# Options Counseling:
## A Person-Centered Approach

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# How is it Different from System Navigation?

# System Navigation vs. Options Counseling

▶ System Navigation guides through complex systems

▶ Steps:
- Information and Assistance
- Options Counseling
- Case Management

# What is Options Counseling?

# Options Counseling Defined

▶ Empowers informed choice

▶ Person-centered

▶ Assists with navigating organizations, agencies, and other resources



Reference: https://www.ta-community.com/media/download/80wahc/PCC%20One-Pager%20FINAL_508.pdf

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# Options Counseling Components

▶ Personal Interview

▶ Development of Person-Centered Plan



Reference: https://www.ta-community.com/media/download/80wahc/PCC%20One-Pager%20FINAL_508.pdf

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# Options Counseling Components... continued

▶ Access to Private Sector Services & Supports and Public Programs

▶ Person-Centered Counselors

▶ Follow-Up

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# Who is Eligible?

# Eligibility

▶ Adults 60 years and older

▶ Adults 18 years and older with a disability

▶ Parents of children with disabilities

▶ Caregivers



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# What Does the Process Look Like?

# Iowa ADRC

▶ Interactive process whereby individuals receive guidance in their deliberations to make informed choices about long-term supports

▶ Directed by the individual and may include others whom the individual chooses or those who are legally authorized to represent the individual

# Iowa ADRC continued

- ▶ Personal interview and assessment
- ▶ Exploration of resources and service options
- ▶ Action steps toward goal or long-term support plan
  - ▪ Assistance applying for and accessing support options
- ▶ Follow-up

# What Tools or Resources are Used?

# Tools and Resources

▶ Training

▶ The Commons

▶ Iowa Compass

# Resources

▶ The Commons:

https://iowa-adrc.training-source.org/

- Training and technical assistance for Iowa's ADRC Navigators

▶ Iowa Compass:

https://www.iowacompass.org/

- Database of local services and supports

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# Questions

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