



Third Edition - June 2014

Older Adult Resource Toolkit (OAR)



Southern Maine
AGENCY
On AGING
Creating Better Days



**UNIVERSITY OF
NEW ENGLAND**

Maine Geriatric Education Center



June 2014

We are pleased to share the third edition of the Older Adult Resource (OAR) Toolkit. It is available for download at the Southern Maine Agency on Aging website at www.smaaa.org and the Maine University of New England Geriatric Education Center website at www.une.edu/mainegec/.

The OAR toolkit is a compilation of community, national, and web-based resources that can be helpful to older adults, family and friends who assist them, and professional providers. We hope it helps you discover and connect with the many services, tools, and supports that are available.

The original Toolkit was developed as a collaborative project between Southern Maine Agency on Aging's Family Caregiver Support Program and the Maine University of New England Geriatric Education Center. We divided the book into sections, based on priority needs identified by physicians who participated in our initial needs assessment in 2006. Initially, the Toolkit was in notebook form, and was distributed to 750 physician practices, assisted living facilities, home care agencies, hospitals, libraries, and other settings where older adults and family caregivers might turn for resources.

The Toolkit was updated by Erin Foley Bolduc in 2009, as her capstone project for her Social Work degree at USM, and was made available on line. Claire Bee, BSW, took on the 2014 update as her USM Social Work capstone, and has identified and added many useful listings. We are grateful to these SMAA social workers for their tireless efforts to keep the OAR Toolkit a useful and current resource. Additional dementia resources were added in this edition by the UNE GEC, as part of their mission to "meet the health education needs of Maine's health workforce, health professions faculty and students, community organizations and older adults and their families."

We hope this Toolkit will assist providers, older adults, and family caregivers in identifying and connecting with resources and services. Your feedback is welcome!

A handwritten signature in black ink that reads "Ann O'Sullivan".

Ann O'Sullivan, OTR/L, LSW, FAOTA
Family Caregiver Support Program Coordinator
Southern Maine Agency on Aging
(207) 396-6541
aosullivan@smaaa.org

A handwritten signature in black ink that reads "Judith A. Metcalf".

Judith A. Metcalf, ANP-BC, MS, FMGS
Director
UNE Maine Geriatric Education Center
(207) 221-4459
e-mail: jmetcalf@une.edu

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NOTE: Some resources are listed in more than one section, to make them easier to find.



ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

Local Resources

- ❖ SOUTHERN MAINE AGENCY ON AGING / AGING AND DISABILITY RESOURCE CENTER, www.smaaa.org, provides older adults and people with disabilities, family caregivers and professionals with information, guidance, education, and programs for their social, financial, and home care needs. Services extend throughout Maine's York and Cumberland Counties (except for Brunswick and Harpswell, which are served by Spectrum Generations). Examples of useful programs for families affected by Alzheimer's Disease and related dementias are listed below:
 - Family Caregiver Support Program, www.smaaa.org, helps caregivers learn strategies to plan for the future, learn how to take care of themselves, get ideas on how to balance caregiving with family and work, find the care and assistance needed, and reduce caregiver stress and anxiety. 1-800-427-7411 or 207-396-6500.
 - Caregiver Respite Program (formally Partners in Caring), is a state-funded program that assists with the cost of respite for caregivers of eligible people with dementia, 1-800-427-7411 or 207-396-6500, www.smaaa.org.
 - Savvy Caregiver training provides family caregivers of people with dementia with the knowledge, skills and attitudes essential for care. The 12-hour training is provided in 6 weekly sessions. 1-800-427-7411 or 207-396-6500, www.smaaa.org.



- ❖ MAINE OFFICE OF AGING AND DISABILITY SERVICES (OADS), <http://www.maine.gov/dhhs/oads/index.shtml>, within the Department of Health and Human Services (DHHS), is responsible for planning, developing, managing, and providing services to promote independence for older adults and people with disabilities through evidence-based health promotion programs and comprehensive home- and community-based services. Included are Adult Protective Services and the Public Guardianship and Conservatorship Program. The website provides a calendar of upcoming State-sponsored events related to older adults and people with disabilities; it also lists available services in Maine.
 - Aging and Disability Resource Centers (ADRC) are based in Maine's Agencies on Aging, and are expert at answering questions about in-home care services, family caregiving, and all types of long-term support.
<http://www.maine.gov/dhhs/oads/aging/resource/adrc.html>
 - List of licensed adult day centers by county:
http://www.maine.gov/dhhs/oads/aging/home_care/adult-day.html. For information about smaller, facility-based programs, contact SMAA at 1-800-427-7411 or 207-396-6500.

- ❖ THE ALZHEIMER'S ASSOCIATION, MAINE CHAPTER offers a 24-hour hotline to answer questions about Alzheimer's disease and related dementias (ARD). The Chapter also offers programs to enhance care for those living with ARD and their caregivers, including care consultation, support groups, educational programs, professional training and advocacy. 207-772-0115, www.alz.org/maine
Hotline (24/7): 1-800-272-3900



- ❖ MAINE ASSOCIATION OF AREA AGENCIES ON AGING (M4A) is a private, non-profit organization that provides a unifying voice for Maine's five Agencies on Aging on issues that promote independence, dignity and economic self-reliance for Maine's 200,000+ seniors. The contact information for the five Area Agencies on Aging is available on their website, www.maine4a.org.
- ❖ STATE PLAN FOR ALZHEIMER'S DISEASE AND RELATED DEMENTIAS: In 2012, The Maine Department of Health and Human Services and the Alzheimer's Association Maine Chapter brought together a broad group of stakeholders to inform the development of a State Plan for Alzheimer's disease and related dementias (ADRD) in Maine. The plan can be reviewed at http://act.alz.org/site/DocServer/ALZStatePlanwithAppendix_1.pdf?docID=13641
- ❖ 2-1-1 MAINE is a comprehensive statewide directory of over 8,000 health and human services resources available in Maine. The toll free 2-1-1 hotline connects callers to trained call specialists who can help 24 hours a day, 7 days a week. To find answers to questions and locate resources across the lifespan, dial 2-1-1 or visit www.211maine.org.

Assessment

- ❖ GERIATRIC EVALUATION SERVICES
These hospital-based programs offer complete assessments by a team of professionals. They assess an older adult's cognitive, functional, social, and physical situation, and make recommendations to help that person be as independent, healthy and safe as possible.



- Geriatric Center, Maine Medical Center: 207-662-2847
 - Parkview Elder Life Program Comprehensive Geriatric Assessments, Parkview Adventist Medical Center, Brunswick: 207-373-2000
- ❖ MEDICARE ANNUAL WELLNESS VISIT was initiated in January 2011 as part of the Affordable Care Act. The yearly Medicare benefit includes the creation of a personalized prevention plan and detection of possible cognitive impairment. The Alzheimer's Association convened a group of practicing expert clinicians to identify several brief tools to evaluate cognition, all of which can be administered in five minutes or less by a physician or other trained staff. The resulting article can be found here: www.download.journals.elsevierhealth.com/pdfs/journals/1552-5260/PIIS1552526012025010.pdf; and the algorithm for the assessment of cognition can be found here: http://www.alz.org/documents_custom/awv_algorithm_weba.pdf
- ❖ MINI-COG ASSESSMENT FOR DEMENTIA www.alz.org/documents_custom/minicog.pdf, is a simple screening tool that is widely promoted and takes 3 minutes to administer. This tool can be used to detect cognitive impairment quickly during both routine physician visits and hospitalizations, and determine the need for a more thorough evaluation.
- ❖ THE MONTREAL COGNITIVE ASSESSMENT www.mocatest.org, is another simple screening tool that is used to assist health professionals in detection of mild cognitive impairment.



- ❖ THE MINI-MENTAL STATUS EXAMINATION www.mountsinai.on.ca/care/psych/on-call-resources/on-call-resources/mmse.pdf, is a tool that can be used to assess mental status. It is an 11-question measure that tests five areas of cognitive function: orientation, registration, attention and calculation, recall, and language.
- ❖ THE GENERAL PRACTITIONER ASSESSMENT OF COGNITION (GPCOG), www.gpcog.com.au/index.php, is a web-based screening tool for cognitive impairment. It has been designed for the primary care setting (i.e. general practitioners, primary care physicians, family doctors, etc.). The website is available in different languages.
- ❖ THE GERIATRIC DEPRESSION SCALE (GDS) http://consultgerirn.org/uploads/File/trythis/try_this_4.pdf, has been tested and used extensively with the older population. The GDS Long Form is a 30-item questionnaire in which participants are asked to respond in reference to their feelings over the past week. A Short Form GDS consisting of 15 questions is also available.

National Resources

- ❖ ALZHEIMER'S ASSOCIATION offers several national resources and programs for those affected by Alzheimer's disease and related dementias (ADRD), www.alz.org.



- MEDICALERT® and ALZHEIMER'S ASSOCIATION SAFE RETURN® is a national program for caregivers to call a 24-hour emergency response line to report if an individual with Alzheimer's disease or a related dementia wanders and becomes lost. Information and a photo are faxed to local police, who conduct the search. Critical medical information will be provided to emergency responders when needed. Emergency responders or citizens encountering a person with dementia who has wandered can call the 800 number on the bracelet to speed identification and reunification with the person's family.
 - 1-800-625-3780 or 207-772-0115
 - www.alz.org/documents/national/brochure_masr_enrollment.pdf

- ALZHEIMER'S ASSOCIATION CLINICAL TRIALS MATCH http://www.alz.org/northcentraltexas/in_my_community_clinical_trials.asp, is a free, confidential, interactive tool that provides comprehensive clinical trial information and an individualized trial matching service for people with Alzheimer's disease and related dementias (ADRD). This tool is available to caregivers, physicians, researchers and people interested in becoming "healthy volunteers."

- THE ALZHEIMER'S ASSOCIATION LANGUAGE AND DIVERSITY FOR ALZHEIMER'S provides a list of web sites with information for caregivers in non-English languages, and information on cultural competency in health care. www.alz.org/library/downloads/incrediblyusefulwebsiteslanguageanddiversity.pdf.



