

## A History of Service

Wesley Family Services is a comprehensive human service agency that provides a wide variety of programs, services and activities for children, families, and adults living in the Western Pennsylvania region. We remain committed to our mission...

*To empower children, adults, and families by providing transformational care.*

Our services are developed in accordance with national service organizations, the Alliance for Strong Families and Communities, and the National Council for Community Behavioral Health and are accredited by the Council on Accreditation of Services for Families and Children. Certification by the Council on Accreditation means that Wesley Family Services meets the highest national standards for professional performance in human services.

Personnel policies, procedures, and practices are designed and implemented to prohibit discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age, sex, or sexual orientation.



**Options Care Management**



**Empowering People.  
Strengthening Communities.  
Transforming the Future.**

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.



**For more information about  
Options Care Management, call:**

**412-345-7425**

[www.wfspa.org](http://www.wfspa.org)

Coordinating in-home care for older adults to assist them in remaining safely in their homes.





## Program Overview

As we age, many of us are no longer able to do the things we once enjoyed and we may worry about remaining safely in our homes. With Options Care Management for Older Adults, our team of professional Care Managers advocates for older adults and their caregivers, assesses their needs and their strengths, arranges in-home services, and helps participants live safely and independently.

Options Care Management is made available through the Allegheny County Area Agency on Aging (AAA). Persons who are 60 years of age or older may be eligible for Options long-term care services. These services are intended to provide high-quality, customized support to help older adults and their caregivers.

There is no financial eligibility requirement for Options Care Management services. However, individuals may be assessed a minimal co-payment for services coordinated through Options Care Management. This co-payment is based on income and will not be more than the total cost of services.

## What is a Care Manager?

A Care Manager is a trained professional that works with you and your family and/or caregivers. The Care Manager helps to facilitate and coordinate access to home and community-based services and resources, including medical, social and educational services. Wesley Family Services will assign participants a Care Manager who will work with you and your family to develop a care plan that addresses your needs and build on strengths, as identified by the assessment. The Care Manager coordinates the services necessary to live in the community for as long as you are able and choose to do so. Care Management may be offered as either part of a continuum of services or a stand-alone service.

## What About My Current Caregivers?

Options Care Management is designed to get input and engagement from all of your natural supports, e.g., family, friends, relatives, etc. The Caregiver Support Program is a subsidiary of Options Care Management and is designed to assist families and other unpaid caregivers. The program's goal is to reduce caregiver stress and burden through benefits and resource counseling, access to support groups, caregiver skills training and education.

## Services Coordinated through Options Care Management

- **Adult Day Care Services:** Licensed day care programs are available for individuals who need supervision and are not capable of full-time independent living.
- **Chore Service:** Help may be provided with home maintenance tasks.

- **Home-delivered Meals:** Nutritious meals are delivered weekdays to homebound individuals who are unable to safely prepare meals, have difficulty leaving their homes to purchase groceries, or have no other means to acquire meals on a regular basis.
- **Personal Care:** In-home assistance may be provided for individuals with limited ability to perform daily living activities, such as bathing, dressing, grooming and walking.
- **Senior Companion Program:** Provides regular visits and assistance to older adults, 60 years of age and older, in their home. Volunteer companions, 55 years of age and older, may assist with simple daily activities, serve as an escort for shopping, medical, or social outings, or provide caregiver relief.

## Information and Referral

If you are an older adult in need of assistance, have a parent in need, or know of an older adult who might benefit from this program, please contact:

**Area Agency on Aging SeniorLine**

Ph: 412-350-5460

Toll-free: 1-800-344-4319

TTY: 412-350-2727

Email: [SeniorLine@alleghenycounty.us](mailto:SeniorLine@alleghenycounty.us)

You can also contact:

**Options Care Team**

Wesley Family Services

104 Beta Drive, Suite 3

Pittsburgh, PA 15238

Ph: 412.345.7425

