



# Options Counseling: Is It For You?

**Are you or a loved one considering either of the following:**

- Making a change in residence or level of care
- Hiring someone to help with personal care and household tasks
- Downsizing or moving into a senior living community

**Our trained Options Counselors can help you:**

- Plan for changes in living situation or level of care
- Provide information on your options and help you decide which option is best
- Make referrals and help you connect with various resources and services

Contact the **Ageing Helpline** at **919-968-2087**  
or **agingtransitions@orangecountync.gov**.



**FREE SERVICE**

**[www.orangecountync.gov/Aging](http://www.orangecountync.gov/Aging)**