- ❖ THE DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS) ADMINISTRATION ON COMMUNITY LIVING (ACL – previously known as the Administration on Aging) www.acl.gov, develops and funds programs to help older adults remain independent and involved in their communities. Services include the following:
 - The Eldercare Locator, www.eldercare.gov, helps connect individuals to services for older adults and their families anywhere in the US. 1-800-677-1116
 - Alzheimer’s Disease Supportive Services Program, www.aoa.gov/AoA_Programs/HPW/Alz_Grants/, funds and develops supportive services for persons with Alzheimer’s disease and related dementias (ADRD) and their family caregivers using proven models and innovative practice. ACL also funds translation of evidence-based models into community-level practice and advances state initiatives to enhance coordinated systems of home and community-based care.
- ❖ NATIONAL INSTITUTES OF HEALTH, NATIONAL INSTITUTE ON AGING (NIA)
 - News: www.nia.nih.gov/alzheimers/news
 - Publications related to Alzheimer’s disease and dementia: www.nia.nih.gov/alzheimers/publication



- Alzheimer's Disease Education and Referral Center, (ADEAR), www.nia.nih.gov/alzheimers , provides accurate, up-to-date information about Alzheimer's disease and related disorders (ADRD) to patients and their families, caregivers, health care providers, and the public. The center operates a toll-free information and referral line, 1-800-438-4380. Callers can get answers to basic questions about ADRD, caregiving, research findings, and treatment studies. In addition, ADEAR provides free publications, and referrals to other organizations for additional information and services.
- Alzheimer's Disease Research Centers, are found at major medical institutions across the US. Researchers at these centers are working to translate research advances into improved diagnosis and care for people with Alzheimer's disease and related dementias (ADRD) while also focusing on the program's long-term goal of finding a way to cure and prevent ADRD. For patients and families affected by ADRD, they offer information about diagnosis, medical management, conditions, services, resources, drug trials, support groups, clinical research projects, and other programs. For more information, contact any of the centers in the directory on the site. www.nia.nih.gov/alzheimers/alzheimers-disease-research-centers
- Alzheimer's Disease Centers offer information about diagnosis and medical management; clinical research and drug trials; and information about the disease, services and resources. A directory is available at www.nia.nih.gov/Alzheimers



- ❖ FAMILY CAREGIVER ALLIANCE, www.caregiver.org, is a support organization for caregivers, which includes an online caregiver support group through a listserve.
- ❖ CAREGIVER ACTION NETWORK is an organization that educates, supports, empowers, and advocates for caregivers, www.caregiveraction.org.
- ❖ ALZHEIMER'S FOUNDATION OF AMERICA, www.alzfdn.org/AFAServices/education.html, AFA has more than 1,600 member organizations whose goal is meeting the educational, social, emotional and practical needs of individuals with Alzheimer's disease and related disorders (ADRD), and their caregivers. They provide information, counseling by licensed social workers, and referrals to resources across the nation, including community organizations that offer hands-on support services via phone (1-866-232-8484), e-mail, Skype and live chat.
- ❖ NATIONAL PLAN TO ADDRESS ALZHEIMER'S DISEASE, signed into law on January 4, 2011 by President Obama, established the National Alzheimer's Project to create and maintain an integrated national plan to overcome Alzheimer's disease and related dementias (ADRD). Access the plan at: <http://aspe.hhs.gov/daltcp/napa/NatPlan2014.shtml>
- ❖ ALZHEIMERS.GOV, www.alzheimers.gov, is the federal government's free information resource about Alzheimer's disease and related dementias (ADRD). Find links to authoritative, up-to-date information from agencies and organizations with expertise in these areas.



- ❖ CLINICALTRAILS.GOV, <http://ClinicalTrials.gov> provides regularly updated information about federally and privately supported clinical research in human volunteers. The website gives information about a trial's purpose, who may participate, locations, and phone numbers for more details. Please note that the information should be used in conjunction with advice from healthcare professionals.
- ❖ ALZHEIMER'S/DEMENTIA NEWS (Medical News Today) provides the latest Alzheimer's / dementia news articles published daily. The site includes news on impairment of memory, brain function decline, treatment options and prevention, at www.medicalnewstoday.com/categories/alzheimers.
- ❖ WEB MD Alzheimer's Health Center has a broad range of information, targeted to individuals who are concerned about memory problems or who have Alzheimer's disease. www.webmd.com
- ❖ FISHER CENTER FOR ALZHEIMER'S RESEARCH FOUNDATION, 1-800-ALZ-INFO (1-800-250-4636), www.ALZinfo.org, provides a broad range of information on research, treatment, legal and financial planning for families affected by Alzheimer's disease. They have a comprehensive resource locator to find help in a designated area, and an interactive, "Ask the Experts" feature. In addition, they offer an online social network for persons affected by Alzheimer's disease, www.ALZtalk.org.
- ❖ ALZHEIMER RESEARCH FORUM, www.alzforum.org, provides in-depth information for professionals and the public on the latest scientific and clinical advances. It lists appropriate use and pharmacological profiles for medications and alternative therapies.



- ❖ HELPGUIDE is a non-profit, ad-free healthcare website that includes resources and information about Alzheimer's disease and related dementias (ADRD), some of which is written in collaboration with Harvard Health Publications of Harvard Medical School. www.helpguide.org/topics/alzheimers-dementia.htm.
- ❖ MAYO CLINIC ALZHEIMER'S DISEASE CENTER has easy-to-understand, practical, in-depth information on Alzheimer's disease and caregiving. www.mayoclinic.com
- ❖ MEDLINE PLUS (National Library of Medicine), www.nlm.nih.gov, provides links to information from several government agencies and nonprofit organizations. It also provides drug information and lists generic and brand names, precautions and over-the-counter drugs from the United States Pharmacopeia (USP).
- ❖ ALZHEIMER'S DISEASE INTERNATIONAL (ADI), www.alz.co.uk, links to member sites throughout the world. It provides information in several languages, statistics on the number of people with dementia worldwide, and the implications of research funding, especially in developing countries.



DENTAL AND ORAL HEALTH

Local Resources

- ❖ DENTAL CLINICS: The clinics on this list may offer free or discounted dental care to those who qualify. Eligibility may be based on financial guidelines. A detailed description of clinics statewide is available at www.maine.gov/dhhs/mecdc/population-health/odh/clinics.shtml.
- ❖ DENTAL CLINICS AND SERVICES FOR MAINE RESIDENTS is published by the Maine Center for Disease Control and Prevention Oral Health Program and is downloadable in PDF format at www.maine.gov/dhhs/mecdc/population-health/odh/documents/directory.pdf.
- ❖ MAINECARE: For assistance finding a dental practice that will accept MaineCare members, call MaineCare Member Services at 1-800-977-6740.
- ❖ DENTAL HYGIENE CLINIC, free/low cost, University of New England (Westbrook College Campus, Portland) 207-221-4900 www.une.edu/wchp/dental/patient.cfm
- ❖ CUMBERLAND COUNTY DENTAL RESOURCES:
 City of Portland, Public Health Division, 207-874-8450
 Clinical Services, Portland, 207-822-0232 or 1-800-572-4928
 Community Dental, Portland, 207-874-1028
 Cumberland County Denture Program, Saco, 207-282-1305
 University of New England, Portland, 207-221-4900



- ❖ SMAA offers assistance locating services for older adults
1-800-427-7411
NOTE: There are limited community dental resources for people with limited finances.

- ❖ Maine DHHS offers a brochure containing information about keeping teeth and gums healthy.
www.maine.gov/dhhs/mecdc/population-health/odh/documents/downloadable-brochures/keepyourteeth.pdf.

National Resources

- ❖ AMERICAN DENTAL ASSOCIATION
www.orallongevity.ada.org/ada/orallongevity/index.asp
ADA and GlaxoSmithKline website for both professionals and consumers that reviews oral health issues in seniors.

- ❖ HEALTHFINDER is a free gateway to reliable consumer health and human services information developed by the U.S. DHHS. Healthfinder can lead you to selected online publications.
www.healthfinder.gov

- ❖ NATIONAL INSTITUTES FOR HEALTH
“Dental Health Every Day – A Caregiver’s Guide”
www.nidcr.nih.gov/OralHealth/Topics/DevelopmentalDisabilities/DentalCareEveryDay.htm



- ❖ UNIVERSITY OF IOWA SCHOOL OF DENTISTRY
www.healthcare.uiowa.edu/igec/e-learn_lic/dentistry/default.asp
Includes video and slide presentations on oral exams, oral screening tools in long term care, and practical training on oral care for people with dementia.

- ❖ DENTAL CARE FOR PEOPLE WITH DEMENTIA is the subject of this short video that provides a number of useful tips to make time at the dentist's office a more comfortable experience for someone with dementia. There are also helpful hints to improve the daily dental care routine environment at
www.youtube.com/watch?feature=player_embedded&v=7uQGZTmXFoE.



DRIVING AND TRANSPORTATION

Local Resources

- ❖ MAINE GUIDELINES on medical issues and driving
www.maine.gov/sos/bmv/licenses/medical.html
- ❖ OLDER DRIVER IMPROVEMENT COURSES
 - AAA Northern New England, 68 Marginal Way, Portland, ME 207-780-6800; www.northernnewengland.aaa.com/en-nne/driving-resources/driver-education/Pages/senior-programs.aspx
 - AARP Maine, 1685 Congress St., Portland, ME 04102 1-866-554-5380; www.aarp.org/states/me/
- ❖ DRIVER EVALUATION AND ASSESSMENT
 - ALPHA ONE, 127 Main St., South Portland, ME 04106; 207-767-2189, www.alphaonenow.com
Complete driver evaluations conducted by dually licensed occupational therapists and driver educators. Emphasis is placed on helping seniors and persons living with disabilities overcome limiting driving factors.
 - PHYSICIAN REPORTING FORM for driver concerns can be found at www.maine.gov/sos/bmv/forms/CR24.pdf.



- NEW ENGLAND REHABILITATION HOSPITAL,
335 Brighton Ave., Portland, ME; 207-775-4000
Some medical restrictions apply. Physician's order required.
Recommendations made to family and referring physician.

❖ TRANSPORTATION OPTIONS

- COMMUNITY ACTION CORPORATIONS have community-based transportation programs:
 - York County: YCCAC, 1-800-965-5762, www.yccac.org
 - Cumberland County: Regional Transportation Program (RTP), 207-774-2666, www.rtprides.org
- INDEPENDENT TRANSPORTATION NETWORK offers transportation for older adults and people with visual impairments in the greater Portland/Saco area. There is a membership fee and per mile charge, but several options exist to offset these costs. 207-854-0505, www.itnportland.org/
- VOLUNTEER DRIVERS: Some communities have volunteer transportation programs. SMAA can help identify options, 1-800-427-7411 or 207-396-6500
- PUBLIC TRANSPORTATION:
 - Portland Maine Metro: www.gpmetrobus.com offers bus rides in Portland and surrounding towns.
 - General list of public transportation options by county and town: www.accessmaine.org/living_transportation.htm



National Resources

- ❖ PHYSICIANS GUIDE TO ASSESSING AND COUNSELING OLDER DRIVERS, created by the AMA and available from the American Geriatrics Society at no cost to AGS members:
<http://geriatricscareonline.org/ProductAbstract/physicians-guide-to-assessing-and-counseling-older-drivers/B013>.
- ❖ NATIONAL INSTITUTE ON AGING: Age Page on Older Drivers;
www.aapina.org/oldsite/GERO/bibliography/documents/Age%20Page%20Older_Drivers.pdf
To order copies, contact the National Institute on Aging at 1-800-222-2225 or <http://www.nia.nih.gov/>.
- ❖ AARP: Older Drivers and Auto Safety
www.aarp.org/home-garden/livable-communities/info-2005/fs51r_drivers.html
- ❖ AMERICAN MEDICAL ASSOCIATION: Resources for Patients:
www.ama-assn.org/ama/pub/patients/patients.shtml (search "Older Drivers")
- ❖ NATIONAL HIGHWAY TRANSPORTATION SAFETY ADMINISTRATION promotes older driver safety at
www.nhtsa.gov/Driving+Safety/Older+Drivers



Condition-specific booklets available on driving when you have:

- Diabetes:
www.nhtsa.dot.gov/people/injury/olddrive/Diabetes
- Macular degeneration:
<http://www.nhtsa.gov/people/injury/olddrive/Macular/>
- Arthritis:
www.nhtsa.dot.gov/people/injury/olddrive/Arthritis
- Cataracts:
www.nhtsa.dot.gov/people/injury/olddrive/Cataracts
- Alzheimer's disease:
www.nhtsa.dot.gov/people/injury/olddrive/Alzheimers

For hard copies and other topics in "Driving and..." booklets, contact National Highway Traffic Safety Administration at 1-888-327-4236.

