

## 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](http://www.northshorelink.org)
- **Greater Lynn Senior Services**  
781-599-0110  
Toll Free: 1-888-499-5324  
TDD: 781-477-9632  
[www.glss.net](http://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](http://www.ilcnsca.org)
- **North Shore Elder Services**  
978-750-4540  
TTY: 978-624-2244  
[www.nselder.org](http://www.nselder.org)
- **SeniorCare, Inc.**  
978-281-1750  
Toll free: 1-866-927-1050  
TTY: 978-282-1836  
[www.seniorcareinc.org](http://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**