

COVID-19 Resources for Older Adults

U.S. CDC Guidance for Older Adults offers up to date information and guidance to older adults about how to reduce their risk, what to consider when venturing out into a public setting, and what to consider when planning in-person visits with family and friends. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

U.S. CDC Guidance for Daily Life and Going Out offers up to date guidance on considerations when deciding to go out, how to protect yourself when running errands, and what you should know when doing personal and social activities. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Maine CDC General Guidance provides available data on the disease in Maine and information for travelers, providers, and communities. <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/general-information.shtml#prevention>

OADS COVID-19 Resources offer programmatic guidance and information for Developmental Disability, Brain Injury, Aging, and Long Term Services and Supports programs. <https://www.maine.gov/dhhs/oads/Coronavirus-COVID-19.shtml>

Community Assistance and Service Resources

Maine's Aging & Disability Resource Centers (ADRC's) are designed to serve all older adults, people with disabilities and their caregivers, who have long-term community services and supports or program needs. The ADRC can help you access services such as congregate or home-delivered meals, prevention of falls, managing chronic diseases, Alzheimer's respite services, caregiver support, options counseling, access to legal services, or health insurance counseling.

Aroostook Agency on Aging
1-800-439-1789
www.arostookaging.org

Counties Served:
Aroostook

Eastern Area Agency on Aging
1-800-432-7812
www.eaaa.org

Hancock, Penobscot,
Piscataquis, Washington

SeniorsPlus
1-800-427-1241
www.seniorsplus.org

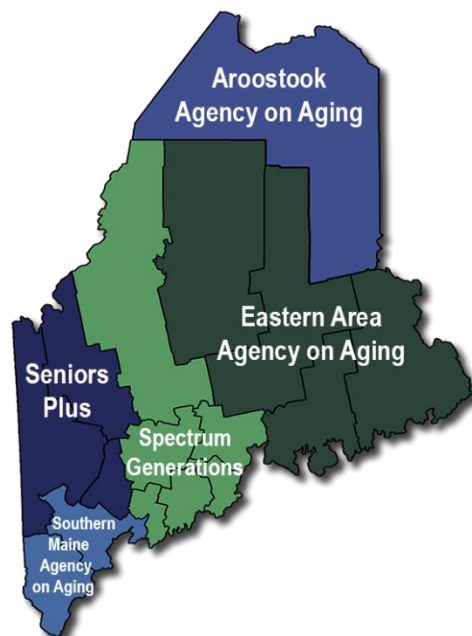
Androscoggin, Franklin,
Oxford

Southern Maine Area Agency on Aging
1-800-427-7411
www.smaaa.org

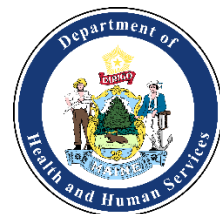
Cumberland (excluding
Brunswick & Harpswell),
York

Spectrum Generations
1-800-639-1553
www.spectrumgenerations.org

Kennebec, Knox, Lincoln,
Sagadahoc, Somerset,
Waldo, and Cumberland
(Brunswick & Harpswell only)



Adult Protective Services 1-800-624-8404 provides or arranges for services to protect incapacitated and dependent adults (age 18 and over) in danger of abuse, neglect or exploitation.



Legal Services for the Elderly provides legal information, advice and brief services on many legal problems and questions that often come up for older adults. Advises them about consumer problems, like debt collection and home repair contracts, MaineCare, Medicare, long term care, housing, public benefits, advance health care directives, financial powers of attorney, and other civil (non-criminal) matters. For more information call 1-800-750-5353.

Pine Tree Legal provides free legal services to low-income Maine people.