- ❖ AT THE CROSSROADS toolkit on dementia and driving, from The Hartford Insurance, includes information and worksheets.
<http://hartfordauto.thehartford.com/UI/Downloads/Crossroads.pdf>.



ELDER ABUSE, NEGLECT and EXPLOITATION

Local Resources

- ❖ ADULT PROTECTIVE SERVICES (APS) to report abuse, neglect or exploitation: hotline (24/7): 1-800-624-8404
- ❖ REPORTING RULES – PROFESSIONALS AND LAY PEOPLE
www.maine.gov/dhhs/mandated_reporters.shtml#statutes.
Online course available on mandated reporting.
- ❖ ELDER ABUSE SCREENING PROTOCOL FOR PHYSICIANS:
http://umcoa.siteturbine.com/uploaded_files/mainecenteronaging.umaine.edu/files/elderabusescreeningmanual.pdf
- ❖ THE MAINE LONG-TERM CARE OMBUDSMAN PROGRAM advocates for the rights of people receiving care at home or in facilities, and can investigate and help resolve complaints. They can be found at 1-800-499-0229 or www.maineombudsman.org.
- ❖ MAINE DEPT. OF HEALTH AND HUMAN SERVICES offers information about adult abuse, neglect and exploitation. This can be downloaded in a pdf document at www.maine.gov/dhhs/oads/aps/ane_flyer.htm
- ❖ ELDER ABUSE INSTITUTE OF MAINE offers educational and outreach services to the community, www.eaime.org or 207-828-6849, 1-888-819-3666.



- ❖ UNE - MAINE GERIATRIC EDUCATION CENTER
www.une.edu/mainegec offers training for professionals in identifying, assessing, and responding to elder abuse.
- ❖ CARING UNLIMITED provides 24 hour access to domestic abuse services, including individualized safety planning, crisis intervention, emotional support, advocacy, and links to needed services. There are emergency shelters, and transitional housing and support services for up to 24 months, designed to help formerly battered women rebuild their lives.
Hotline (24/7): 1-800-239-7298. www.caring-unlimited.org.
- ❖ FAMILY CRISIS SERVICES is a non-profit domestic violence agency for Cumberland County. FCS provides individual and group support, a 24-hour hotline, emergency shelter, transitional housing, and elder advocacy. Outreach offices in Portland and Bridgton provide court advocacy and assistance with protection from abuse orders.
Hotline (24/7): 1-866-834-4357 or 207-767-4952
www.familycrisis.org/
- ❖ MARTHA'S COTTAGE is a three bedroom residence for elder survivors of domestic violence, sexual assault, or stalking, who are fleeing from their current residence because of this violence. The residence offers no-cost independent living for up to two years, and support services to help a resident transition to a safe and secure setting. Martha's Cottage is operated by The Elder Abuse Institute of Maine. 207-767-4952 or
www.eaime.org.



- ❖ MAINE COUNCIL FOR ELDER ABUSE PREVENTION provides information about elder abuse, ways to prevent it, and agencies in Maine that provide services to people dealing with abuse at www.elderabuseprevention.info/

National Resources

- ❖ AARP, www.aarp.org has a variety of information about issues concerning fraud, identify theft, etc.
- ❖ ELDERCARE LOCATOR gives information on state offices concerned with elder abuse for all 50 states, 1-800-677-1116, www.eldercare.gov.
- ❖ DO NOT CALL REGISTRY gives you a choice about whether to receive telemarketing calls at home. www.donotcall.gov
- ❖ FEDERAL TRADE COMMISSION (FTC) has an identity theft data clearinghouse at www.consumer.gov/idtheft.
- ❖ NATIONAL CENTER ON ELDER ABUSE, directed by the U.S. Administration on Community Living, offers more information about elder abuse and ways to prevent it at www.ncea.aoa.gov/index.aspx.



END OF LIFE CARE AND HOSPICE

Local Resources

❖ ADVANCE DIRECTIVES

- Legal Services for the Elderly has educational materials and forms, 207-396-6502, www.mainelse.org.
- Maine Department of Health and Human Services offers a booklet, "Aging: Taking Care of Business" covering topics such as Health Care Advance Directives, Durable Powers of Attorney for Finances, and Guardianship/Conservatorship. This can be downloaded in a pdf document.
www.maine.gov/dhhs/oads/aging/aging_tcb/index.htm.
- Advance directive forms are available from the Maine Hospital Association www.themha.org/policy-advocacy/Issues/End-of-Life-Care/advdirectivesform.aspx, from any health care provider, or at www.smaaa.org.

❖ HOSPICE is a philosophy of care that provides special help to people who have a terminal illness, and their families.

- Maine Hospice Council, 1-800-438-5963 or 207-626-0651
- Hospice provider directory by town
<http://mainehospicecouncil.org/hospice-programs-in-maine/>



- ❖ END OF LIFE CARE FOR PEOPLE WITH DEMENTIA: Hospice may be an appropriate care choice for people with dementia.
www.maine.gov/dhhs/oes/alz/alzheimer/endoflife_web.pdf.
For copies of this booklet by Dr. Laurel Coleman, please contact SMAA at 1-800-427-7411 or 207-396-6500.

National Resources

- ❖ ALZHEIMER'S ASSOCIATION, www.alz.org
- ❖ AMERICAN BAR ASSOCIATION- Consumers Toolkit for Health Care Advance Planning, www.abanet.org/aging/toolkit
- ❖ AMERICAN COLLEGE OF PHYSICIANS, www.acponline.org, offers "A Dying Person's Guide to Dying", and under the category of Patients and Families, a variety of end-of-life "Peace" brochures.
- ❖ AMERICAN HOSPICE FOUNDATION, www.americanhospice.org
- ❖ AMERICANS FOR BETTER CARE OF THE DYING (ABCD) website includes "Handbook for Mortals", www.abcd-caring.org
- ❖ CAREGIVER ACTION NETWORK or CAN, focuses on addressing the special concerns of caregivers, and offers many online and printed tips, guides, and other resources. <http://caregiveraction.org/>
- ❖ CENTER FOR PRACTICAL BIOETHICS, community-state partnerships to improve end-of-life care, www.practicalbioethics.org
- ❖ "COMPLETING A LIFE", from Michigan State University, www.commtechlab.msu.edu/sites/completingalife



- ❖ DEPARTMENT OF PAIN MEDICINE AND PALLIATIVE CARE, Beth Israel Medical Center, www.stoppain.org
- ❖ ELDERCARE LOCATOR, 1-800-677-1116, www.eldercare.gov to locate local aging services anywhere in the US
- ❖ FAMILY CAREGIVER ALLIANCE supports and sustains the important work of families nationwide caring for people with chronic, disabling health conditions. www.caregiver.org
- ❖ GROWTH HOUSE, INC. offers free access to over 4,000 pages of high-quality education materials about end-of-life care, palliative medicine, and hospice care, including the full text of several books. The website provides education both for the general public and for health care professionals. www.growthhouse.org
- ❖ HOSPICE FOUNDATION OF AMERICA assists those who cope either personally or professionally with terminal illness, death, and the process of grief, through programs of professional development, research, public education and information. www.hospicefoundation.org
- ❖ HOSPICE NET provides comprehensive information and support to patients and families facing life-threatening illnesses. The website includes "A Guide to Understanding Hospice", "A Dying Person's Guide to Dying" and "Talking to Children About Death". www.hospicenet.org
- ❖ NATIONAL ALLIANCE FOR CAREGIVING is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation and advocacy. www.caregiving.org



- ❖ NATIONAL HOSPICE AND PALLIATIVE CARE ORGANIZATION is the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. The organization is committed to improving end of life care and expanding access to hospice care with the goal of enhancing quality of life for people dying in America, and their caregivers. www.nhpco.org
- ❖ NATIONAL INSTITUTE ON AGING, www.nia.nih.gov, offers valuable health and resource information for consumers and professionals.
- ❖ WELL SPOUSE FOUNDATION, www.wellspouse.org, is a support network of active spousal caregivers and those former caregivers struggling to build a new life after caregiving ends. WSA offers support groups, a forum, respite weekends and national conferences.



FAMILY CAREGIVER SUPPORT

Local Resources

- ❖ FAMILY CAREGIVER SUPPORT PROGRAM (SMAA), 1-800-427-7411, www.smaaa.org, assists family and friends who are helping older adults or people with dementia. Services include:
 - Information and assistance with accessing services
 - Education
 - Support
 - Assistance with problem solving

- ❖ SUPPORT GROUPS
 - FAMILY CAREGIVER SUPPORT PROGRAM at SMAA, at 1-800-427-7411, www.smaaa.org for information about support groups in a variety of locations throughout Cumberland and York counties.
 - MAINE ALZHEIMER'S ASSOCIATION, 1-800-272-3900, www.alz.org/maine, has support groups for family caregivers assisting a person with dementia.
 - Other organizations may also have support groups available. The Family Caregiver Support Program at SMAA can help locate them 1-800-427-7411, www.smaaa.org
 - CAREGIVING.COM offers online support groups, webinars, blogs, and a newsletter, among other resources for caregivers at www.caregiving.com.



- ELDERCARE ONLINE provides links to caregiver mentors and online support group services at www.ec-online.net.
- ❖ RESPITE SERVICES are used to allow family caregivers to take a break from their responsibilities. Resources include:
 - FAMILY CAREGIVER SUPPORT PROGRAM at SMAA 1-800-427-7411 or 207-396-6500, www.smaaa.org.
 - CAREGIVER RESPITE PROGRAM (formally Partners in Caring), is a state-funded program that assists with the cost of respite for caregivers of eligible people with dementia, 1-800-427-7411 or 207-396-6500, www.smaaa.org.
 - IN-HOME SERVICES: Lists of Medicare, MaineCare, and private pay providers in York and Cumberland Counties are available from SMAA, 1-800-427-7411 or 207-396-6500.
 - ADULT DAY PROGRAMS offer activities, socialization, and support for older adults. To search for licensed programs, go to www.maine.gov/dhhs/oes/resource/adc.htm. For information about smaller, facility-based programs, contact SMAA at 1-800-427-7411 or 207-396-6500.
 - SENIOR COMPANION Program pairs homebound / isolated adults with trained volunteers, who provide companionship and activities, and can assist with grocery shopping, errands, and getting to appointments. Through Opportunity Alliance, 207-773-0202 or www.opportunityalliance.org.



