

Resources, Services and Information for residents of Massachusetts:

<u>CAREGIVER RESOURCES</u>	<u>DISABILITY RESOURCES</u>
<p>Counseling, training, and respite support, among other services, for family caregivers</p> <p>Website: 800ageinfo.com</p> <p>Tel: 1-800ageinfo (1-800 243-4636) or local Aging Services Access Point (ASAP)</p>	<p>Information on services for persons with disabilities.</p> <p>Websites:</p> <ul style="list-style-type: none"> • massoptions.org • 800ageinfo.com • massdil.org <p>Tel: 1-844-422-6277 or 1-800-243-4636</p>
<u>EMPLOYMENT</u>	<u>FUEL/HEAT</u>
<p>Senior Community Service Employment Program (SCSEP Program) - Assistance to older adults seeking training and employment.</p> <p>Website: 800ageinfo.com Tel: 1-800ageinfo (1-800 243-4636)</p> <p>One Stop Career Centers - Comprehensive array of services for all job seekers.</p> <p>Website: mass.gov/lwd/employment-services</p>	<p>Low Income Home Energy Assistance Program (LIHEAP) - program provides fuel assistance subsidy to owners and renters based on income guidelines.</p> <p>Website: mass.gov/hed/community/energy Tel: 1- 800-632-8175</p>
<u>GENERAL INFORMATION</u>	
<p>MASS 211 - direction to health, human services and emergency resources for all, including families and veterans.</p> <p>Website: mass211.org Tel: Dial 211</p>	<p>Commonwealth of Massachusetts EXECUTIVE OFFICE ELDER AFFAIRS (Executive Office of Health and Human Services)</p> <p>Website: 800AGEINFO or mass.gov/elders Tel: 1-800ageinfo (1-800 243-4636)</p>

HEALTH AND INSURANCE

Medicare - health insurance program for people age 65 and older and those individuals with disabilities.

Website: medicare.gov

Tel: 1-800-medicare (1-800-633-4227)

MassHealth (Medicaid) - state-managed federal program of income and category-based health insurance.

Website: mass.gov/eohhs

Tel: 1-800-841-2900

SHINE (Serving Health Insurance Needs Of Everyone) – no cost health insurance counseling for eligible Medicare recipients of all ages.

Website: 800ageinfo.com

Tel: 1-800ageinfo (1-800-243-4636, Select 3)

HealthConnector – online portal for health insurance marketplace, Masshealth and dental insurance.

Guidance for residents on coverage options.

Website: mahealthconnector.org

Tel: 1-877-623-6765

Prescription Advantage - state program to assist individuals with aspects of Part D coverage.

Website: 800ageinfo.com

Tel: 1-800ageinfo (1-800-243-4636)

Pharmacy Outreach Program (Massachusetts College of Pharmacy and Health Services) - drugs and manufacturer programs.

Website: mcphs.edu/pharmacy outreach

Tel: 1-866-633-1617

Mass Dental Society - guide to sources of no and low cost dental care.

Website: massdental.org

Tel: 1-800-342-8747 answers to questions and direction regarding prescription

Medicare Advocacy Project – no cost legal representation in appealing improper denials of Medicare coverage, late enrollment penalties and more.

Tel: 617-603-1578 or 617-603-1600 (under 60)

Senior Helpline: 800-342-5297 (60+)

INCOME/SUPPORT

Social Security - retirement benefits paid to seniors and those with disabilities based on lifetime contributions to system and government additions.

Website: ssa.gov

Tel: 1-800-772-1213

Supplemental Security Income (SSI) - government income for low income, blind and disabled individuals.

Website: ssa.gov

Tel: 1-800-772-1213

Social Security Disability Income (SSDI)- government benefits for workers who are unable to work because of a medical condition.

Website: ssa.gov

Tel: 1-800-772-1213

Department of Transitional Assistance (DTA) - financial assistance to individuals and families based on income and assets.

Website: mass.gov/eohhs

Tel: 1-800-249-2007

HOUSING

Housing Authorities - local agencies responsible for low cost housing in state.

Website: mass.gov/hed/economic

Shelters - emergency housing for individuals and families.

Contact: local housing authority and/or local police departments for sources

<u>NUTRITION AND MEALS</u>	<u>SENIOR SERVICES</u>
<p>Supplemental Nutrition Assistance Program (SNAP program)/Electronic Benefit Transfer (EBT program) - providing assistance to low income individuals and families for nutritional needs. Website: mass.gov/snap Tel: 1-866-950-FOOD (1-866-950-3663)</p> <p>Elderly Nutrition Program –various programs, including Meals-on-Wheels, are available statewide. Website: 800ageinfo.com Tel: 1-800ageinfo (1-800-243-4636)</p> <p>Food Pantries – resources for free food for low income individuals and families Website: foodpantries.org/st/massachusetts</p>	<p>800AGEINFO - information and services for elders and their families. Website: 800ageinfo.com Tel: 1-800ageinfo (1-800-243-4636)</p> <p>MassOptions - referral service for elders, and individuals with disabilities Website: massoptions.org Tel: 1-844-422-6277</p> <p>Aging Services Access Points (ASAPs) - regional network of non-profit agencies administering certain elder services. Website: 800ageinfo.com Tel: 1-800ageinfo (1-800-243-4636)</p> <p>Councils On Aging - community-based agencies offering a variety of services day-to-day services and programs for older adults. Website: 800ageinfo.com or mcoaonline.com Tel: 1-800ageinfo (1-800-243-4636)</p>
<u>TAXES & LEGAL</u>	<u>TELEPHONE</u>
<p>Tax Assistance - free tax preparation assistance for all low-moderate income individuals regardless of age. Tel: 1-888-OURAARP (1-888-687-2277)</p> <p>Legal Aid - assists seniors and low income individuals with legal matters. Website: masslegalhelp.org</p>	<p>Lifeline – federal program providing discount on phone service for qualifying low-income consumers. Website: lifelinesupport.org</p> <p>Contact: local phone company for additional information</p>
<u>TRANSPORTATION</u>	<u>VETERANS</u>
<p>Taxi and transportation services – transportation vouchers and van transportation available for seniors. Website: mcoaonline.com</p> <p>Contact: local area Council On Aging (COA)/Senior Centers for additional information specific to local communities</p>	<p>Veteran's Administration - information regarding services and benefits for veterans. Website: mass.gov/veterans Tel: 1-800-827-1000</p>