

Brigham and Women's Center for Brain/Mind Medicine Resource Guide

Second Edition

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How To Use This Guide

Living well with a neurologic disorder is challenging, yet it is possible. What that may mean, at some point in time, is accessing and integrating care or services to reinforce supports already in place.

You may be referencing this guide because you are looking for particular care or resources for right here, right now. You may also be referencing this guide to learn more about planning for the future and what needs may arise.

This is not a listing of all resources in Massachusetts, but it's a good place to start making contact with community partners.

Disclaimer: This listing does not represent an endorsement or recommendation from Brigham & Women's Hospital or any team member but is for your assistance in obtaining information and services. We encourage your feedback (both positive & negative) so we can consistently provide updated information.

Additions to the Second Edition

- **Alzheimer's and Dementia Research Opportunities**
 - in Alzheimer's and Related Dementia section
- **Alzheimer's Buddies**
 - in Living and Daily Care section, under Socializing & Connecting
- **Palliative Care & Hospice**
 - in Living and Daily Care section
- **Timeslips**
 - in Living and Daily Care section, under Socializing & Connecting
- **StoryCorps**
 - in Living and Daily Care section, under Socializing & Connecting
- **Purple Table**
 - in Alzheimer's and Related Dementia section
- **Dementia Friendly MA**
 - in Alzheimer's and Related Dementia section
- **'How to Find a Psychotherapist' guide**
 - in Quick Reference Guide section

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How to Apply for MassHealth

If you need health or dental coverage and help paying for it, you may want to check your eligibility for MassHealth insurance. For certain waivers, benefits may include in-home care services, medical supplies, or adult day health program costs.

Basic Requirements for Coverage:

- Residency: You must live in MA or intend to reside in MA, with or without a fixed address, or have entered MA with a job commitment or seeking employment.
 - You do not meet residency requirements if MassHealth if you are visiting MA for personal pleasure or to receive medical care in a setting other than a nursing facility.
- Financial: You must be financially eligible to qualify for MassHealth. To determine if you meet the financial requirements, MassHealth will consider your Modified Adjusted Gross Income (MAGI) and who is in your household.
 - For more information on financial guidelines click here: <https://www.mass.gov/service-details/program-financial-guidelines-for-certain-masshealth-applicants-and-members>

MassHealth has different types of coverage based on your age and caregiver status, certain health conditions or disabilities. Eligibility requirements for people 65 and older and people who need long-term care services include:

- 65 years or older and need personal-care-attendant services to live at home, or
- 65 years or older and are disabled and are either working 40 or more hours a month, or are currently working and have worked at least 240 hours in the six months immediately before the month of the application, or
- Not working
- Living at home and you do not need long-term care
- Living at home and you need long-term services and supports under a Home- and Community-Based Services Waiver, or
- In or waiting to go into a long-term-care facility

For more information about these programs, see the Senior Guide for Health Care Coverage here: www.mass.gov/service-details/senior-guide-and-application-for-health-care-coverage

MassHealth phone: 1-800-841-2900

How to Apply for Social Security Disability (SSDI)

The SSDI program pays benefits to you and certain family members if you are insured. Which means you have worked long enough, recently enough, and have paid Social Security taxes on your earnings. The Supplemental Security Income (SSI) program pays benefits to adults and children with disabilities who have limited income and resources.

While these two programs are different, the medical requirements are the same. If you meet the non-medical requirements, monthly benefits are paid if you have a medical condition that is expected to last at least one year or to result in death.

Whether you apply online, by phone, or in person, the disability benefits application process follows these general steps:

- You must gather the information and documents you need to apply. We recommend you print and review the Adult Disability Starter Kit. It will help you gather the information you need to complete the application.
 - <https://www.ssa.gov/disability/Documents/SSA-1170-KIT.pdf>
- You must complete and submit your application.
- SSDI reviews your application to make sure you meet the basic requirements for disability benefits.
- SSDI checks whether you worked enough years to qualify.
- SSDI evaluates your current work activities, if any.
- SSDI processes your application and forwards the request to the Disability Determination Services office in your state.
- The State agency makes the disability determination decision.

