

# Directory of Senior Resources

Franklin, Kennebec, Knox,  
Lincoln, Somerset and Waldo Counties

**Courtesy of:**  
Nale Law Offices LLC  
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## Our Mission

As part of our mission, Nale Law Offices is dedicated to assisting people in finding appropriate care facility placement and obtaining assistance in paying for that care. We believe that by focusing on these disciplines, we can provide our clients with the most expert knowledge in these areas of the law. Primarily, we assist clients with the following types of issues:

- Estate and Gift Tax Planning
- Long-Term Care Planning
- Probate/Estate Administration
- Conservator/Guardianship
- Family Wealth Planning
- MaineCare Long-Term Care Applications
- Social Security
- Asset Protection
- Disability Planning
- Family Business Succession

We welcome the opportunity to assist you with your matter.

**NOTICE:** Nale Law Offices is not responsible for the content of this publication. However, the facility themselves provided the information herein and Nale Law Offices does not take responsibility for its content or accuracy. The enclosed information is, under no circumstances, meant to be a recommendation of a particular facility or to be considered legal advice. Users are expected to assess facilities for compatibility with the needs of the person admitted.

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# **NURSING FACILITIES**

## **FRANKLIN COUNTY**

### **Edgewood Rehab & Living Center**

221 Fairbanks Road  
Farmington, ME 04938  
(207) 778-3386  
Website: [www.northcountryassociates.com](http://www.northcountryassociates.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 33  
MaineCare (Medicaid): Yes

### **Orchard Park Rehabilitation & Living Center**

107 Orchard Street  
Farmington, ME 04938  
(207) 778-4416  
Website: [www.northcountryassociates.com](http://www.northcountryassociates.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 38  
MaineCare (Medicaid): Yes

### **Sandy River Center**

119 Livermore Falls Road  
Farmington, ME 04938  
(207) 778-6591  
Website: [www.geneshihcc.com](http://www.geneshihcc.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 62  
MaineCare (Medicaid): Yes

## **KENNEBEC COUNTY**

### **Augusta Rehabilitation Center**

188 Eastern Avenue  
Augusta, ME 04330  
(207) 622-3121  
Website: [www.augustarehabcenter.com](http://www.augustarehabcenter.com)

People Served: Elderly  
Capacity: 72  
MaineCare (Medicaid): Yes

### **Heritage Rehabilitation & Living Center**

457 Old Lewiston Road  
Winthrop, ME 04364  
(207) 377-9965  
Website: [www.northcountryassociates.com](http://www.northcountryassociates.com)

People Served: Elderly  
Capacity: 28  
MaineCare (Medicaid): Yes

**Lakewood Continuing Care Center**

220 Kennedy Memorial Drive      People Served: Elderly, Alzheimer's/dementia  
Waterville, ME 04901      Capacity: 105  
(207) 873-5125      MaineCare (Medicaid): Yes  
Website: [www.inlandhospital.org/lakewood.aspx](http://www.inlandhospital.org/lakewood.aspx)

**MaineGeneral Rehabilitation & Nursing Care at Glenridge**

40 Glenridge Drive      People Served: Alzheimer's/dementia  
Augusta, ME 04330      Capacity: 125  
(207) 623-2593      MaineCare (Medicaid): Yes  
Website: [www.mainegeneral.org](http://www.mainegeneral.org)

**MaineGeneral Rehabilitation & Nursing Care at Gray Birch**

37 Gray Birch Drive      People Served: Elderly  
Augusta, ME 04330      Capacity: 77  
(207) 621-7100      MaineCare (Medicaid): Yes  
Website: [www.mainegeneral.org](http://www.mainegeneral.org)

**Maine Veterans Home**

310 Cony Road      People Served: Elderly, Alzheimer's/dementia  
Augusta, ME 04330      Capacity: 120  
(207) 622-2454      MaineCare (Medicaid): Yes  
Website: [www.maineveteranshomes.org](http://www.maineveteranshomes.org)

**Mount St. Joseph Nursing Home**

7 Highwood Street      People Served: Elderly, Alzheimer's/dementia  
Waterville, ME 04901      Capacity: 135  
(207) 873-0705      MaineCare (Medicaid): Yes  
Website: [www.csjwinslowmaine.org/mount.htm](http://www.csjwinslowmaine.org/mount.htm) or [www.mtsj.org](http://www.mtsj.org)

**Oak Grove Center**

27 Cool Street      People Served: Elderly, Alzheimer's/dementia  
Waterville, ME 04901      Capacity: 90  
(207) 873-0721      MaineCare (Medicaid): Yes  
Website: [www.geneshihcc.com](http://www.geneshihcc.com)

**Winthrop Manor Long Term Care and Rehab Center**

96 Maine 133  
Winthrop, ME 04364  
(207) 377-8184  
Website: None

People Served: Elderly  
Capacity: 46  
MaineCare (Medicaid): Yes

**KNOX COUNTY**

**Knox Center for Long Term Care**

6 White Street  
Rockland, ME 04841  
(207) 594-6800  
Website: [www.knoxcenter.org](http://www.knoxcenter.org) or [www.penbayhealthcare.org/knoxcenter/](http://www.penbayhealthcare.org/knoxcenter/)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 84  
MaineCare (Medicaid): Yes

**The Gardens**

30 Community Drive  
Camden, ME 04843  
(207) 230-6100  
Website: [www.quarryhill.org](http://www.quarryhill.org)

People Served: Elderly  
Capacity: 39  
MaineCare (Medicaid): Yes

**Windward Gardens**

105 Mechanic Street  
Camden, ME 04843  
(207) 236-4197  
Website: [www.genesishcc.com](http://www.genesishcc.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 38  
MaineCare (Medicaid): Yes

**LINCOLN COUNTY**

**Country Manor Nursing Home**

132 Main Street  
Coopers Mills, ME 04341  
(207) 549-7471  
Website: None

People Served: Elderly  
Capacity: 30  
MaineCare (Medicaid): Yes

26 Schooner Street  
Damariscotta, ME 04543  
(207) 563-4600  
Website: [www.mainehealth.org](http://www.mainehealth.org)

