

PROGRAMS AT A GLANCE

Unless otherwise noted, contact the Bristol Elder Services Intake Unit at (774) 627-1390 for more information or to make a referral for the programs listed below:

Aging Well Program* – Provides LGBTQ+ seniors with supportive connections to services. Examples include assistance with engaging in activities, behavioral health/health care, community organizations, and social activities. Individualized support with use of technology expanding opportunities for virtual social interactions with family and friends and increasing opportunities for telehealth support are also offered. Contact the South Coast LGBTQ Network at (774) 775-2656. Must live in Fall River, Taunton, Freetown, Somerset, Swansea, Seekonk, or Westport.

Brain Builders Program* – Offers a cognitive wellness class-based program to practice tips and techniques to improve cognitive/communicative functioning. This program is offered in person or via zoom. Contact Lisa Yauch-Cadden at 508-326-0353 or e-mail lycslp@gmail.com. Must live in Greater Attleboro, Greater Fall River, or Greater Taunton.

Caregiver Support Program – Provides information, support, and linkage to services, at no cost, to the following populations: adult family members or informal caregivers age 18+ providing care to individuals aged 60 or older, adult family members or other informal caregivers age 18+ providing care to individuals of any age with Alzheimer's disease and related disorders, grandparents and other relatives (not including parents) age 55+ providing care to children under 18, and grandparents and other relatives (including parents) age 55+ providing care to adults ages 18-59 with disabilities. The caregiver is eligible for the support program regardless of place of residence; however, the care recipient must live in Greater Attleboro, Greater Fall River, or Greater Taunton.

Clinical Assessment Eligibility – Completes pre-admission screenings of MassHealth applicants and recipients who are seeking nursing facility placement, adult day health services, and/or waiver services.

Community Access to Rides (CAR Collaborative)* – Provides transportation via Uber for free rides to needed services for constituents related to the following organizations: Attleboro YMCA, Norton Human Services/ Counseling on Aging, Attleboro Area Interfaith Collaborative, Society of St. Vincent DePaul Society District Council of Attleboro, Sturdy Memorial Hospital, Attleboro Public Schools, The Arc of Bristol County, and The Literacy Center. Available in Attleboro, Mansfield, N. Attleboro, Norton, Rehoboth, and Seekonk.

Comprehensive Screening and Services Model – For persons in nursing facilities who are age 22 and over and MassHealth members or applicants. The goal is to ensure that the resident and his/her family or caregivers are aware of all community service alternatives to nursing home care and are provided an opportunity to return to the community. An interdisciplinary discharge planning team develops a comprehensive community service plan for persons for whom a community transition is possible. Must reside in a nursing facility in Greater Attleboro, Greater Fall River, or Greater Taunton.

Elder Dental Program* – Provides outreach and education to and an annual dental clinic for uninsured, low-income elders. Operated by Community VNA. Contact Elder Dental Program of Community VNA at (508) 222-0118. Must live in Greater Attleboro, Greater Fall River, or Greater Taunton.

Fall River/Westport Cares* – Promotes healthy living for elderly and disabled residents. Assists with smoke detector installation and offers other safety devices such as flashlights, night lights, and grab bars. Provides basic technology training using smart phones. Operated by the Fall River Fire Department. Contact Lt. Silva at 508-324-2744. Must live in Fall River or Westport.

Healthy Aging Programs – Promote participants' ability to manage their own health and well-being. The multi-week courses include Chronic Disease Self-Management, A Matter of Balance, and Savvy Caregiver. Courses are offered intermittently throughout the year at community locations in Greater Attleboro, Greater Fall River, and Greater Taunton.

Healthy Aging Wellness Initiative* – Offered by the Newman YMCA in Seekonk. Participants attend aerobics and aquatics-based programming to support active older adults living with arthritis or those who are struggling with balance. The Newman YMCA also conducts health fairs to provide services to seniors and opportunities to learn, connect, and exercise. Subsidized memberships are available to active older adults. Contact the Newman YMCA at (508) 336-7103.

HealthFirst Family Care Interpreter Services* – Offers on-demand access to over 250 languages to allow for a greater understanding in delivering a clear interpretation of medical information to patients. Contact HealthFirst Family Care Center at (508) 679-8111. Must be a patient at HealthFirst Family Care Center.

Home Care Program – Provides case management and in-home and community support services (such as homemaker service, personal care, laundry service, adult daycare, etc.) to persons 60 years of age or older who meet functional impairment level, and priority needs guidelines. Elders with very low incomes make a voluntary donation. Eligible elders with higher incomes pay a monthly co-payment ranging from \$10 to 100% of the cost of the services. Must live in greater Attleboro, greater Fall River, or greater Taunton.

