

Resource Guide



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Hotlines and 24-hour Resources

Abuse of Persons in Long-Term Care Facilities (Dept. of Public Health)	800-462-5540
Advocates Psychiatric Emergency Services Crisis Team	781-893-2003
Attorney General's Elder Hotline	888-243-5337
Disabled Person Abuse/Neglect Reporting (ages 18-59)	800-426-9009
Domestic Violence	877-785-2020
Elder Abuse/Neglect Hotline	800-922-2275
Eversource Gas & Electric (NSTAR)	800-592-2000
National Grid	800-233-5325
Poison Control	800-222-1222
Sexual Assault	877-785-2020
Suicide (Samaritans)	988

Abuse and Neglect

Department of Children and Families

Tel: 800-792-5200

<https://www.mass.gov/how-to/report-child-abuse-or-neglect>

To report suspected abuse or neglect of children.

MA Disabled Persons Protection Commission 24-Hour Hotline:

Tel: 800- 426-9009

<https://www.mass.gov/reporting-abuse-and-neglect>

To report suspected abuse of adults (ages 18-59) with disabilities.

Elder Abuse Hotline

Tel: 800-922-2275

<https://www.mass.gov/how-to/report-elder-abuse>

Statewide 24-hour hotline to report abuse, neglect, self-neglect,

or financial exploitation about someone aged 60 or over living in the community.

Minuteman Protective Services

26 Crosby Drive

Bedford, MA 01730

To report: 800-922-2275

Info: 781-272-7177

<https://www.minutemansenior.org/our-services/elder-protective-services>

This local office for Elder Protective Services investigates reports of elder abuse, neglect, self-neglect, and financial exploitation.

Adult Day Programs

Adult Day – Health/Medical

Cooperative Elder Services

2352 Main Street

Concord, MA 01720

Tel: 781- 863-1166

<https://www.elderdayservices.org/>

Provides Adult Day Health and Alzheimer Day Care Services to elders and disabled adults. Locations in Arlington, Acton, and Burlington.

Blaire House of Tewksbury Adult Day Health Center

10 Erlin Terrace
Tewksbury, MA 01876
Tel: 978-851-3121

<https://www.elderservices.com/blairehouseoftewksburyadh/bht-home/>

Provides Adult Day Health and Alzheimer Day Care Services to elders and disabled adults.

Home Away from Home Adult Day Health Center

150 Industrial Avenue East
Lowell, MA 01852
Tel: 978-453-4663

<http://www.homeawayfromhomeadhc.net/>

Medical Adult Day Care with support in three languages: English, Spanish and Khmer.

Adult Day – Social

Chelmsford Adult Day Social Program

75 Groton Street
Chelmsford, MA 01863
Tel: 978-788-6178

<https://www.townofchelmsford.us/23/Senior-Center-Council-on-Aging>

Adult day health program runs from 8:30 – 3:30 five days a week.

Littleton Social Club.

33 Shattuck Street

Littleton, MA 01460

Tel: 978-540-2470

<https://www.littletonma.org/elder-and-human-services>

The LSC meets on Mondays and Wednesdays 9:00 AM to 1:00 PM at the Littleton COA.

Andover Social Supportive Day Program

30 Whittier Court,
Andover, MA 01810
Tel: 978-623-8320

<https://andoverma.gov/696/Senior-Connections>

Open Monday – Friday 8:00 – 4:00.

Better Day Adult Social Day Program

195 Reservoir Street
Marlborough, MA 01752
Tel: 508-481-0809

<https://betterdayprogram.org/>

This program is located in a residential home setting. Open Monday – Friday, 8:30 – 4:30. The program specializes in memory impairment disorders Such as Alzheimer's.

Advance Care Planning

Aging Life Care Association

<https://www.aginglifecare.org/>

Aging Life Care Association is an organization whose purpose is to define and promote the highest standards of practice by professionals who are assisting older people and their families in the design and implementation of programs for elders that maximize independence and well-being.

The Conversation Project

20 University Road, 7th Floor
Cambridge, MA 02138 USA
Tel: 617- 301-4868

<https://theconversationproject.org/>

The conversation project is dedicated to helping people talk about their wishes for end-of-life care. They offer a “Conversation Kit” that is a free resource to go through with loved ones

Honoring Choices

<https://www.honoringchoicesmass.com/>

Honoring choices is a consumer-focused non-profit organization that supports the right of adults to direct their health care choices. They inform and empower adults (18+) to make health care plans to receive the best care and honor their choices.

Massachusetts Care Planning Council

<https://www.caremassachusetts.org/list10-MA-Aging-Services-senior-centers.htm>

Area Agency on Aging is a nationwide network of State and local programs that help older people to plan and care for their lifelong needs. Visit the web site for a list of local agencies.

Aging Advocacy

Alliance for Retired Americans

815 16th Street, NW Washington,
DC 20006

Tel: 202-637-5399

<https://retiredamericans.org/>

The Alliance for Retired Americans is a nationwide organization, with over 4.2 million members working together to make their voices heard in the laws, policies, politics, and institutions.

AARP Massachusetts

One Beacon St., Ste. 2301,
Boston, MA 02108

Tel: 866- 448-3621

<https://states.aarp.org/massachusetts/>

Non-profit, nonpartisan organization that helps people 50 and older improve their quality of life.

MA Executive Office of Elder Affairs

1 Ashburton Pl. #517

Boston, MA 02108

Tel: 617- 727-7750

<https://www.mass.gov/orgs/executive-office-of-elder-affairs>

Advocacy and programs for older adults.

MA Senior Action Council

108 Myrtle St. #112

Quincy, MA 02171

617-284-1234

<https://www.masssenioraction.org/>

Statewide grassroots senior-led organization that addresses key policy and community issues that affect the well-being of seniors.

