



SOCIAL SERVICES NEWS

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CATAWBA COUNTY SOCIAL SERVICES OFFERS OPTIONS COUNSELING FOR ADULTS

HICKORY -- Catawba County Social Services continues to offer Information and Options Counseling to adults in the county who are experiencing a major life transition and need assistance discovering and navigating the services that may be available to them. Information can be provided about services ranging from in-home assistance and adult day care services to assisted living or nursing home placement. Some examples of individuals seeking this service include: aging individuals wanting to discuss options to sustain health, wellness, and independence; individuals returning home from a rehab center following a surgery; or an individual having increased difficulty managing household tasks such as cooking, cleaning, shopping, but who wants to remain at home.

This service is designed to help the person identify options, weigh the pros and cons of each, and make an action plan to help meet their goals. The counselor will work with the person to discuss their preferences, values, service needs and circumstances. The counselor will provide information about various options so the person can make informed choices about long-term services and supports. Information and Options Counseling provides valuable information to individuals who may not be aware of what services are available.

While Social Services has always provided information and referral services to persons who need to make decisions such as these, the Information and Options Counseling service is a more in-depth and personalized approach.

The goal is to offer decision support to individuals making decisions about their own care. To make use of this service, the person in need of care must be able to make their own decisions. However, caregivers or family members are invited to participate in the process if they wish.

To schedule an appointment with a certified Information and Options counselor, call Catawba County Social Services at 828-695-5609.