- Frail Elder (300%) Waiver Program – Raises the MassHealth financial eligibility guidelines (to 300% of the federal Supplemental Security Income (SSI) benefit level) to allow Home Care Program clients who are nursing home eligible to receive MassHealth benefits. Applicants are evaluated as single individuals regardless of marital status. Must meet Home Care Program eligibility guidelines, receive a Home Care service, and be clinically eligible for nursing facility services.
- Consumer Directed Care – Allows the client or the client's surrogate to directly employ a worker to provide in-home services. The worker may be anyone other than the surrogate or a guardian. A case manager works with the client to develop a service plan and determine the number of hours per week that the client may employ a worker.
- Choices – Enables frail elders receiving MassHealth and at imminent risk of nursing home placement to receive extensive assistance to remain at home. Elders currently in a nursing facility who want to return home are also eligible. Must meet requirements that demonstrate risk for immediate nursing home placement unless additional services are provided.
- Enhanced Community Options Program (ECOP) – Provides a higher level of service than the standard Home Care program. Must also meet Home Care Program eligibility guidelines. Home Care clients must meet clinical eligibility for nursing facility care but want to live at home.
- ECOP Independence Plus – Provides increased flexibility and access to home and community-based services that enables eligible consumers to remain in the community. The comprehensive plan of care is the product of a person-centered planning process that allows a consumer to develop an individualized service plan and purchase goods and services that will best meet his or her needs. The process begins with the eligible elder identifying goals for his or her maintenance or enhancement of health and encourages the elder to think creatively about how to meet identified needs and goals and address barriers to care and wellbeing. Must meet ECOP eligibility guidelines defined above.
- Respite Care – Provides services for caregivers of eligible elders that relieve the caregiver from the stresses and demands of daily caregiving. A caregiver may be either

a family member over the age of 18 who provides daily care for a frail elder whether or not the family member resides with the elder or a non-family member who provides daily care for a frail elder and resides with the elder. The elder must be 60 years of age or older and require daily care. Persons under the age of 60 with a diagnosis of Alzheimer's disease or related disorders are also eligible. Respite Care is available to all eligible elders and caregivers at all income levels. Copayments are assessed based upon income.

Housing Coordinator* – Assists elders who are homeless or in a position of potential homelessness to find suitable housing and offers a variety of housing options. Contact the Elder Mobile Outreach Team at Community Counseling of Bristol County, Inc. at (508) 977-8100. Covers Greater Fall River, Greater Taunton, and Greater Attleboro areas.

Mind and Body Program* – Trains older adults in an Introduction to Computers and one-on-one smart phone classes. Sessions are offered at the Attleboro Council on Aging. An Essentrics exercise program is also offered at the Attleboro Council on Aging that improves strength and health and increases flexibility and mobility. Contact the Attleboro Council on Aging at (508) 223-2222.

North Attleboro Minor Home Repair Program* – Offers vetted and licensed contractors to complete minor home repairs at low to no cost. Seniors purchase the equipment to be installed. Contact the North Attleboro Council on Aging at (508) 699-0131. Must live in North Attleboro.

South Coastal Counties Legal Services/ Seniors Law Project* – Provides free legal assistance for questions or problems in matters of public benefits; evictions; landlord/tenant problems in private and public housing; problems with Medicaid/MassHealth, Medicare, private insurance, and institutional care; utilities; protective services; defense of guardianship; age discrimination; and document preparation (powers of attorney for homebound and institutionalized seniors in emergency situations). Operated by South Coastal Counties Legal Services - Seniors Law Project (SCCLS). Contact SCCLS (800) 244-9023 between the hours of 9:00 a.m. and 2:00 p.m., Monday through Thursday. Must live in Greater Attleboro, Greater Fall River, or Greater Taunton.

LGBTQ Elders: Support, Treatment and Training Program* – Provides referral resources, individual and group treatment and support. To access available services, contact Eileen Dunleavy at Family Services Association (508) 678-7542. Must live in Greater Attleboro, Great Fall River, or Greater Taunton.

Long Term Care Ombudsman Program – Provides advocacy, information and referral, and resolution of concerns and complaints to residents of nursing and rest homes in Greater Attleboro, Greater Fall River, or Greater Taunton. Ombudsman staff and volunteers regularly visit with and advocate for residents.

Memory Cafe'* – Provides monthly meetings that welcome individuals with Alzheimer's disease or other forms of dementia or other brain disorders. Special activities are held, guest presenters or entertainment are invited, and refreshments are serviced. This is open to participants and their caretakers. Contact People Incorporated at (508) 679-5233. Available in the Greater Fall River Area.

Mental Health Counseling/Elder Mobile Outreach Team* – Offers in-home mental health treatment to seniors in the community who are struggling with mental health issues. Must live in Berkley, Dighton, Rehoboth, Raynham, Attleboro, Mansfield, North Attleboro, Seekonk, or Taunton. Contact Community Counseling of Bristol County at (508) 828-9116.

Norton COA Program Expansion* – Allows for a temporary meeting place, Norton VFW, for COA members while the new Norton COA building is being constructed. This allows elderly in the Norton area to continue to gather for activities, programs, meals, and other senior services and supports. Contact the Norton COA at (508) 285-0235.

