## Resources, Services and Information for residents of Massachusetts:

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<thead>
<tr>
<th>CAREGIVER RESOURCES</th>
<th>DISABILITY RESOURCES</th>
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| Counseling, training, and respite support, among other services, for family caregivers. | Information on services for persons with disabilities.  
**Websites:**  
- massoptions.org  
- 800ageinfo.com  
- massdil.org |
| **Website:** 800ageinfo.com | **Tel:** 1-844-422-6277 or 1-800-243-4636 |
| **Tel:** 1-800ageinfo (1-800 243-4636) or local Aging Services Access Point (ASAP) |  |

### EMPLOYMENT

**Senior Community Service Employment Program (SCSEP Program)** - Assistance to older adults seeking training and employment.  
**Website:** 800ageinfo.com  
**Tel:** 1-800ageinfo (1-800 243-4636)  

**One Stop Career Centers** - Comprehensive array of services for all job seekers.  
**Website:** mass.gov/lwd/employment services |

### FUEL/HEAT

**Low Income Home Energy Assistance Program (LIHEAP)** - Program provides fuel assistance subsidy to owners and renters based on income guidelines.  
**Website:** mass.gov/hed/community/energy  
**Tel:** 1-800-632-8175 |

### GENERAL INFORMATION

**MASS 211** - Direction to health, human services and emergency resources for all, including families and veterans.  
**Website:** mass211.org  
**Tel:** Dial 211  

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