National Council on Aging (NCOA)

Tel: 571-527-3900

www.ncoa.org

The NCOA partners with nonprofit organizations, government, and business to advocate for the health, wellbeing, and economic security of older adults. They also

offer a range of online articles on aging.

Car Maintenance (low cost)

Nashoba Valley Technical High School

100 Littleton Road,
Westford, MA 01886
Tel: 978-692-4711 X 13111
<https://www.nashobatech.net/o/nvths/page/automotive-technology--14>
Provides inexpensive auto repair by students under supervision of ASE certified instructors.
Call for information.

Minuteman Technical Institute

758 Marrett Road
Lexington, MA 02421
Tel: 781-861-7151
Minuteman Technical Institute students perform auto repairs at a discounted rate. Call for details.

Waltham Highschool

617 Lexington St.
Waltham, MA 02452
Tel: 781-861-7151
Waltham students perform auto repairs for the cost of parts only.
Call for details.

Caregiver Support Resources

Carlisle Council on Aging and Human Resources

66 Westford Rd.
Carlisle, MA 01741
Tel: 978-371-2895
<https://www.carlislecoahs.org/>

Referrals, counseling, and support groups.

The Family Caregiver Handbook

<http://web.mit.edu/workplacecenter/hndbk/>

A free online handbook from MIT for caregiver information and support.

Minuteman Senior Services

26 Crosby Dr.
Bedford, MA 01730
Tel: 781- 272-7177
TTY: 800-439-2370
<https://www.minutemansenior.org/our-services/caregiver-support>
Offers support for caregivers through a free in-home consultation service, an education workshop for caregivers of people with dementia, options counseling, and a fee-based care management program.

Chronic Health Condition Resources

Alzheimer's Disease

Alzheimer's Association MA / NH

Tel: 800-272-3900 (24 hours)
<https://www.alz.org/manh>
Information and 24-hour helpline.
Information, education, care coordination, and support groups.

Arthritis

Arthritis Foundation - Massachusetts

Tel: 800-283-7810
<https://www.arthritis.org/local-offices/ma>

Information and support groups.

Cancer

American Cancer Society

Tel: 800-227-2345

<https://www.cancer.org/>

Dana Faber Cancer Institute

450 Brookline Ave

Boston, MA 02215

Tel: 617-632-3000

<https://www.dana-farber.org/>

Offers treatment for all types of cancer as well as a wide range of support services for patients, caregivers, and family.

Emerson Hospital

Tel: 978-287-3428

133 Old Road to Nine Acre Corner
Concord, MA 01742

<https://www.emersonhospital.org/>

Offers cancer treatment and several cancer support groups.

Joe Andruzzi Foundation

<https://joeandruzzifoundation.org/>

Provides financial support to cancer patients and their families.

Virginia Thurston Healing Garden Cancer Support Center

145 Bolton Road

Harvard, MA 01451

Tel: 978-456-3532

<https://healinggardensupport.org/>

Provides therapeutic services for people with a cancer diagnosis.

Diabetes

American Diabetes Association

Tel: 800-342-2383

<https://diabetes.org/>

Information and advocacy.

Parkinson's Disease

American Parkinson Disease Association - Mass. Chapter

Tel: 617-638-8466

<https://www.apdaparkinson.org/community/massachusetts/>

Information and referral, exercise groups, financial help.

Emerson Hospital

133 Old Road to Nine Acre Corner
Concord, MA 01742

Tel: 978-369-1400

TTY: 800-439-0183

<https://www.emersonhospital.org/clinical-services/parkinsons-disease>

Individualized treatment plans, support services and wellness programs for people with Parkinson's Disease.

Neuro Fit

7 Oakland St.

Lexington, MA 01451

Tel: 339-227-0295

<https://www.supportivelivinginc.org/course/move-assisted-exercise-for-all/>

Exercise programs for people with Parkinson's Disease, stroke, or brain injury.

SPEAK OUT! and LOUD Crowd Emerson College

216 Tremont St.

Boston, MA 02116

Tel: 617-824-8323

<https://robbins-center.com/speak-out-loud-crowd-emerson-college-boston-parkinsons-treatment/>

A program for people with Parkinson's Disease to improve their voicing.

Consumer Protection

Better Business Bureau

290 Donald Lynch Blvd. #102,
Marlborough, MA 01752

Tel: 508- 652-4800

<https://www.bbb.org/bbb-directory/us/ma>

Provides consumer information, latest alerts and mediates problems between consumers and businesses.

Consumer Products Safety Commission

800-638-2772

<https://www.cpsc.gov/>

MA "Do Not Call" Registry

866- 231-2255

<https://www.madonotcall.govconnect.com/Welcome.asp>

Prohibits unsolicited sales calls.

Cell phone

numbers can be registered.

National "Do Not Call" Registry

888- 382-1222

TTY: 866- 290-4326

<https://www.donotcall.gov/>

Prohibits sales calls. Cell phone numbers can also be registered.

Office of the Attorney General

1 Ashburton Pl., Boston, MA 02108

Tel: 617- 727-2200

TTY: 617- 727-4765

AG Elder Hotline: 888-243-5337

Public Inquiry & Assistance Center
Hotline:617-727-8400

<https://www.mass.gov/orgs/office-of-attorney-general-maura-healey>

See the website for other consumer-related information.

Office of Consumer Affairs and Business Regulation

Tel: 617-973-8787

<https://www.mass.gov/orgs/office-of-consumer-affairs-and-business-regulation>

Dental Health (low-cost)

Boston University Dental School Clinic

100 East Newton St.

Boston, MA 02118

Tel: 617-358-8300

<https://www.bu.edu/dental/patients/>

Services offered by dental students at lower rates. Mass Health is accepted.

Charles River Community Health Center

43 Foundry Ave

Waltham, MA 02453

Tel: 781-693-3800.