Nutrition Program

- Congregate Meal Sites – Serve hot, nutritious noon meals Monday through Friday for individuals aged 60 and over. Meal sites are located throughout Greater Attleboro, Greater Fall River, and Greater Taunton. Kosher meals are available at one site in Fall River. Reservations are required at least 24 hours in advance. The meal sites provide participants with the opportunity for socialization and companionship. Suggested voluntary donation is \$2.25 per meal.
- Home Delivered Meals – Provide nutritionally balanced lunchtime meals to home-bound seniors. Meals are delivered Monday through Friday to persons of any income who are 60 years of age or older. Participants must have a physical, emotional, or cognitive impairment, or have inadequate kitchen facilities, resulting in an inability to prepare nutritionally balanced meals, and lack a support system to assist with meal preparation. Must live in Greater Attleboro, Greater Fall River, or Greater Taunton. Suggested voluntary donation is \$2.25 per meal.

One Care – A comprehensive health care plan, available on a voluntary basis to MassHealth members, which covers the services reimbursable under Medicare and MassHealth plus additional benefits not previously covered by Medicare and MassHealth. In the One Care model, the consumer has a personalized Care Team that work together with the consumer to develop a Care Plan to get the consumer the right services. The consumer is at the center of the care team and is invited to be a fully participating member of the team. To be eligible for a One Care plan, an individual must be age 21-64, have both Medicare Part A and B, qualify for Medicare Part D, have MassHealth Standard or CommonHealth, live in Massachusetts and reside in one of the following counties: Bristol, Essex, Middlesex, Norfolk, Plymouth, Suffolk, or Worcester. Bristol partners with one One Care plan, Commonwealth Care Alliance. For more information, contact MassHealth Customer Service: 1-800-841-2900.

Options Counseling – A service of the Aging and Disability Resource Consortium of Southeast and Southern Massachusetts (ADRC SE SM). Options Counseling assists people aged 60 or older and people of any age with disabilities. Trained Options Counselors provide resource information at no charge to help a person live as independently as possible in the setting of his or her choice. Consumers and caregivers receive unbiased information about a range of long-term services and supports, as well as information about the resources to help pay for services. Must live in Greater Attleboro, Greater Fall River, or Greater Taunton.

Outreach Coordinator* – Helps fund a part-time Outreach Coordinator to assist older adults with finding resources and answers to issues such as SNAP benefit information, finding affordable housing, assistance paying bills, home repairs, and finding mental health services. Contact the Attleboro Council on Aging at (508) 223-2222. Covers the Attleboro area.

Protective Services – Responds to and investigates reports of abuse, neglect, exploitation, and self-neglect of persons aged 60 and older. Protective Services Workers develop and implement service plans for preventing, eliminating, or remedying abuse. There is no charge for services. Must live in Greater Attleboro, Greater Fall River, Greater New Bedford, or Greater Taunton. To report suspected elder abuse, call the statewide 24-hour hotline (day or night, 7 days a week) at 1-800-922-2275.

Senior Care Options (SCO) – A comprehensive health care plan, available on a voluntary basis to MassHealth members, which covers the services reimbursable under Medicare and MassHealth. The SCO program combines health care services and community-based support

services. A team of professionals, including a member's primary care physician, nurses, and a Geriatric Support Services Coordinator, work with the member to develop a comprehensive plan of care to meet health and long-term service and support needs. To be eligible for a SCO plan, an individual must be a MassHealth Standard member aged 65 or older, and Bristol covers those who live in Greater Attleboro, Greater Fall River, or greater Taunton. Bristol partners with six SCOs: Boston Medical Center HealthNet Plan, Commonwealth Care Alliance, NaviCare, Senior Whole Health, Tufts Health Plan, and United Healthcare. To make a referral, call Boston Medical Center HealthNet Plan at (855) 833-8124, Commonwealth Care Alliance at (877) 780-4711, NaviCare at (877) 255-7108, Senior Whole Health at (617) 494-5353, Tufts Health Plan at (855) 670-5938, or United Healthcare at (800) 393-0939.

Senior Meals (grocery delivery)* – Delivers weekly perishable groceries to the Attleboro and Norton areas. Contact Sweet Community House at the Attleboro YMCA at (508)-409-0767 to inquire about delivery and services.

Supportive Housing – Operates in partnership with the Fall River Housing Authority and Taunton Housing Authority to provide supportive services to residents. The Fall River Housing Authority site is located at Mitchell Apartments, 2100 South Main Street, Fall River. The Taunton Housing Authority site is located at Fitzsimmons Arms, 30 Olney Street, Taunton. A case manager is on site a minimum of 9 hours per week to provide residents with access to resources and to coordinate services. A noontime meal is offered; music, crafts, exercise, and group activities are conducted at the site.

Veteran-Directed Care Program – Allows veterans of any age the opportunity to receive services that enable them to remain in their homes and communities. The program offers increased flexibility by allowing a veteran to develop an individual budget and service plan and purchase goods and services that meet his or her needs. Referrals are generated by the Veterans Administration.

Westport Council on Aging Technology Program* – In-person classroom style technology training for seniors. Education programs include access to hands on practice and an equipment loan option. Contact the Westport Council on Aging at (508) 636-1026.

** Asterisk indicates program is made available in part through Bristol Elder Services' Title III grants.*