- ❖ LONG TERM CARE ASSESSMENT: In Maine, people who wish to have the State help to pay for services in the home must have a long term care assessment, which is provided by Good Health Systems, 1-800-609-7893. Information can be found at the Office of Aging and Disability Services website, www.maine.gov/dhhs/oads/aging/long-term/assessment.shtml
- ❖ CONNECTIONS book: A guide for family caregivers, which includes information about resources in Maine, dementia, home care, assisted living and nursing facility care, end of life care, resources for kinship parents, legal issues and long-term care as well as other services that can be helpful to caregivers. Copies can be requested by calling the Family Caregiver Support Program at your Agency on Aging, 1-877-353-3771 or downloaded from the Family Caregiver Support Program pages at www.smaaa.org.
- ❖ UNIVERSITY OF MAINE COOPERATIVE EXTENSION, 1-800-287-1471, www.umext.maine.edu offers education about issues related to aging and health, and has a series of information sheets for family caregivers.
- ❖ GUIDEBOOK FOR THE CAREGIVING JOURNEY, which includes worksheets for planning ahead, evaluating options, and organizing care, is available on the SMAA website at www.smaaa.org.



Assessment

- ❖ CAREGIVERS COUNT TOO: A toolkit to help practitioners assess the needs of family caregivers, presented by the Family Caregiver Alliance. www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1695
- ❖ THE MODIFIED CAREGIVER STRAIN INDEX (MCSI) is a tool that can be used by practitioners to quickly screen for caregiver strain with long-term family caregivers. The MCSI is a brief, easy-to-use, self-administered instrument that can be found at www.consultgerirn.org/uploads/File/trythis/try_this_14.pdf.

National Resources

- ❖ ELDERCARE LOCATOR, www.eldercare.gov, can help you to find local services for older adults anywhere in the US. 1-800-677-1116
- ❖ AARP: This website offers current articles, information and resources focused on helping the caregiver. www.aarp.org/family/caregiving
- ❖ ALZHEIMER'S ASSOCIATION, www.alz.org, has information about cognitive issues, problems and solutions, research and medical advances, public policy issues, and caregiver support.
- ❖ ALZHEIMER'S DISEASE EDUCATION AND REFERRAL SERVICE (ADEAR), www.nia.nih.gov/alzheimers, a service of the NIA, provides information and referral, publications, a database, and resources about dementia.



- ❖ CAREGIVER ACTION NETWORK or CAN, <http://caregiveraction.org/>, focuses on addressing the special concerns of caregivers, and offers many online and printed tips, guides, and other resources.
- ❖ CENTERS FOR MEDICARE AND MEDICAID SERVICES (CMS), www.medicare.gov, provides an overview of Medicare and Medicaid policy and regulations, and consumer literature about health-related services and benefits.
- ❖ FAMILY CAREGIVER ALLIANCE, www.caregiver.org, has online fact sheets, publications (including a booklet on long distance caregiving), and support groups.
- ❖ NATIONAL ALLIANCE FOR CAREGIVING, www.caregiving.org, sponsors the Family Caregiver Resource Connection, which reviews and rates hundreds of caregiving books, videos, etc.
- ❖ NATIONAL INSTITUTE ON AGING, www.nia.nih.gov, offers valuable health and resource information for consumers and professionals.
- ❖ PATIENTINFORM is a free online service that provides access to up-to-date, reliable and important research about the diagnosis and treatment of specific diseases, to patients and their caregivers. www.patientinform.org



FINANCES AND LEGAL ASSISTANCE

Resources - Financial

- ❖ ADULT PROTECTIVE SERVICES (APS) to report abuse, neglect or financial exploitation. 24/7 hotline: 1-800-624-8404
- ❖ BENEFIT PROGRAMS:
 - DHHS OFFICES are where to apply for financial benefit programs. www.maine.gov/dhhs/divisions.shtml
 - SOUTHERN MAINE AGENCY ON AGING can assist older adults to identify and access benefit programs and supports, 1-800-427-7411, 207-396-6500 or www.smaaa.org
- ❖ TAX AND RENT REBATE may be available through the Property Tax Fairness Credit for individuals who pay more than a set percentage of their income for property taxes or rent. More information is available from Maine Revenue Services, www.maine.gov/revenue/ or 207-626-8461.
- ❖ HELP WITH MONEY MANAGEMENT
 - MONEY MINDERS – trained and bonded volunteers assist with money management through SMAA at 1-800-427-7411, www.smaaa.org
 - AARP TAX AIDE PROGRAM offers free one-on-one counseling, as well as assistance on the telephone and internet to help individuals prepare basic tax forms. 1-866-554-5380 or www.aarp.org/money/taxaide



- CA\$H GREATER PORTLAND (Creating Assets, Savings and Hope), managed by United Way of Greater Portland, offers free workshops, financial education tools, and free income tax preparation events. For information regarding free workshops, local programs and services, and financial education resources, call 207-874-1000, or visit www.cashgp.org/.
- YORK COUNTY CA\$H (Creating Assets, Savings and Hope), sponsored by York County Community Action, provides free seasonal income tax preparation services for income-eligible residents of York County. Starting in January, call the Tax Prep Line at: 207-324-5762 ext. 2718 or toll-free in Maine, 1-800-965-5762 ext. 2718. www.yccac.org/

❖ CONSUMER RIGHTS

- MAINE ATTORNEY GENERAL's office offers information on consumer rights for older adults. Call 1-800-436-2131. www.maine.gov/ag/elder_issues/index.shtml
- DO NOT CALL gives you a choice about whether to receive telemarketing calls at home. www.donotcall.gov
- MAINE BUREAU OF INSURANCE, through the Consumer Health Care Division, assists consumers with questions about insurance, and with filing a complaint about an agent, a broker, or managed health care provider. A consumer can also request publications on individual insurance, long term insurance, and Medicare supplemental plans by calling 1-800-300-5000 or at www.state.me.us/prf/ins/.



❖ HOME REPAIR and ENERGY CONSERVATION

- MAINEHOUSING'S HOME REPAIR PROGRAM, which consists of a Home Repair grant, Elderly Hardship grant and Septic Repair/Replacement loans, provides help to low-income homeowners who cannot afford necessary home repairs. 1-800-965-5762 www.mainehousing.org.
- RURAL HOUSING REPAIR AND REHABILITATION LOANS: Eligible homeowners may receive a 20 year subsidized loan provided by USDA to make purchases or repairs to essential home features like furnaces or a roof. 207-883-0159 or www.rurdev.usda.gov/ME_Home.html.
- CENTRAL HEATING IMPROVEMENT FUND (CHIP) provides payment assistance for furnaces that are not working and not repairable. 207-523-5049 (through Opportunity Alliance)
- MAINE HOME REPAIR NETWORK provides grants or loans to eligible homeowners who may not be able to otherwise afford necessary home repairs. 207-324-5762 x2959 or 1-800-965-5762 (through YCCAC)
- ENERGY SAVING CHECKLIST: www.mge.com/images/PDF/Brochures/Residential/EnergySavingChecklist.pdf
- DO IT YOURSELF GUIDE TO SAVING MONEY ON HOME HEATING offers basic tips on how to conserve heat and save money during the winter months. From UMaine and Maine State Housing Authority. www.mainehousing.org/docs/default-source/energy/energy-doityourself.pdf?sfvrsn=2



- UMAINE COOPERATIVE EXTENSION'S ENERGY HOME website details how to save money through energy conservation and alternative energy sources, and includes a video series, "Experts on Demand" at www.extension.umaine.edu/energy/.
- ❖ PUBLIC UTILITIES COMMISSION, Consumer Assistance Division offers information about protection from electric or gas shutoff during the winter months. 1-800-452-4699 or www.maine.gov/mpuc
- ❖ FUEL ASSISTANCE RESOURCES
 - SMAA can offer information about fuel assistance programs: 1-800-427-7411, 207-396-6500, or www.smaaa.org
 - 211: The 2-1-1 Maine Resource Directory can provide information about fuel assistance programs. Available 24/7. Dial 2-1-1 or go to www.211maine.org.
 - Citizens Energy: 1-877-563-4645, www.citizensenergy.com/english/pages/41/maine
 - York County Community Action: Low Income Home Energy Assistance Program (LIHEAP) and emergency assistance (ECIP), 1-800-965-5762, www.yccac.org
 - Opportunity Alliance (Cumberland County): Low Income Home Energy Assistance Program (LIHEAP) and emergency assistance (ECIP), 1-877-429-6884, www.opportunityalliance.org



Resources – Legal

- ❖ LEGAL SERVICES FOR THE ELDERLY offers free legal services to Maine’s socially and economically needy people age 60 and over. LSE is not able to offer assistance in areas of criminal or specialized law, but can often provide reduced fee referrals. Their hotline number is 1-800-750-5353 and their website, which offers information on a variety of legal topics, is www.mainelse.org.
- ❖ ELDER LAW ATTORNEYS are lawyers who have expertise in issues concerning older adults, such as wills, powers of attorney, guardianship, and estate planning. SMAA can provide lists of elder law attorneys in York and Cumberland Counties, 1-800-427-7411
- ❖ PINE TREE LEGAL ASSISTANCE provides legal information and assistance Mainers with low incomes on civil matters, with priority given to housing, economic stability, and personal safety issues. 207-774-8211 or www.ptla.org
- ❖ ADVANCE DIRECTIVES are legal documents to help make others aware of your health care wishes, should you be unable to speak for yourself. Maine forms and information are available from Legal Services for the Elderly, SMAA, health care providers or online at www.mainelse.org/library/adv_dir_forms.htm
- ❖ MAINE VOLUNTEER LAWYERS PROJECT provides legal information and assistance Mainers with low incomes on civil legal matters. 1-877-331-8658, 207-774-4348 or www.vlp.org.



- ❖ THE MAINE LONG-TERM CARE OMBUDSMAN PROGRAM advocates for the rights of consumers of care at home or in facilities, and can investigate and help resolve complaints. They can be found at 1-800-499-0229 or www.maineombudsman.org.
- ❖ THE IMMIGRANT LEGAL ADVOCACY PROJECT provides free or low-fee immigration and related legal assistance to low-income Maine residents. 1-800-497-8505, 207-780-1593 or www.ilapmaine.org/index.html.
- ❖ HELPMELAW is a resource website that gathers and sorts legal information for low-income Maine people. A number of legal providers contribute easy-to-read self-help topics that include tenant rights, MaineCare, and Supplemental Nutrition Assistance Program (SNAP). Information about low-cost legal services in Maine is also available. www.helpmelaw.org
- ❖ AGING: TAKING CARE OF BUSINESS is a downloadable booklet that discusses Health Care Advance Directives, Durable Powers of Attorney for Finances, Guardianship/Conservatorship, and other related information at www.maine.gov/dhhs/oads/aging/aging_tcb/.