<http://www.charlesriverhealth.org/care-services/dental-services-programs-2/>

Provides a full range of dental services.

Community Health Connections

14 Manning Avenue, 4th floor.

Leominster, MA 01453

Tel: 978-878-8100

<https://www.chcfhc.org/locations/leominster-chc/>

Lower cost, Mass Health is accepted. Call for more information.

**Harvard Dental Center –
Longwood: Teaching Practices**

188 Longwood Avenue
Boston, MA 02115

Tel: 617-432-1434

<https://hsdm.harvard.edu/teaching-practice>

Low cost, Mass Health is accepted. Call for more information.

Middlesex Community College

44 Middle Street
Lowell, MA 01852

Tel: 978-646-3250

<https://www.middlesex.mass.edu/dh/clinic/>

Low-cost dental hygiene by supervised students. Call for more information.

**Tufts University School of
Dental Medicine**

1 Kneeland Street
Boston, MA 02111

Tel: 978-878-8100

<https://dental.tufts.edu/patient-care/comprehensive-care-clinic>

Low cost, Mass Health is accepted. General and specialty dental care. Call for more information.

**Disability Advocacy and
Support**

Disability- General

**Boston Center for Independent
Living**

60 Temple Place
Boston, MA, 02111

Tel: 617-338-6665

Toll-free: 866-338-8085

TTY: 617-338-6662

<https://bostoncil.org/>

A civil rights organization led by people with disabilities that supports independence through advocacy, information and referral, peer support, skills training, and PCA services.

**MAB Community Services /
Adult Disability Services**

200 Ivy Street

Brookline, MA 02446

Tel: 617-738-5110

<https://www.mabcommunity.org/adult-disability-services/>

Provides supports in a range of residential and vocational settings in the Greater Boston area for adults with developmental disabilities, brain injuries, and issues related to aging.

**MA Equipment Distribution
Program**

Voice/TTY: 800 300-5658;

<https://www.mass.gov/massachusetts-equipment-distribution-program-massedp>

Offers free or low-cost specialized telephones for those specific disabilities. Call for information.

MA Office on Disability

Ashburton Pl., #1305

Boston, MA 02108

Tel: 800-322-2020

TTY: (617) 727-7440;

<https://www.mass.gov/orgs/massachusetts-office-on-disability>

Provides information and advocacy for people with disabilities.

Mass Options

Tel: 800-243-4636

<https://massoptions.org/massoptions/>

Mass Options is a service of the Executive Office of Health and Human Services offering a free referral service to community supports and services in Massachusetts.

MA Rehabilitation Commission

600 Washington Street
Boston, MA 02111

Tel: 617-204-3600

Voice/TDD: (800) 245-6543

<https://www.mass.gov/orgs/massachusetts-rehabilitation-commission>

The Massachusetts Rehabilitation Commission is responsible for Vocational Rehabilitation, Community Living, and Disability Determination for federal benefit programs.

Universal Access Program

Tel: 413- 545-5760

<https://www.mass.gov/orgs/universal-access-program>

The Department of Conservation and Recreation's Universal Access Program provides outdoor recreation opportunities in Massachusetts state parks for visitors of all abilities.

Developmental and Acquired Disabilities

Autism Language Program

Boston Children's Hospital
9 Hope Ave

Waltham, MA 024531

Tel: 781- 216-2209

<https://www.childrenshospital.org/programs/autism-language-program>

Supporting children with autism with all forms of communication.

Lovelane Therapeutic Riding

40 Baker Bridge Road

Lincoln, MA 01773

Tel: 781- 259-1177 x 33

<https://www.lovelane.org/therapeutic-riding/>

Therapeutic riding for children 2-20. Reach out to program for more information.

Lurie Center for Autism at Mass General

1 Maguire Road

Lexington, MA 02421

Tel: 781- 860-1700

<https://www.massgeneral.org/children/autism/lurie-center>

The center is a multidisciplinary clinical, research, training and advocacy program dedicated to treating individuals with autism spectrum disorder and other developmental disorders across the lifespan.

Minute Man Arc

35 Forest Ridge Road

Concord, MA 01742

Tel: 800-439-2370

<https://minutemanarc.org/>

Provides adults and children with disabilities therapeutic services, employment, recreation, housing and community involvement.

Hearing Impairments

Boston Guild for the Hard of Hearing – Northeastern University

30 Leon Street

Boston, MA 02115

Tel: 617-373-2492

<https://bouve.northeastern.edu/csd/clinic/guild/>

Affordable new and refurbished hearing aids, assistive listening devices, aural rehabilitation education.

D.E.A.F., Inc.

215 Brighton Avenue

Allston, MA 02134

Voice/TYY: 617 254-4041

<https://www.deafinonline.org/>

Specializes in deaf-related services, including independent living, health literacy and support, community access for deaf/blind individuals.

MA Commission for the Deaf & Hard of Hearing

600 Washington Street

Boston, MA 02111

Tel: 617-740-1600

TTY: 617-740-1700

Video Phone: 617-326-7546

<https://www.mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing>

Provides accessible communication, education, and advocacy to consumers and private and public entities so that programs, services, and opportunities throughout Massachusetts are fully accessible to persons who are deaf and hard of hearing.

MassRelay

Tel: 800-720-3479

TTY/ASCII 800- 720-3480

<https://www.mass.gov/massrelay>

Dial 711 for nationwide access to the relay service operator who facilitates communication between people using phones and TTY. See

website for other relay numbers and information.

Universal Newborn Hearing Screening Program

800- 882-1435

<https://www.mass.gov/universal-newborn-hearing-screening-program>

Financial help for audiological testing and diagnosis for infants who fail hospital screening tests

Visual Impairments

Carroll Center for the Blind

770 Centre Steet

Newton, MA

617 969-6200

<https://carroll.org/>

Provides training and devices to enable individuals who have vision loss to gain independence.

iCanConnect

Perkins School for the Blind

175 North Beacon Steet

Watertown, MA 02472

617-972-7826

<http://www.icanconnect.org/how-to-apply/massachusetts>

A national program that provides distance communication technologies, training and resources to income-eligible people with significant combined hearing and vision loss.

