

Transition Coordination Process

Step 1: Submit an Options Counseling Referral Request

Aging and Disability Resource Centers (ADRCs) accept Options Counseling referral requests. You can make the request, or you can ask **long-term care staff at your facility, your family or friends, or anyone in the community** to make the request for you. When a referral request is made, an Options Counselor will meet with you and explore your options for transitioning to the community.

Option A: Remain in Facility

You can learn about community options for a future transition.

Option B: Transition to Community

See Step 2 for options.

Step 2: If You Choose to Transition to the Community

Option A: Not Using Transition Coordination

You can transition with the help of your facility social worker, family, or friends. Your Options Counselor can help with referrals to available community resources.

Option B: Using Transition Coordination

You will work with your Options Counselor to choose a Transition Coordination Agency to help you during the transition process. See Step 3 for more details.

Step 3: If You Choose to Use Transition Coordination

- You will meet with your Transition Coordination and create your Transition Options Team.
- You will work with your Transitions Options Team to decide what you need to live in your community, including housing.
- Your Transition Options Team will research supports and services to find out if the necessary supports and services are available in your community.
- Your Transition Options Team will create a plan for leaving your long-term care facility and your moving day.
- When you move, you will receive ongoing support in the community.

If the services & supports you need are not available, the Transition Options Team may recommend that you not transition. You can always try again in the future.

