

How to Prepare For Your Options Counseling Session

The following checklist provides a list of questions to answer and resources to collect before your Options Counseling session:

What do you want to accomplish?

What kind of role do you want to play in the decision-making process?

What does a staff member need to know in order to best work with you?

- Your individual needs, values, and preferences .
- Assistance from a friend/community member vs. a public program.
- Living Will, Health Care Proxy, name of person who you trust/authorize to speak on your behalf.

Who do you need to speak with before the meeting? Doctor, family, caregiver, individual you are caring for, etc.

Items to gather and bring with to session (if applicable):

- List of public/private programs you are currently a part of:

Who would you like to come with and how involved do you want them to be?

Spouse, family, friend, caregiver, power of attorney or designated decision maker, health care agent, etc.

- If applying for public programs bring:
 - Identification (state ID, passport)
 - Proof of Annual Income/Assets
 - Proof of Address
 - Proof of Military Service or Veteran's Status

**For more information call your local Maryland Access Point at
1-844-MAP-LINK (844-627-5465)
or visit www.MarylandAccessPoint.info and see "Assess Your Needs"**



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

www.marylandaccesspoint.info