Learn more about SSDI and SSI here: www.ssa.gov/benefits/disability/

How to Apply for The RIDE

1. Contact The RIDE Eligibility Center at 617-337-2727, or email trec@paratransit.org to schedule an eligibility phone interview.
2. The RIDE Eligibility Center will contact the listed healthcare provider after the interview to verify disability as needed.
3. Most applicants hear back within two to three business days. If an application needs follow-up, it may take longer.

If the eligibility decision is not made within 21 days of completing the process, you will be able to use The RIDE until a decision is made. Contact the Eligibility Center with any questions.

Eligibility decisions can be appealed. Instructions on how to appeal are included in the decision letter.

Who's Eligible?

- People who have a temporary or permanent disability that prevents them from using traditional public transit.
- For those who have had a medical emergency, a licensed healthcare provider can request 30 days of The RIDE starting immediately.
- Out-of-town visitors with disabilities may also be eligible to use The RIDE.

After Approval

Those approved can start scheduling trips after they have added funds to their RIDE account. Read what to expect on The RIDE for more information.

Upon request, The RIDE Eligibility Center can provide proof of MBTA ADA Paratransit Eligibility. This can be used for paratransit services when traveling outside of the Boston area.

RIDE customers must occasionally recertify their ADA status. Customers will receive a reminder in the mail before eligibility is set to expire.

Learn more about The Ride here: www.mbta.com/accessibility/the-ride

How to Locate In-Home Aide Care

There will come a time when having extra help around the home will be essential to sustain care in the home and provide relief to the primary caregiver. These services include:

- Companionship: supervision, engagement/activities, transportation.
- Homemaker: light cleaning, heavy chores, meal preparation, washing dishes, laundry, grocery shopping, organization, plant and/or pet care.
- Personal care: bathing, dressing, hair care, shaving, oral care, bathroom assistance, supporting physical therapy, skin and nail care.

These services are often paid for privately. Services may be paid by Long-Term Care insurance (if already in place) or through local subsidized programming. To explore options for payment you can:

- Verify whether a Long-Term Care insurance policy is in place. If so, check with the insurance provider for eligibility to initiate benefits.
- Call your local Elder Services organization for eligibility assessment for any subsidized services in your community. You can find your local Elder Service organization here: <https://www.mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts>

To start your search for finding in-home aide service, some people choose to hire through an agency, and some choose to hire privately through their own community network. Each has its own pros and cons for you to contemplate. To find local in-home aide agencies in your area (or other community resources), here are a few organizations that may have listings to provide you:

- Your local Elder Service agency - <https://www.mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts>
 - Boston ElderINFO (for Boston residents) – www.elderinfo.org
 - Your local Council on Aging - www.mcoaonline.com/what-is-a-coa/coa-directory/
 - Alzheimer’s Association Care Consultations – www.alz.org/manh/helping_you/care_consultation
 - Jewish Family & Children’s Services - www.jfcsboston.org/Our-Services/Older-Adults
-

How to Find Local Resources for Older Adults

Are you looking for more information about what's available in your community regarding resources, services, or things to do for older adults? Getting in touch with your local Elder Services Organization or Aging Service Access Point (ASAP) is your best bet as a first step. Unlike Senior Centers and Councils On Aging, which are specific to each town, Elder Services Organizations cover regions and/or county districts.

Find your local agency here: <https://www.mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts>

Here are some other organizations that can also be helpful with general information and referral questions you may have about services or supports in your local community.

Alzheimer's Association – Massachusetts/New Hampshire Chapter

Organization dedicated to the Alzheimer's and Dementia community by promoting awareness, research, education, support, and information & referral services.

Phone: 24/7 Helpline 800-272-3900

Website: <https://www.alz.org/manh>

Boston ElderINFO

Advocacy, information and referral, caregiver resources for Boston older adults.

Phone: 617-292-6211

Website: <https://elderinfo.org/>

Councils On Aging (COAs)

Municipal (or town-based) agencies that provide local outreach, social and health services, advocacy, information and referral for older adults, their families and caregivers. Most often found in the same location as your local Senior Center.

Find your local COA here: <https://mcoaonline.com/what-is-a-coa/coa-directory/>

MassOptions

Aging and disability information, services, resources, and referrals

Phone: 1-800-243-4636

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

National Eldercare Locator

A public service of the US Administration on Aging, connecting older adults and their families to services and local resources.

