

# Core Areas of Expertise

**Caring for an individual who needs assistance due to aging, dementia, disability or serious illness can be challenging. During this time or a time of crisis, even the most loving, well-intentioned families struggle to navigate all aspects of one's life that are affected.**

Whether your loved one requires senior care services or life care services, don't go it alone. The Option Group has over 100 years of experience navigating the healthcare maze and access to hundreds of resources to assist you. Spend quality time with your loved one, not researching their care options. You can count on The Option Group to advocate for you.



# Contact Us



**Ellen Platt, MEd, CRC, CCM**  
*Certified Aging Life Care Manager*

As President, Ms. Platt leads The Option Group with over 30 years experience. Her life's work includes care management, advocacy, placement and case coordination services to those with catastrophic injury, chronic diseases and disabilities, as well as those that are aging and navigating longevity.

**Our team of certified Geriatric/Aging Life Care Managers is dedicated to providing the best options for each of our clients. Whether you're a family caregiver struggling to do it all, a medical professional searching for a better solution for your patients, or a family advisor looking for complementary client services, we can help. We are headquartered in Maryland but also serve Delaware and Pennsylvania.**



## MARYLAND

410-667-0266  
410-667-0433



## DELAWARE

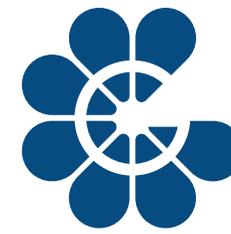
302-858-6449



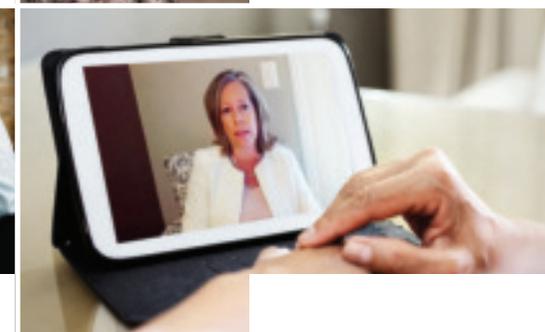
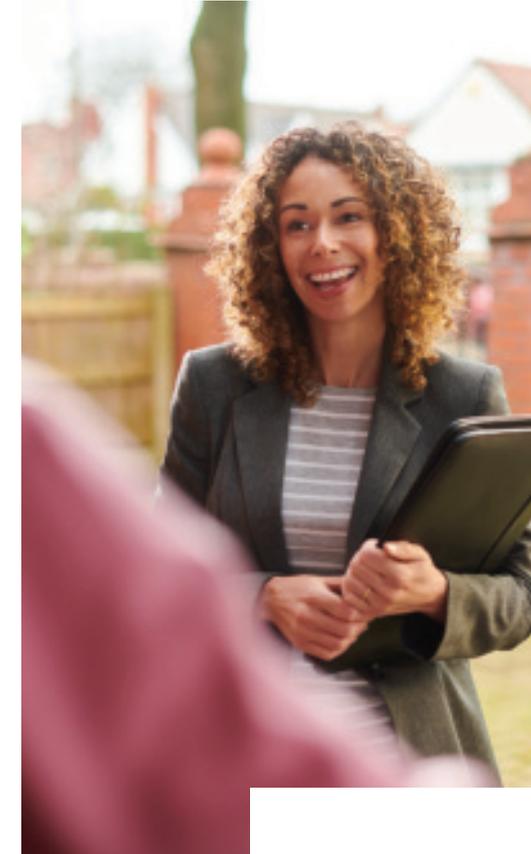
## PENNSYLVANIA

717-287-9900  
610-885-8899  
215-896-6756

11019 McCormick Rd. Suite #260 Hunt Valley, MD 21031



The  
**OPTION GROUP**





**The Option Group’s Certified Care Managers help families navigate the complex and confusing healthcare maze to ensure the highest level of safety, independence, and comfort for their loved ones. Our team provides a wide range of services that all reside under the broader term of “care coordination.” Our services include:**

- Client Advocacy
- Crisis Intervention
- Long Distance Caregiver Coordination
- Assistance with identification and selection of alternative living situations
- Care Coordination
- Eldercare Counseling and Support
- Family Liaison and Caregiver Support/Coaching
- Ongoing Monitoring and Reporting
- Status Reassessment
- Family Consultation and Mediation
- Move Coordination
- Individual and Family Assessments
- Care Plan Development and Implementation
- Resource Development
- Coordinate Community Resources
- Consumer Education
- Dementia Engagement Activities Program
- Cognitive Assessments
- Community & Facility Placement
- Home Safety Evaluations
- Medical Appointment Coordination



# Senior Care Management

**When families look for help from a Geriatric/Aging Life Care Manager (GCM), it’s often at a time of transition or crisis. A Certified Geriatric/Aging Life Care Manager (certified by ALCA) can quickly and professionally assess situations and guide families to the best decisions for them and their loved one.**

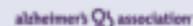
Seniors and families can also benefit from The Option Group before a crisis occurs. We work with families proactively to take preventative measures. This provides greater safety, independence, peace of mind, and improves the senior’s ability to age in place.



**The Option Group also provides similar services to the younger population who face challenges of disability or serious illness:**

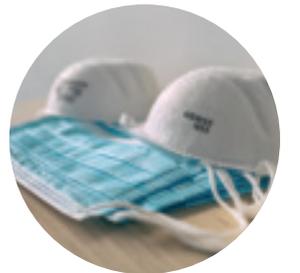
- Traumatic Brain Injury
- Multiple Sclerosis
- Parkinson’s Disease
- Early Onset Dementia
- Amyotrophic Lateral Sclerosis (ALS)
- Catastrophic Injuries
- Cancer Treatment
- Chronic Health Conditions
- Developmental Disabilities (e.g. Intellectual Disabilities, Down’s Syndrome, Autism, or Asperger’s Syndrome)
- Mental Health Problems
- Professional Athletes with Injuries

It is essential to identify a Care Manager who is certified through the Aging Life Care Association (ALCA). You can be assured that The Option Group has the specified level of competency, education and experience to provide the high quality service and best practices that deliver better outcomes. In addition to being highly credentialed, The Option Group and its team are well-respected industry wide.



**At The Option Group, we are committed to providing the safest environment for our clients and families.**

Our care managers are provided with and wear full personal protection equipment (PPE) when in-person visits are needed. In addition, our policies and procedures meet or exceed all recommended CDC and healthcare guidelines.



**To learn more, visit us at: [theoptiongroup.net](http://theoptiongroup.net)**