Lowell Association for the Blind

169 Merrimack Street, 2nd floor

Lowell, MA 01852

Tel: 978-454-5704

<https://www.mabvi.org/>

Offers youth and adult recreational programs, teen employment program, braille training,

technology assistance and assistive technology training.

**MAB Community Services /
Massachusetts Association for
the Blind and Visually Impaired**

200 Ivy Street

Brookline MA 02446

Tel: 888-613-2777

<https://www.mabvi.org/>

Provides occupational therapy for learning strategies for living with visual impairment, access technology, adjustment to vision loss counseling, peer support groups.

MA Commission for the Blind

600 Washington Street

Boston, MA 02111

Tel: 617- 727-555

TDD: 800- 392-6556

<https://www.mass.gov/orgs/massachusetts-commission-for-the-blind>

Serves individuals in Massachusetts who are legally blind by providing access to employment opportunities and social rehabilitation with the goal of increasing independence and self-determination.

Perkins School for the Blind

175 North Beacon Street

Watertown, MA 02472

Tel: 617- 924-3434

<https://www.perkins.org/>

Low vision clinic serving all ages, assistive device center, professional development, library with accessible audio and braille books. See website for all services.

Domestic Violence

**Reach Beyond Domestic
Violence**

Tel: 800-899-4000

<https://reachma.org/>

Reach provides crisis intervention and support services for victims of domestic violence who are not safe in their own home

**Domestic Violence Services
Network, Inc.**

Tel: 888-399-6111

<https://www.dvsn.org/>

Offers support services for victims of domestic violence.

**Massachusetts SafeLink
Resources**

Tel 877-785-2020 (hotline)

TTY: 877- 521-2601

Chat: <http://casamyrna.org/chat/>

<https://www.mass.gov/info-details/massachusetts-safelink-resources>

Statewide toll-free domestic violence hotline.

**Mass.gov Domestic Violence
Programs for Survivors**

<https://www.mass.gov/service-details/domestic-violence-programs-for-survivors>

Statewide and national comprehensive listing of crisis hotlines and support programs.

The Second Step

Tel: 617-965-2538

<https://thesecondstep.org/>

Emergency shelter, support and planning for victims of domestic abuse.

Driver Safety

AARP Driver Safety Program

Tel: 877- 846-3299 (classroom courses)

Tel: 800- 350-7025 (on-line courses:

<https://www.aarpdriversafety.org/>

Provides classroom and on-line courses for older motorists to brush up on their driving skills.

Emerson Hospital Keys to Independence Driver Assessment

310 Baker Ave

Concord, MA 01773

Tel: 978- 287-8244

<https://www.emersonhospital.org/clinical-services/physical-rehabilitation-sports-medicine/clinics-classes-groups/keys-to-independence-driver-assessment>

Offers private pay driving evaluation consisting of a clinical assessment and, if qualified, an on-road driving test.

Encompass Health

2 Rehabilitation Way

Woburn, MA 01801

Tel: 781-935-5050

<https://encompasshealth.com/inpatient-rehabilitation/irf-our-technology/driveable>

Offers private pay driving evaluations.

Employment

CareerOneStop

Tel: 877-872-5627

TTY: 877-889-5627

<https://www.careeronestop.org/>

A U.S. Department of Labor website which serves those

looking for work, switching careers or just starting out with a variety of free online tools, information and resources.

MassHire / Lowell Career Center

107 Merrimack Street

Lowell, MA 01852

Tel: 978-458-2503

<https://masshirelowellcc.com/jobseekers/job-training/>

One of several MassHire locations which offers job training and other job and career information and resources.

Operation ABLE

Tel: 617-542-4180

<https://operationable.net/>

Online programs for employment training, including a special program for those over age 55.

Professional Development Collaborative

107 Merrimack Street

Lowell, MA 01852

Tel: 978-458-2503

<https://masshirelowellcc.com/jobseekers/job-training/>

The Professional Development Collaborative (PDC) provides low-cost training to individuals interested in professional development. The courses are taught by industry experts, often volunteers, and are designed to help individuals develop technical and soft skills.

Assistive

Energy Savings Programs

Community Teamwork

Tel: 978-654-4904

<https://www.commteam.org/program/weatherization-and-conservation/>

Offers a Weatherization Assistance Program and Heating System Weatherization, Repair and Replace Program. Contact for details and eligibility.

Mass Save

<https://www.masssave.com/en>

A state energy program that offers no-cost energy assessments as well as rebates and incentives on energy saving products.

Financial Assistance

General Assistance

Benefits Check Up

<https://benefitscheckup.org/>

A free online service from the National Council on Aging. By answering a series of questions, you get a report with programs for which you might qualify.

Carlisle Council on Aging and Human Services

66 Westford St.

Carlisle, MA 017441

Tel: 978-371-2895

<https://www.carlislema.gov/173/SeniorsCouncil-on-Aging>

Provides financial assistance for crises such as eviction, utility, shut-off, unexpected medical bills. Also offers assistance in identifying and applying for state and federal benefits.

Department of Transitional Assistance (DTA)

245 Commercial Street

Malden, MA 02148

Tel: 781-388-7300

<https://www.mass.gov/orgs/department-of-transitional-assistance>

Provides cash, food and nutritional assistance and employment supports to low-income individuals and families.

Pension Action Center, UMass Boston

Tel: 888-425-6067

<https://www.umb.edu/pensionaction>

Provides information on pensions and free legal counseling in claiming lost pensions.