Phone: 1-800-677-1116

Website: www.eldercare.acl.gov

How to Obtain a Driving Assessment

A driving assessment by a trained professional can determine whether someone has the skills and abilities to drive safely. Options for formal testing include clinical driving assessments, driving skills evaluations, and professional assessments. Those with cognitive changes in the early stage may not need to stop driving immediately. A driving evaluation may be recommended by a medical doctor as a tool to monitor continued driving safety. It can also help with planning other ways to travel in the future. Program formats vary, and all have an out-of-pocket cost. Here are some options:

- **RMV (Medical Affairs Bureau, 857-368-8020)** - Exam includes a 30-minute road test conducted by an RMV employee (no medical background). The cost is \$35. If a person performs “marginally,” they may retake the road test. If a clear failure is noted, the driver will be asked to surrender their license.
Website: <https://www.mass.gov/info-details/older-drivers#safe-driving-workshops-and-travel-instruction-training->
- **HOSPITAL-BASED CLINICS (CLINICAL DRIVING ASSESSMENTS)** - These clinics are housed in rehab departments with oversight by Occupational Therapy (OT). Patients who pass in-office exams are sent for a road test with a driving instructor. Some programs use certified driving instructors with expertise in assessing people with impairments. Medicare does not cover these programs.
 - **NEWTON-WELLESLEY HOSPITAL (Newton, 617-243-6172)** Two-hour clinical assessment with OT to assess memory, reaction time, vision, etc. The cost is \$225. At the end of the visit, OT will make a recommendation (either further assessment or no further assessment). If the patient does well, they are referred for an on-road exam with a certified driving instructor who goes to the person’s home for an additional fee of \$300 with an additional travel fee (\$100/hour). Wait time for an appointment may be four months or longer. An order from a medical doctor is required.
 - **SPAULDING REHAB (Boston, 617-952-6200, Braintree, 617-952-6100, and Cape Cod, 508-833-4000)** Two-hour in-house evaluation by OT for \$230. A road test is then conducted by a certified driving instructor for an additional \$375. Wait time for an appointment may be four months or longer. An order from a medical doctor is required.
 - **BAYSTATE HEALTH (Springfield, 413-794-5600)** Driving evaluations are conducted once a month. The first part of exam is clinical. People are then put on a driving simulator. If there are concerns, they are sent to a driving school. The exam costs \$450.
 - **EMERSON HOSPITAL (Concord, 978-287-8244)** Emerson’s Keys to Independence Driving Evaluation Program entails in-clinic physical, visual, and cognitive assessment of fitness to drive completed by an OT. A referral from a doctor is required. The evaluation costs \$350 and will result in one of two outcomes:
 - i. Failure - either more therapy or not returning to driving is recommended.
 - ii. Passing - the patient may proceed to an on-road evaluation approximately one week later for an additional \$399.

- **PROGRAMS OVERSEEN BY CERTIFIED DRIVING INSTRUCTORS** - There are only two in the state – both located in central Massachusetts. Both programs are out-of-pocket expenses.
 - **Next Street Driver Rehab (Oxford 508-499-8230)**. Certified driving instructors and OTs begin the evaluation with a clinical assessment (\$349/two hours). If the driver is considered safe, they are sent for a road test for an additional \$349. A referral from a doctor is required. If person lives too far away, there will be an additional travel charge. Wait time for an appointment may be six months or longer.
 - **Central Mass Safety Council (West Boylston 508-835-2333)**. This program is similar in design and cost structure to Next Street.

 - **SELF-LED DRIVING PROGRAM** - AAA’s RoadWise™ is a senior defensive-driving program designed to “positively affect driving behavior and help a person learn about and adjust to age-related physical changes.” AAA’s driver-improvement courses may be offered through the classroom, online, or both. Learn more about the program through the website or calling your local AAA branch.
Website: <https://exchange.aaa.com/safety/senior-driver-safety-mobility/aaa-roadwise-driver/>
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How to Find a Psychotherapist?

