



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.

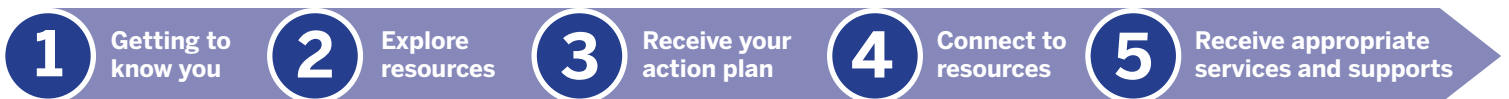
Who offers this service?

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.

The PCOC process involves five simple steps.



How to receive PCOC

If you are interested in PCOC, you can begin the process by completing the self-assessment form located on our website at: myOptionsRI.org or, call **(401) 462-4205** for more information.

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

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