**Cove's Edge**  
People Served: Elderly  
Capacity: 76  
MaineCare (Medicaid): Yes

145 Emery Lane  
Boothbay Harbor, ME 04538  
(207) 633-6996  
Website: [www.standrewsvillage.com](http://www.standrewsvillage.com)

**Gregory Wing of St. Andrews Village**  
People Served: Elderly, Alzheimer's/dementia  
Capacity: 30  
MaineCare (Medicaid): Yes

## **SOMERSET COUNTY**

23 Cedar Ridge Drive  
Skowhegan, ME 04976  
(207) 474-9686  
Website: [www.geneshihcc.com](http://www.geneshihcc.com)

**Cedar Ridge Center**  
People Served: Elderly, Alzheimer's/dementia  
Capacity: 75  
MaineCare (Medicaid): Yes

376 Main Street  
Jackman, ME 04945  
(207) 668-4300  
Website: None

**Jackman Regional Health Center**  
People Served: Elderly  
Capacity: 18  
MaineCare (Medicaid): Yes

174 Main Street  
Madison, ME 04950  
(207) 696-8225  
Website: [www.maineseniorlivingcenters.com](http://www.maineseniorlivingcenters.com)

**Maplecrest Rehabilitation and Living Center**  
People Served: Elderly  
Capacity: 58  
MaineCare (Medicaid): Yes

95 Main Street  
Hartland, ME 04943  
(207) 938-2616  
Website: [www.maineseniorlivingcenters.com](http://www.maineseniorlivingcenters.com)

**Sanfield Rehabilitation and Living Center**  
People Served: Elderly  
Capacity: 23  
MaineCare (Medicaid): Yes

### **Sebasticook Valley Health Care Facility**

167 Leighton Road  
Pittsfield, ME 04967  
(207) 487-3131  
Website: [www.valleydifference.com](http://www.valleydifference.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 57  
MaineCare (Medicaid): Yes

### **Somerset Rehabilitation and Living Center**

43 Owens Street  
Bingham, ME 04920  
(207) 672-4041  
Website: [www.maineseniorlivingcenters.com](http://www.maineseniorlivingcenters.com)

People Served: Elderly  
Capacity: 21  
MaineCare (Medicaid): Yes

### **Woodlawn Rehabilitation and Living Center**

59 West Front Street  
Skowhegan, ME 04976  
(207) 474-9300  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 46  
MaineCare (Medicaid): Yes

## **WALDO COUNTY**

### **Harbor Hill Center**

2 Footbridge Road  
Belfast, ME 04915  
(207) 338-5307  
Website: [www.geneshihcc.com](http://www.geneshihcc.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 40  
MaineCare (Medicaid): Yes

### **The Commons at Tall Pines**

24 Martin Lane  
Belfast, ME 04915  
(207) 338-4117  
Website: [www.tallpinesliving.com](http://www.tallpinesliving.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 46  
MaineCare (Medicaid): Yes

# **RESIDENTIAL CARE FACILITIES**

## **FRANKLIN COUNTY**

### **Edgewood Rehabilitation and Living Center**

221 Fairbanks Road  
Farmington, ME 04938  
(207) 778-3386  
Website: [www.northcountryassociates.com](http://www.northcountryassociates.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 22  
MaineCare (Medicaid): Yes

### **PineWood Terrace**

136 Rosewood Drive  
Farmington, ME 04938  
(207) 779-0511  
Website: None

People Served: Elderly  
Capacity: 30  
MaineCare (Medicaid): Yes

### **Sandy River Center**

119 Livermore Falls Road  
Farmington, ME 04938  
(207) 778-6591  
Website: [www.geneshihcc.com](http://www.geneshihcc.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 28  
MaineCare (Medicaid): Yes

### **The Pierce House**

204 Main Street  
Farmington, ME 04938  
(207) 778-4745  
Website: [www.thepiercehouse.com](http://www.thepiercehouse.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 16  
MaineCare (Medicaid): Yes

## **KENNEBEC COUNTY**

### **Alzheimer's/dementia Care Center**

154 Dresden Avenue  
Gardiner, ME 04345  
(207) 626-1770  
Website: [www.maine-general.org](http://www.maine-general.org)

People Served: Alzheimer's/dementia  
Capacity: 30  
MaineCare (Medicaid): Yes

**Capitol City Manor d/b/a Davis Long Term Care Group, Inc.**

313 State Street  
Augusta, ME 04330  
(207) 622-6823  
Website: [www.davisltcgroup.com](http://www.davisltcgroup.com)

People Served: Elderly  
Capacity: 29  
MaineCare (Medicaid): Yes

**Captain Lewis Residence**

270 Maine Avenue  
Farmingdale, ME 04344  
(207) 582-6674  
Website: [www.thecaptainlewisresidence.com](http://www.thecaptainlewisresidence.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 34  
MaineCare (Medicaid): No

**Fontbonne Community**

7 Highwood Street  
Waterville, ME 04901  
(207) 873-5377  
Website: None

People Served: Elderly  
Capacity: 11  
MaineCare (Medicaid): Yes

**Gables Manor**

2545 Riverside Drive  
Vassalboro, ME 04989  
(207) 873-3888  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 13  
MaineCare (Medicaid): Yes

**Gilbert Manor**

13 Plaisted Street  
Gardiner, ME 04345  
(207) 582-1878  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 43  
MaineCare (Medicaid): Yes

**Hall-Dale Manor**

647 Maine Avenue  
Farmingdale, ME 04344  
(207) 622-7082  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 26  
MaineCare (Medicaid): Yes

### **Heritage Rehabilitation and Living Center**

457 Old Lewiston Road  
Winthrop, ME 04364  
(207) 377-9965  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 24  
MaineCare (Medicaid): Yes

### **Hillside Terrace**

21 Warren Street  
Hallowell, ME 04347  
(207) 622-5644  
Website: [www.hillsideterracehallowell.com](http://www.hillsideterracehallowell.com)

