



If you answer yes
to any of these
questions,
Options Counseling
may be for you!



Options Counseling

Assisting individuals
to make informed
choices about services
and resources that
will facilitate their
independence in the
setting of their choice.

- Have you had a change in your health which requires additional assistance?
- Are you or a loved one concerned about your ability to live on your own?
- Are you feeling overwhelmed trying to make a decision about your future?
- Are you worried about returning home after a stay at a rehabilitation facility or nursing home?
- Are you contemplating moving but don't know where to start?



Who do we serve?

- People age 60 and older
- Persons with disabilities
 - Caregivers
- Family members

To connect with an
Options Counselor
contact Highland Valley
Elder Services Information
and Referral Department:
413-586-2000

www.highlandvalley.org

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



Highland Valley
ELDER SERVICES





Highland Valley
ELDER SERVICES

It's our purpose to assist these communities by offering home-based supportive services that increase older adults' independence and choice:

Amherst • Blandford • Chester •
Chesterfield • Cumington •
Easthampton • Goshen •
Granville • Hadley • Hatfield •
Huntington • Middlefield •
Montgomery • Northampton •
Pelham • Plainfield •
Russell • Southampton • Southwick •
Tolland • Westfield •
Westhampton • Williamsburg •
Worthington



Options Counseling Provides:

- Free consultation with a certified Options Counselor.
- Unbiased information.
- One-on-one meeting either in person, over the phone or by email to discuss what your short and long term goals are.
- Personalized approach that ensures that your choices are respected.
- Exploration of options for paying for services.
- Referrals related to your particular needs and wishes.
- Assistance with planning the next steps.
- Information about long-term care services and supports.