



The
OPTION GROUP
Clear choices. Better care.



At Your School



At Your Home



At Your Care Facility



At Your Convenience



At Your Fingertips

Clear choices. Better care.



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.”

The Option Group is committed to providing all-encompassing care management services for individuals facing unique challenges such as disabilities, chronic illness or age-related issues across all life stages:

- **Services for Seniors (55+)**
- **Services for Adults (21-54)**
- **Services for Minors & Young Adults (0-20)**
- **Services for Veterans**
- **Services for Retired Athletes**

From Life Care Management to support for family caregivers, our goal is to ensure that each individual and their family experience the highest quality of life, irrespective of age or condition. **For more information or to schedule a consultation, contact us at www.theoptiongroup.net.**



Core Areas of Expertise

Supporting an individual, whether they're a senior, an adult with unique challenges, or a young person with specific needs, can be demanding. Challenges may arise from aging, dementia, disability, chronic illnesses, or any myriad of unique conditions. In these pivotal moments, even the most dedicated families can find it overwhelming to manage.

You don't have to go it alone. We provide you access to an extensive array of resources, enabling you to spend quality time with your loved ones rather than delving into exhaustive research. As Life Care Managers, The Option Group is the hub for everything you may need:



Serving Maryland, Delaware, Pennsylvania & Virginia

Services for Seniors (55+)

When families look for help from a Geriatric/Aging Life Care Manager (GCM), it's often at a time of transition or crisis.

Seniors and families can also benefit from The Option Group before a crisis occurs, taking preventative measures including:

- Long-distance caregiver coordination
- Identification & selection of alternative living situations
- Move coordination
- Facility placement
- Family coaching & mediation
- Cognitive assessments
- Home safety evaluations
- Medical appointment coordination
- Dementia engagement activities



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.



Services for Adults (21-54)

Navigating adulthood presents unique challenges — even more so for those with disabilities, chronic illnesses, or unique conditions like autism, ADHD, cerebral palsy, or rare neurological disorders. Our comprehensive suite of services includes:

- **Transition Program:** Crafted to ensure a seamless shift into adulthood with all the necessary support mechanisms in place.
- **Vocational Services:** offer a holistic approach to job coaching, interview readiness, job placement assistance, and job maintenance.
- **Self-Advocacy:** Crafted to ensure a seamless shift into adulthood with all the necessary support mechanisms in place.



Services for Youth (0-20)

From the earliest days of diagnosis through the challenges of growing up, our programs cater to each unique phase of life:

Infant & Toddler Care:

- Comprehensive evaluations and treatment
- Early intervention and care
- Assistance with DDA applications

Home Services:

- Home safety evaluations
- Equipment recommendations and adjustments as abilities evolve

School-Age Services:

- DDA services
- School placements (public & non)
- IEP meetings and coordination
- Medical care coordination
- Yearly LISS grant applications
- Self-directed services
- Summer programs/Specialty camps
- Independent neuro-psych evals

Contact Us



Ellen Platt, MEd, CRC, CCM
President

Ellen Platt leads The Option Group's team of life care managers with over 30 years experience. Her background includes care management, advocacy, placement and case coordination services to those with catastrophic injury, chronic diseases and disabilities, as well as those who are aging and navigating longevity.



Mary Jo Siebert
*Director of Educational
Advocacy & Training*

Mary Jo brings a wealth of knowledge from her years at the Kennedy Krieger Institute and her ground-breaking work with ASK and ACES, LLC, her independent practice launched in 2003. Her Educational Law and psychology background supports children, adolescents, and adults diagnosed with autism, cerebral palsy, ADHD, and rare neurological disorders.

Our dedicated team of Life Care Managers caters to family caregivers, medical professionals, and professional family advisors in Maryland, South/Central Pennsylvania, Philadelphia, Delaware, and Virginia.

For Senior & Adult Life Care Management Services:

MD/VA: 410-667-0266

DE: 302-858-6449

PA: 717-287-9900 or 610-885-8899

For Minor & Young Adult Life Care Management Services:

CALL: 410-967-0122 or 443-318-4244

Mailing Address:

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

To hear what our clients have to say, visit our [website testimonials page](#).

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