

Options Counseling

A decision and support process including:

- Listening to expressed preferences, values & needs
- Talking about options based on needs and preferences
- Supporting an individual to make informed choices
- Connecting the individual to services
- Following up with the individual (status check-in)

Call or email for an appointment to meet with our counselor.

919-731-1608

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Wayne County Services on Aging
2001 E Ash St.
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Options Counseling

Helps individuals consider a range of possibilities when making decisions about long-term services and supports planning for future needs.

Who can benefit from

Options Counseling?

A person who is:

- Having increased difficulty managing household tasks such as cooking, cleaning and shopping, but wants to remain in the home
- No longer driving due to chronic health condition and lives alone in an area without readily available public transportation
- Trying to decide whether to move in with family, move to an apartment, or move to an assisted living facility
- Planning to retire and wants to discuss options to sustain health, wellness and independence
- Returning home from a rehabilitation center
- Relocating and exploring available housing and other support options
- Supporting an adult with a disability, and wants to make plans in the event of being unable to continue providing care
- Unsure of how to begin planning for future personal and family needs after a recent diagnosis of early on-set of Alzheimer's disease
- Concerned about the well-being planning of an aging parent living alone and making contact on behalf of the parent to learn about available support