




Leslie Limvere, LSW

Local Contact Agency Options
Counselor

ADRL/MFP Grant

Serving Eastern ND



Brittney Schlosser, LSW
Local Contact Agency Options
Counselor
ADRL/MFP Grant
Serving Western ND



What is a LCA Options Counselor?

- A LCA is a **L**ocal **C**ontact **A**gency Options Counselor
- A LCA presents information to hospitals, clinics, outreach workers, police and fire departments, and you the consumer about community-based long-term supports and services



ADRC/MFP

- **ADRC**

- **Aging & Disability Resource Center (ND uses LINK)**

Links people who are older or who have a disability to services and supports to help them remain at home or in their communities

- **MFP**

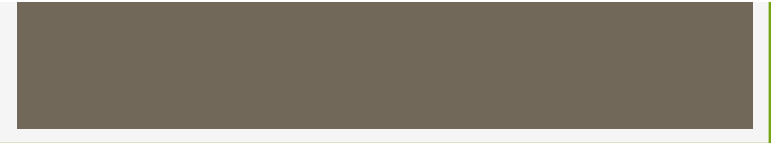
- **Money Follows the Person**

Provides resources to assist people with disabilities move from institutions to homes and communities.



Future Planning/Don't Wait for a Crisis

- **Many individuals do not plan for the future, or find it challenging to think ahead.**
- **To think you may need help can be daunting.**
- **Is your home manageable and accessible?**
- **Plan your own care and make your wishes known.**



Who's there to assist you in planning

- **Look to your family, and talk openly about future needs.**
- **If family is not available, friends are great supports.**
- **Is your home where you want to age?**
- **How comfortable are you with someone coming into your home?**
- **What might your financial situation look like?**



Focus of Home and Community-Based Services

- **Address Individual needs**
- **Choice of services**
- **Choice of who provides care**
- **Maintain as much independence as possible**



Home and Community-Based Services (Cont'd)

- **Services that can be provided to you, the consumer, in your home.**
- ***Brochure: Live at Home Longer with Services and Support for Older Adults and People with Disabilities***
- **There are functional and financial eligibility criteria for programs provided through the county and state.**
- **There are individuals and agencies that can be privately hired to provide in-home care for self-pay consumers.**



Who Can You Contact

- **Aging & Disability Resource LINK**

- **Toll-Free 1-855-GO2LINK (1-855-462-5465)**

E-mail:

www.carechoice@nd.gov

Website:

www.carechoice.nd.gov

- **(an online database you can search for available services)**