

The Aging and Disability Resource Consortia (ADRC) and Options Counseling in Massachusetts



The Massachusetts Aging & Disability Consortia is a partnership between the Executive Office of Elder Affairs (EOEA) and the Massachusetts Rehabilitation Commission (MRC) and the 11 regional ADRC partnerships across the state.

AGING AND DISABILITY RESOURCE CONSORTIA (ADRC)

- In 2003, Administration on Aging(AoA), now part of the Administration of Community Living(ACL), and the Centers for Medicare and Medicaid Services (CMS) supported the creation of “one-stop-shop”, ADRCs
- ADRCs provide individuals with “visible and trusted” sources of information, one-on-one options counseling, and streamlined access to Long Term Services and Supports

ADRC IN MASSACHUSETTS

- The Aging and Disability Resource Consortia (ADRC) is a partnership between the Aging Services Access Points (ASAP) and the Independent Living Centers (ILC)

Together these 11 ADRCs collaborate with partners in their communities facilitating the No Wrong Door (NWD) system in Massachusetts

Who is served?
all populations and
all payers

**Community Partners/
Key Stakeholders**
(Not Inclusive)

ADRC Member Agencies

Independent Living Centers (ILCs)
Aging Services Access Points (ASAPs)
Area Agencies on Aging (AAAs)