Telephone /Broadband Programs

Lifeline

<https://www.lifelinesupport.org/>

This federal program is administered through the Universal Service Administrative company and provides low-cost access to telephone, cell phone and broadband for income eligible consumers. You may also be able to apply through your telephone/internet provider; the website has a search for local providers.

Utility Assistance

Community Teamwork

45-47 Kirk St. 4th floor

Lowell, MA 01852

<https://www.commteam.org/>

Community Teamwork offers programs to pay for heating, to weatherize your home, to replace appliances and for heating system repair and replacement.

Low Income Home Energy Assistance Program (LIHEAP),

Tel: 978-459-6161
Weatherization Assistance
Program, Appliance Management
and Heating System Repair and
Replacement, Tel: 978-354-4904

Mass Good Neighbor Energy Fund

Tel: 800-334-3047
<http://magoodneighbor.org/>
Helps Massachusetts residents
who are having temporary
financial difficulty and don't
qualify for state or federal
assistance, to pay utility bills

Mass Save

<https://www.masssave.com/en>
Mass Save offers energy saving
tips, home energy audits and
rebate programs for energy
efficient equipment.

Financial Education/ Counseling

American Consumer Credit Counseling

Tel: 800-769-3571
<https://www.consumercredit.com/>
A non-profit organization offering
financial education and credit
counseling

Homeowner Options for MA Elders (H.O.M.E.)

Tel: 800-583-5337
<http://www.elderhomeowners.org/>
Provides in-home counseling to
older adults about how to use
home equity through refinancing,
reverse mortgages, and tax
deferrals to remain in their home.

Money Management International (MMI)

Tel: 866-889-9347
<https://www.moneymanagement.org>
MMI is a nonprofit agency offering
education and counseling on topics
such as debt management,
foreclosure, and student loans.

Money Management Minuteman Senior Services

26 Crosby Dr.
Bedford, MA 01730
Tel: 781- 272-7177
TTY: 800-439-2370
<https://www.minutemansenior.org/our-services/money-management>
Assistance in budgeting, managing
money and paying bills for those
who meet age and income
requirements.

National Foundation for Credit Counseling

Tel: 800-388-2227
<https://www.nfcc.org/>
A nonprofit that provides credit,
housing, and bankruptcy
counseling and online financial
tools.

Food/ Nutrition Assistance

Carlisle COAHS Programs

The COAHS runs several food
programs in cooperation with
other organizations for low-
income seniors and other
individuals. Contact the COAHS for
more information 978-371-2895

Farmers' Market Nutrition Program

Coupons from the state that can be used at participating local farmers' markets.

Gaining Ground

Organic produce grown in Concord available for pick-up on Saturdays during summer months.

Healthy Helpings

Meals and other grocery items delivered twice monthly for individuals over 60.

Heart to Home Delivered Meals

Frozen meals delivered weekly through Heart to Home Meals.

Other Programs

Meals on Wheels

Minuteman Senior Services

Tel: 781-272-7177

TTY: 800-439-2370

<https://www.minutemansenior.org/>

Nutritious meals delivered to homebound elders. If requested, frozen dinners can be provided for other days.

Family Table

Jewish Family & Children's Service

1430 Main Street

Waltham, MA 02451

Tel: 781-647-5327

<https://www.jfcsboston.org/>

Family Table distributes kosher food once a month at their Waltham location, serving people regardless of religious affiliation.

Open Table Food Pantry

33 Main Street

Maynard, MA 01754

Tel: 978-369-2275

<https://www.opentable.org/>

Open Table has pick-up hours at their Maynard pantry. In addition, in cooperation with the Carlisle COAHS, you can get groceries and meals delivered to Carlisle twice a month. Contact the COAHS for more information 978-371-2895.

Project Bread Food Source Hotline

Tel: 800-645-8333

Counseling on all food assistance resources available to families. Available in 180 languages.

Supplemental Nutrition Assistance Program (SNAP)/ Department of Transitional Assistance

Tel: 877-382-2363

<https://www.mass.gov/orgs/department-of-transitional-assistance>

A federal program, formerly known as food stamps, that helps people with low income to pay for food.

Women, Infants & Children Nutrition Program (WIC) Community Teamwork

45 - 47 Kirk St. 1st floor

Lowell, MA 01852

Tel: 978-454-6397

<https://www.commteam.org/program/women-infants-and-children-wic/>

This federal program provides food assistance, nutrition education, breastfeeding support and referrals to healthcare to pregnant women and families with infants and children under five who qualify.

Hairdresser/Cosmetology

Minuteman High School Salon

758 Marrett Road
Lexington, MA 02421
Daytime appts. 781-372-2974
Evening appts. 781-861-7151
<https://www.minuteman.org/student-run-public-services/salon-minuteman>

Inexpensive hair, nail and skin care.

Cosmo Cuts Salon – Nashoba Valley Technical High School

100 Littleton Road
Westford, MA 01886
Tel: 978-692-4711 ext 16142
<https://www.nashobatech.net/page/cosmo-cuts-salon>

Inexpensive hair, nail and skin care.

Shawsheen Valley Technical High School

100 Cook St,
Billerica, MA 01821
Tel: 978-371-3677
<https://www.shawsheentech.org/domain/42>

Inexpensive hair and nail care.

Health Insurance

Massachusetts Health Connector

Tel: 877-623-6765
TTY: 877-623-7773
<https://www.mahealthconnector.org/>

The state's health insurance marketplace that helps Massachusetts residents find affordable health and dental plans.

Medicare

Tel: 800-633-4227
TTY: 800-486-2048
<https://www.medicare.gov/>
Provides health coverage for in-patient and out-patient care for those who are 65 and older and meet eligibility requirements.

