



# Questions about planning for your long-term care needs?

*Thinking about your future?  
Stop thinking & start planning—We can help!*

Options Counseling is an interactive, person-centered process where individuals, family members and/or significant others with an interest and desire to plan for their long-term care needs can find assistance.

Options counseling provides:

- Education and information usually through a face-to-face consultation about the options available.
- Help in weighing the pros & cons of choosing certain services.

If you are interested in planning for your long-term care needs or want to schedule an options counseling session, call the:

**24-hour  
Senior HELP LINE  
602-264-4357 (HELP)**

Area Agency on Aging, Region One  
1366 East Thomas Road Suite 108  
Phoenix, AZ 85014  
602-264-2255  
www.aaaphx.org



**Will Medicare and Social Security pay for my long-term care needs?**

**No.** Although Medicare and Social Security are important benefits, they do not provide the type of ongoing supportive services (e.g. meals, bathing, caregivers, transportation, home modifications) that people often must explore when health declines and long-term care needs arise. It is important to understand what Medicare covers and how much your social security benefit will be as you plan for your future needs.

**Will most people who need long-term care have to go to a nursing home?** **No.** The truth is only about 10% of the population live in nursing homes which means the majority of persons who need long-term care stay at home, using home and community based services in combination with their own support networks (e.g. family, friends, neighbors).

**Do I need to plan for my long-term care needs before they arise?** **Yes.** This is perhaps the most important question of all! Exploring services when you are already in crisis is a difficult and frustrating process and often your personal preferences are the first to go. Explore your options **NOW** so that if and when the need arises you will have a plan in place that includes the people, settings and preferences that are most important to you.