National Resources

- ❖ AARP offers information about a variety of types of financial fraud. www.aarp.org/money/scams-fraud
- ❖ ADMINISTRATION ON AGING works with a nationwide network of organizations and service providers to make support services and resources available. www.aoa.gov
- ❖ BENEFITS CHECKUP offers an online questionnaire that identifies federal and state assistance programs for older Americans. www.benefitscheckup.org
- ❖ FEDERAL TRADE COMMISSION (FTC) has an Identity Theft Data Clearinghouse at www.consumer.gov/idtheft.
- ❖ FIRSTGOV FOR SENIORS is devoted to empowering older adults with knowledge about the variety of services available to them, including consumer protection information, health issues, and Federal and State agencies. www.firstgov.gov/Topics/Seniors.shtml



HEALTH, WELLNESS and NUTRITION

Health

- ❖ NORTHERN NEW ENGLAND POISON CENTER emergency phone: 1-800-222-1222. Provides information on poisoning prevention and medication safety and an on-line chat feature. www.nnepc.org/
- ❖ MAINE HEALTH COST is a website which provides Mainers with health care cost information. <http://gateway.maine.gov/MHDO/healthcost/>
- ❖ MAINE HEALTH FORUM, www.mainehealthforum.org, is an online resource for health information in Maine, and includes health news, information and resources.
- ❖ HELPGUIDE is a non-profit, ad-free healthcare website that includes resources and information about Alzheimer's disease and dementia, some of which is written in collaboration with Harvard Health Publications of Harvard Medical School. www.helpguide.org/topics/alzheimers-dementia.htm.
- ❖ HOME SAFETY EVALUATIONS by an occupational therapist or a physical therapist may be available through Medicare Part A or B. Contact SMAA at 1-800-427-7411 or 207-396-6500 for more information and a list of providers.
- ❖ PANDEMIC FLU PLANNING information is available from the Centers for Disease Control at www.pandemicflu.gov, and for the State of Maine through www.maine.gov.



❖ EMERGENCY PREPAREDNESS

- ARE YOU READY? AN IN-DEPTH GUIDE TO CITIZEN PREPAREDNESS is a guide designed by FEMA to help citizens learn how to protect themselves and their families against all types of hazards. It can be used as a reference source or as a step-by-step manual. www.ready.gov/are-you-ready-guide.
- THE AMERICAN RED CROSS offers resources to help prevent, prepare for and respond to life's emergencies, including an interactive module with pictures, audio and video content; and a disaster and safety library for preparedness checklists and guides. www.redcross.org/support/emergency-preparedness

❖ FUEL ASSISTANCE RESOURCES

- 211: The 2-1-1 Maine Resource Directory can provide information about fuel assistance programs. Available 24/7. Dial 2-1-1 (toll free) or go to www.211maine.org.
- CITIZENS ENERGY: 1-877-563-4645, www.citizensenergy.com/english/pages/41/maine
- YORK COUNTY COMMUNITY ACTION: Low Income Home Energy Assistance Program (LIHEAP) and emergency assistance (ECIP). 1-800-965-5762, www.yccac.org



- OPPORTUNITY ALLIANCE (Cumberland County): Low Income Home Energy Assistance Program (LIHEAP) and emergency assistance (ECIP), 1-877-429-6884, www.opportunityalliance.org.
- SOUTHERN MAINE AGENCY ON AGING has up-to-date information about fuel assistance resources. Call 1-800-427-7411, 207-396-6500 or go to www.smaaa.org.

❖ HOME REPAIR and ENERGY CONSERVATION

- RURAL HOUSING Repair and Rehabilitation Loans- Eligible homeowners may receive a 20-year subsidized loan provided by USDA to make purchases or repairs to essential home features like furnaces or a roof. 207-883-0159. www.rurdev.usda.gov/ME_Contacts-ScarboroughAO.html
- CENTRAL HEATING IMPROVEMENT Fund (CHIP) provides payment assistance for furnaces that are not working and not repairable. 207-523-5049 (through Opportunity Alliance)
- MAINE HOME REPAIR NETWORK provides grants or loans to eligible homeowners who may not be able to otherwise afford necessary home repairs. 207-324-5762 x2959 or 1-800-965-5762 (through YCCAC)
- UMAINE COOPERATIVE EXTENSION'S ENERGY HOME website details how to save money through energy conservation and alternative energy sources, and includes a video series, "Experts on Demand". www.extension.umaine.edu/energy/



❖ STAY SAFE IN COLD WEATHER

- Learn about hypothermia and why it is so important to stay warm. www.nia.nih.gov/health/publication/stay-safe-cold-weather
- Winter safety tips for older adults: www.healthinaging.org/files/documents/tipsheets/winter_safety_2012.pdf

- ❖ PUBLIC UTILITIES COMMISSION, Consumer Assistance Division offers information about protection from electric or gas shutoff during the winter months. 1-800-452-4699 or www.maine.gov/mpuc

Wellness

- ❖ HEALTHY AGING PROGRAMS at SMAA offer classes in self-management of chronic conditions, outdoor activity opportunities, and other programs to promote wellbeing as we age. 1-800-427-7411, 207-396-6500 or www.smaaa.org
- ❖ MATTER OF BALANCE is an evidence-based program for people who are concerned about falling. It teaches problem-solving strategies, exercises, and safety to reduce the risk of falls and help individuals continue to participate in those activities that are important to them. Classes are offered at locations in the community through SMAA. 1-800-427-7411 or www.smaaa.org/healthy_aging.php



- ❖ HOME SAFETY CHECKLIST is available from the Family Caregiver Support Program at SMAA, 1-800-427-7411, 207-396-6500 or www.smaaa.org.
- ❖ MAINE INJURY PREVENTION PROGRAM works to create a statewide injury prevention program, www.maine.gov/dhhs/bohdcfh/inj/index.html
- ❖ MAINE SENIOR GAMES, for adults age 50 and over, offers the opportunity to participate and compete in activities, including pickleball, aquatics, bowling, cycling, track and field events, golf, horseshoes, racquetball, table tennis, tennis, shuffleboard, badminton, softball and basketball. Through SMAA at 1-800-427-7411 or www.smaaa.org
- ❖ 2-1-1 MAINE is a hotline and website that offers information about health, social, economic and human services. Dial 2-1-1 (toll free) or visit www.211maine.org.
- ❖ WALKING: Healthy Maine Walks lists indoor and outdoor walking trails at www.healthymainewalks.org

Nutrition

- ❖ COOPERATIVE EXTENSION (University of Maine) offers education on nutrition, gardening, family, health, and environmental protection (Cumberland: 1-800-287-1471 or 207-781-6099; York: 1-800-287-1535 or 207-324-2814) www.umext.maine.edu



- ❖ DINING SITES are where older adults can enjoy a meal, socialization, and participate in group activities. SMAA has several Community Café sites and others are also available in some communities. Call SMAA to find sites and schedules; 1-800-427-7411, 207-396-6500 or visit www.smaaa.org.
- ❖ FOOD STAMPS (SNAP) is a program through the Department of Health and Human Services (DHHS) that helps people pay for certain groceries, Meals on Wheels, and dining site meals. Income and asset limits are used to determine eligibility. An application is available from the local DHHS office, or online at www.maine.gov.
- ❖ FOOD PANTRIES: There are a number of food banks, where people in need can get food and supplies at no cost. Contact SMAA for local information, 1-800-427-7411.
- ❖ GROCERY SHOPPING assistance is available in the community, on a limited basis, for people who cannot do their own shopping. Contact SMAA for local information, 1-800-427-7411 or 207-396-6500.
- ❖ MAINE SENIOR FARMSHARE connects seniors with farmers, who provide fresh produce during the growing season. The state pays the farmer. Seniors must sign up with a specific farmer to participate. The program operates on a first-come, first-served basis; and income limits apply. SMAA can provide more information at 1-800-427-7411 or 207-396-6500. Sign-ups usually begin on March 1, and go quickly.
- ❖ MAINE.GOV is the state of Maine website, which offers a variety of information about services relating to nutrition and health www.maine.gov



- ❖ MEALS ON WHEELS offers home-delivered hot or frozen meals to homebound older adults who do not have other options. Meals are delivered weekdays (flexible schedules are possible) by volunteers. Contingency person is notified if older adult does not answer the door. The “Simply Delivered” option provides for delivery of tasty, nutritious meals for a reasonable fee to persons who are outside the eligibility requirements for MOW (no needs assessment is required). Call SMAA for MOW in York and Cumberland Counties at 1-800-427-7411, 207-396-6500 or visit www.smaaa.org.

Assessment

- ❖ GERIATRIC EVALUATION SERVICES
These hospital-based programs offer complete assessments by a team of professionals. They look at an older adult’s cognitive, functional, social, and physical situation, and make recommendations to help that person be as independent, healthy and safe as possible.
 - Geriatric Center, Maine Medical Center: 207-662-2847
 - Parkview Elder Life Program Comprehensive Geriatric Assessments, Parkview Adventist Medical Center, Brunswick: 207-373-2000
- ❖ FALL RISK ASSESSMENT (Hendrich II Fall Risk Model) for professionals is available at http://consultgerirn.org/uploads/File/trythis/try_this_8.pdf.



- ❖ FALL RISK ASSESSMENT from www.hartfordign.org.
- ❖ THE MONTREAL COGNITIVE ASSESSMENT www.mocatest.org, is a simple screening tool that is used to assist health professionals in the detection of mild cognitive impairment.
- ❖ THE MINI-MENTAL STATUS EXAMINATION www.mountsinai.on.ca/care/psych/on-call-resources/on-call-resources/mmse.pdf, is a tool that can be used to assess mental status. It is an 11-question measure that tests five areas of cognitive function: orientation, registration, attention and calculation, recall, and language.
- ❖ THE GENERAL PRACTITIONER ASSESSMENT OF COGNITION (GPCOG), www.gpcog.com.au/index.php, is a web-based screening tool for cognitive impairment. It has been designed for the primary care setting (i.e. general practitioners, primary care physicians, family doctors, etc.). The website is available in different languages.
- ❖ THE GERIATRIC DEPRESSION SCALE (GDS) http://consultgerirn.org/uploads/File/trythis/try_this_4.pdf, has been tested and used extensively with the older population. The GDS Long Form is a 30-item questionnaire in which participants are asked to respond in reference to their feelings over the past week. A Short Form GDS consisting of 15 questions is also available.