It's normal to experience mood and anxiety symptoms in response to brain changes, and while caring for someone with a neurologic condition. Individual psychotherapy can help process these feelings and point you in the direction of healthy adjustment. However, finding a therapist can be challenging in itself. When you're ready to connect, you may find the following recommendations and resources helpful.

Things to Consider When Looking for a Psychotherapist

- **Your Goals** - Consider what you want by meeting with a psychotherapist. Current issues or previous experience with a particular type of psychotherapy (Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, psychoanalysis, etc.) might serve as a guide. <https://www.verywellmind.com/different-types-of-psychotherapy-5186909>
- **Payment** - Identify how you will pay for therapy (private pay or through health insurance).
- **Personality Fit** - Studies show that comfort and connection with your therapist can be the biggest factors in sustaining therapy and creating change in your life. Consider this as you explore options, and keep an open mind.

Starting Your Search

- **Call Your Health Insurance** – If you plan on billing health insurance, call your plan's behavioral health line or log-in to your insurer's website obtain a listing of providers in your area.
- **Ask Friends** – If you're comfortable, ask people within your circle for recommendations.
- **Referrals From Doctors** – Your Primary Care Provider may have referral resources. The CBMM offers short-term, skill-based therapy with Clinical Social Workers for patients and caregivers who are followed in our clinic. These resources are limited and wait time maybe lengthy. For your own well-being, it may be best to start the process by connecting with a community psychotherapist.
- **Therapy Directories** – Web-based search engines can identify potential mental health clinicians. These platforms offer filters to narrow down the options by issue, insurance, gender, type of therapy, language, in-person vs. virtual and areas of diversity (ethnicity, sexuality, faith).
 - Psychology Today – www.psychologytoday.com
 - NASW Therapy Matcher – www.therapymatcher.org
 - William James College INTERFACE Referral Service – www.interface.williamjames.edu
 - Zencare – www.zencare.com
 - Therapy In Color – www.therapyincolor.com
 - Inclusive Therapists - www.inclusivetherapists.com
- **Online Therapy** – Offers a private and convenient way to access mental health without requiring you to visit an in-person therapy office. You connect with your therapist via video call, phone call, or text message depending on your needs and preferences. A few tips for consideration: ask if you can interview therapist to find the right fit, ensure you can access the type of provider you want, and understand the plan options, payment, and refund policy.

Platforms:

- Amwell – www.patients.amwell.com/services/online-therapy/
- BetterHelp – www.betterhelp.com

- Cerebral – www.cerebral.com
 - eTherapyPro – www.etherapypro.com
 - MDLIVE – www.mdlnext.mdlive.com
 - Open Path – www.openpathcollective.org
 - Talk Space – www.talkspace.com
 - Teladoc – www.teladoc.com
-

LIVING & DAILY CARE RESOURCES

In this section, you will find resources to connect with in-home care, community subsidized programming, housing & basic needs, activities & social connections, transportation, long-term care options, and other aspect of future care planning.

General Information & Referral Sources for Care Services

Aging Services Access Point (ASAP; otherwise known as your local Elder Services Organization): Information and referral, assessment of needs, development and implementation of service plans, and investigations of reported abuse and neglect of older adults.

Find your local agency - <https://www.mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts>

Alzheimer's Association – Massachusetts/New Hampshire Chapter: Organization dedicated to the Alzheimer's and dementia community by promoting awareness, research, education, support, information, and referral services.

Phone (24/7 Helpline): 1-800-272-3900

Website: <https://www.alz.org/manh>

ARCH National Respite Network & Resource Center: Respite is planned or emergency care to provide temporary relief to caregivers. This agency offers an online service to help families and professionals find respite services in their community

Website: www.archrespite.org

Boston Center for Independent Living: Advocacy, information, referral, peer support, skills training, and personal care attendant service for people with disabilities.

Phone: 617-338-6665

Website: www.bostoncil.org

Boston ElderINFO: Advocacy, information, referral, and caregiver resources for Boston's older adults.

Phone: 617-292-6211

Website: www.elderinfo.org

Councils On Aging: Municipal (or town-based) agencies that provide local outreach, social and health services, advocacy, information, referral for older adults, their families, and caregivers. Most often found in the same location as your local Senior Center.

