

Options Counseling

The ADRC helps individuals plan and make informed decisions through an interactive decision support process. This includes a discussion of the individual's wishes, needs and goals in order to help the individual identify and evaluate options available.

Options counseling includes the following:

- A vast range of community resources and service options available to the individual, including but not limited to: home care, housing, nutritional resources, community services, residential care, nursing home care, and case management services. Factors to consider: services, cost, quality, compatibility with individual preference, goals and outcomes
- Opportunities and methods for maximizing independence and self-reliance, including the utilization of supports from family, friends and community and the self-determination approach.
- The sources and methods of both public and private payment for long-term care services, including: information about the long-term care programs available in the area, such as Family Care, IRIS, Partnership, and other programs for which the person may be eligible.