People Served: Elderly  
Capacity: 19  
MaineCare (Medicaid): No

### **Maine Veterans Home**

310 Cony Road  
Augusta, ME 04330  
(207) 622-2454  
Website: [www.maineveteranshomes.org](http://www.maineveteranshomes.org)

People Served: Elderly  
Capacity: 30  
MaineCare (Medicaid): Yes

### **MaineGeneral Rehab and Nursing Care Center at Graybirch**

37 Graybirch Drive  
Augusta, ME 04330  
(207) 622-6226  
Website: [www.mainegeneral.org](http://www.mainegeneral.org)

People Served: Elderly  
Capacity: 37  
MaineCare (Medicaid): Yes

### **Martha Ballard Assisted Living**

60 Balsam Drive  
Hallowell, ME 04330  
(207) 626-7786  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 24  
MaineCare (Medicaid): No

### **Mount St. Joseph**

7 Highwood Street  
Waterville, ME 04901  
(207) 873-0705  
Website: [www.csjwinslowmaine.org/mount.htm](http://www.csjwinslowmaine.org/mount.htm) or [www.mtsj.org](http://www.mtsj.org)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 16  
MaineCare (Medicaid): Yes

**Park Residences at the Woodlands**

147 West River Road  
Waterville, ME 04901  
(207) 861-5685  
Website: [www.woodlandsofwaterville.com](http://www.woodlandsofwaterville.com)

People Served: Elderly  
Capacity: 39  
MaineCare (Medicaid): No

**Snow Pond Residential Care Center**

888 Pond Road  
Sidney, ME 04330  
(207) 547-3623  
Website: [www.eaglelanding.com](http://www.eaglelanding.com)

People Served: Elderly  
Capacity: 22  
MaineCare (Medicaid): Yes

**Sunset Home**

114 College Avenue  
Waterville, ME 04901  
(207) 872-8414  
Website: None

People Served: Elderly  
Capacity: 20  
MaineCare (Medicaid): Yes

**The Inn at City Hall**

One Cony Street  
Augusta, ME 04330  
(207) 623-0840  
Website: [www.hinec.org](http://www.hinec.org)

People Served: Elderly  
Capacity: 31  
MaineCare (Medicaid): Yes

**The Residence at Gray Birch**

37 Gray Birch Drive  
Augusta, ME 04330  
(207) 622-6226  
Website: [www.mainegeneral.org](http://www.mainegeneral.org)

People Served: Elderly  
Capacity: 37  
MaineCare (Medicaid): Yes

**Woodlands Assisted Living of Waterville – Evergreen Alzheimer’s/dementia Care Residence**

147 West River Road  
Waterville, ME 04901  
(207) 861-5685  
Website: [www.woodlandsofwaterville.com](http://www.woodlandsofwaterville.com)

People Served: Alzheimer’s/dementia  
Capacity: 32  
MaineCare (Medicaid): Yes

**Volmer Country Living Center**

513 Main Street  
Vassalboro, ME 04989  
(207) 873-2040  
Website: None

People Served: Elderly  
Capacity: 22  
MaineCare (Medicaid): Yes

**Woodlands Assisted Living of Hallowell**

152 Winthrop Street  
Hallowell, ME 04347  
(207) 623-3396  
Website: [www.woodlandsofhallowell.com](http://www.woodlandsofhallowell.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 75  
MaineCare (Medicaid): Yes

**Woodlands, Inc.**

147 West River Road  
Waterville, ME 04901  
(207) 861-5685  
Website: [www.woodlandsofwaterville.com](http://www.woodlandsofwaterville.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 58  
MaineCare (Medicaid): Yes

**KNOX COUNTY**

**Ivan Calderwood Home**

17 Beaver Dam Road  
Vinalhaven, ME 04863  
(207) 863-9980  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 8  
MaineCare (Medicaid): Yes

**Lucette Residential Care Facility**

61 Main Street  
Thomaston, ME 04861  
(207) 354-6746  
Website: None

People Served: Elderly  
Capacity: 18  
MaineCare (Medicaid): Yes

**Seven Tree Manor**

132 Middle Road  
Union, ME 04862  
(207) 785-4419  
Website: [www.davisltcgroup.com](http://www.davisltcgroup.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 37  
MaineCare (Medicaid): Yes

30 Community Drive  
Camden, ME 04843  
(207) 230-6284  
Website: [www.quarryhill.org](http://www.quarryhill.org)

### **The Courtyard**

People Served: Elderly, Alzheimer's/dementia  
Capacity: 24  
MaineCare (Medicaid): Yes

108 Elm Street  
Camden, ME 04843  
(207) 230-6280  
Website: [www.quarryhill.org](http://www.quarryhill.org)

### **The Gardens**

People Served: Elderly  
Capacity: 43  
MaineCare (Medicaid): Yes

30 Community Drive  
Camden, ME 04843  
(207) 230-6198  
Website: [www.quarryhill.org](http://www.quarryhill.org)

### **The Terraces**

People Served: Elderly, Alzheimer's/dementia  
Capacity: 62  
MaineCare (Medicaid): Yes

276 Razorville Road  
Washington, ME 04574  
(207) 845-2231  
Website: None

### **Washington Manor**

People Served: Elderly, Alzheimer's/dementia  
Capacity: 34  
MaineCare (Medicaid): Yes

105 Mechanic Street  
Camden, ME 04843  
(207) 236-4197  
Website: [www.genesishcc.com](http://www.genesishcc.com)

### **Windward Gardens**

People Served: Elderly  
Capacity: 40  
MaineCare (Medicaid): Yes

### **Woodlands Assisted Living of Rockland**

201 Camden Street  
Rockland, ME 04841  
(207) 593-0383  
Website: [www.woodlandsofrockland.com](http://www.woodlandsofrockland.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 36  
MaineCare (Medicaid): Yes

## **LINCOLN COUNTY**

### **Chase Point Assisted Living Facility**

51 Schooner Street  
Damariscotta, ME 04543  
(207) 563-4200  
Website: [www.chasepoint.org](http://www.chasepoint.org)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 24  
MaineCare (Medicaid): Yes – dementia unit only

### **Country Manor Nursing Home**

132 Main Street  
Coopers Mills, ME 04341  
(207) 549-7471  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 20  
MaineCare (Medicaid): Yes

