



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

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)

Those eligible for Information & Assistance services are persons 60 years of age and older or persons acting on behalf of persons age 60 and older and who are in need of information or services.

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

919-731-1608

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