

Know Your Options Decide Your Future

Long Term Counseling and Services for Seniors(60+) and People with Disabilities(18+)

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Agenda

- Introduction: Definition of Options Counseling
- Historical Perspective: How Did We Get Here?
- Information and Assistance/Options Counselors
- Counseling from experience
- Sigmund Freud known as the father of Psychoanalysis
- Using Self Disclosure as a technique without telling your whole life story
- Six(6) core competencies
- Long-term care counseling services from the consumer perspective

Introduction

- DCOA/ADRC has adopted the AOA definition of Options Counseling (OC). Options Counseling is formally defined as a person-centered, interactive, decision-support process whereby individuals receive assistance in their deliberations to make informed, long-term and short-term choices in the context of their own preferences, strengths and values. The essential components of OC include the personal interview, assistance with the identification of choices available, assisting with an individual plan, link of services and follow up. OC is available to persons regardless of their income or financial assets.
- The purpose of OC and the six(6) core competencies of Options Counseling
- Tools for Counseling/Reality therapy

Historical Perspective

- Options Counseling was launched in June 2008 in Massachusetts to help the aging and disabled persons to remain in the community and engaged in their communities for as long as possible. The Massachusetts Options Counseling Model was in response to a mandate to provide pre-admission counseling to consumers *prior to admission to nursing facilities*.
- Grants were awarded to 19 states in October 2010 by the Administration on Aging(AoA)

How Did We Get Here?

- There is an underserved population throughout the United States and the District of Columbia consisting of Aging and Disabled persons
- There is limited knowledge of the existence and function of the Office On Aging/Aging and Disability Resource Center and Senior Network Centers in their wards
- People are not sure where to turn even when they are suffering with depression and thoughts of suicide

Six(6) Core Competencies

- Determining the need for Options Counseling
- Assess the needs, values and preferences of consumers
- Understand and educate the consumers about public and private resources
- Facilitate Self Determination/Empowerment
- Encourage consumers to know their Options and Decide their Future
- Follow up with the consumer

Overview

- The consumer shares his or her needs, preferences and strengths
- The Options Counselors shares his or her knowledge of resources with consideration of the information obtained from the consumer
- Exchange of Information



Core Competency

- Determining the need for Options Counseling
- Strategies for Determining the Need; Set a welcoming tone, Listen to the consumer, Ask opened ended questions, Listen for cues that signal the person is at the point of decision making or ask if they want additional support to think through options and making choices

When Should Options Counseling be offered

- When consumers are facing choices about their long-term care options
- Pre-admission to a Nursing facility or institution
- Denied eligibility for public program or private pay
- When the family caregiver require counseling and guidance
- Mental health challenges are evident

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Thank you for your participation.

