

## **Resources for Older Adults and Caregivers**

### **OCES (Old Colony Elder Services) 508-584-1561**

OCES is the local Aging Services Access Point. OCES provides information, services, and supports for adults who are age 60 and older. They offer Information & Referral, Care Management, Family Caregiver Support Program, Meals on Wheels, Home Care, Respite, Money Management Program, Options Counseling and more.

<https://www.ocesma.org/>

### **MassHealth Frail Elder Waiver**

The Frail Elder Waiver is a MassHealth program that makes needed supports available to eligible people who are age 60 and older to stay in the community, who would otherwise need facility-based care. Income eligibility limits are higher than for MassHealth Standard.

<https://www.mass.gov/frail-elder-waiver-few>

### **MassHealth Senior Care Options**

Senior Care Options (SCO) is a comprehensive health plan that combines health and social support services to people who are age 65 or older and who are dually eligible for Medicare and Medicaid (MassHealth).

<https://www.mass.gov/senior-care-options-sco>

### **PACE (Program of All-Inclusive Care for the Elderly) Harbor Health Elder Service Plan 774-470-6700**

The PACE program is administered by MassHealth and Medicare. The goal of PACE is to allow participants to live safely in their homes instead of in nursing homes. Enrollees must meet all eligibility criteria. Once enrolled in PACE, most medical services will be provided through Harbor Health Elder Service Plan at 479 Torrey Street, Brockton.

<https://www.mass.gov/program-of-all-inclusive-care-for-the-elderly-pace>

### **Home Care Alliance 617-482-8830**

Home Care Alliance of Massachusetts is a non-profit trade association of home care agencies. It is one resource for finding a private pay Home Care agency. It also offers consumers some FAQ about hiring a home care agency and other useful information related to caregiving.

<https://www.thinkhomecare.org/>

### **Hire a PCA (Personal Care Attendant)**

<https://www.masspcadirectory.org/>

### **Alzheimer's Association 24/7 Helpline - 800-272-3900**

The Helpline is a free service that provides confidential support and information to people living with Alzheimer's or related dementias, caregivers, and the public 365 days a year.

### **Community Resource Finder**

This website of the Alzheimer's Association offers many free resources including support groups, community services, housing options, medical services, and home care.

<https://www.communityresourcefinder.org/>

The Alzheimer's Association provides education through virtual meetings, pre-recorded online courses, fact sheets and brochures for people diagnosed with dementia and their caregivers. Topics include: 10

Warning Signs, Understanding Alzheimer's and Dementia, Behavior and Communication Strategies, Legal and Financial Planning. [https://www.alz.org/manh/helping\\_you/community\\_family\\_education](https://www.alz.org/manh/helping_you/community_family_education)

### **Memory Café Directory in Massachusetts**

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Each memory café is different but they share one goal: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations, and to enjoy other's company.

<https://www.jfcsboston.org/Our-Services/Older-Adults/Alzheimers-Related-Disorders-Family-Support/Directory-of-Memory-Caf%C3%A9s-in-Greater-Boston>

### **Making Home Accessible**

The Home Modification Loan Program provides no interest loans to make adaptations to a home that allow a household member to remain in the home and live more independently. For more information, call 866-500-5599 or visit <https://www.mass.gov/home-modification-loan-program-hmlp>.

### **Find Adaptive Equipment**

[REquipment, Inc.](#) is a great way to obtain free, gently-used durable medical equipment (DME) in Massachusetts. Donated DME is sanitized and refurbished. <https://dmereuse.org/> or 800-261-9841.

[MassMatch](#) has a public database of inventory for loan at 3 Assistive Technology Regional Center locations in Massachusetts. Inventory includes a wide range of categories that enhance independence for people with disabilities. <https://www.massmatch.org/> or 877-508-3974.

The [Avon Council on Aging](#) keeps a small inventory of canes, walkers, and wheelchairs for loan. Contact [coa@avon-ma.gov](mailto:coa@avon-ma.gov) or 508-559-0060.

### **Specialized Telephones**

The Massachusetts Equipment Distribution Program (MassEDP) provides specialized landline phones to residents with permanent disabilities related to vision, hearing, speech, cognition, or motion. These phones may be free or at a reduced cost.

Call 800-300-5658 or visit <https://www.mass.gov/massachusetts-equipment-distribution-program-massedp>.

### **Personal Emergency Response Systems (PERS)**

A PERS allows people who live alone to call for help 24/7 in the case of an emergency with the push of a button. Some devices have automatic fall detect. Devices now exist for in and out of the home. This article from the Federal Trade Commission gives some helpful questions to ask when starting a search for a PERS.

<https://www.consumer.ftc.gov/articles/0316-personal-emergency-response-systems-health-information-older-people>

### **General Resources**

[www.MassOptions.org](http://www.MassOptions.org) or call 1-800-ageinfo (1-800-243-4636)

[www.Mass211.org](http://www.Mass211.org) or call 211

Avon Council on Aging – Call the Outreach Coordinator at 774-480-5352.