

# Options Counseling Program

*Supporting Independence for Persons of All Ages.*

The Options Program is part of an initiative between the U.S. Administration on Aging and the Centers for Medicare and Medicaid Services to empower consumers to make informed decisions regarding care options.

## Services

The Options program provides information and decision support regarding:

- Home and community based supports
- Institutional services
- Resources to assist in paying for care
- Referrals to other providers and links to various resources

The purpose of the Options Counseling Program is to assist people with making informed decisions about care options for themselves or their loved ones and/or to determine a plan for present or future needs. The Options Counseling Program is a short-term service with no income or need based restrictions.

## Eligibility

Adults of any age can request assistance with exploring care options.

Options Counselors are available to meet with adults at any site. This may include:

- Individual's home
- Community site
- Elder Services office
- Hospital
- Nursing Facility
- Assisted Living Residence
- Workplace
- Senior Centers

## Outcomes

- Consumers will have more information regarding resources available.
- Consumers will be supported in making decisions regarding care options.
- Consumers will receive care in the setting of their choice.
- The plan of care will be consumer-centered and consumer-directed.

## More Information

For information on Massachusetts' programs for elders and their families or to arrange a session with an Options Counselor, please call 800-892-0890.

