

SeniorResources  
*Our Name. Our Focus.*



## Options Counseling



Senior Resources offers **FREE Options Counseling** to help you find programs, assistance, and services available to you in your area.

Options Counselors will help match your needs with available community resources, so you may continue to live as comfortably as possible where you would like for as long as you choose.

All calls are **CONFIDENTIAL** and **FREE** to you.

**Call 231-733-3585 or 1-800-442-0054**  
ask to be connected to an Options Counselor  
**Monday - Friday 8 a.m. to 4 p.m. or email**  
**[info@seniorresourceswmi.org](mailto:info@seniorresourceswmi.org)**

*Tell us your story...we're here to help!*

**Senior Resources of West Michigan**  
**Area Agency on Aging**  
*Serving Muskegon, Oceana, and Ottawa Counties*

[www.SeniorResourcesWMI.org](http://www.SeniorResourcesWMI.org)



## One Call to an Options Counselor Will:

- Link you to the most appropriate programs based on your individual needs.
- Determine if you would benefit from our supports coordination program. Supports coordinators will develop a person-centered plan designed to inform and assist you, coordinating a variety of home and community-based services.
- Assist in navigating long-term care options and resources based on your specific situation.

**Call an Options Counselor Today!**  
**231-733-3585 or 1-800-442-0054**

## Caregiver Support Services

**Do you care for a family member with a chronic illness and need support?**

- Caregiver support specialists offer information, education, training, support groups, online resources, and respite services.
- Support groups are offered weekly throughout our three-county area, both in-person and via Zoom. Attend weekly or whenever it's convenient for you.

**Learn more, contact a caregiver support specialist:**

**Virginia Vazquez**

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**Paula Kolberg**

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