### **Hodgdon Green Residential Care Facility**

6 Hodgdon Street  
Damariscotta, ME 04543  
(207) 563-5128  
Website: [www.eldercarenetwork.org/locations-hodgdon.html](http://www.eldercarenetwork.org/locations-hodgdon.html)

People Served: Elderly  
Capacity: 16  
MaineCare (Medicaid): Yes

### **Riverside at Chase Point**

51 Schooner Street  
Damariscotta, ME 04543  
(207) 563-4200  
Website: [www.chasepoint.org](http://www.chasepoint.org)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 18  
MaineCare (Medicaid): Yes

### **Safehaven at St. Andrews Village**

145 Emery Lane  
Boothbay Harbor, ME 04538  
(207) 633-1222  
Website: [www.standrewsvillage.com](http://www.standrewsvillage.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 8  
MaineCare (Medicaid): Yes

### **The Lincoln Home**

22 River Road  
Newcastle, ME 04553  
(207) 563-3350  
Website: [www.lincoln-home.org](http://www.lincoln-home.org)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 40  
MaineCare (Medicaid): No

## **SOMERSET COUNTY**

### **Pittsfield Community Home**

554 North Main Street  
Pittsfield, ME 04967  
(207) 487-6889  
Website: None

People Served: Elderly  
Capacity: 16  
MaineCare (Medicaid): Yes

### **Redington Memorial Home**

11 North Avenue  
Skowhegan, ME 04976  
(207) 474-2444  
Website: [www.redingtonhome.com](http://www.redingtonhome.com)

People Served: Elderly  
Capacity: 31  
MaineCare (Medicaid): No

### **Sanfield Rehabilitation and Living Center**

95 Main Street  
Hartland, ME 04943  
(207) 938-2616  
Website: [www.northcountryassociates.com](http://www.northcountryassociates.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 12  
MaineCare (Medicaid): Yes

### **Somerset Residential Care Center**

327 Shusta Road  
Madison, ME 04950  
(207) 696-5453  
Website: None

People Served: Elderly  
Capacity: 37  
MaineCare (Medicaid): Yes

### **Tissues Country Estates**

212 Fox Hill Road  
Athens, ME 04912  
(207) 654-2713  
Website: None

People Served: Elderly, Alzheimer's/dementia  
Capacity: 20  
MaineCare (Medicaid): Yes

## WALDO COUNTY

### **Bayview Manor**

45 Main Street  
Searsport, ME 04974  
(207) 548-2415  
Website: [www.davisltcgroup.com](http://www.davisltcgroup.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 30  
MaineCare (Medicaid): Yes

### **Harbor Hill**

2 Footbridge Road  
Belfast, ME 04915  
(207) 338-5307  
Website: [www.genesishcc.com](http://www.genesishcc.com)

People Served: Elderly  
Capacity: 45  
MaineCare (Medicaid): Yes

### **Tall Pines Rehabilitation and Living Center**

21 Martin Lane  
Belfast, ME 04915  
(207) 338-4117  
Website: [www.tallpinesliving.com](http://www.tallpinesliving.com)

People Served: Elderly, Alzheimer's/dementia  
Capacity: 16  
MaineCare (Medicaid): Yes

## Glossary of Common Estate Planning Terms

**Advance Directives** – include the following:

**Living Will** – The Maine statute authorizes individuals to sign declarations as to medical or surgical treatment pursuant to Uniform Health Care Decision Act (commonly called “living wills”). A living will can be used if an individual has a terminal condition and will be in a coma permanently. The living will directs that in that situation, life support should be withdrawn.

**Do Not Resuscitate (DNR) Order** – This document expresses your wish that you may not be resuscitated if you suffer a cardiopulmonary arrest.

**Medical Power of Attorney** – In this document you are designating another individual (the agent) to act on your behalf in certain health care matters. This also is one of the key elements of your estate plan and will help you during a period of incapacity.

**Financial Durable Power of Attorney** – In this document you are designating another individual (the agent) to act on your behalf in certain financial matters. This is one of the key elements of your estate plan and will help you during a period of incapacity.

**Community Spouse** – The spouse who resides “in the community,” i.e., not in a long-term care facility.

**Community Spouse Resource Allowance (CSRA)** – This allowance is the amount the community spouse may retain on the date of application in addition to certain exempt assets such as a residence, a vehicle, and burial plans. The community spouse is entitled to retain the CSRA, and it need not be used to pay for the institutionalized spouse's care.

**Conservator** – A person appointed by the court to make financial decisions for an individual who lacks the capacity to make these decisions themselves. The proceeding to appoint a conservator is referred to as a “conservatorship.”

**Estate Administration** – The process of administering an estate which involves lodging or filing the decedent's will with the probate court, collecting the decedent's assets, paying the decedent's lawful debts and necessary taxes, and ultimately distributing the

remaining property according to the will. These activities are carried out by a personal representative, which in some states is known as the executor or executrix of the estate.

**Estate Recovery** – As required by federal law, Maine provides for the recovery of any medical benefits that have been paid to a decedent. This is called the estate recovery program. In essence, the estate recovery program allows the state to file a claim in the probate estate of a MaineCare recipient for any benefits paid. Additionally, a lien may be filed against certain exempt assets of the institutional spouse.

**Guardianship** – A process whereby a person is appointed by the court to make medical and residential placement decisions for an individual who lacks capacity to make decisions for him/herself.

**Institutionalized Spouse** – The spouse that resides in a long-term care facility.

**MaineCare** – MaineCare is the federal/state funded program that pays for a portion of the cost of long-term care. Specifically, the costs are paid by the Maine Department of Health and Human Services. Maine also has MaineCare waiver programs which pay for assisted living care as well as home health care.

**Medicare** – Medicare is the federal health insurance program for the elderly and disabled. Medicare has two basic components. Part A is the hospital component that includes skilled nursing care. Part B is the supplemental medical insurance component. The maximum coverage for Medicare skilled nursing care usually extends only 100 days per “spell” or illness, but only after a hospital stay of at least three consecutive days. Medicare is intended to cover “rehabilitation” services, not the cost of long-term, custodial care.

