

Who offers this service?

Options Counseling is funded by the Commonwealth of Massachusetts Executive Office of Elder Affairs and the Massachusetts Rehabilitation Commission. It is a free service.

Where can I get more information?

To learn more, contact any of the following agencies:

- **Greater North Shore Link**
978-624-2206
www.northshorelink.org
- **Greater Lynn Senior Services**
781-599-0110
Toll Free: 1-888-499-5324
TDD: 781-477-9632
www.glss.net
- **Independent Living Center of the North Shore and Cape Ann**
978-741-0077
Toll Free: 1-888-751-0077
TTY: 978-745-1735
www.ilcnsca.org
- **North Shore Elder Services**
978-750-4540
TTY: 978-624-2244
www.nselder.org
- **SeniorCare, Inc.**
978-281-1750
Toll free: 1-866-927-1050
TTY: 978-282-1836
www.seniorcareinc.org



Know Your Options!

OPTIONS COUNSELING



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

Options Counseling Program

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

- Move in with family
- Enter a nursing home
- Apply to an assisted living
- Remain at home with help

The decision can be made more manageable with the support of a knowledgeable Options Counselor to provide information about the range of community resources available, and ensure that the individual and /or family understands the options, can make an informed choice and determine the next steps to take.



Options Counseling Services

- Are available by telephone, in-person or email/web
- Can be provided at home, at an agency, a hospital, rehabilitation or nursing facility
- Are available at no cost
- Provide objective information about long term care services and resources
- Can be provided in one session or over a series of meetings
- Ensure that the individual retains control over the process
- Provide decision support
- Help to determine next steps

What is the LINK?

Greater North Shore Link is a group of aging and disability service agencies working together to provide information and access to community services for all persons seeking assistance.

Who does the LINK serve?

- Individuals of any age with any disability
- People age 60 and older
- Family members and caregivers

The LINK Leadership Agencies include:

- 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 Center
- SeniorCare Inc.



All Ages • All Abilities