Mass Health (Medicaid)

Tel: 800-841-2900
TTY: 800-497-4648
<https://www.mass.gov/orgs/masshealth>

Provides health coverage for costs not paid by Medicare for those who meet income and other eligibility requirements. Mass Health also offers the Senior Buy-In program which covers the cost of Medicare premiums, co-pays and deductibles for those who meet eligibility guidelines.

Prescription Advantage

Tel: 800-243-4636
TTY: 877-610-0241
<https://www.mass.gov/prescription-drug-assistance>

A prescription insurance program for seniors and people with disabilities who meet income guidelines.

Health Insurance Assistance and Problem Resolution

Emerson Hospital – Financial Assistance

Tel: 978-287-3432
<https://www.mass.gov/how-to/find-help-with-your-masshealth-insurance-application>

Emerson Hospital is an official
Mass Health Enrollment Assister.
Call for an appointment.

Greater Boston Legal Services

Tel: 617-371-1234
TTY: 617-371-1228
<https://www.gbls.org/>
Advice and free legal
representation on Medicare and
Mass Health (Medicaid) problems.

Health Care for All

Tel: 800-272-4232 (Helpline)
<https://hcfama.org/>
Provides information and
advocacy on health insurance and
healthcare in Massachusetts

Medicare

Tel: 800-633-4227
TTY: 800-486-2048
<https://www.medicare.gov/>
For questions and problems with
Medicare claims.

Senior Medicare Patrol/ Mass.

Tel: 800-892-0890
<https://www.masmp.org/>
They educate the public on how to
be an engaged healthcare
consumer to prevent healthcare
errors, fraud, and abuse.

SHINE

SHINE (Serving the Health
Insurance Needs of Everyone)
provides help with making health
insurance decisions and has
information on programs for
people with limited income. Call
the Carlisle COAHS for an
appointment with a SHINE
counselor today.

Health Services

Community Health Connections

Tel: 978-878-8100
<https://chcfhc.org/>
Provides medical, dental and
behavioral health services. Offers
insurance counseling and offers a
sliding fee discount to those who
qualify. Locations in Leominster,
Gardener and Fitchburg.

Edward M Kennedy Community Health Center

Tel: 800-853-2288
<https://www.kennedychc.org/>
Offers medical, dental and
behavioral health care regardless
of ability to pay. Offers insurance
counseling. Locations in
Framingham, Milford, Worcester.

Eye Care America

https://www.aao.org/eyecare-america?gclid=Cj0KCQjwpcOTBhCZARIsAEAYLuUUBcJNW5MA06Jlt41Z1RT0iv0Qb72z5qzdpIR_gPM8dmDKzsuyjMIaAtReEALw_wcB
Free eye exams and follow-up
treatment for those who are
eligible.

Lowell Community Health Center

161 Jackson St.
Lowell, MA
Tel: 978-937-9700
<https://www.lchealth.org/>
Offers medical, dental, and
behavioral health care. Offers
insurance counseling and a sliding
scale fee to qualifying individuals.

Metrowest Free Medical Clinic

Tel: 508-656-0740 Adult Medical
Tel: 508-656-0885 Vision

Tel: 508-656-0834 Women's Health
<https://metrowestfreemedicalprogram.org/>
Offers free adult medical care and women's health in Framingham and free vision services in Sudbury.

Home Modification, Renovation and Repair Loans

Home Modification Loan Program

Tel: 617-727-5944
<https://www.mass.gov/home-modification-loan-program-hmlp>
Provides loans to the primary residence of a person with a disability, to modify the home. Modifications allow the person with a disability to remain in the home and live more independently. ADD INFO ABOUT CTI

MassHousing

Tel: 617-854-1000
<https://www.masshousing.com/>
Offers programs to homeowners including refinancing, low or no-interest loans to remove lead paint or to repair a failing septic system, and affordable loans for non-luxury home improvements.

Home Furnishings

Household Goods

530 Main St.
Acton, MA 01720
Tel: 978-635-1710
<https://householdgoods.org/>

Provides household furnishings free of charge. You must have a referral from a social worker. Furniture donations accepted.

Mission of Deeds

6 Chapin Ave.
Reading, MA 01867
Tel: 781-944-9797
<https://www.missionofdeeds.org/>
Provides household goods and furnishings free of charge to those in need.

Housing

Mass Housing

One Beacon St.
Boston, MA 02108
Tel: 617-854-1000
<https://www.masshousing.com/>
Provides information and education on home ownership and rental housing.

Metro Housing Boston

6 Chapin Ave.
Reading, MA 01867
Tel: 781-944-9797
<https://www.metrohousingboston.org/>
Agency helps individuals and families find and retain affordable housing.

Immigrant Services / English as a Second Language

Chelmsford Public Library English Conversation Program

25 Boston Road
Chelmsford, MA 01824
Tel: 978-256-5521 x 1106

<https://www.chelmsfordlibrary.org/programs/conversation-circles/>

Volunteer-led casual conversation group to help people improve their language skills.

English at Large

800 West Cummings Pk, Ste 5550
Woburn, MA 01801

Tel: 978-656-3267

<https://www.englishatlarge.org/>

A nonprofit program that offers individual and small group instruction through a volunteer network to adult English language learners.

English Learner Institute Middlesex Community College

33 Kearney Sq.

Lowell, MA 01852

Tel: 978-656-3267

https://www.middlesex.mass.edu/bu/s_ind/pac.aspx

A noncredit program that focuses on helping members of the community develop basic English and other skills - including technology, life and social skills

Immigrant Learning Center

442 Main St.

Malden, MA 02148

Tel: 781-322-9777

<https://www.ilctr.org/>

English language and citizenship classes.

Massachusetts Immigrant and Refugee Advocacy Coalition

Tel: 617-350-5480

<https://www.miracoalition.org/>

Information and resources for immigrants and refugees.