**Minimum Monthly Maintenance Needs Allowance (MMMNA)** – An amount of income that the community spouse is allowed to retain to the extent that the institutionalized and community spouse have such income.

**Probate** – The legal process by which the estate of a decedent is administered. Generally, the probate process involves filing the decedent's will with the probate court, collecting the decedent's assets, paying the decedent's lawful debts and necessary taxes, and ultimately distributing the remaining property according to the will. These activities are carried out by a personal representative, which in some states is known as the executor or executrix of the estate.

**Will** – This document indicates how the probate assets of the testator are to be distributed after the death of the testator. Probate assets include those assets payable to the estate, decedent's interest in assets titled as tenants in common, or assets titled in the decedent's name only. Wills can provide for the outright distribution of assets or can provide for assets to be retained in a trust for a beneficiary's benefit.

## **Things You Need to Know**

### **Locating a Facility**

If an individual is still living at home, make an honest assessment of his/her physical and mental needs. For example:

- ➔ Do they need assistance getting into and out of a shower safely?
- ➔ Do they need general homemaking assistance?
- ➔ Do they need everyday help with managing medication?
- ➔ Can they manage their personal care appropriately and independently?
- ➔ Do they require supervision for their personal safety?

Answering these questions will help you choose a facility and discuss the needs of the individual with the admissions personnel. Once you have developed your criteria, contact your local Area Agency on Aging or Maine Bureau of Elder & Adult Services. They can supply you with information regarding the rules and regulations governing facilities. Ask for referrals and recommendations from doctors, friends, and family.

### **Choosing a Facility**

The facility should offer:

- 1) Cost effective quality care that is personalized for the individual's needs.
- 2) Foster independence for each resident.
- 3) Treat each resident with dignity and respect.
- 4) Promote the individuality of each resident.
- 5) Allow each resident a choice of care and lifestyle.
- 6) Protect each resident's right of privacy.
- 7) Nurture the spirit of each resident.
- 8) Involve family and friends in care planning and implementation.
- 9) Provide a safe, residential environment.
- 10) Make the residence a valuable community asset.

### **Location**

Consider a facility that is local to the older adult because many older people prefer to stay in an area with friends, family and surroundings to which they are accustomed. A facility in the same vicinity will allow them to maintain familiar contacts. If a facility is

much more than a 20-30 minute drive from family and friends, the frequency and ease of visitation is decreased. It may be beneficial for the individual, and more practical for family and friends, to move to a closer facility, even if it means relocation to an area less familiar to the individual.

## **Specialized Care**

For individuals who have cognitive impairment requiring supervision for personal safety, you will need to find a care setting that is dedicated to providing care for those with dementia.

## **Evaluate the Quality of Care (Assisted Living)**

Because there are no federal guidelines regulating assisted living standards at this time, comparisons are difficult. There are a few avenues you can pursue to help you evaluate a facility.

- ➔ Find out how long they have been opened.
- ➔ Find out if the operators own more than one facility.
- ➔ Ask to see a copy of the annual report.

Contact your local Long-Term Care Ombudsman to see if there are any complaints on file against the facility. You may also check with the Better Business Bureau. Make more than one visit, including at least one unannounced visit.

Use your senses to help you evaluate facilities when you visit.

- ➔ Does the facility have a disagreeable odor?
- ➔ Is there a high level of noise?
- ➔ Do you have the opportunity to have a meal with the residents to taste the food?
- ➔ What is your overall impression of the condition of the residence?

## Alzheimer's/Dementia Support Services

### Definitions:

*Alzheimer's/dementia Diagnosis and Evaluation* – Through a comprehensive assessment, a team of a geriatrician, nurse, social worker and specialized staff determine the type of memory disorder or dementia. Information about the disease and assistance in obtaining the necessary resources to provide the most appropriate care as possible.

*Geriatrician* – Physicians specializing in the care of the elderly.

*Geriatric Psychiatrists, Neuropsychologists and Mental Health Professionals* – Physicians and other professionals specializing in the care of the elderly and others with mental disorders.

*Neurologists* – A referral from a primary care physician is usually required for a neurologist, who specializes in brain diseases and disorders.

*Adult Day Services* – Day care centers provide a safe, structured setting, which can help to maintain functioning as long as possible.

*Companions and Personal Care Assistance* – Agencies that can provide a companion, personal care assistant, and light housekeeping.

*Home Health Agencies* – Skilled nursing agencies that provide visiting nurses, home health aides, physical therapy, and occupational therapies through Medicare or other health insurances.

## **FRANKLIN COUNTY**

### **Geriatricians**

None

### **In-Home Respite**

Seniors Plus 1-800-427-1241

### **Adult Day Services**

None

### **Companions and Personal Care Assistance**

Care and Comfort, 284 Main St., Ste. 390, Wilton 1-866-397-3350

### **Home Health Agencies**

Androscoggin Home Health, 284 Main St., Ste. 290, Wilton 1-800-482-7412

### **Support Groups**

Franklin Memorial Hospital, Farmington (207) 778-4695

## **KENNEBEC COUNTY**

### **Alzheimer's/dementia Diagnosis and Evaluation**

- ❖ Gardiner Evaluation Unit, Gardiner  
(207) 626-1773 or 1-800-939-3333
- ❖ Geriatric Evaluation and Management, Veteran's Administration Medical Center  
Togus  
1-877-421-8263, ext. 5452

### **Geriatricians**

Richard Dubocq, MD, 209 Unity Rd., Albion (207) 437-5500

Karen Gershman, MD, 15 E. Chestnut St., Augusta (207) 626-1561

Roland Knausenberger, MD, 180 KMD, Waterville (207) 872-2900

Daniel Onion, MD, 15 E. Chestnut St., Augusta (207) 626-1561

Cheryl Seymour, MD, 15 E. Chestnut St., Augusta (207) 626-1561

## **Geriatric Psychiatrists, Neuropsychologists and Mental Health Professionals**

Janice Petzel, MD, 116 Second St., Ste. 1, Hallowell (207) 242-4007

## **Neurologists**

Julius Ciembroniewicz, MD, 76 Eastern Ave., Hallowell (207) 622-6271

**Adult Day Services:** *“Alz” next to community name denotes that they describe themselves as having a secure dementia care unit.*

