

WHAT IS THE ADRCGNS?

The Aging and Disability Resource Consortium of the Greater North Shore (ADRCGNS) is a collaboration of aging services agencies and disability services agencies, working together to provide smooth access to information and services for all persons seeking long-term services and supports, regardless of age, type of disability, or income.

The ADRCGNS provides a “No Wrong Door” model so individuals can contact any agency to access services and supports from all of the partner agencies.

WHO DOES THE ADRCGNS SERVE?

The ADRCGNS serves:

- Persons of any age who have any type of disability
- Seniors age 60 and older
- Family members and caregivers.



THE AGING AND DISABILITY RESOURCE CONSORTIUM OF THE GREATER NORTH SHORE

To access services, call any ADRCGNS member below.

- **Elder Service Plan of the North Shore**
781-715-6608
www.pacenorthshore.org
- **Greater Lynn Senior Services**
781-599-0110
Toll Free: 1-888-499-5324
TDD: 781-477-9632
www.glss.net
- **Independent Living Center of the North Shore and Cape Ann, Inc.**
978-741-0077
Toll Free: 1-888-751-0077
TTY: 978-745-1735
www.ilensca.org
- **North Shore Elder Services**
978-750-4540
TTY: 978-624-2244
www.nselder.org
- **SeniorCare, Inc.**
978-281-1750
TTY: 978-282-1836
www.seniorcareinc.org

Options Counseling is the law—and *your right!*—in Massachusetts. It is funded by the Commonwealth of Massachusetts Executive Office of Elder Affairs and the Massachusetts Rehabilitation Commission from your tax dollars. There is no fee to you for this service.

Know Your Options!



Because...
when you know
all your options,
you can make
better choices.

OPTIONS COUNSELING

A free service offered by:

**THE AGING AND DISABILITY
RESOURCE CONSORTIUM
OF THE GREATER NORTH SHORE**



Whether you're at home or in a hospital or a nursing facility, making decisions about your future can feel overwhelming. Our trained counselors can help you identify and sort through your options, so you can make the best possible choices.

If you need to make decisions about your future, you probably have a lot of questions...

- Can I live in the community, safely and independently?
- If so, can I leave the nursing home and return to a community setting?
- What services, assistive devices, and/or home modifications are available to support me so that I can remain living at home?
- Does my current insurance cover any of these?
- If not, what funding, loans, or donations may be available?
- Can I privately pay for services, assistive devices, or home modifications?
- Can I go to a rehabilitation facility or temporarily to a nursing home and then return to my own home?

Our knowledgeable, trained counselors can help you find answers by providing unbiased information, support, and follow-up with you and your family and caregivers about available options for long-term care, housing, services, and more.

Do I need to schedule an appointment?

Yes. Simply call any of the agencies listed on the reverse side and ask for Options Counseling. A counselor will speak with you at that time or call you back within 24 hours and set up a time to meet either in person—at your home, the hospital, or nursing facility—or by telephone or e-mail, if you prefer. Family members or caregivers are welcome to call for you or join you during these meetings.

Does this service cost me anything?

No. This is a free service provided to anyone, regardless of income level.



“My counselor gave me hope for the first time in years...”



Robin, a 55-year-old woman with multiple sclerosis, had been living in a nursing home for more than 5 years. She did not have much family nearby and had given up hope of ever moving back to a community setting. Through a friend, she heard about Options Counseling and called.

Working together, Robin and her Options Counselor realized Robin's dream of returning to independent living. After reviewing her insurance and history, the Counselor discovered that Robin was eligible for supportive housing and services. She moved into a congregate house not far from where she grew up. Robin hired a personal care attendant to assist her with her needs, and can tap into other helpful services 24 hours a day. Today, Robin is thriving, physically and socially—and she feels happy and independent again.