Office for Refugees and Immigrants

600 Washington St., 4th floor

Boston, MA 02111

Tel: 617-727-7888

<https://www.mass.gov/orgs/office-for-refugees-and-immigrants>

Citizenship programs, financial literacy classes, information on resources and employment services for refugees.

Legal Services

Boston Bar Lawyer Referral Service

Tel: 617-742-0625

<https://bostonbarlawyer.org/>

Fill in a short questionnaire and get a referral to a lawyer specializing in various areas of law. Referrals are made to lawyers who belong to this association

Court Service Centers

Tel: 617-727-5944

<https://www.mass.gov/info-details/learn-about-court-service-centers>

Virtual Court Service Centers and Court Service Centers at seven courthouses provide assistance with various aspects of the court system for people using the courts.

Dial a Lawyer

Tel: 617-338-0610

<https://www.massbar.org/public/dial-a-lawyer>

Call on the first Wednesday of the month between 5:30 and 7:30 pm to speak directly to a lawyer. Free service of the Mass Bar Association.

Disability Law Center

Tel: 617-723-8455

<https://www.dlc-ma.org/>

Provides information, referral, and legal representation to people with disabilities.

Greater Boston Legal Services

197 Friend St.

Boston, MA

Tel: 800-323-3205

<https://www.gbls.org/>

Provides free civil legal aid to low-income families and individuals for issues such as abuse, consumer debt, custody, and child support and more.

Health Law Advocates

Tel: 617-275-2919

<https://www.healthlawadvocates.org/get-legal-help/intake-procedure>

Provides free legal assistance to income-eligible Massachusetts residents having difficult accessing health care or health insurance coverage. Website lists areas of assistance.

**Massachusetts Bar Association
Lawyer Referral Service**

Tel: 617-627-7577

<https://www.massbar.org/>

Referrals to lawyers with various specialties. Initial consultation \$25.00 or less for the initial half hour.

**Massachusetts Legal Resource
Finder**

<https://masslrf.org/en/home>

Assists in finding free civil legal aid, free self-help materials and in providing lawyer referral services.

Massachusetts Legal Help

<https://www.masslegalhelp.org/>

Basic legal information online in several languages.

**Massachusetts Senior Legal
Helpline**

Tel: 800-342-5297

<https://www.mass.gov/legal-help-for-elders>

Provides free information and referrals to adults over 60.

Metro West Legal Services

Tel: 800-696-1501

<https://mwlegal.org/>

Provides free civil legal representation to low-income people.

**Middlesex Community College
Law Center**

Tel: 978-656-3342

<https://www.middlesex.mass.edu/lawcenter/>

Provides free mediation services and conflict resolution for consumer-to-business complaints.

Women's Bar Foundation

Tel: 617-973-6666 women

Tel: 617-651-2357 seniors

<https://wbawbf.org/content/wbf>

Provides low-income women access to legal representation. Assists low-income seniors with simple wills and end of life documents.

LGBT+**The Commonwealth of Mass.
Commission on LGBTQ Youth**

Tel: 617-267-0900

<https://ma-lgbtq.org/>

Contains a broad list of resources for LGBTQ youth, parents, teachers, and others working with youth.

Fenway Health

Tel: 617-267-0900

<https://fenwayhealth.org/>

Providing healthcare and support to LGBT+ community. Sliding scale fees for low-income individuals.

Medical Equipment

COAHS – loans out medical equipment. Call 978-371-2895 for more information.

Boston Center for Independent Living

Tel: 617-338-6665

<https://bostoncil.org/>

Loans medical equipment and picks up donations of medical equipment. Provides minor refurbishment (replaces batteries and tires) and delivers within their service

The Boston Home – The Wheelchair Enhancement Center

Tel: 617-326-4278

<https://www.thebostonhome.org/>

Provides wheelchair assessments and cost-effective solutions to enhance wheelchair comfort and independence.

Freemasons HELP (Hospital Equipment Loan Program)

Tel: 781-322-1052

<https://smd-help.org/>

Loans medical equipment for free including hospital beds and various electrical equipment. Also accepts donations.

REquipment (through Mass MATCH)

Tel: 508-713-9690

<https://dmereuse.org/>

Provides gently used durable medical equipment and accepts donations. Pick-up and delivery available, with small charge.

Mental Health Services / Substance Use Disorder

Advocates

Tel: 508-628-6300

24-hour-crisis 800-640-5432

<https://www.advocates.org/>

Provides outpatient mental health and substance abuse and psychiatric emergency services. Provides services for autism, brain injury, families and caregivers. and many other services in several locations.

Alcoholics Anonymous of Eastern MA

Tel: 617-426-9444

<https://aaboston.org/>

AA meetings and some social events.

Children's Room

1210 Mass Ave

Arlington, MA 02476

Tel: 781-641-4741

<https://childrensroom.org/>

Center for grieving children, teens and families.

Compassionate Friends

Tel: 877-969-0010

<https://www.compassionatefriends.org/>

Support for parents, grandparents and siblings dealing with loss of a child of any age. Meets at trinity Episcopal Church, 81 Elm St, Concord.

Eliot Community Human Services

Tel: 781-861-0890
Emergencies: 800-988-1111
<https://www.eliotchs.org/>
Eliot provides services for adults, children, youth, and families including therapy, support groups and medication consultation. Call for locations.

Emerson Hospital

Tel: 978-369-1400
<https://www.emersonhospital.org/>
Emerson provides behavioral and addiction treatment and offers support groups, health education, and wellness classes

Edinburg Center

205 Burlington Road
Bedford, MA 01730
Tel: 781-862-3600
<https://www.edinburgcenter.org/>
Provides an array of mental health and intellectual and developmental disability services for adults, children, and youth.

Jewish Family & Children's Service

Tel: 781-647-5327
<https://www.jfcsboston.org/>
Interfaith support groups and programs for families with children and for adults.

