

## OUR PROGRAMS

### OPTIONS COUNSELING: Our Signature Program

**When you know all your options,  
you can make better choices.**

Knowledgeable, trained Options Counselors provide free information, support, and follow-up to you, your family, and caregivers about available resources, services, and more in your community.

*This free service is funded by the Massachusetts Executive Office of Elder Affairs and the Massachusetts Rehabilitation Commission*

### EDUCATION AND TRAININGS

**We're helping to raise awareness and build more livable communities for all.**

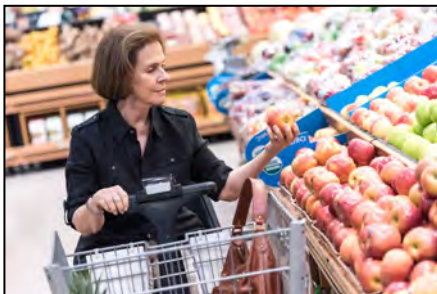
Education about a variety of disability awareness and community livability topics. Trainings can be customized to the needs of your specific audience.

### ONE CARE PROGRAM

**We're the community partner  
on your medical team.**

Long-Term Support Services Coordinators help organize your plan of care.

*If you're insured by both MassHealth (Medicaid) and Medicare and live in Essex County, you may be eligible for the One Care program offered in Massachusetts by Commonwealth Care Alliance.*



## WHAT IS THE LINK?

Formerly known as the Aging and Disability Resource Consortium of the Greater North Shore, we are the state-authorized non-profit connecting people of all ages and all abilities with community resources

The Link's leadership team is made up of the trusted agencies listed below.

### Element Care

Greater Lynn Senior Services

Independent Living Center of  
The North Shore and Cape Ann

Northeast Arc

North Shore Elder Services

North Shore Career Services

SeniorCare Inc.



**All Ages • All Abilities**

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**The world is  
an increasingly  
inclusive and  
diverse place.**

**Are you  
in step with  
best practices?**



**All Ages • All Abilities**



**T**he Americans With Disabilities Act (ADA) is the law, but including people living with disabilities and really welcoming them into our communities is an entirely different matter.



**How do you react when you meet someone living with a disability?**

Do you feel uneasy because you don't know what to do or say?

*Liz works in a downtown office building. One day while exiting the building, she finds herself next to a man who uses hand braces to get around. Liz isn't sure what to do or if she should offer to help.*

Have you ever found yourself in a similar situation?

1 in 5 people today is living with a disability. If your employees are not in step with best practices, you're at risk and losing out! *Our unique training can help.*

**Our unique training can help.**

Etiquette is one important aspect of our training, but we also take a more comprehensive approach to the discussion of disabilities; present an overview of how our society has historically defined and addressed the issue of disabilities; and look at how all of that has shaped public policy and why that matters in our personal and professional lives.

**Gain confidence, knowledge, and new skills!**

Participants will better understand what it is like to live with a disability in today's complex world.



*Liz now knows that it is always best to ask first before doing anything to help a person living with a disability. Many people can—and prefer to—manage their own environment. But don't be afraid to ask! We all need a little help sometimes.*

**How long is the training?**

The training can be delivered in one 4-hour session or two 2-hour sessions.

**For more information, contact:**

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*We offer special rates for nonprofits and our partner members. There are lots of benefits to becoming a Greater North Shore Link partner. Call or email us to learn more!*



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