JABA’s Options Counseling
Fast Facts

Are you an adult in need of supportive services to help with basic activities, such as personal care, household chores, transportation, nutrition or medication management?

When an older person or adult with disability needs support to help with basic activities, evaluating options can be overwhelming. JABA’s Options Counselors provide unbiased information about available services and support you in making a plan to take next steps.

Who We Serve:
- Adults age 60+ and their caregivers
- Adults age 18+ with a disability and their caregivers

Options Counselors Will:
- Meet with you—and other people you choose to involve—and ask questions about what you think you need and want as you get older.
- Help you create an action plan of the steps needed to meet your goals and support you as you make choices.
- Provide information about available services in the community, as well as ways for you to talk with others about your plans.
- Advocate for services and supports to make sure that your voice is heard and respected.

You Need to:
- Communicate your preferences, values and desired supports
- Determine when, where and who participates in meetings
- Make final decisions regarding selection of supports

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