

# The Choice is yours!

You should talk to someone about **Choices** if you:

- Want to know more about the services, care, and support options available to you.
- Are interested in living more independently than you are now.
- Need help deciding what living alternative is best for you.
- Have questions about the level of care you need and how your needs can be met
- Need more information about funding and options available to you.

Participation in the **Choices** program is voluntary, and final decisions about care and living alternatives are completely up to you.

To explore service, care, and living options available to you, call the Eastern Nebraska Office on Aging at **(402) 546-1870**

When a services coordinator answers, simply say “I want to know more about the Choices that are available to me”.

**Choices**  
Life on Your Own Terms  
Eastern Nebraska Office on Aging  
4223 Center Street • Omaha, NE 68105

# Choices

life on  
your  
own terms

Not where to live,  
but how to live.

Information about long-term care, support, and living options for Nebraska’s aged persons and adults who have disabilities.

Eastern Nebraska Office on Aging  
4223 Center Street • Omaha, NE 68105  
402-546-1870 • 1-888-554-2711

# What is Choices?

## Life on Your Own Terms...

**Choices** is a Nebraska service that helps you decide where and how you want to live.

It's a service especially for aged persons, and adults with disabilities.

**A Choices coordinator can provide information and advice to help you decide about:**

**1. Living in your own home**, with assistance from people who provide services. For example, you might need someone to:

- Drive you to medical appointments
- Help with medication and therapy
- Housecleaning and other chores
- Help with eating, dressing, bathing and toileting
- Help with cooking
- Help with laundry

**Or...**

**2. Living in an "assisted living" facility** where residents enjoy:

- A private room
- A homelike setting
- Staff to assist with meals, cleaning, laundry, medication, etc.

**Or...**

**3. Living in a nursing facility** where skilled staff provides the care and support you need.

**What else can a Choices coordinator do?**

They are trained to help with decisions about the care and support you might need.

They can:

- Evaluate your needs
- Explain services
- Find ways to help pay for services
- Set up services

**I enjoy doing things my own way. How can I keep my independence?**

A **Choices** coordinator can explain options such as living at home with support services, or living in an "assisted living" facility which has a homelike setting.

The goal is to support your desires for self-determination, dignity, and independence.

**What if my family doesn't agree with my choices?**

The **Choices** coordinator will work with you. Together, you'll determine if your needs can be safely met with your choices.

The **Choices** coordinator will inform your family about your plan, and explain the support and services that are available. This can make it easier for others to accept your decisions. They may even decide to help with your plan.

**How much does Choices cost?**

Getting information from a **Choices** coordinator is at no cost to you. In fact, the coordinator may be able to find ways to pay for the services you need. So call now.

Participation in the **Choices** program is voluntary and confidential. Final decisions about care and living arrangements are up to you.

**The Choice is yours!**

**If you are ready to explore different choices for living independently, here is how to begin!**

Contact a **Choices** coordinator at an Area Agency on Aging near you.

These professionals:

- Can evaluate your needs
- Understand programs and services
- Can develop a plan that is realistic for you
- Are on your team

**REMEMBER...**  
**Choices** can be the key  
to your independence!