National Resources

- ❖ ENERGY SAVING CHECKLIST: Visit www.mge.com/images/PDF/Brochures/Residential/EnergySavin_gChecklist.pdf for a checklist that will help with making a home more energy efficient.
- ❖ FALL PREVENTION information is available on the Connecticut Fall Prevention Coalition website, www.fallprevention.org and on the Falls Prevention Center of Excellence website, www.stopfalls.org.
- ❖ FDA (U.S. Food and Drug Administration) provides information on foodborne illnesses, nutrition and dietary supplements, drugs, and more. www.fda.gov
- ❖ HEALTHFINDER is a “gateway” site for health and human services information from the U.S. Government. You will find online publications, database, support and self-help groups, and the government agencies. www.healthfinder.gov
- ❖ MAYO CLINIC- Check out www.mayoclinic.com for information about health and wellness including nutritious recipes, exercise, and healthy aging.
- ❖ NATIONAL COUNCIL ON AGING offers information about fall prevention and free e-news with current information and archived articles. www.healthyagingprograms.org
- ❖ NATIONAL SAFETY COUNCIL has put together a list of helpful links regarding fall prevention. www.nsc.org/resources/issues/resources.aspx



- ❖ NIH (National Institutes of Health) is a good place to start if you are looking for on-line reliable health information on almost any health topic.

www.nih.gov

www.nihseniorhealth.gov

www.nia.nih.gov/HealthInformation/Publications

www.nia.nih.gov



HOME CARE AND SUPPORT SERVICES

Local Resources

- ❖ LIVING OPTIONS – there are a number of options to help people with tasks to maintain independence and safety. For an explanation of living options in Maine, please see the last two pages of this section.

- ❖ SERVICES IN THE HOME
 - LISTS OF PROVIDERS for Medicare, MaineCare, and private pay in-home services in York and Cumberland Counties are available from SMAA, 1-800-427-7411

 - LONG TERM CARE ASSESSMENT: In Maine, people who wish to have the State help to pay for services in the home, in an assisted living facility, and all those who seek admission to a nursing facility, must have a long term care assessment, which is provided by Goid Health Systems. They can be reached at 1-800-609-7893, and information can be found at the Office of Aging and Disability Services website, www.maine.gov/dhhs/oads/aging/long-term/assessment.shtml.

- ❖ EMERGENCY RESPONSE SYSTEMS are units that help an individual get assistance when they have fallen or have another medical emergency. SMAA maintains lists of providers, 1-800-427-7411 or 207-396-6500.



- ❖ ADULT DAY PROGRAMS offer socialization, supervision, and activities for older adults during the day. Information on local programs, including smaller, facility-based programs, can be obtained by calling SMAA at 1-800-427-7411. A searchable statewide assisted living facility and adult day program listing is available at <https://gateway.maine.gov/dhhs-apps/rcare/>.
- ❖ ALPHA ONE is Maine's independent living program for people with disabilities. They can help connect individuals with supports, funding, and available resources. They can be found at <https://alphaonenow.com> or 1-800-640-7200.

National Resources

- ❖ HOME HEALTH COMPARE website can be accessed at www.Medicare.gov. This site lists Medicare-certified home health providers, and offers feedback on their effectiveness.
- ❖ AARP, www.aarp.org, has information on driving safety, home safety, accessible design, health, family, and legal issues. For information about universal design, making homes more user-friendly for everyone, visit www.aarp.org/livable-communities/info-2013/what-is-universal-design.html.



LIVING OPTIONS IN MAINE

There are a number of options for independent and assisted living in Maine. For more information, or listings of providers and facilities, contact the Southern Maine Agency on Aging at 1-800-427-7411.

HELP IN THE HOME: Help is available to support individuals in their home environments. Assistance might include housekeeping, maintenance, personal care, companionship, transportation, shopping, laundry, etc. For some individuals, MaineCare, long term care insurance, or other programs may help to pay the costs.

APARTMENTS / CONDOMINIUMS / RETIREMENT COMMUNITIES / SENIOR HOUSING offer the option to have other adults nearby. These options require less maintenance than a freestanding house, and some are geared toward lower-income older adults.

HOUSING WITH SERVICES includes apartments with some supports, such as transportation, activities, housekeeping, and/or some meals. There may also be staff available to assist with coordinating services.

ADULT FAMILY CARE HOMES are small, licensed, residential programs that serve up to 6 residents and offer varying levels of assistance.



RESIDENTIAL CARE facilities serve more than six residents. They provide around-the-clock supervision, personal care, medication administration, transportation, and social programs. The accommodations may be shared rooms, often have shared bathrooms, and do not include cooking facilities. They are licensed by the state.

ASSISTED LIVING facilities offer private apartments with bathrooms. Services may include 3 meals daily, housekeeping, laundry, personal care, social activities, transportation, twenty-four hour unscheduled assistance, medication administration and nursing services. These facilities are licensed by the State.

SKILLED NURSING FACILITIES (SNF) offer short term rehabilitation and medical care, and are generally paid for through medical insurance programs such as Medicare.

NURSING FACILITIES (NF) offer longer term care for those needing significant assistance with daily care. In Maine, one needs to have a long term care assessment showing the need for this level of care prior to admission to a nursing facility. The assessment is done by Goold Health Systems, 1-800-609-7893. Information can be found at the Office of Aging and Disability Services website, <http://www.maine.gov/dhhs/oads/aging/long-term/nursing-facility.shtml>.



HOUSE AND HOME

Local Resources

- ❖ **LIVING OPTIONS:** there are a number of options to help people to maintain independence and safety. See explanation of levels of living options included on page 50, in the Home Care and Support Services section.

- ❖ **HOME SAFETY ASSESSMENT** looks at a home environment and offers some ideas to improve safety. The Family Caregiver Support Program at SMAA can provide a home safety assessment tool; 1-800-427-7411, www.smaaa.org

- ❖ **HOME SAFETY EVALUATIONS** by an occupational therapist or a physical therapist may be available through Medicare Part A or B. Contact SMAA at 1-800-427-7411 for more information and a list of providers.

- ❖ **FUEL ASSISTANCE RESOURCES:**
 - 211: The 2-1-1 Maine Resource Directory can provide information about fuel assistance programs. Available 24/7. Dial 2-1-1 (toll free) or go to www.211maine.org

 - **CITIZENS ENERGY:** 1-877-563-4645, www.citizensenergy.com/english/pages/41/maine

 - **YORK COUNTY COMMUNITY ACTION (YCCAC):** Low Income Home Energy Assistance Program (LIHEAP) and emergency assistance (ECIP) 1-800-965-5762, www.yccac.org



- OPPORTUNITY ALLIANCE (Cumberland County): Low Income Home Energy Assistance Program (LIHEAP) and emergency assistance (ECIP) 1-800-698-4959, www.opportunityalliance.org/
- SOUTHERN MAINE AGENCY ON AGING has up-to-date information about fuel assistance resources. Go to www.smaaa.org or call 1-800-427-7411, 207-396-6500.

❖ HOME REPAIR and ENERGY CONSERVATION

- RURAL HOUSING REPAIR and Rehabilitation Loans: Eligible homeowners may receive a 20-year subsidized loan provided by USDA to make purchases or repairs to essential home features like furnaces or a roof. 1-800-965-5762 or www.rurdev.usda.gov/ME_Contacts-ScarboroughAO.html
- CENTRAL HEATING IMPROVEMENT FUND (CHIP) provides payment assistance for furnaces that are not working and not repairable. 207-523-5049 (through Opportunity Alliance)
- MAINE HOME REPAIR NETWORK provides grants or loans to eligible homeowners who may not be able to otherwise afford necessary home repairs. 207-324-5762 x2959 or 1-800-965-5762. (Through YCCAC)
- DO IT YOURSELF GUIDE to Saving Money on Home Heating offers basic tips on how to conserve heat and save money during the winter months. Published by UMaine and Maine State Housing Authority. www.mainehousing.org/docs/default-source/energy/energy-doityourself.pdf?sfvrsn=2



- ❖ TAX AND RENT REBATE may be available through the Property Tax Fairness Credit for individuals who pay more than a set percentage of their income for property taxes or rent. More information is available from Maine Revenue Services, www.maine.gov/revenue/ or 207-626-8461.
- ❖ ALPHA ONE is Maine's independent living program for people with disabilities. They can help connect individuals with supports, funding, and available resources. They can be found at <http://alphaonenow.com/> or 1-800-640-7200.
- ❖ PUBLIC UTILITIES COMMISSION, Consumer Assistance Division offers information about protection from electric or gas shutoff during the winter months. 1-800-452-4699 or www.maine.gov/mpuc

National Resources

- ❖ AARP has information on designing and adapting a home to support independence and safety, www.aarp.org.
- ❖ The NATIONAL RESOURCE CENTER ON SUPPORTIVE HOUSING AND HOME MODIFICATION, www.homemods.org, offers information and strategies about home modifications and their importance in supporting safety and independence.



INDEPENDENT LIVING SUPPORTS

Local Resources

- ❖ MONEY MINDERS is a program that uses trained and bonded volunteers to help with managing bills and finances. Call SMAA at 1-800-427-7411, www.smaaa.org
- ❖ GROCERY SHOPPING assistance is available in the community, on a limited basis, for people who cannot do their own shopping. Contact SMAA for local information, 1-800-427-7411 or 207-396-6500.
- ❖ MATTER OF BALANCE is an evidence-based program for people who are concerned about falling. It teaches problem-solving strategies, exercise, and safety to reduce the risk of falls and help individuals continue to participate in those activities that are important to them. Classes are offered at locations in the community through SMAA. 1-800-427-7411, www.smaaa.org
- ❖ EMERGENCY RESPONSE SYSTEMS are units that help an individual get assistance when they have fallen or have another medical emergency. SMAA maintains lists of providers (1-800-427-7411). In some cases, financial assistance may be available through the provider or through the Family Caregiver Support Program.
- ❖ SAFE RETURN is an identification system to help a person with dementia who has wandered to be returned home safely. More information is available in the Dementia section, page 6, or from the Alzheimer's Association, at 1-800-272-3900, www.alz.org/national/documents/brochure_masr.pdf



- ❖ ALPHA ONE is Maine's independent living program for people with disabilities. They can help connect individuals with supports, funding, and available resources. They can be found at www.alphaonenow.com or 1-800-640-7200.
- ❖ HOME SAFETY EVALUATIONS by an occupational therapist or a physical therapist may be available through Medicare Part A or B. Contact SMAA at 1-800-427-7411 for more information and a list of providers.
- ❖ FUEL ASSISTANCE RESOURCES:
 - 211: The 2-1-1 Maine Resource Directory can provide information about fuel assistance programs. Available 24/7. Dial 2-1-1 (toll free) or go to www.211maine.org
 - CITIZENS ENERGY: 1-800-452-4668, www.citizensenergy.com/english/pages/41/maine
 - YORK COUNTY COMMUNITY ACTION (YCCAC): Low Income Home Energy Assistance Program (LIHEAP) and emergency assistance (ECIP) 1-800-965-5762, www.yccac.org
 - OPPORTUNITY ALLIANCE (Cumberland County): Low Income Home Energy Assistance Program (LIHEAP) and emergency assistance (ECIP) 1-800-698-4959, www.opportunityalliance.org
 - SOUTHERN MAINE AGENCY ON AGING has up to date information about fuel assistance resources. www.smaaa.org or call 1-800-427-7411



❖ HOME REPAIR and ENERGY CONSERVATION

- HOME ENERGY LOAN PROGRAM (HELP) offers loans at low fixed rates for home improvements that increase home energy efficiency. 1-800-452-4668, www.mainehousing.org
- RURAL HOUSING REPAIR and Rehabilitation Loans: Eligible homeowners may receive a 20 year subsidized loan provided by USDA to make purchases or repairs to essential home features like furnaces or a roof. 1-800-965-5762
- CENTRAL HEATING IMPROVEMENT FUND (CHIP) - provides payment assistance to replace furnaces that are not working and not repairable. 207-842-2988 (through Opportunity Alliance)
- MAINE HOME REPAIR NETWORK provides grants or loans to eligible homeowners who may not be able to otherwise afford necessary home repairs. 207-324-5762 x2959 or 1-800-965-5762 (through YCCAC)
- DO IT YOURSELF GUIDE to Saving Money on Home Heating offers basic tips on how to conserve heat and save money during the winter months. Published by UMaine and Maine State Housing Authority.
www.mainehousing.org/Documents/Energy/Energy-DoItYourself.pdf.

