

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 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 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.

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

☐ **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:

- 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"**



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www.marylandaccesspoint.info