

# OPTIONS COUNSELING



## Do you need to explore your options for long term services and supports?

Our Office on Aging Options Counselors can help you identify your specific needs and goals, explain options to consider, support you in the decision making process and provide education and referrals to resources that promote dignity and independence as you age. Options Counselors will help you make a plan and assist you in accessing the programs and services that are available to you.

### If you are considering any of the following, Options Counseling could be an option for you:

- 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.

### Before your meeting with an Options Counselor, consider the following questions:

- 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?

**We are here for you, even after your situation has stabilized. Your Options Counselor will be available should you have questions in the future.**

**Contact us today to set up an appointment by phone or in person!**

970.498.7750 • Or email us at [ADRC@larimer.gov](mailto:ADRC@larimer.gov)

[larimer.gov/humanservices/aging/ooa](https://larimer.gov/humanservices/aging/ooa)