

Options Counseling (OC), a core service of the Aging & Disability Resource Connection (ADRC), is a person-centered, interactive, decision-support process whereby individuals are supported in their deliberations to make informed long-term support choices in the context of their own preferences, strengths, and values.



Information is Power

Are you a person with a disability who needs information before making important decisions about how and where to live, work, study and be active in the community?

Options Counseling can help you make informed choices surrounding your current, future, and long term services and supports needs.



For information about free Options Counseling services at ILRCSF, contact



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