

## Arranging Services for a Loved One?

**CHOICES Services can be initiated by a family member, guardian or Power of Attorney.**

**For all of our clients, CHOICES Care Managers will:**

- Continually assess to identify needs, prevent problems, and mitigate risks for your loved one.
- Refer your loved one for any services that may benefit them.
- Ensure safety by creating a comprehensive care plan to meet a client's needs. Care plans can wrap around support of family and friends or other community services.
- Manage, arrange and monitor all of the services to ensure your loved one receives the best care.
- Provide you with regular updates and feedback to give you peace of mind.

**Additional help is there for you. Our CHOICES Care Managers can also:**

- Coordinate medical appointments, transportation for appointments and provide knowledgeable advocates for clients during appointments.
- Communicate with doctors and medical professionals during hospital admissions, to ensure proper care and assist with planning of discharge.
- Advocate, monitor and provide feedback to you regarding care of a loved one in a facility (short-term rehab, personal care home or nursing home).

**For more information on CHOICES Care Management**

**Please visit our website at**

**[www.blairsenior.org/content/choices](http://www.blairsenior.org/content/choices)**

**or call today**

**1-800-245-3282**

## About Blair Senior Services, Inc.

We are committed to enhancing the lives of older individuals, their families and others in need by coordinating and providing support and assistance through a system of quality home and community-based programs and services. These programs and services positively impact the community and the older individuals we serve.

### About CHOICES

CHOICES is the first program of its kind offered by an Area Agency of Aging in Pennsylvania. CHOICES services are available to older individuals in our area and are paid by the participants or their loved ones.

Our CHOICES staff assures that all of the workers providing assistance have had thorough background screenings and hold the appropriate qualifications for the service they are providing to the participant.

### Call Today

**Free In-Home Consultations**

**1-800-245-3282**

**814-946-1235**

**Email: [spfister@blairsenior.org](mailto:spfister@blairsenior.org)  
[jlego@blairsenior.org](mailto:jlego@blairsenior.org)**

**Blair Senior Services, Inc.  
1320 12th Avenue  
Altoona, PA 16601  
[www.blairsenior.org](http://www.blairsenior.org)**

**CHOICES is available in the following counties:  
Blair | Cambria | Centre | Huntingdon | Bedford**

# You Deserve CHOICES

**Services And Amenities That  
Help You Enjoy Your Life In  
Your Own Home**



**BLAIR SENIOR  
SERVICES**

**AREA AGENCY ON AGING**

**Promoting the Principles and Values of  
Dignity Empowerment Advocacy Respect**



# Supporting The Way You Choose To Live

**CHOICES: We're there for you when you need us.**

## **Chores & Cleaning**

From light to heavy cleaning, laundry or preparing a meal, when you need help, CHOICES will be there.

## **Personal Financial Services:**

If you are wishing you had a trusted personal assistant to help with banking, balancing the checkbook, or paying bills, CHOICES will be there.

## **Shopping, Errands & Personal Transportation:**

Whether you need someone to shop and run errands for you or to provide transportation and assistance along the way, CHOICES will be there.



## **Nursing & Medication Management:**

When you can't get to the doctor and don't need emergency services, but want in-person medical guidance, CHOICES will be there. When you need help managing your medications, from filling a pill planner to calling in refills, CHOICES will be there.



## **Companionship:**

When you're in need of companionship to go out to lunch or someone to just be a friend, CHOICES will be there.

## **Home Maintenance:**

Whether you need help changing a hard to reach light bulb, a furnace filter or even if you need help taking care of your pet, CHOICES will be there.

## **And more!**

In need of help with something not listed in this brochure? Just ask. Chances are, CHOICES will be there and able to help.



**Looking for someone to help guide you in finding the perfect balance of in-home assistance?**

CHOICES Care Managers are here.

Our professional CHOICES Care Managers are trained and experienced in the area of in-home services and can help connect you with a balanced set of services that are exactly what you're seeking, not limited to those services available via the CHOICES Program.

CHOICES services are completely customizable to meet your wants and needs and can even be scheduled on an as needed basis.

Your CHOICES Care Manager will be available to you anytime, 24 hours a day, providing their knowledge and expertise, making life easier for you, and ensuring that you're getting exactly what you want from your services.

With just a call to your CHOICES Care Manager, services and frequency can be changed as your needs and wants change, all while you enjoy life independently in the comfort of your own home.