

OPTIONS COUNSELING

Long-term care options counseling is a process whereby older individuals and/or their families are supported in their deliberations to determine appropriate long-term care choices.

The process may include developing action steps toward a goal or a long-term support services plan, and when requested, assistance in accessing support options. It also includes follow-up with the individual.



Essential components of Options Counseling include:

- A personal interview
- Discussing with the individual available options
- Facilitating a decision-support process (weighing pros/cons of various options)
 - Being available to assist the individual in choosing the options they want based on their strengths, preferences, and values
 - Including personal, public and private resources
- Working with the individual in the development of an action plan, as requested
- Working with the individual for direct access services (as requested)
- Follow-up

Staff is available to discuss options with individuals and their families that can meet their immediate and long-term identified needs. Contact us at 208-667-3179, 800-786-5536 or infoassist@aaani.org

Area Agency on Aging of North Idaho

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