Alz Alzheimer Care Center, 154 Dresden Ave., Gardiner (207) 626-1770

Alz Captain Lewis Adult Day Services, 270 Maine Ave., Farmingdale  
(207) 582-6674

Heritage Rehab, 457 Old Lewiston Rd., Winthrop (207) 377-8453

Alz Muskie Center Adult Day Program, 38 Gold St., Waterville  
(207) 873-4745

Spectrum Generations Adult Day, 61 Pleasant St., Waterville  
(207) 623-0764

William S. Cohen Community Center, 22 Town Farm Rd., Hallowell  
(207) 626-7777

## **Companions and Personal Care Assistance**

Assistance Plus, 1604 Benton Ave., Benton 800-781-0070

Bridges, 320 Water St., Augusta 800-876-9212

Care and Comfort, 180 Main St., Ste. 4, Waterville 800-366-5302

Helping Hands, RR 3, Box 7230, China Rd., Winslow (207) 873-0011

Home Care for ME, P.O. Box 358, Gardiner 800-639-3084

Renaissance Quality Home Care, 75 River Rd., Gardiner (207) 582-1424

## **Home Health Agencies**

Beacon Hospice, 45 Commerce Dr., Augusta (207) 621-1212

Care and Comfort, 105 KMD, Waterville (207) 872-5300

Helping Hands, 410 China Rd., Winslow (207) 873-0011

## **Support Groups**

Granite Hill Hallowell (207) 626-1770

Muskie Center Waterville (207) 873-4745

**KNOX COUNTY**

**Alzheimer's/dementia Diagnosis and Evaluation**

None

**Geriatricians**

None at this time

**Neurologists**

Judd Jensen, MD, 4 Glen Cove Dr. #102, Rockport (207) 593-5757  
Robert Stein, MD, 4 Glen Cove Dr. #102, Rockport (207) 593-5757

**In-Home Respite**

Spectrum Generations 1-800-639-1553 or (207) 622-9212

**Adult Day Services**

None

**Companions and Personal Care Assistance**

Kno-Wal-Lin Home Care, 170 Pleasant Street, Rockland (207) 594-9561

**Home Health Agencies**

Kno-Wal-Lin Home Care, 170 Pleasant Street, Rockland (207) 594-9561  
Rockland District Nursing Association, 44 Limerock, Rockland (207) 594-4522

**Support Groups**

Knox Center for Long Term Care Rockland (207) 594-6800  
Quarry Hill Camden (207) 230-6237

**LINCOLN COUNTY**

**Alzheimer's/dementia Diagnosis and Evaluation**

None at this time

**Geriatricians**

Edward Kitfield, MD, 66 Water Street, Wiscasset (207) 882-6008

**Neurologists**

None

**In-Home Respite**

Spectrum Generations 1-800-639-1553 or (207) 622-9212

**Adult Day Services:** “S/L” denotes that the community has a separate and locked unit.

S/L Riverside Adult Day Center, 51 Schooner St., Damariscotta (207) 563-4625

**Companions and Personal Care Assistance**

Kno-Wal-Lin Home Care, 170 Pleasant Street, Damariscotta (207) 563-5119

Miles Home Health & Hospice, 40 Belvedere Rd., Damariscotta (207) 563-4592

**Home Health Agencies**

Kno-Wal-Lin Home Care, RR 1, Box 83, Damariscotta (207) 563-5119

Miles Home Health & Hospice, 40 Belvedere Rd., Damariscotta (207) 563-4592

St. Andrews Home Health Agency, 3 St. Andrews Ln., Boothbay (207) 633-2121

**Support Groups**

Riverside at Chase Point Damariscotta (207) 563-4617

St. Andrews Village Boothbay Harbor (207) 633-2121

**SOMERSET COUNTY**

**Alzheimer’s/dementia Diagnosis and Evaluation**

None

**Geriatricians**

None

**Neurologists**

None

**In-Home Respite**

Spectrum Generations 1-800-639-1553

**Adult Day Services:** “S/L” denotes that the community has a separate and locked unit.

S/L Maplecrest Rehab & Living Center, 174 Main St., Madison (207) 696-8225  
Spectrum Generations, 30 Leavitt St., Skowhegan (207) 474-8552

**Companions and Personal Care Assistance**

Bridges 1-800-876-9212  
Healthreach Network, 165 North Ave., Skowhegan (207) 474-8082  
Home Care for ME 1-800-639-3084

**Home Health Agencies**

Healthreach Network, 165 North Avenue, Skowhegan (207) 474-8082

**Support Groups**

None

**WALDO COUNTY**

**Alzheimer’s/dementia Diagnosis and Evaluation**

None at this time

**Geriatricians**

James Stevenson, 16 Fahey Street, Belfast (207) 930-2695

**Neurologists**

None

**In-Home Respite**

Spectrum Generations 1-800-639-1553 or (207) 622-9212

**Adult Day Services:** “S/L” denotes that the community has a separate and locked unit.

S/L Tall Pines Adult Day Care, 24 Martin Ln., Belfast (207) 930-7031  
S/L Waldo County Adult Day Care, 18 Merriam Rd., Belfast (207) 338-1190

**Companions and Personal Care Assistance**

Kno-Wal-Lin Home Care, 147 Waldo Ave., Belfast 1-800-540-9561

**Home Health Agencies**

Belfast Public Health Nursing Association, 118 Northport Ave., Belfast

(207) 338-3368

Kno-Wal-Lin Home Care, 147 Waldo Ave., Belfast

1-800-540-9561

Waldo County Home Health Care Services, 119 Northport Ave., Belfast

(207) 338-2500

**Support Groups**

Tall Pines

Belfast

(207) 338-1730 or

(207) 338-5802

## Additional Resources

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

**The Maine Center on Deafness (MCD)** is a nonprofit organization that serves people in Maine who are D/deaf, late-deafened or hard-of-hearing by providing resources, advocating for social equality, and helping the general public to better understand and appreciate Deaf culture and effective ways of communication. They are members of the Deaf community, friends and supporters that people who are D/deaf or hard-of-hearing can depend on. In addition, through their **Equipment Program**, they provide telephone equipment for people that are deaf, hard-of-hearing, have a speech disability or other physical disability that interferes with that person's ability to use a regular telephone. For more information, please visit [www.mcdmaine.org](http://www.mcdmaine.org) or call 800-639-3884. This program also provides the country's first, text-based [Emergency Notification System](#) for the Deaf and Hard of Hearing.