Find your local COA here: <https://mcoonline.com/what-is-a-coa/coa-directory/>

MassOptions: Aging and disability information, services, resources, and referrals website.

Phone: 1-800-243-4636

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

National Eldercare Locator: A public service of the US Administration on Aging, connecting older adults and their families to services and local resources.

Phone: 1-800-677-1116

Website: <https://eldercare.acl.gov>

Community Care Service Programs

Adult Family Care/Adult Foster Care

- Mass Health program for frail seniors and adults with disabilities.
- AFC adults live with trained paid caregivers.
- Caregivers may be family members (except legally responsible relatives) or non-family members.
- Caregivers receive payment up to a specific amount (varies per year).

To apply, contact your local Aging Services Access Point (ASAP): 1-800-age-info (1-800-243-4636)

Group Adult Foster Care (GAFC)

- Mass Health program that pays for personal care services for eligible seniors and adults with disabilities who live in GAFC-approved housing.
- Housing may be an assisted-living residence or specially designated public or subsidized housing.
- Residents must be eligible for MassHealth and need help with at least one daily personal care task.
- GAFC only pays for the cost of personal care services and medication management.

To apply, contact your local Aging Services Access Point (ASAP): 1-800-age-info (1-800-243-4636).

Home and Community-Based Services Waiver

- The HCBS Waiver for low-income Massachusetts residents who qualify for nursing facility or other institutional care but want to live at home.
- The Waiver allows MassHealth members to get needed health care and support services at home.

To learn more about the Frail Elder Waiver (FEW):

- Call your local Aging Services Access Point (ASAP): 1-800-age-info (1-800-243-4636)
- Website: <https://www.mass.gov/frail-elder-waiver-few#:~:text=Home%2D%20and%20Community%2DBased%20Services,residents%20aged%2060%20and%20older.>

Program for All-Inclusive Care for the Elderly (PACE)

- A program for those age 55 and older who have chronic health conditions meeting the criteria for skilled-nursing facility level of care.
- Ideally, applicants need to be dually eligible (having both Medicare and MassHealth); a private-pay option is available.
- Benefits/services include a full interdisciplinary medical team (primary care, nursing, social work/psychiatry, rehab therapies, adult day health care, home care, and pharmacy).
- Participants must transition their primary care to this program.

Creator & Editor: Karin Wannamaker, MSW, LICSW

Last Updated 10/24/22

To learn more and find out if there is a PACE program covering your area, go here:

<https://www.npaonline.org>

Personal Care Attendant (PCA) Program

- PCA helps people with long-term disabilities live independently at home.
- It gives each eligible MassHealth member funds to hire a personal care attendant to help with activities of daily living (ADLs).
- The MassHealth member becomes the “employer”, overseeing hiring, firing, training, and supervising the PCA.

To learn more or apply to the PCA Program:

- Call your local Aging Services Access Point (ASAP): 1-800-age-info (1-800-243-4636)
 - Website: <https://www.mass.gov/masshealth-personal-care-attendant-pca-program>
-

Supported-Living Communities

Independent Living (IL):

- Residents can care for themselves; amenities may include chore worker services and social engagements.

Assisted Living Communities (ALFs):

- For those who benefits from some support (often one hour per day) for personal care or chore services. Amenities often include restaurant-style dining, social gatherings, and both on- and off-site activities. Many communities offer a kitchenette with some units.
- Memory-Care units (MCUs):
 - Include specialized staff and activities for those with dementia, increased staff-to-resident ratio, and dementia specific environment/safety features; some ALFs have MCUs.

Skilled-Nursing/Long-Term Care Facilities (SNF):

- For people who need 24/7 skilled-nursing/medical care.

Continuing Care Retirement Community (CCRCs):

- Retirement communities that can accommodate all levels of care on one site, so residents can move between levels as needs increase or decrease.