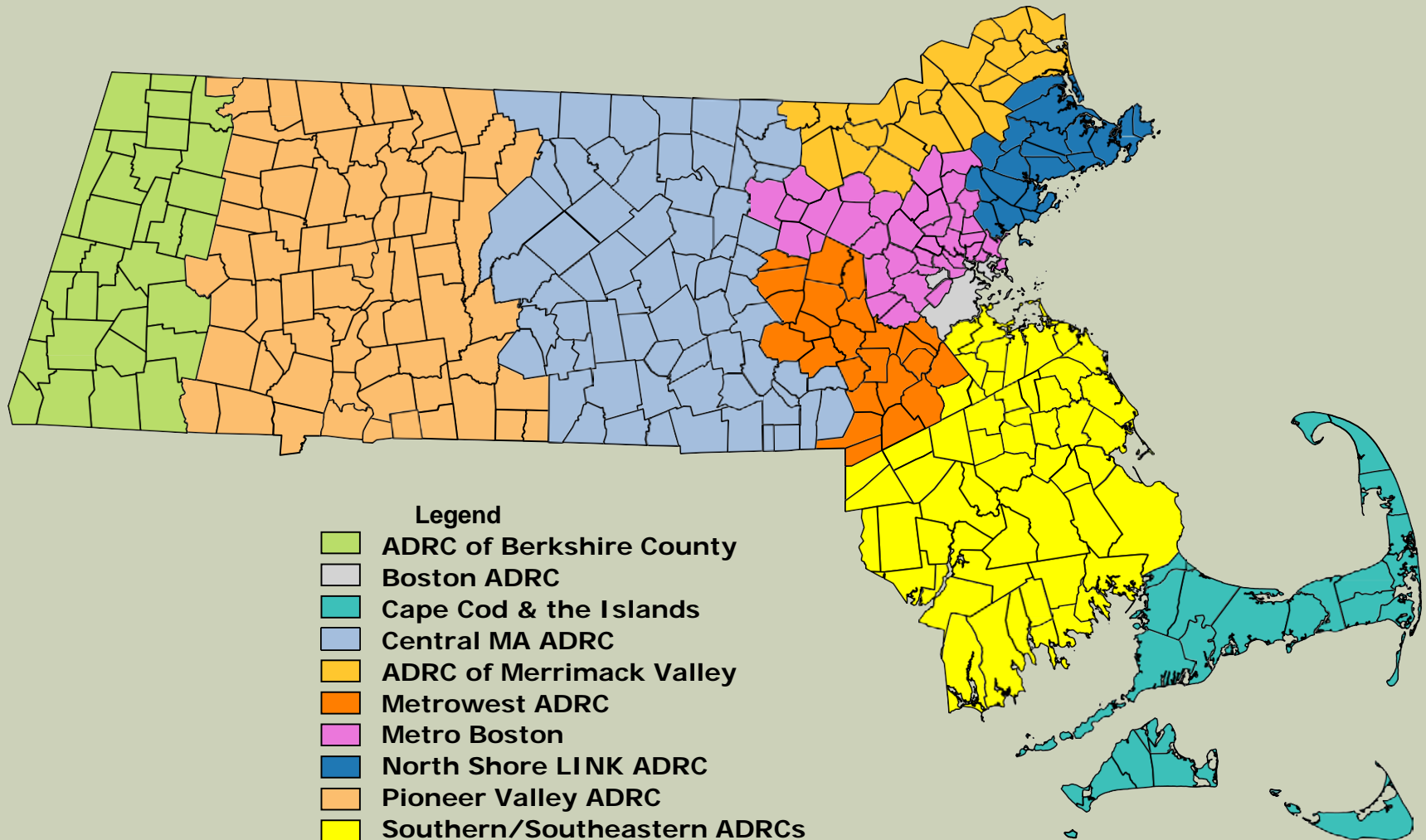
*Health and
Social Service
Providers*

*People planning for
their future long terms
needs*

*People with disabilities across the
lifespan, people 60 and over, of all
incomes*

*Caregivers/support
persons*

ADRC Service Areas



OPTIONS COUNSELING



Information



Decision-Support



Choice



ELIGIBILITY AND COST

- Individuals age 60 and older
- People of any age who have a disability
- Family members
- Caregivers
- Guardians
- Free Service



SETTING AND SERVICE DELIVERY

- **Home**
- **Agency**
- **Nursing facility**
- **Hospital**
- **Coffee shop**
- **Assisted Living**
- **Homeless Shelter**
- **Medical Office**



Method



HOW OPTIONS COUNSELORS CAN HELP

Connecting with



About long term services and supports

Individual Choice



Decision



TO CONTACT AN OPTIONS COUNSELOR AT YOUR ADRC

[HTTPS://WWW.MASSOPTIONS.ORG](https://www.massoptions.org/massoptions)
[/MASSOPTIONS](https://www.massoptions.org/massoptions)

1-844-422-6277

EXAMPLE #1 : LARRY

- “Larry” is in his fifties and residing with his family members in the Boston area. He had been in and out of the hospital and rehab for several months, and was referred to OC by rehab facility staff.
- Larry’s medical conditions include respiratory issues and hypertension.
- Larry wants to move out of his family member’s home and live independently again. He loves spending time with his family, including his new granddaughter.

Options Counseling with Larry

- OC met with Larry at rehab facility to help determine Larry's goals, strengths, and needs.
- Identification of relevant options – housing, personal care, food resources, transportation, Lifeline cell phone and money management.
- Follow-up visit one week later – included help with applications – subsidized housing, SNAP and Lifeline cell phone.
- Referrals- PCA program and money management program.
- Additional follow-up and closure.

EXAMPLE #2 : CONNIE

- “Connie” is in her seventies and living with her brother in a third floor rental unit. She was referred to options counseling by her neighbor.
- Connie’s medical conditions include edema, hard of hearing and respiratory issues.
- Connie is the primary caregiver for her brother, Kevin, who was recently diagnosed with a cognitive impairment. She is a devoted sister who wants to remain living with Kevin and to continue to support him.

OPTIONS COUNSELING WITH CONNIE

- Options Counselor met with Connie and Kevin in their apartment to learn about their goals for living, existing supports, and needs.
- Options discussed: housing, fuel assistance, legal help, Council on Aging services, transportation and MVES caregiving support and home care services.
- Next steps: resources mailed – housing applications, COA newsletter and legal resource guide.
- Connie's health crisis led to a revised plan and new referrals.
- Follow-up and closure.

EXAMPLE #3 : SANDRA

- “Sandra” is in her eighties, recently widowed, living in MetroBoston area. She referred herself to Options Counseling.
- Sandra’s medical conditions include low vision and diabetes.
- Sandra recognizes the need to down-size and to take steps to manage on her own now that her husband is no longer with her.

OPTIONS COUNSELING WITH SANDRA

- Options Counselor met with Sandra at Mystic Valley's offices to discuss Sandra's situation, goals and routines.
- Sandra's main goals: to clean-out her home and seek new housing.
- Options and financial resources were shared verbally and resources were mailed to reinforce discussion.
- Information also provided on support groups, diabetes management programs and art classes.
- Follow-up a few weeks later.
- Closure.