MA Substance Use Helpline

Tel: 800-327-5050
<https://helplinema.org/>

A statewide public resource for finding substance use treatment, recovery, and problem gambling services

Metrowest Behavioral Health Center

360 Massachusetts Ave
Acton, MA 01720
Tel: 978-264-3500
<https://jri.org/services/behavioral-health-and-trauma/metrowest-bhc>
Offering behavioral health services for children, adolescents and adults, specializing in treating trauma. Accepts Mass Health.

MISS Foundation

Tel: 888-455-6477
<https://www.missfoundation.org/>
Grief support and information for those who have lost a child.

National Alliance on Mental Illness (NAMI)/ Central Middlesex

Tel: 781-982-3318
<https://www.namicentralmiddlesex.org/>
Offers mental health education material and support groups.

SAMHSA (Substance Abuse and Mental Health Services Admin) helpline

Tel: 800-662-4357
<https://findtreatment.samhsa.gov/>
Online and telephone behavioral health services locator.

William James Interface Referral Service

Tel: 617-332-3666
<https://interface.williamjames.edu/>
Referral to mental health and wellness services for public school

students in Carlisle. Free and confidential service from 9:00 a.m. to 5:00 p.m.

Parenting

Advocates for Home Education in Massachusetts

<https://www.ahem.info/index.html>

Information about home schooling in Massachusetts.

Astra Foundation

<https://www.astrafoundation.org/center-for-neurodiverse-development>

Supporting neurodiversity in children by offering courses for parents and a resource library.

Center for Parents & Teachers

120 Meriam Road
Concord, MA 01742
978-202-1145

<https://centerforparentsandteachers.org/>

Classes in parenting.

The Divorce Center

617-614-8020

<http://www.thedivorcecenter.org/>

Provider of court-mandated parenting classes that focus on the impact of divorce on children.

First Connections

**310 Baker Ave
Concord, MA 01742**
978-429-8284

<https://jri.org/services/foster-adoption-ecs/first-connections>

Offers support groups, new other groups, parent education programs and foster care and adoption support.

Grandparents Raising Grandchildren of MA

Tel: 617-748-2454

http://www.massgrg.com/massgrg_2019/index.html

Resource guide and information for grandparents

MA Department of Early Education and Care

617-988-6600

<https://www.mass.gov/orgs/department-of-early-education-and-care>

Locator for licensed child care in MA. and early childhood resources for families.

New Mother Support Groups and Classes – Emerson Hospital

978-369-1400

<https://www.emersonhospital.org/clinical-services/maternity/new-mother-support-groups-classes>

New mother classes, postpartum support, childbirth and parenting classes.

Parents Helping Parents

617-926-5008

<https://www.parentshelpingparents.org/>

Support groups and stress line.

Pet Resources

Angell at Nashoba

Tel: 978-577-5992

https://www.mspca.org/angell_services/nashoba/

Provide care for the public and discounted care for low-income families for veterinary care, spay and neutering and vaccinations. Call for appointment. MSPCA Angell also offers financial support for treatment at their facility for

hospitalized pets whose owners meet requirements.

The Magic Bullet Fund

<https://themagicbulletfund.org/>

Financial assistance for cats and dogs with cancer for those in financial need.

The Mosby Foundation

<https://themosbyfoundation.org/>

Helps qualified low-income pet owners with extenuating veterinarian expenses.

Merwin Clinic

Tel: 617-396-4370

542 Cambridge St.

Allston, MA 02134

<https://merwinclinic.org/>

Free walk-in office visits and outpatient medical care for pets and discounted rates on pet medicines.

Phinney's Friends

Tel: 617-396-4370

542 Cambridge St.

Allston, MA 02134

<https://www.phinneys.org/>

FA volunteer organization that helps low-income people keep their pets by offering support with pet supplies, paying veterinarian care, and pet walking.

Red Rover Relief

<https://redrover.org/relief/>

Urgent care grants for low-income pet owners for life saving care.

Support groups

Please contact COAHS for information about area support groups

Tax Preparation Assistance

AARP Foundation Tax Aid

Tel: 888-687-2277

TTY: 877-434-7598

https://www.aarp.org/money/taxes/aarp_taxaide/

AARP offers free tax preparation to people 50 and older with low to moderate income.

Internal Revenue Service

Tel 800-829-1040

TTY: 800-829-4059

<https://www.irs.gov/help/ita>

The IRS has information on many tax topics online and by telephone.

Volunteer Income Tax Assistance (VITA)

Community Teamwork

Tel: 888-687-2277

TTY: 877-434-7598

<https://www.commteam.org/program/volunteer-income-tax-assistance-vita/>

Community Teamwork offers free tax assistance people 50 and older with low to moderate income.

Transportation

Carlisle COAHS Programs

Tel: 978-370-2895

Van transportation

Call the COAHS for transportation to doctors' appointments and local errands. Available for people over 60 and those with disabilities.

Lyft

Discounted prices for travel with Lyft.

Other

Transportation

American Cancer Society Road to Recovery Van

Tel: 800-227-2345

<https://www.cancer.org/support-programs-and-services/road-to-recovery.html>

Transportation to cancer related treatment for all ages. Call for other requirements.

Disabled Veterans of America

Tel: 800-227-2345

<https://www.dav.org/veterans/i-need-a-ride/>

Volunteer drivers offer rides to disabled veterans who have medical appointments scheduled at the Veteran Administration facilities.

Virginia Thurston Healing Garden Cancer Support Center

Tel: 978-456-3532

<https://healinggardensupport.org/>

Will provide Uber gift cards to individuals living with cancer requiring transportation assistance to The Healing Garden for integrative care or to crucial medical appointments.

Veterans' Benefits Assistance

Gina Rada

Veterans Agent

Tel: 781-983-3160

Call or stop by during office hours in Carlisle, Wednesday 9:00 – 12:00.