

There are many options to help older people and individuals with disabilities live as independently as possible in the setting of their choice.



Finding out what these options are on your own can be overwhelming and time consuming. Call us and let us help you make informed decisions about the services that best meet your needs. Our Elder Care Advisors can help you learn what your options are and help you to make choices that are best for you and your family.



#### **Service Area**

Agawam, Brimfield, East Longmeadow, Hampden, Holland, Longmeadow, Monson, Palmer, Springfield, Wales, West Springfield, and Wilbraham.

*If you need assistance outside this area, call us. If we can't help you, we will put you in contact with resources closest to your home or workplace.*



**Greater Springfield Senior Services, Inc.**  
An Area Agency on Aging & Aging Services Access Point

66 Industry Avenue, Suite 9, Springfield, Massachusetts 01104  
**413-781-8800 TDD: 413-272-0399 gsssi.org**

GSSSI is an AA/EOE. Its programs are funded in whole, or in part, by contracts with the Massachusetts Executive Office of Elder Affairs and private donations.  
1-800-Age-Info 800ageinfo.com

# You Have Choices

*Let Us Help You Make the Right Ones!*



**Options  
Counseling  
for Long Term Care**



Let us help you  
find the services and options  
available for long term care.

### What is Options Counseling?

A free service that:

- Assists people in making informed decisions about nursing home placement and living at home or other community setting with services
- Focuses on consumer's personal goals and preferences
- Can be provided at home, at an agency, in a hospital, rehabilitation or nursing facility

### Who can receive it?

- People of any age who have any type of disability
- People age 60 and older
- Caregivers

### How can it help you?

An Elder Care Advisor will **work with you** to:

- Help develop a personal long term care plan
- Explore financial resources for your care plan
- Give you information about community services
- Make recommendations as needed

To connect with an Elder Care Advisor contact  
Greater Springfield Senior Services Information  
and Referral Department: 413-781-8800.

The Options Counseling Program is administered by the Executive Office of Elder Affairs and the Massachusetts Rehabilitation Commission, and is a service of the Aging and Disability Resources Consortiums.



Sometimes it just takes a helping hand to be independent. At GSSSI, we have many helping hands.