- ❖ PUBLIC UTILITIES COMMISSION, Consumer Assistance Division offers information about protection from electric or gas shutoff during the winter months. 1-800-452-4699 or www.maine.gov/mpuc



❖ STAY SAFE IN COLD WEATHER

- Learn about hypothermia and why it is so important to stay warm. www.nia.nih.gov/HealthInformation/Publications/staysafe
- Winter safety tips for older adults: www.healthinaging.org

Assessments

- ❖ FALL RISK ASSESSMENT (Hendrich II Fall Risk Model) for professionals is available at www.consultgerirn.org/uploads/File/trythis/issue08.pdf



LONG TERM CARE

Local Resources

- ❖ **LIVING OPTIONS:** There are a number of options to help people with tasks to maintain independence and safety. See explanation of levels of living options starting on page 50.
- ❖ SMAA can provide listings of long term care options and assistance in identifying ways to pay for them. 1-800-427-7411 or 207-396-6500, www.smaaa.org.
- ❖ **MAINE OFFICE OF AGING AND DISABILITY SERVICES (OADS)** oversees services for older adults in Maine. 1-800-262-2232 or www.maine.gov/dhhs/oads/aging/index.shtml
- ❖ **LONG TERM CARE ASSESSMENT:** In Maine, people who wish to have the State help to pay for services in the home or in an assisted living facility, and all those who seek admission to a nursing facility, must have a Long Term Care Assessment, which is provided by Goold Health Systems. They can be reached at 1-800-609-7893, and information can be found at the OADS website, www.maine.gov/dhhs/oads/aging/home_care/goold.html.
- ❖ **PAYING FOR LONG TERM CARE:** Information about MaineCare estate recovery and transfer of assets is available by calling the Estate Recovery Unit at 1-800-977-6740 or from Legal Services for the Elderly, 1-800-750-5353 or www.mainelse.org.



- ❖ THE MAINE LONG-TERM CARE OMBUDSMAN PROGRAM advocates for the rights of consumers of care at home or in facilities, and can investigate complaints. They can be found at 1-800-499-0229 or www.maineombudsman.org.
- ❖ ELDER LAW ATTORNEYS are lawyers who have expertise in issues concerning older adults, such as planning for long term care. SMAA can provide lists of elder law attorneys in York and Cumberland Counties, 1-800-427-7411.
- ❖ HOSPICE services may be available to those with a probable life expectancy of six months or less, who are not pursuing curative treatment. Contact the Maine Hospice Council at 1-800-438-5963, or SMAA for local information. Also see page 22, End of Life Care and Hospice.

National Resources

- ❖ NURSING HOME COMPARE, on the Medicare website, offers information to help compare nursing facilities in Maine. It can be found at www.medicare.gov, or linked from the Office of Aging and Disability Services (OADS) website at www.maine.gov/dhhs/oads.
- ❖ HEALTHFINDER is a “gateway” site for health and human services information from the U.S. Government, and includes publications, database, support and self-help groups, and government agencies. www.healthfinder.gov
- ❖ ADMINISTRATION ON COMMUNITY LIVING works with a nationwide network of organizations and service providers to make support services and resources available. www.acl.gov



MEDICATIONS – INFORMATION and PRESCRIPTION DRUG ASSISTANCE

Local Resources

- ❖ MEDICARE PART D: Assistance with identifying a plan, signing up, and problem solving are available from SMAA at 1-800-427-7411 or 207-396-6500. To compare plans and/or sign up online, go to www.medicare.gov.
- ❖ LOW COST DRUGS FOR THE ELDERLY AND DISABLED (DEL) is a state prescription drug assistance program. Information is available from SMAA at 1-800-427-7411, 207-396-6500 or on the Office of Aging and Disability Services website, at www.maine.gov/dhhs/oads/aging/resource/lc_drugs.htm.
- ❖ PHARMACEUTICAL MANUFACTURERS may assist with some drug costs for those in need. Information is available from SMAA (1-800-427-7411 or 207-396-6500) or through healthcare providers.
- ❖ USE YOUR PHARMACIST as a resource. He or she may have ideas on how to save money when paying for prescription drugs. Some stores offer low pricing on generic drugs; check with the pharmacy where you fill your prescriptions.
- ❖ MAINE HEALTH COST is a website which provides Mainers with health care cost information.
<http://gateway.maine.gov/MHDO/healthcost/>



National Resources

- ❖ HEALTHFINDER is a “gateway” site for health and human services information from the U.S. Government, which includes publications, a database, self-help, and government agencies. www.healthfinder.gov
- ❖ U.S. FOOD AND DRUG ADMINISTRATION (FDA) provides information on nutrition and dietary supplements, food-borne illnesses, drugs (prescription, over-the-counter, generic), medical devices (such as pacemakers and hearing aids), and biologics (such as vaccines and blood products). www.fda.gov



MENTAL HEALTH

Local Resources

- ❖ MENTAL HEALTH CRISIS- Contact the Opportunity Alliance Crisis Hotline and the triage number by dialing 774-HELP (774-4357) or 1-888-568-1112. 774-HELP offers immediate access to advocacy, crisis/supportive counseling, problem solving, crisis intervention, suicide prevention/intervention, and psychiatric services to persons throughout Cumberland and York Counties, 24 hours a day, 365 days a year.
- ❖ SUPPORT GROUPS can be a source for problem solving as well as support.
 - FAMILY CAREGIVER SUPPORT PROGRAM at SMAA has groups for family caregivers: 1-800-427-7411 or 207-396-6500, www.smaaa.org
 - ALZHEIMER'S ASSOCIATION has groups for family members assisting a person with dementia: 1-800-272-3900 or www.alz.org/maine
 - OTHER ORGANIZATIONS and community groups may also offer support groups. Call the Family Caregiver Support Program at SMAA for assistance in locating available groups. 1-800-427-7411 or 207-396-6500
- ❖ NAMI – the National Alliance on Mental Illness (www.nami.org, or 1-800-950-6264 for the Information Helpline) has local chapters and offers education, advocacy, support, and family respite.



- ❖ MAINE BEHAVIORAL HEALTHCARE (formerly Community Counseling Center) provides a variety of counseling, including some targeted at older adults (Cumberland County). 207-874-1030 or www.commcc.org
- ❖ MAINE BEHAVIORAL HEALTHCARE (formerly Counseling Services Inc. or CSI) offers a variety of services and supports for individuals of any age (throughout York County). 207-282-1500 or 1-888-568-1112, or www.counselingservices.org
- ❖ TRI-COUNTY MENTAL HEALTH SERVICES serves northern Cumberland, Androscoggin and Oxford Counties with services in their offices or the client's home. 1-800-787-1155, www.tcmhs.org
- ❖ GERIATRIC MENTAL HEALTH RESOURCES are available by accessing www.maine.gov/dhhs/mh/OlderPersons/index.html

Assessment

- ❖ GERIATRIC EVALUATION SERVICES
These hospital-based programs offer complete assessments by a team of professionals. They look at an older adult's cognitive, functional, social, and physical situation, and make recommendations to help that person be as independent, healthy and safe as possible.
 - Geriatric Center, Maine Medical Center: 207-662-2847



- Parkview Elder Life Program Comprehensive Geriatric Assessments, Parkview Adventist Medical Center, Brunswick: 207-373-2000
- ❖ The GERIATRIC DEPRESSION SCALE (GDS) is a standardized measure to assess older adults for depression, a major mental health concern in that group. It appears in the last pages of this section, or can be downloaded from http://consultgerirn.org/uploads/File/trythis/try_this_4.pdf.

National Resources

- ❖ NATIONAL INSTITUTES OF HEALTH (NIH) is a good place to start looking for on-line reliable health information on almost any health topic.
www.nih.gov
www.nihseniorhealth.gov
www.nia.nih.gov/HealthInformation/Publications
www.nia.nih.gov
- ❖ NIMH offers information about conditions and research relating to mental health www.nimh.nih.gov
- ❖ HEALTHFINDER is a “gateway” site for health and human services information from the U.S. Government. You will find online publications, a database, support and self-help groups, and the government agencies. www.healthfinder.gov



- ❖ PATIENTINFORM is a free online service that provides patients and their caregivers access to up-to-date, reliable and important research available about the diagnosis and treatment of specific diseases. www.patientinform.org
- ❖ SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA), www.samhsa.gov, offers extensive information about conditions and treatments.



SOCIAL, RECREATION, LEISURE, and VOLUNTEER OPPORTUNITIES

Volunteer Opportunities

- ❖ VOLUNTEER SERVICES and RSVP are SMAA's programs to connect older adults with volunteer opportunities, and adults with chances to assist older people. 1-800-427-7411, 207-396-6500 or www.smaaa.org
- ❖ VOLUNTEER MAINE is a statewide clearinghouse for agencies looking for volunteers. Not sure how to get started? Visit www.volunteermaine.org to search hundreds of opportunities.
- ❖ OPPORTUNITY ALLIANCE offers volunteer opportunities in York and Cumberland Counties for working with children (Foster Grandparents), families (Family Friends), and older adults (Senior Companions). Some programs offer stipends for low income volunteers. 1-800-698-4959, 207-773-0202 or www.opportunityalliance.org
- THE FOSTER GRANDPARENT PROGRAM provides part-time (20 hours a week) volunteer opportunities for people with low income, age 60 and older, to serve children with special or exceptional needs in their homes, schools, day care centers, institutions, hospitals, correctional facilities or specialized programs for developmentally disabled children. Volunteers receive a small stipend. 207-773-0202 or www.maineservicecommission.gov/national-service/foster-grandparents.