To start your search, consider these options:

- **2 Sisters Senior Living Advisors**
Phone: 617-701-7007
Website: www.2sisters-sla.com
- **Council on Aging**
Find your local COA here: <https://mcoaonline.com/what-is-a-coa/coa-directory/>
- **A Place for Mom**
Phone: 1-866-819-3127
Website: www.aplaceformom.com
- **Massachusetts Assisted-Living Association:**
Phone: 781-622-5999

Creator & Editor: Karin Wannamaker, MSW, LICSW

Last Updated 10/24/22

Website: www.mass-alfa.org

- **Massachusetts Senior-Care Association**

Phone: 617-558-0202

Website: www.maseniorcare.org

- **Senior Advisor**

Phone: 1-800-805-3621

Website: www.senioradvisor.com

- Or hire a Geriatric Care Manager (see section in this resource guide)
-

Palliative Care & Hospice

Hospice & Palliative Care Federation of Massachusetts – Finder Tool

Website: <https://www.hospicefed.org/>

Socializing and Connecting

Adult Day & Adult Day Health Programs: Adult Day Services provide coordinated services for adults in community-based group settings. Services include social activities, transportation, meals and snacks, personal care, and therapeutic activities. They generally operate on during normal business hours Monday through Friday, with some offering evening and weekend services. To locate a program near you, start here:

Your Local Elder Services organization

Website: <https://www.mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts>

National Eldercare Locator

Phone: 1-800-677-1116

Website: https://eldercare.acl.gov/public/resources/factsheets/adult_day_care.aspx

National Adult Day Services Association

Phone: 1-877-745-1440

Website: www.nadsa.org/locator/

Alzheimer's Buddies: Pairs college students with individuals living with dementia for weekly visits to improve care and quality of life.

Harvard College: alzheimersbuddies@pbha.org

Boston College: bostoncollege@alzbuddies.org

Wellesley College: wellesley@alzbuddies.org

Comfort for Critters: Volunteers create handmade blankets to comfort homeless pets living in animal shelters (knitted, crocheted, sewn, quilted, or made with fleece).

Website: <https://comfortforcritters.org/>

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Last Updated 10/24/22

FriendshipWorks: Trained volunteers provide support and companionship to seniors and disabled adults living in the Boston area. Programs include Friendly Visiting, PetPals, the "Strong for Life" in-home exercise program, health communication workshops, medical escorts and other short-term or one-time assistance such as de-cluttering, simple home repairs, and transportation.

Phone: 617-482-1510

Website: www.fw4elders.org

Memory Cafés: Comfortable, social gatherings for people with memory loss or other brain disorders and their caregivers to connect, socialize, and build new support networks. Free of charge. Some locations focus on education, while others focus on activities.

In-Person Café Directory

Website: <https://www.ifcsboston.org/Our-Services/Older-Adults/Alzheimers-Related-Disorders-Family-Support/Directory-of-Memory-Caf%C3%A9s-in-Greater-Boston>

Virtual Memory Café Directory

Website: <https://www.memorycafedirectory.com/cafe-connect/>

Museum of Fine Arts: Monthly, virtual, interactive tours of objects in the MFA's collection for people with memory loss or dementia who live at home and their care partners.

Website: <https://www.mfa.org/visit/accessibility/programs>

Music & Memory: Evidence-based programming to engage those with cognitive and/or physical conditions using personalized playlist(s).

Website: <https://musicandmemory.org/>

The Nature Connection: Programs that use nature to improve the well-being of individuals and communities true engagement in the present and lively interaction with peers.

Phone: 978-369-2585

Website: <https://www.nature-connection.org/programs-for-elders/>

Senior Centers: Social, educational, and resource hubs for older adults in local municipalities or town. Services include activities, classes, counseling and support groups, volunteer opportunities, meal programs, and other social services. Most often found in the same location as your local Council on Aging.

Website: www.mass.gov/councils-on-aging-senior-centers

StoryCorps: working towards preserving and sharing humanity's stories to build connections between people and create a more compassionate world.

Website: <https://storycorps.org/>

TimeSlips: Bringing meaning and purpose into the lives of elders through creative engagement.

Website: <https://www.timeslips.org/>

Communication Platforms for Family and Friends

These app and/or website offer an online location to organize helpers to share pertinent information/updates, organize care needs (including meals, rides, or other tasks), and space to share stories and/or words of encouragement.

