

Options Counselors -

- * Offer a supportive relationship that helps consumers and their families make informed choices about meeting current and long-term care needs.
- * Offer a firm foundation in quality information and referral/assistance.
- * Offer an assessment approach that is person centered and incorporates consumer preferences, strengths, culture and individual situations.
- * Has the skills to assist individuals and families in decision making.

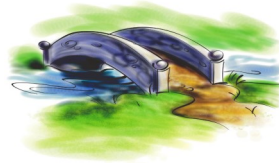


Get Connected.

1-855-ORE-ADRC

1-855-673-2372

Www.ADRCoforegon.org



"BUILDING BRIDGES TO SELF-SUFFICIENCY"

For Information or to schedule an appointment call:

Community Action Team
Aging & Disability Resource Connection
125 N. 17th Street
St. Helens, OR 97051
Phone: (503) 397-3511
Toll Free: (800) 404-3511
Fax: (503) 397-3290
E-mail: jdavis@cat-team.org

Community Action Team, Inc.
125 N. 17th Street
St. Helens, OR 97051
Phone: (503) 397-3511
Toll Free: (800) 404-3511
Fax: (503) 397-3290

Options Counseling



Planning for your
long-term care
needs.
**You have choices.
You have a voice.**

Community Action Team, Inc.
Senior, Respite and Veteran Services
125 N. 17th Street
St. Helens, OR 97051
Phone: 503-366-6560
Toll Free: 800-404-3511

Information You Need.

Options Counseling provides seniors over 60 and people with disabilities over 18 years of age with the information they need on both current and long-term services and supports in order to live independently in their community, regardless of disability or income. Options Counselors are trained to work with you, family members and/or significant others to connect you to vital resources and services that fit your current situation and preferences and allow you to stay in your home.

Options Counseling is a FREE service. The program is funded by the Older American's Act and The Aging and Disability Resource Connection of Oregon.

Options Counselors present a range of options for long-term care needs to people who are soon to be discharged from a hospital or rehabilitation facility; have been admitted to a long-term care facility following a hospital stay; are facing admission to or residing in a nursing facility; or are simply wanting to remain in their own home as long as possible.

Develop your own plan.

An Options Counselor can help you develop your own personal care plan and connect you to options and supports that help you remain in your community.

Whether you are:

- In a nursing home
- In the hospital
- In a rehabilitation facility
- In a community setting
- In your own home

An Options counselor can guide you through question such as:

- Can I live in the community safely and independently?
- What services and supports are available for me in my home?
- Can I go to a rehabilitation facility or nursing home temporarily and then return to my home?
- What services, assistive devices, or home modifications are available to support me in my home?
- What funding resources may be available for supports and services?

We serve:

Who Do We Serve?

- Seniors age 60 and over
- Persons over 18 who have a disability
- Family members or caregivers

Examples of the services an Options Counselor can provide:

- Unbiased information about current and long term care services and supports
- Assistance with referrals and resources as needed
- Information about resources available to pay for the services
- A consumer-driven approach that ensures your choices are respected
- Follow-up and help with planning next steps
- Counseling when and where you need it.

Please contact our Options Counselors for more information or to make an appointment. They will visit you in your own home, meet with you in a nursing home or rehabilitation facility or are available by telephone and e-mail.