

Who offers this service?

Options Counseling is funded by the Commonwealth of Massachusetts Executive Office of Aging & Independence and the Massachusetts Rehabilitation Commission.

Where can I get more information?

Call Greater Lynn Senior Services and ask for Options Counseling.

Phone: 781-599-0110

Toll free: 1-800-594-5164

E-mail: info@glss.net

Web site: www.glss.net

For more information about aging services in Massachusetts, call 1-800-243-4636 or visit www.massoptions.org.

GLSS values diversity and provides services or employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion, or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Aging & Independence, MassHealth, and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders.

Credits

Options Counseling is funded by the Commonwealth of Massachusetts Executive Office of Aging & Independence and the Massachusetts Rehabilitation Commission.

Services available through GLSS:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores, and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at several “community cafés” or delivered to your home by Meals on Wheels.
- **Transportation.** We help you find and navigate the options in your community, so you can safely get to the places you need to go.
- **Counseling and support.** We’re here to lend an ear and offer some advice and support in a safe, judgment-free setting.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home to protect patients’ rights.
- **Healthy living programs.** We offer a variety of programs to help you feel better and stay connected.

One number for everything:

Call GLSS at 781-599-0110

We’ll listen. We’ll help.

Options Counseling



Know Your Options

*When you know all your options,
you can make better choices.*

Serving Lynn, Lynnfield, Nahant, Saugus, and Swampscott



Whether you're living at home or in a hospital or a nursing facility, making decisions about your future can feel overwhelming. Our trained Options Counselors can help you identify and sort through your options, so you can make the best possible choices.

If you need to make decisions about your future, you probably have a lot of questions.

- Can I live in the community, safely and independently?
- What services, assistive devices, and home modifications are available so that I can remain living at home?
- Does my current insurance cover any of these?
- What funding, loans, or donations may be available?
- Can I go to a rehabilitation facility or temporarily to a nursing home and then return to my own home?
- What community services and supports am I eligible for to help me reach my goals?

Who can answer my questions?

Our knowledgeable, trained counselors can help you find answers by providing information, support, and follow up to you, your family, and caregivers about available options for long-term care, housing, services, and more.

How does Options Counseling work?

A GLSS Options Counselor will contact you by phone or email, or you can arrange to meet in person. The Options Counselor will listen to your questions and goals and then share with you the appropriate information and resources.



Does this service cost me anything?

No. This is a free service provided to anyone, regardless of age or income level.

My counselor gave me hope for the first time in years...

Rita, a woman living with multiple sclerosis, had been residing in a nursing home for more than five years. She did not have family nearby and had given up hope of ever moving back to a community setting. Through a friend, Rita heard about Options Counseling and called GLSS.

Working together with her Options Counselor, Rita realized her dream of returning to independent living. After reviewing her insurance and history, they discovered that Rita was eligible for supportive housing and services, and she moved into a congregate house nearby. She hired a personal care attendant to assist her and can tap into other helpful services 24 hours a day. Today, Rita is thriving, both physically and socially, and she feels happy and independent again.