



# MNIP News

coordinated by New England INDEX

A News-brief about the Massachusetts Network of Information Providers for People with Disabilities  
Brought to you by: [DisabilityInfo.org](http://DisabilityInfo.org)

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## Options Counseling

**Options Counseling** assists individuals in need of long term care support to make an informed choice about the services and settings that best meet their long term support needs, encouraging the widest possible use of community-based options to allow people to live as independently as possible in the setting of their choice. Individuals and caregivers receive unbiased information about a range of long term care support options, such as personal care services, transportation, and medication management and are informed of the resources to help pay for services. The program also provides decision-support to identify next steps in the process and help in connecting with services if needed. Options Counseling is a free service and made available statewide through community-based agencies.

The services:

- Are for seniors, age 60+ and adults with a disability
- Are available by telephone, in-person or email
- Can be provided at home, at an agency, in a hospital, rehabilitation or nursing facility
- Are free
- Provide unbiased information and decision-support about long term care services
- Can be provided in one sitting or over a series of meetings
- Ensure that the individual retains control over the process
- Help determine next steps to take

The Options Counseling is administered by the Executive Office of Elder Affairs and the Massachusetts Rehabilitation Commission and is a service of the Aging and Disability Resources Consortia (ADRC).

To connect with an Options Counselor contact one of the agencies listed below and ask to speak with an Options Counselor.

### Berkshire ADRC

- AdLib, (413) 442-7047
- Elder Services of Berkshire County, (413) 499-0524

### Cape Cod and the Islands ADRC

- Cape Organization for Rights of the Disabled (CORD), (508) 775-8300
- Elder Services of Cape Cod & the Islands, (508) 394-4630

## Central Mass ADRC

- Center for Living & Working, (508) 798-0350
- Central Massachusetts Agency on Aging, (508) 852-5539
- Elder Services of Worcester Area, (508) 756-1545
- Montachusett Home Care Corporation, (978) 537-7411
- Tr-Valley, Inc., (508) 949-6654

## Greater Boston ADRC

- Boston Center for Independent Living, (617) 338-6665
- HESSCO Elder Services, (781) 784-4944
- Minuteman Senior Services, (781) 272-7177
- Mystic Valley Elder Services, (781) 324-7705
- Somerville/Cambridge Elder Services, (617) 628-2601
- South Shore Elder Services, (781) 848-3910
- Springwell, Inc., (617) 926-4100

## Greater North Shore ADRC

- Elder Service Plan of North Shore (PACE), (781) 715-6608
- Greater Lynn Senior Services, (781) 599-0110
- Independent Living Center North Shore & Cape Ann, (978) 741-0077
- Mystic Valley Elder Services, (781) 324-7705
- North Shore Elder Services, (978) 750-4540
- SeniorCare, Inc., (978) 281-1750

## Merrimack Valley ADRC

- Elder Services of Merrimack Valley, (978) 683-7747
- Northeast Independent Living Program, (978) 687-4288

## Metrowest ADRC

- BathPath Elder Services, (508) 573-7200
- Central Massachusetts Agency on Aging, (508) 852-5539
- HESSCO Elder Services, (781) 784-4944
- MetroWest Center for Independent Living, (508) 875-7853
- Minuteman Senior Services, (781) 272-7177
- Springwell, Inc., (617) 926-4100
- Tri-Valley, Inc., (508) 949-6640

## Pioneer Valley ADRC

- Franklin County Home Care Corporation, (413) 773-5555
- Greater Springfield Senior Services, (413) 781-8800
- Highland Valley Elder Services, (413) 586-2000
- STAVROS, (800) 804-1899
- WestMass ElderCare, (413) 538-9020

## Southeastern MA ADRC

- Bristol Elder Services, (508) 675-2101
- Coastline Elderly Services, (508) 999-6400

Old Colony Elder Services, (508) 584-1561

- Southeast Center for Independent Living, (508) 679-9210

#### Southern MA ADRC

- Bristol Elder Services, (508) 675-2101
- Independence Associates, (508) 583-2166
- Old Colony Elder Services, (508) 584-1561
- South Shore Elder Services, (781) 848-3910

#### Suffolk County ADRC

- Boston Center for Independent Living (BCIL), (617) 338-6665
- Boston Senior Home Care, (617) 451-6400
- Central Boston Elder Services, (617) 277-7416
- Chelsea/Revere/Winthrop Elder Services, (617) 884-2500
- Ethos, (617) 522-6700

*Special thanks to Rachel Weiner, Director of Options Counseling program, at Executive Office of Elder Affairs for providing information about the Options Counseling program.*

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## MNIP Database Training

There may be some people on your staff who would benefit from our MNIP training. It includes the use of the databases on-line and the use of all the resources to which you have access as MNIP members. If you or anyone at your organization would like to be trained for the first time, or would like a refresher on using MNIP resources, please contact Angie Aguirre at [Angie.Aguirre@neindex.org](mailto:Angie.Aguirre@neindex.org)

## Joining the MNIP

If your agency is not yet a member of the MNIP and is interested in joining, or if you know of an agency that is interested, please direct it to our [application page](#). There is no charge for membership in the MNIP. Members receive the MNIP newsletter; have access to a members' site with electronic tools to facilitate provision of information and referral; and participate at periodic trainings and conferences. Any organization, which provides information and referral for people with disabilities at no cost to the public, is eligible for membership. If you have any questions, please contact Bob Bass at [Robert.Bass@umassmed.edu](mailto:Robert.Bass@umassmed.edu)

## MNIP Funders

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## About INDEX

New England INDEX is a program of Commonwealth Medicine, the University of Massachusetts Medical School, located at the Shriver Center in Waltham, Massachusetts.

Note: Archived issues can be found at <http://www.disabilityinfo.org/MNIP/news/archive>  
Useful information about our Web sites and network members can be found within those issues.

To receive this newsletter in text-only format, please send a message to [info@disabilityinfo.org](mailto:info@disabilityinfo.org)

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