

OPTIONS COUNSELING

A Free Program of the MetroWest Aging and Disability Resource Consortium



Know Your Options Before You Need Them!

To Make a Referral to the Options Counseling Program

Contact:

Susan Cote, MS, CAGS, LMHC
Options Counselor
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Kelly Binette, BSW
Options Counselor
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You are eligible for Options Counseling if you are:

- Over the age 60
- Adult living with a disability
- A family member or caregiver

An Options Counselor can:

1. Talk with you about your personal goals, values, and needs
2. Educate you about community resources to help you make informed choices about your needs
3. Assist with next steps towards your goals, follow up on your progress, and address obstacles

During the COVID-19 Pandemic, an Options Counselor can meet virtually or talk with you over the phone to learn more about:

• Benefit Programs	• Meal prep	• Housing
• Health Insurance	• Personal Care	• Transportation
• Homemaking	• Companionship	• Social Supports

Communities Served:

Ashland, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlborough, Natick, Northborough, Sherborn, Southborough, Sudbury,

Wayland, Westborough