of the services available in your community including accessing public benefits for which you may qualify.

The counselor will work with you, family members, significant others, and/or friends to assist you in your decision making, including development of an action plan that supports and works for you to live where you want. Services are available to help in a variety of living situations: in-home or a facility.

Options Counseling is about your choices.

Planning for today & tomorrow.

Options Counseling can help . . .

MEET . . .

- ➔ One-on-one with a counselor to discuss what your short and long term care needs are.
- ➔ To discuss your priorities? What does your ideal living situation look like?

ASSESS . . .

- ➔ What community services could benefit you?
- ➔ Together and develop an action plan that works for you.

CONNECT . . .

- ➔ You with the options available in the community where you reside.

Options Counseling provides . . .

- ➔ Personalized approach that ensures that your choices are respected.
- ➔ Unbiased information about long-term care services and supports.
- ➔ Explore services and options on paying for the services.
- ➔ Referrals related to your particular needs and wishes.
- ➔ Assistance with planning the next steps utilizing a written action plan.
- ➔ Follow up.

For more information contact us at:
1-800-551-3191
Monday - Friday, 8 am - 5 pm
or
your local ADRC at:

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