Aroostook Count (207) 764-4349

Washington/Hancock Counties (207) 255-8656

Penobscot, Piscataquis, and Waldo Counties (207) 942-8241

Kennebec, Somerset, Knox, and Lincoln Counties (207) 622-4731

Androscoggin, Oxford and Franklin Counties (207) 784-1558

Cumberland, York and Sagadahoc Counties (207) 774-8211

Long Term Care Ombudsman Specially trained advocates investigate and resolve complaints made by, or on behalf of, a consumer of home care, hospice and adult day services as well as residents of adult family care homes, nursing homes, assisted living facilities, and residential care facilities. Any contact with an advocate is confidential. For more information call 1-800-499-0229

Alzheimer's Association provides programs and services statewide to assist persons with Alzheimer's disease or related dementia, their families and caregivers. For more information call 1-800-272-3900.

Catholic Charities of Maine Refugee and Immigration Services provides primary refugees with initial resettlement and limited ongoing case management and employment services. For more information call Portland (207) 871-7437; Lewiston (207) 344-6615

Catholic Charities of Maine Independent Support Services provides statewide Homemaker Services. Catholic Charities connects isolated older adults and physically disabled adults with a professionally-supervised team of dedicated para-professionals who help with a variety of tasks, from routine housekeeping to grocery shopping and laundry. For more information call 1-888-477-2263.

Community Action Programs help with energy assistance, getting your home ready for the weather or with repair, transportation and keeping older adults at home.

Aroostook County Action Program, 1-800-432-7881

Community Concepts, South Paris 1-800-866-5588, Lewiston (207) 795-4065

Kennebec Valley Community Action Program, Waterville (207) 859-1500, Augusta (207)622-4761,

Skowhegan (207) 474-8487, Wiscasset (207) 859-1500

Midcoast Maine Community Action, Bath 1-800-221-2221

Penquis Community Action Program, Bangor 1-800-215-4942

The Opportunity Alliance, South Portland (207) 523-5049

Waldo County Community Action Partners, Belfast (207) 338-6809

Downeast Community Partners, Ellsworth Machias 1-877-374-8396

York County Community Action Corporation, Sanford (207) 324-5762

211 Maine is a statewide directory of over 8,000 health and human services available in Maine. The toll-free 2-1-1 hotline connects callers to specialists who can help 24 hours a day, 7 days a week.

Disability Rights Maine (DRM) provides protection and advocacy services for eligible people of all ages with developmental disabilities or mental illness. DRM offers direct advocacy assistance, information and referral, and training. For more information, call 1-800-452-1948.

National Alliance on Mental Illness (NAMI). NAMI Maine is our state's and the nation's largest grassroots support, education and advocacy organization committed to the issue of mental illness. With seven affiliates and hundreds of members, NAMI Maine is an active voice for families, individuals, and professionals whose daily lives are impacted by mental illness. For more information call 1-800-464-5767.

Crisis hotline/suicide prevention If you are concerned about yourself or somebody else, call the crisis hotline. This will connect you to your closest crisis center. Crisis hotline 1-888-568-1112.

Substance Abuse and Mental Health Services (SAHMS) provides information on services for mental health services, crisis and substance abuse 1-877-726-4727.

Maine DHHS Division of Licensing and Certification (DLC) provides resources and information on nursing homes and residential care facilities. To report a nursing facility, assisted living or residential care resident right violations, sentinel events, or complaints call 1-800-791-4080.

Veterans Administration to find out if you are eligible for certain health and counseling services available through the Veterans Administration at Togus call 1-800-827-1000.

State Division of Veterans Services provides assistance with employment, housing, claims applications, financial assistance and loans, counseling, education benefits, and tax and various other exemptions. For more information call (207) 430-6035.

Social Security Administration can assist with Medicare, Social Security Income, and Social Security Disability Applications. Offices located across the State:

Toll Free Nationwide 1-800-772-1213

TTY Nationwide 1-800-325-0778

Auburn 1-866-627-6996

Augusta 1-866-882-5422

Bangor 1-877-405-1448

Portland 1-877-319-3076

Presque Isle 1-866-837-2719

Rockland 1-855-269-9179

Saco 1-877-253-4715

Waterville 1-866-931-9169

Maine CITE offers activities and services that help get assistive and universally designed technology (AT) into the hands of Maine people with disabilities, senior citizens, and their families. For more information call 207-621-3195 or Maine Relay 711.

