



Options Counseling

Person-centered, person-directed support, helping people make informed choices

When an older person, or an adult over the age of 18 with a disability, faces the need for supportive services to help with basic activities (such as personal care, household chores, transportation, nutrition or medication management), locating and evaluating options can be a challenging task. The choices are varied and can feel overwhelming.

The decision can be made more manageable with the help of a knowledgeable Options Counselor to provide information about the full range of public and private long-term services and supports. This free service is available to people over age 60 and adults with disabilities over the age of 18, and is provided by phone or email, or in-person in the home, hospital or nursing facility.

Options Counseling:

- Provides unbiased information about long term care services and resources
- Is a short-term intervention that can be completed in one meeting or a few, as needed
- Ensures that the individual retains control over the process
- Provides decision support
- Helps determine next steps to take
- Is available to family caregivers as well

No Wrong Door

This program is available through a partnership with the Metro Boston Aging and Disability Resource Consortium (ADRC), a group of non-profit elder service and disability organizations committed to independent living and providing options for long term services and support to older adults and persons with disabilities of all ages.

The Massachusetts Aging and Disability Consortia (ADRCs) provide a No Wrong Door system and are trusted places in the community that offer consumers a coordinated system of unbiased, reliable information and access to long term services and supports regardless of age, disability or income.

For more information about this program, contact us at 888-222-6171 or email us at elderinfo@minutemansenior.org

Interpreter Services Available

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