# MyOptions RI
## Home and Community-based support

# Person-Centered Options Counseling (PCOC) Program

**Everyone can use some assistance from time to time.**

If you're at a stage in life where some assistance could make it easier for you to live in your own home or residence (including assisted living and shared living), you might be interested in learning about in-home services that offer assistance with transportation, meals, household chores, personal care, and much more.

## You have options.

Many types of assistance are available. You can receive services in your own home or residence. A MyOptions Advisor can help you understand the range of long-term services and supports that might work best for you.
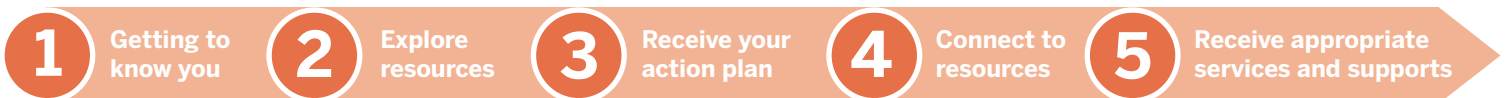
## Who offers this service?

Rhode Island's person-centered options counseling (PCOC) is a free, short-term options advising service to help people make informed decisions about long-term care services. The program is administered by the agencies of the Rhode Island's Executive Office of Health and Human Services (EOHHS) and select community partners.

## Who does PCOC serve?

PCOC is available to all older adults, persons with disabilities, caregivers, and family members in need of or at risk for long-term care services and supports.

### PCOC Services

- Are available by telephone
- Are available at no cost
- Can be provided in one or two sessions
- Provide unbiased information about long-term services and supports
- Connect individuals to resources, supports, and services
- Ensure individuals retain control over the options process
- Provide decision support
- Help develop a plan of action with next steps

## The PCOC process involves five simple steps.

**1** Getting to know you **2** Explore resources **3** Receive your action plan **4** Connect to resources **5** Receive appropriate services and supports

## How to receive PCOC

Call your assigned MyOptions Advisor to discuss your options. Your MyOptions Advisor is identified in a separate letter that accompanied this flyer. If you have any questions, please call **(401) 462-4205.**

This is a free service offered by the **Rhode Island Executive Office of Health and Human Services** (EOHHS).

EXECUTIVE OFFICE OF HEALTH & HUMAN SERVICES
STATE OF RHODE ISLAND