



Options Counseling

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

When an older adult, 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 the age of 60 and adults over the age of 18 with a disability, 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 & 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 & 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, call us at (888) 222-6171 or visit our website at www.MinutemanSenior.org



Interpreter Services Available

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Toll Free (888) 222-6171 • www.MinutemanSenior.org • info@MinutemanSenior.org

MassRelay: 711 or (800) 439-2370 (TTY/ASCII)