- SENIOR COMPANIONS make independence a reality for frail elders and their families through the provision of companionship to increase socialization, transportation to medical appointments, grocery shopping and other essential errands, and respite for family caregivers. Adults age 55 and over interested in supporting elders to maintain their independence have an opportunity to help through the Senior Companion Program of Opportunity Alliance. Volunteers receive a small stipend. 207-773-0202 or 1-800-698-4959. www.opportunityalliance.org or visit the national Senior Companion Program website at www.seniorcorps.gov.
- ❖ UNITED WAY- Learn about volunteer opportunities by going to www.liveunitedportland.org or by calling 207-874-1000.
- ❖ LEARN MORE about volunteering by visiting the website of Maine's Commission for Community Service: www.maineservicecommission.gov.

Social and Recreational Opportunities

- ❖ SENIOR CENTERS offer an opportunity to socialize with other older adults, participate in classes and activities, exercise, and stay connected to the community. Call SMAA to learn where local senior centers are located. 1-800-427-7411
- ❖ OLLI: Osher Lifelong Learning Institute and York County Community College both offer Senior College programs. For general listings: www.maineseniorcollege.org. Contact OLLI directly at 207-780-4406 or go to www.usm.maine.edu/olli.



- ❖ ADULT EDUCATION - Individual cities and towns offer adult education classes. Check with your town hall or access the Maine Adult Education website at www.maineadulted.org.
- ❖ MAINE SENIOR GAMES, for adults age 50 and over, offers the opportunity to participate and compete in activities, including pickleball, aquatics, bowling, cycling, track and field events, golf, horseshoes, racquetball, table tennis, tennis, shuffleboard, badminton, softball and basketball. Through SMAA at 1-800-427-7411 or www.smaaa.org
- ❖ ROAD SCHOLAR (formally Elderhostel) offers in-depth and behind-the-scenes learning experiences for almost every interest and ability, including history, culture, nature, music, outdoor activities, individual skills, crafts, and study cruises. www.roadscholar.org or 1-877-426-8056.
- ❖ CYBER SENIORS teaches seniors basic computer and internet skills at learning centers in several locations. 1-972-564-4326 or www.cyber-seniorsusa.com.
- ❖ MAINE IN MOTION is an initiative of the Maine Governor's Council on Physical Fitness that was launched to promote healthy lifestyles through increased levels of physical activity, leisure activities, and sports for Maine citizens of all ages. The free year-round program makes use of goal setting, self-monitoring, and a pedometer as a strategy for motivating individuals to maintain active lifestyles. 207-622-7566, x230 or www.maineinmotion.org/MIM_page.asp.



- ❖ MAINE MENTORSHIP PARTNERSHIP and JMG support youth mentoring programs throughout Maine. 207-620-7180
www.jmg.org
- ❖ WALKING - Healthy Maine Walks lists indoor and outdoor walking trails: www.healthymainewalks.org.



MAINE RESOURCES FOR HEALTH PROFESSIONALS, OLDER ADULTS and FAMILY CAREGIVERS

Agencies on Aging: In Maine there are five Agencies on Aging serving different parts of the state. They are all private, non-profit organizations and are one of the best sources of information about resources for older adults and their caregivers. To reach the Agency on Aging that serves your area, call 1-877-353-3771.

Aroostook Agency on Aging: 1-800-439-1789, 207-764-3396
Aroostook County
Website: www.arostookaging.org

Eastern Agency on Aging: 1-800-432-7812, 207-941-2865
Hancock, Penobscot, Piscataquis and Washington Counties
Website: www.eaaa.org

SeniorsPlus: 1-800-427-1241, 207-795-4010
Androscoggin, Franklin and Oxford Counties
Website: www.seniorsplus.org

Spectrum Generations: 1-800-639-1553, 207-622-9212
Kennebec, Knox, Lincoln, Sagadahoc, Somerset, and Waldo
Counties, and the towns of Brunswick and Harpswell
Website: www.spectrumgenerations.org

Southern Maine Agency on Aging: 1-800-427-7411,
207-396-6500
York and Cumberland Counties, except Brunswick and Harpswell
Website: www.smaaa.org



Southern Maine Agency on Aging offers information and referral for programs and services for older adults, adults with disabilities, and family caregivers throughout Cumberland and York Counties (except for the towns of Brunswick and Harpswell). Among the many SMAA programs are: community education; the Family Caregiver Support Program; the Caregiver Respite Program; assistance with money management; and Medicare and health insurance counseling. Nutrition services throughout the communities include Meals on Wheels, Simply Delivered meals, Community Cafés, As You Like It meal vouchers, and the Commodity Supplemental Food Program. Healthy Aging presents the Maine Senior Games, and offers programs for maintaining an active lifestyle and managing health concerns. For the past 30 years, SMAA has operated the Truslow Adult Day Center in Saco. New adult day centers will open in Falmouth and Biddeford in 2014-2015. SMAA Volunteer Services provides volunteer opportunities for more than 800 people each year, including retired and senior individuals and veterans. www.smaaa.org or 1-800-427-7411, 207-396-6500.

University of New England, Maine Geriatric Education Center provides health professionals, health professions faculty and students with interprofessional training, curricula and tools that are relevant to the healthcare needs of today's older adult population. www.une.edu/mainegec

2-1-1 Maine is a statewide directory of resources including agency services and support groups: www.211maine.org, or dial 2-1-1 (toll free).



Legal Services for the Elderly provides free legal assistance to socially and economically needy Maine residents age 60 and older, and offers consumer information on issues including legal rights, health care decision making, financial concerns, wills, fraud, and abuse. Statewide hotline: 1-800-750-5353. www.mainelse.org

Maine.gov provides information about Maine's government agencies, and online services: www.maine.gov

Maine Interpreter Services is a link that provides the names and phone numbers of local, state-wide, and out-of-state interpreters that provide services to non-English speaking individuals seeking information about, participation in, or applying for Maine state programs, at no cost to the consumer. www.maine.gov/education/esl/translator_interpreter_services.htm

Maine Office of Aging and Disability Services is responsible for developing and overseeing many services for older adults and people with disabilities in Maine. They offer assistance in finding sources for care, identifying benefit programs, and learning about resources. Information about nutrition and prescription drug assistance is available, as well as a search function for adult day programs, and assisted living and nursing facilities. www.maine.gov/dhhs/oads

University of Maine Cooperative Extension offers education about issues related to aging and health, and information sheets for family caregivers. www.umext.maine.edu

UMaine Center on Aging is a multi-disciplinary center within the University of Maine System devoted exclusively to aging-related education and training, research and evaluation, and community service. www.umaine.edu/mainecenteronaging



INTERNET RESOURCES for Health Professionals, Older Adults, and Family Caregivers

Administration for Community Living (ACL) is the Federal agency concerned with issues affecting older Americans and those with disabilities. It offers a wealth of resource information that can be translated in several languages. www.acl.gov

American Geriatrics Society is a professional organization of health providers dedicated to improving the health and wellbeing of older adults. www.americangeriatrics.org

American Geriatrics Society Foundation for Health in Aging website includes accurate, easy-to-read information that is updated regularly by experts. www.healthinaging.org

AARP provides benefit and entitlement information, caregiver and older adult education on topics such as older drivers, grandparenting, choosing a living environment, activities and advocacy. www.aarp.org

Alzheimer's Association provides education, resources, services, research and advocacy related to any kind of dementia: www.alz.org. Maine chapter: www.alz.org/maine

Alzheimer's Disease Education and Referral Service (ADEAR), a service of the National Institute on Aging, provides information and referral, publications, a database, and resources about dementia. www.nia.nih.gov/Alzheimers



American Association of Homes and Services for the Aging website, Leading Age, offers consumer information on planning ahead, and choosing and paying for services. www.aahsa.org

American Stroke Association provides information on heart attack/stroke warning signs, diseases, healthy lifestyle and resources. www.StrokeAssociation.org

Assisted Living Federation of America offers consumer information on choosing a facility and facilitating transitions. www.alfa.org

Caregiver Action Network (CAN) (formerly National Family Caregivers Association) focuses on the special concerns of caregivers, with many online and printed tips, guides, and other resources. www.caregiveraction.org

CMS, the Centers for Medicare and Medicaid Services, provides an overview of Medicare and Medicaid policy and regulations, and consumer literature about health-related services and benefits. www.medicare.gov

Eldercare Locator, a public service of the US Administration on Aging, connects individuals to local services for older adults and their families anywhere in the US. www.eldercare.gov or 1-800-677-1116

Family Caregiver Alliance has online fact sheets, publications (including a booklet on long distance caregiving), and online support groups. www.caregiver.org



Familydoctor.org provides health information for consumers, from the American Academy of Family Physicians. www.familydoctor.org

FirstGov for Seniors provides information on consumer protection, education, jobs/volunteerism, federal and state agencies, health, housing, laws and regulations, retirement, money, taxes, travel and leisure. www.seniors.gov

Food and Drug Administration provides information on nutrition and dietary supplements, food-borne illnesses, drugs (prescription, over-the-counter, generic), medical devices (such as pacemakers, contact lenses, hearing aids), and biologics (such as vaccines and blood products). www.fda.gov

Harvard Health Publications is a good source of information on wellness, prevention, emotional well-being, mental health, women's and men's health. www.health.harvard.edu

Healthfinder is a "gateway" site for health and human services information from the US government. You will find online publications, a database, support and self-help groups, and government agencies. www.healthfinder.gov

Kaiser Family Foundation includes information on health policy, costs and reform, Medicare and Medicaid. www.kff.org

National Alliance for Caregiving is a joint venture of organizations to support caregivers. They sponsor the Family Caregiver Resource Connection, which reviews and rates hundreds of caregiving books, videos, etc. www.caregiving.org



National Council on the Aging's Center for Healthy Aging has information on fall prevention, the Falls Free Coalition and a newsletter. www.healthyagingprograms.org

National Institutes of Health: This is a good place to start if you are looking for online reliable health information on almost any health topic.

www.nih.gov

www.nihseniorhealth.gov

www.nia.nih.gov

www.nia.nih.gov/HealthInformation/Publications

National Resource Center on Supportive Housing and Home Modification offers information and strategies about home modifications and their importance in supporting safety and independence. www.homemods.org

patientINFORM provides access to up-to-date, reliable and important research available about the diagnosis and treatment of specific diseases. www.patientinform.org

USA.gov has a Senior Citizens' Resources site that offers government resources for finances, housing, health, consumer protection, and more. www.usa.gov/Topics/Seniors.shtml

WebMD includes articles, medical information, doctor and clinic search, health and wellness, and online tools. www.webmd.com

Well Spouse Foundation is a national organization which gives support to wives, husbands, and partners of those with chronic illness or disability. www.wellspouse.org

