

OPTIONS COUNSELING HELPS YOU:

- Explore your future care
- Evaluate your long-term care options, including the pros and cons of specific choices for now and for the future
- Develop an action plan based on what is important to you
- Connect with local resources



NOTES



Call your local ServiceLink
1-866-634-9412 (Toll Free) or
servicelink.nh.gov

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Options Counseling



Counseling to help guide
and support you and
your loved ones



1-866-634-9412 servicelink.nh.gov

Options Counseling



WHO PROVIDES OPTIONS COUNSELING?

Each local ServiceLink Aging and Disability Resource Center has an Options Counselor as part of its specialized team.

An Options Counselor is a knowledgeable and experienced guide to support you while you explore your choices about the assistance or care that meets your needs.

Options Counseling can be provided in person through home visits, office visits and appointments, or by phone or email.

SOMETIMES YOU NEED HELP AND DON'T KNOW WHAT OPTIONS YOU HAVE.



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OPTIONS COUNSELING CAN PROVIDE GUIDANCE & SUPPORT FOR ASSISTANCE WITH:

- Helping someone else (children or adults).
- Finding finance and payment options to help pay for needs such as: child care, health care, food, and long term supports and services.
- Connecting you to available housing and community living options.
- Planning for and preparing for your long term care needs and/or palliative care.
- Understanding and connecting to supports for veterans and military families.
- Learning about Medicaid.