

## What is

# Options Counseling

A decision-support process that includes:



Listening to expressed preferences, values & needs



Talking about options based on needs & preferences



Supporting an individual to make informed choices



Connecting the individual to services



Following up with the individual (status check-in)

**Passmore Center**  
103 Meadowlands Drive  
P.O. Box 8181  
Hillsborough, NC 27278  
(919) 245-2015

**Seymour Center**  
2551 Homestead Road  
Chapel Hill, NC 27516  
(919) 968-2070

**Ageing Helpline:** (919) 968-2087  
**Ageing Helpline E-mail:** [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)

# Who can benefit from Options Counseling?

A person who is...

- Having increased difficulty managing household tasks such as cooking, cleaning, shopping, but wants to remain at home
- No longer driving due to a chronic health condition, and lives alone in an area without readily-available public transportation
- Planning to retire, and wants to discuss options to sustain health, wellness, and independence
- Trying to decide whether to move in with family, move to an apartment, or move to an assisted living facility
- Returning home from a rehabilitation center following a spinal cord injury
- Relocating and exploring available housing and other support options
- Supporting an adult with a disability, and wants to make plans in the event of being unable to continue providing care
- Unsure on how to begin planning for future personal and family needs after a recent diagnosis of early-onset Alzheimer's disease
- Concerned about the well-being of an aging parent living alone and making contact on behalf of the parent to learn about available supports

**If you are an Orange County NC resident, and would like to schedule an Options Counseling appointment, contact:** The Orange County Department on Aging – Helpline by email: [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov) or call (919) 968-2087.