



OPTIONS COUNSELING

WHAT IS OPTIONS COUNSELING?

- Options Counseling is having a conversation with a trained professional in the field of aging and disability who helps you identify your needs and goals in order to explore long term service and support options. Options Counselors explain the different things to consider as you age and then support you in the decision-making process. They can help you make a plan and support you in accessing the programs and services that are available to help you meet your goals. The goal of Options Counseling is for you to feel supported through the process. Options Counselors will provide education and referrals to resources that promote dignity and independence as you age.

SOME REASONS WHY PEOPLE SEEK OPTIONS COUNSELING:

- My loved one (or myself) is getting older and I want to know what is available in terms of financial assistance and care.
- My loved one (or myself) is living with a disability and I need to know what my options are in terms of financial assistance and care.
- I want to plan for myself or my loved one, so I know the programs and services that are available in my community for older adults.
- I would like to learn what is available to support me as I age that will help me remain in my home and live as independently as possible.
- If you or a loved one are 60 years of age or older, or 18 and over living with a disability and you answered “yes” to any of the above, you might benefit from options counseling.

WHAT TO EXPECT FROM OPTIONS COUNSELING

- The Options Counselors will meet with you- or you and your family or friend, if you desire – and ask a series of questions about your situation - what you feel are your challenges and what you think you need and want as you get older.
- Some of the questions to consider are:
 - How are you doing right now?

- What is working, what is not working?
 - What has worked in the past?
 - What would you like to change?
 - What do you think would work for you?
 - What is important to you and what is important for you?
- The Options Counselor will help you create an action plan prioritizing your needs and the steps to help you meet your goals and support you in making these choices. They will give you information about services available in your community, referrals and resources to meet your needs, and ways to talk with others about your plans.
- Once the situation is stabilized, the Options Counselor will close your file but you can always call back if you have questions in the future.

HOW DO I SCHEDULE AN APPOINTMENT?

- If you would like to schedule an appointment to meet with an Options Counselor, please call or send an email.

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