



# OPTIONS COUNSELING

The aging process can be overwhelming. There are many resources available to help you or your loved one age, but it can be stressful to navigate all your options. That's where an Options Counselor comes in.

## ***How Can Options Counseling Help Me?***

Options Counseling is a short-term service that provides mobile information and person-centered decision making support.

An Options Counselor offers unbiased information to help people find long-term support and resources for aging. Options Counselors can also provide guidance on where to live, whether that means staying home, moving in with family, or finding an assisted living or nursing facility. An Options Counselor will support your decision-making by offering care options and available resources, including any public benefits you may be eligible for.

## ***Eligibility & Cost***

Options Counseling is a free service for adults aged 60+, adults living with a disability, and their family members and caregivers.

## ***How It Works***

An Options Counselor can meet with you in the community or speak with you over the phone and will help you determine the next steps for you and your loved one. Consumers receive tailored information about resources available.

An Options Counselor can refer to other providers, including other state agency programs, and connect people to various resources.

## ***Cities and Towns We Service***

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

*Don't see your town? Call us today and we can connect you to the agency that serves you!*



*"We have been with GSSSI for 10 years and are so grateful to have them. They provide lots of support to the disabled and caregivers."*

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information