**Lifeline and Link-Up.** Telephone service is considered a necessity for daily modern life. Yet the cost of starting and maintaining such service may be too high for some consumers. Under Congressional mandate, the federal Universal Service Fund (USF) supports the Lifeline Assistance and Link-Up America programs. These programs provide discounts on basic monthly service and initial installation or activation fees for telephone service at the primary residence to income-eligible consumers. For more information, please call 1-800-977-3768.

**Maine's Low Cost Drug for the Elderly and Disabled Program** helps to pay for prescription drugs for people whose income is no more than 185% of the federal poverty level. You must be 62 or older or age 19 or older and medically qualified for Social Security Disability Income (SDDI). To request an application or for more information about the medications covered in the Low Cost Drugs for the Elderly & Disabled or the Maine Rx Plus Program, call 1-866-796-246/TTY: 1-800-606-0215.

**Property Tax and Rent Refund** offers tax and rent relief to elderly people who own their own homes or rent an apartment or house. Applications are accepted between August 1<sup>st</sup> and December 31<sup>st</sup>. Eligibility is based on income and taxes or rent paid in the previous calendar year. For more information, please call Maine Revenue Services at

(207) 626-8475 or visit [www.maine.gov/dhhs/oes/resources/tax.htm](http://www.maine.gov/dhhs/oes/resources/tax.htm). To order a form, please call (207) 624-7894.



Goold Health Systems is a healthcare management organization that specializes in providing pharmacy benefit services, clinical data reviews and analyses, health care assessments, data capture, data center and other support services to State Medicaid agencies, the Federal Government, private sector companies and non-profit organizations. We partner with our clients to understand their challenges; we design, develop,

deploy and operate state-of-the-industry applications and services through superior clinical and technical expertise that are timely, effective, and based on best practices. For more information, please call 1-800-609-7893 or visit [www.ghsinc.com](http://www.ghsinc.com).



The Department of Veterans Affairs' mission is to serve America's Veterans and their families with dignity and compassion and to be their principal advocate in ensuring that they receive medical care, benefits, social support, and lasting memorials promoting the health, welfare, and dignity of all Veterans in recognition of their service to this Nation. For more information, please call 1-800-827-1000 or visit [www.va.gov](http://www.va.gov).



Medicare is health insurance for people 65 or older, people under 65 with certain disabilities, and people of any age with End Stage Renal-Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant). For more information, please call 1-800-MEDICARE or visit [www.Medicare.gov](http://www.Medicare.gov).



Maine Association of Area Agencies on Aging's (M4A) primary purpose is to unify and strengthen the voices of Maine's Area Agencies to promote policies and educational programs that will benefit older Mainers and those advocating on their behalf. M4A advocates on behalf of older persons and issues affecting them; works proactively to educate and inform the Maine legislature and U.S.

Congress on specific legislative and budget issues affecting Maine's elders; supports

social and economic policies and resources that promote independence, dignity and economic self-sufficiency for generations of Maine’s elders, and; works with state and local partners in achieving these goals. To learn more about M4A, please call (207) 626-0972 or visit [www.maine4a.org](http://www.maine4a.org).



The Maine Long-Term Care Ombudsman Program is a non-profit agency whose mission is to advocate for quality of life and care for long term care consumers. The Maine Long-Term Care Ombudsman Program investigates complaints made by or on behalf of long-term care consumers and to assist consumers in exercising their rights that are guaranteed by law. The Maine Long-Term Care Ombudsman Program is here to help with information, guidance and advocacy. Services are free and confidential. For more information or assistance, call 1-800-499-0229 or visit [www.maineombudsman.org](http://www.maineombudsman.org).



Better Business Bureau’s mission is to be the leader in advancing marketplace trust. BBB accomplishes this mission by creating a community of trustworthy businesses, setting standards for marketplace trust, encouraging and supporting best practices, celebrating marketplace role models, and denouncing substandard marketplace behavior. For more information, please call 1-800-4-BBB-811 or visit [www.maine.bbb.org](http://www.maine.bbb.org).



Maine Senior Guide is a comprehensive web resource about all things senior. From reverse mortgages to scooters, from independent living to specialty clothing companies, Maine Senior Guide covers any topic of interest to Maine’s older residents or their families. For more information, please visit [www.maineseniorguide.com](http://www.maineseniorguide.com).



Founded in 1958, AARP is a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives. As a social welfare organization, as well as the nation’s largest membership organization for people 50+, AARP is leading a revolution in the way people view and live life. AARP works tirelessly to fulfill the vision: a society in which everyone lives

their life with dignity and purpose, and in which AARP helps people fulfill their goals and dreams. For more information, please call 1-866-554-5380 or visit [www.aarp.org](http://www.aarp.org).



The Social Security Act and related laws establish a number of programs that have the following basic purposes: to provide for the material needs of individuals and families, to protect aged and disabled persons against the expenses of illnesses that may otherwise use up their savings, to keep families together, and to give children the chance to grow up healthy and secure. The Social Security Administration has programs for the following: retirement insurance; survivors insurance; disability insurance; hospital and medical insurance for the aged, the disabled, and those with end-stage renal disease; Prescription Drug Benefit; extra help with Medicare Prescription Drug Costs; Supplemental Security Income; Special Veterans Benefits; unemployment insurance; and public assistance and welfare services, including Temporary Assistance for Needy Families (TANF), medical assistance, food stamps, and energy assistance. For more information, please call 1-866-931-9169 or visit [www.socialsecurity.gov](http://www.socialsecurity.gov).



