

Community Based Services Resource List



Executive Office of Elder Affairs
Department of Mental Health

Although you are currently living in a nursing home or seeking admission, there are other options for receiving help at home. The following is a list of community services and other resources that may help you to explore other ways to meet your needs.

Key Referral Services:

Long-Term Care Options Counseling: This program is run by the 11 Aging and Disability Resource Consortia (ADRC) in Massachusetts.

The ADRC counselors work with individuals to identify supports and options for community placement rather than institutional care. For more information contact the following area for your location.

ADRC of the Merrimack Valley
Elder Services of the Merrimack Valley
(978) 683-7747 or
Northeast Independent Living Program
(978) 687-4288

ADRC of the Greater North Shore
Mystic Valley Elder Services (781) 324-7705 or
Independent Living Center of the North Shore and
Cape Ann (978) 741-0077

ADRC of the MetroWest
Springwell (617) 926-4100

ADRC of Cape Cod and the Islands
Elder Services Cape Cod and the Islands
(508) 394-4630 or Cape Organization for the Rights of
the Disabled, (508) 775-8300; (800) 541-0282

Southeastern MA ADRC
Southeast Center for Independent Living, Inc.
(508) 679-9210

ADRC of Pioneer Valley
Franklin County Homecare (413) 773-5555

Suffolk County ADRC
Boston Center for Independent Living
(617) 338-6665

Southern MA ADRC
Old Colony Elder Services (508)-584-1561

Berkshire County ADRC
Elder Services of Berkshire County
(413) 499-0524

Central MA ADRC
Tri-Valley Elder Services (508) 949-6640

Greater Boston ADRC
Boston Center for Independent Living
(617) 338-6665

Comprehensive Screening and Service Model (CSSM): This program focuses on discharge planning for eligible MassHealth applicants and members currently residing in nursing facilities by setting up community-based services that would allow the person to safely return to living in a non-institutionalized setting. A MassHealth registered nurse or an ASAP nurse conducts a medical assessment to determine if the applicant or member is in need of nursing facility services and if the stay will be short-term or longer. The nurse determines the length of the short-term approval based on the individual's medical condition.

To find an ASAP in your area call 1-800-AGE-INFO (800-243-4636) or visit www.800ageinfo.com and click on "Search for Services" and type in CSSM for a list of ASAPs.

Massachusetts Information and Disability Locator (MADIL): is a public service of the Executive Office of Health and Human Services. It is designed to assist in locating services and or programs for elders and people with disabilities. www.madil.org.

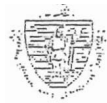
The Statewide Independent Living Council (SILC): The SILC works to improve the services governed by the independent living centers which provide advocacy, peer support and referral services for people with disabilities. For a list of Independent Living Centers in your area either call (508) 620-7452 or go to the following website: <http://www.masilc.org>.

Mass Resources: This website provides a range of assistance resources for persons living in Massachusetts. Go to www.massresources.org

800-Age-Info: is a website as well as a phone line where elders and families can get information regarding services. It also provides a list of the 27 Statewide Aging Service Access Points who also provide direct services to elders.

Veterans' Administrative Benefits
(800) 865-3384

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Key Programs and Services:

Massachusetts Home Care Program (for elders):

This program targets low income residents 60 and older who are at risk of nursing home admission or currently residing in a nursing home but prefer to live in the community with additional support. Services include: Care management, homemaker, personal care, home delivered meals, supportive day programs, home health services, and other home and community-based supports.

Elders should call a local Aging Services Access Point (ASAP) to apply for the Home Care Program (call 1-800-AGE-INFO (243-4636) to find the ASAP that serves your community or go to the website www.800ageinfo.com and go to "FIND" and click on your town.

Adult Foster Care: This is an alternative to institutional placement. The person with a disability in the private home of a caregiver who receives payment for services from MassHealth and payment of room and board from the person with the disability. For information and applications contact 1-800-AGE-INFO by phone or website www.800ageinfo.com and type in Adult Foster Care in the search bar. You can also contact your local Aging Services Access Point (ASAP).

Group Adult Foster Care: This program pays for personal care services and other services for elders and people with disabilities who live in assisted living facilities or other GAFC-approved housing. The individual must be at risk of institutionalization. For information and applications contact 1-800-AGE-INFO by phone or website www.800ageinfo.com and type in Group Adult Foster Care. You can also contact your local ASAP for more information.

Personal Care Attendant Program (PCA): The PCA program assists eligible MassHealth members who have long-term disabilities to stay at home by providing funds to hire personal care assistants who assist with personal care needs. Services include; dressing, bathing, grooming, toileting, eating, and other essential activities. To access a PCA please go to www.mass.gov/findpca.

Program for All-inclusive Care for the Elderly (PACE): This program is funded by both Medicare and Medicaid to provide and coordinate all health care needs of persons 55 and older to avoid the person's risk of institutionalization. All services are provided or coordinated through the PACE center. For more information on PACE go to www.npaonline.org.

Senior Care Options (SCO): This program is for low income elders who are 65 and older who choose to participate. It blends payment from both Medicare and MassHealth to provide all health care and social services for elders. The individual enrolls in one of four Senior Care Organizations and agrees to have all of their health and long-term care services provided through the SCO. For more information on SCO call 1-888-885-0484 or visit www.massresources.org.

Resources & Advocacy for Mental Health issues:

Club Houses: Club Houses are communities are located throughout Massachusetts to support people with serious mental illness to assist with the recovery from the serious mental illness and also to be a support in integration back into the community i.e., employment, family, friends, and education. For more information on how to get involved with your local club house contact the following: Clubhouse Coalition
15 Vernon Street, Waltham, MA 02453
Telephone: (781) 788-8803
Email: mccinfo.maclub@verizon.net

Massachusetts Department of Mental Health (DMH): DMH provides information and access to services and supports to individuals of all ages with mental illness. For information on obtaining supports and services contact DMH at (617) 626-8000.

MPower: A organization run by mental health consumers who advocate for social and political change statewide. 1-877-769-7693

Recover Learning Communities (RLCs): RLCs are run by and are for people with mental illness. RLCs conduct peer to peer services and peer run-programs. RLC's collaborate with existing service and expand the consumer's options. There are 6 RLCs statewide.
Western MA RLC (866) 641-2853

<u>Metro Suburban RLC</u>	(888) 752-5510
<u>Central Mass RLC</u>	(508) 751-9600
<u>Metro Boston RLC</u>	(617) 305-9976
<u>Northeastern RLC</u>	(978) 687-4288
<u>Southeastern RLC</u>	(508) 828-4537

NAMI of Massachusetts: Is a grassroots organization of individuals with brain disorders and their families. The members of the organization work to improve the quality of life of those persons affected by brain disorders. For more information contact NAMI I&R: 1-800-370-9085.