

The Boston Aging and Disability Resource Consortium ensures that there is *no wrong door* when an elder or a person with a disability contacts one of our agencies for assistance or services.

**Boston Commission on Affairs of the Elderly**

1 City Hall Square, Room 271  
Boston, MA 02201-2010  
T: 617-635-4366  
TTY: 617-635-4599  
[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)

**Boston Center for Independent Living**

60 Temple Place, 5th floor  
Boston, MA 02111-1324  
T: 617-338-6665  
TTY: 617-338-6662  
[www.bostoncil.org](http://www.bostoncil.org)

**Boston Senior Home Care**

89 South Street, Suite 501  
Boston, MA 02111-2651  
T: 617-451-6400  
TTY: 617-451-6404  
[www.bshcinfo.org](http://www.bshcinfo.org)

**Central Boston Elder Services**

2315 Washington Street  
Boston, MA 02119-3214  
T: 617-277-7416  
TTY: 617-277-6691  
[www.centralboston.org](http://www.centralboston.org)

**Ethos**

555 Amory Street  
Jamaica Plain, MA 02130-2672  
T: 617-522-6700  
TDD: 617-524-2687  
[www.ethocare.org](http://www.ethocare.org)



**To Enroll or Make a Referral**

Call the Boston Elder*INFO* referral line today at 617-292-6211 and ask for more information about *Options Counseling*.

**Make a Referral**

**Tel: 617-292-6211**  
TTY: 617-451-6404  
[info@bshcinfo.org](mailto:info@bshcinfo.org)  
800-Age-INFO (800-243-4636)

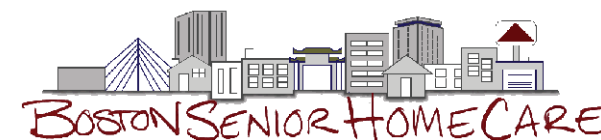
Visit our website at  
[www.bshcinfo.org](http://www.bshcinfo.org)



**Options Counseling**



**Your Home  
Your Choice  
Your Care**



**Options Counseling** provides seniors over 60 and people with disabilities of any age with the information they need on 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 Commonwealth of Massachusetts Executive Office of Elder Affairs and the Massachusetts Rehabilitation Commission and offered through the Suffolk County Aging and Disability Resource Consortium, a group of non-profit elder service and disability organizations.



### ***Develop your own plan:***

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

### **Whether you are:**

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

### **An Options Counselor can give you quick streamlined access to the resources in your community:**

- Information and Referrals
- Services and supports available in your home.
- Advice on program eligibility and enrollment.
- Services, assistive devices, or home modifications.
- Counseling on long-term care transition planning.



### **Examples of the types of services an Options Counselor can provide:**

- Unbiased information about long-term services and supports
- Assistance with referrals and resources as needed
- Information about resources available to pay for the services
- Referrals to experts in the field of your particular disability
- A consumer-driven approach that ensures that 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 you in the hospital, or meet with you in a nursing home or in a rehab facility. They are also available by telephone and email.