Maine's Office of Elder Services promotes programs and services for older adults, their families and for people with disabilities. For more information, please call 1-800-262-2232 or visit [www.maine.gov/dhhs/oes](http://www.maine.gov/dhhs/oes).



The Alzheimer's/dementia Association is the leading, global voluntary health organization in Alzheimer's/dementia care and support, and the largest private, nonprofit funder of Alzheimer's/dementia research. The Alzheimer's/dementia Association's mission is to eliminate Alzheimer's/dementia disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For more information, please call (207) 772-0115 or visit [www.alz.org](http://www.alz.org).



**American  
Red Cross**

The American Red Cross is a humanitarian organization led by volunteers. They provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies. For more information, please call (207) 874-1192 or visit [www.redcross.org](http://www.redcross.org).



**Spectrum Generations Bridges** program works to suit your short or long-term care needs when home is where you want to be. Bridges provides personal services to adults wishing to stay and/or recover in their own homes.

We can provide as little as two hours a week or 24-hour, round the clock assistance. Our bonded, trained, certified, and supervised Personal Service Specialists (PSS's) are trained to deliver homemaking, meal preparation, laundry, shopping/errand services, companionship, gentle guidance/medication reminder/cueing, transportation to appointments, assistance with bathing/dressing, and overnight care. For more information regarding services offered by Bridges, please call (207) 623-0761 or visit [www.bridgesbiz.net](http://www.bridgesbiz.net).



*Care & Comfort*  
Delivering quality home health and mental  
health services to families in Maine.

Care & Comfort has always been concerned with providing the best possible care to clients and families across Maine. Customer service goals are achieved by their hard working staff, with quality of care standards

maintained by our skilled, compassionate, professional care givers. We invest in our people and in new technologies as we build value. For more information, please call (207) 872-5300 or visit [www.careandcomfort.com](http://www.careandcomfort.com).



Elder Independence of Maine has determined that all consumers will be served by a care management system that equips consumers with information about care options; protects the consumers right to self direct; coordinate service in a manner that seeks to reduce fragmentation of

care; advocates on behalf of the consumer; maintains services while also remaining cost effective; and treats all people with respect and an attitude of service. For more information regarding services of Elder Independence of Maine, please call 1-888-234-3920 or visit [www.elderindependence.org](http://www.elderindependence.org).

# NEW LIFESTYLES

THE SOURCE FOR SENIOR LIVING

or your loved one's future. In addition, our extensive resources are easily accessible - not only saving you time and money, but also reducing the frustration of trying to find information from multiple sources, agencies, or organizations. For more information, visit [www.newlifestyles.com](http://www.newlifestyles.com).

New LifeStyles Online is the ultimate resource for senior living and care options. We provide you with everything you need to make an informed, comfortable decision about your own



The mission of the Center is to promote and facilitate activities on aging in the areas of education, research and evaluation, and community service to maximize the quality of life of older citizens and their families in Maine and beyond. Its goals are to provide opportunities for older citizens to engage in productive activities that enhance the quality of their own lives and provide

meaningful benefits to the communities in which they live; make available to the state's public, voluntary and proprietary organizations research and evaluation expertise on aging-related issues; promote aging-related education and training programs for Maine's citizenry at the undergraduate, graduate, and continuing education levels; serve as a direct link between the University and the citizens of Maine in order to expand the range of learning opportunities and practical experiences for UMaine students preparing for careers working with Maine's older adults; promote collaboration and partnerships between UMaine and public and private service providers with aging-related interests throughout the state, including other University of Maine System institutions, the region, and in Canada; and serve as a consultative resource and clearinghouse for aging information and training needed by the business, health, and human service communities throughout the state and the region. For more information, visit [www.umaine.edu/mainecenteronaging](http://www.umaine.edu/mainecenteronaging).



The Administration on Aging (AoA) website is designed to provide a comprehensive overview of a wide variety of topics, programs and services related to aging. Whether you are an older individual, a caregiver, a community service provider, a researcher, or a student, you will find valuable information provided in a user-friendly way. For more information, visit [www.aoa.gov](http://www.aoa.gov).





The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 65 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age. NFCA reaches across the boundaries of diagnoses, relationships and life stages to help transform family caregivers' lives by removing barriers to health and well being. For more information, visit [www.nfcacares.org](http://www.nfcacares.org).



The mission of *The Caregiver's Home Companion* is to represent the interests and needs of today's family caregiver for the elderly by providing them with up-to-date, unbiased and thoroughly accurate information, resources, tips and advice as well as an inviting peer community environment in which they can thrive in their caregiving role while taking care of their own well-being. For more information, visit [www.caregivershome.com](http://www.caregivershome.com).



**ELDER JUSTICE PARTNERS**  
*Together, we're working to protect Maine's seniors.*

Elder Justice Partners' purpose is two fold: improve responses to elder abuse cases through professional trainings; and review policies and protocols that impact elder victim safety and offender accountability. For more information, please call (207) 626-0034 or visit [www.elderjusticepartners.org](http://www.elderjusticepartners.org).



A leader in health policy and communications, the Kaiser Family Foundation is a non-profit, private operating foundation focusing on the major health care issues facing the U.S., as well as the U.S. role in global health policy. Unlike grant-making foundations, Kaiser develops and runs its own research and communications programs, sometimes in partnership with other non-profit research organizations or major media companies. For more information, please call (650) 854-9400 or visit [www.kff.org](http://www.kff.org).



**Boomers' Online Community to Help Mom & Dad**

Answers For Elders is a resource portal and social site, designed specifically to connect adult caregivers of elderly parents with information, and also with each other. Through a full spectrum content of resources including professional experts, online support, a local directory and a social network of people facing

similar challenges, they provide the platform to share wisdom and experience with each other. For more information, visit [www.answersforelders.com](http://www.answersforelders.com).



Since 1978, Alpha One has enabled thousands of people with disabilities to live more fully and more independently in all aspects of their lives. For more information, visit [www.alpha-one.org](http://www.alpha-one.org) or call (207) 941-6553 (TTY 877-229-8954).