

## ADRC of Central Mass Members

- ◆ **Center for Living & Working,**  
Worcester, MA  
800-570-4020  
508-755-1003 (TTY)  
<https://www.centerlw.org/>
- ◆ **Central Massachusetts Agency  
on Aging**  
West Boylston, MA  
800-244-3032  
508-852-5539  
TTY Services Dial 711  
<https://seniorconnection.org/>
- ◆ **Elder Services of Worcester Area,**  
Worcester, MA  
800-243-5111  
774-312-7291 (TTY)  
<https://eswa.org/>
- ◆ **Montachusett Home Care**  
Leominster, MA  
800-734-7312  
978-514-8841 (TTY)  
<https://montachusettshomecare.org/>
- ◆ **Tri-Valley**  
Dudley, MA  
800-286-6640  
508-949-6654 (TDD)  
<https://www.trivalleyinc.org/>

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We are part of a statewide initiative dedicated to giving people information to make informed decisions about where they want to live and receive services.

## ADRC of Central Mass

Center for Living & Working, Inc.  
Central Mass Agency on Aging  
Elder Services of Worcester Area, Inc.  
Montachusett Home Care Corp.  
Tri-Valley, Inc.

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## ADRC of Central Mass

The Aging and Disability Resource Consortium (ADRC) of Central Mass offers free services to support your choices



► Make us your first  
call for Free  
**Options  
Counseling**

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**“Good Information for  
Good Decisions”**

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# Options Counseling

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Options Counseling is a statewide initiative supporting people and their choices of where to live and receive services.

## Options Counselors...

- Explain long term care services.
- Connect you to resources, supports and services.
- Meet with you wherever you are ... in the hospital, a rehabilitation or nursing facility or your own home. Also accessible by phone.

If you have long term care questions, concerns or worries, Options Counselors are ready with...

**“Good Information for Good Decisions”**

Options Counselors will give you

## Good Information

- ▶ *Can I return home after a stay in a rehab facility or nursing home?*
- ▶ *Can I continue to live in the community safely and independently?*
- ▶ *What services are available to support me living in my home?*
- ▶ *How much will services cost?*
- ▶ *What if I change my mind?*

**Options Counseling is a free service**

Funded by the Federal and State Government.

The ADRC of Central Mass Serves

- People of any age who have a disability
- Individuals age 60 and over
- Family Members
- Caregivers

# Options Counseling

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**“Good Information for Good Decisions”**

**Call any ADRC member agency for assistance or visit our website**

**ADRC of Central Mass**