



The
OPTION GROUP
Clear choices. Better care.



At Your Service



HONORING
15 YEARS

15

OF MAKING A DIFFERENCE

At Your Home



At Your Care Facility



At Your Convenience



At Your Fingertips

Life Care Management

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



Value of a Care Manager

A care manager provides peace of mind by serving as a trusted partner who can step in and address complex, often overwhelming needs. Whether coordinating medical care, navigating insurance and benefits, or helping families make difficult decisions, a care manager brings clarity, expertise, and calm to challenging situations. Their comprehensive oversight ensures nothing slips through the cracks, allowing individuals and families to feel supported, informed, and confident that every detail is being handled with care.



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.



Serving Maryland, Delaware & Pennsylvania

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." 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.



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.



Contact Us



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



As President, Ms. Platt leads The Option Group with over 36 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.



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To hear what our clients have to say, visit our website testimonials page.

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