- **CaringBridge**
Website: <https://www.caringbridge.org/>
 - **Caring Village**
Website: <https://www.caringvillage.com/>
 - **Lotsa Helping Hands**
Website: www.lotsahelpinghands.com
-

Geriatric Care Managers

A professional Geriatric Care Manager (GCM) is usually a licensed registered nurse or social worker who specializes in geriatrics. The geriatric care manager works with you and your family to identify needs and find ways to meet them. This may include a one-time consultation or on-going connection to plan for current and future care. GCMs are often paid fee-for-service. Here are some GCM resources:

2 Sisters Senior Living Advisors

Address unknown

Phone: 617-701-7007

Fax: unknown

Email: info@2sisters-sla.com

Website: <https://www.2sisters-sla.com>

Clear Guidance

47 River Street, Suite 210

Wellesley, MA 02481

Phone: 339-777-5919

Fax: unknown

Email: jenniferpilcher@clearguidance.org

Website: <https://www.clearguidance.org>

Hebrew Senior Life:

1200 Centre Street

Boston, MA 02131

Phone: 617-363-8000

Fax: unknown

Life Care Advocates

180 Wells Avenue, Suite 101

Newton, MA 02459

Phone: 617-928-0200

Fax: 617-244-0884

Email: info@lcadvocates.com

Website: <https://www.lcadvocates.com/>

MGH Prime Care

3 Hawthorne Place, Suite 102

Boston, MA 02114

Phone: 617-726-4488

Fax: 617-726-6681

Email: MGHPrimeCare@partners.org

Website: <https://www.massgeneral.org/primecare>

Overlook CARE

Street address unknown

Accord, MA 02018

Phone: 844-533-0901

Creator & Editor: Karin Wannamaker, MSW, LICSW

Last Updated 10/24/22

Email: unknown

Website:

<https://www.hebrewseniorlife.org/blog/what-aging-life-care-manager>

Jewish Family & Children's Services

1430 Main Street

Waltham, MA 02451

Phone: 781-647-JFCS (5327)

Fax: unknown

Email: info@jfcsboston.org

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

Fax: 888-972-4504

Email: Unknown

Website: <https://care-elderspecialist.com/>

Other GCM Resources:

Your local Councils On Aging

Your town's COA may offer short-term geriatric care management to residents. To find your local COA's contact information here: <https://mcoaonline.com/>

Administration on Aging (AoA) Eldercare Locator

Phone: 1-800-677-1116

<https://eldercare.acl.gov/Public/Index.aspx>

Housing for Low-Income Individuals and Families

ABCD (Action for Boston Community Development): This agency helps with navigating paperwork and procedures related to subsidized housing.

Phone: 617-348-6000

Website: https://bostonabcd.org/service_categories/housing/

Boston Center for Independent Living: Non-profit serving those with disabilities; offers housing workshops the first and third Wednesday of every month from 10am-12pm that cover affordable housing options in the Boston area, how to apply for subsidized housing, and where to look for housing.

Phone: 617-338-6665

Website: <https://bostoncil.org/direct-services/housing/>

Housing Authority: State-aided public housing includes low-income family, elderly, and disabled housing in buildings owned by Local Housing Authorities (LHAs) throughout 240 cities and towns in Massachusetts. Low-income households are typically eligible if they earn no more than 80% of the median income (as of April 1, 2021)

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Last Updated 10/24/22

Website: <https://www.mass.gov/doc/champ-application-form-english/download>

Mass Access Housing Registry: Free resource that helps people with disabilities find affordable rental housing and homeownership opportunities in Massachusetts.

Phone: 617-742-0820

Website: <https://www.massaccesshousingregistry.org/>

Massachusetts Department of Housing and Community Development (DHCD): Resources for low- and moderate-income MA residents seeking information on housing.

Phone: 617-573-1100

Website: <https://www.mass.gov/guides/a-guide-to-obtaining-housing-assistance>

Metro Housing Boston: Offering rental voucher housing assistance program.

Phone: 617-859-0400

Website: <https://www.metrohousingboston.org/>

National Eldercare Locator: A public service of the U.S. Administration on Aging connecting older adults and their families to services and local resources.

Phone: 1-800-677-1116

Website: www.eldcare.acl.gov

Nuestra Comunidad Housing Resources Services Program: Information and assistance, advocacy and placement services for elderly individuals and families at risk of homelessness and/or evictions.

Phone: 617-427-3599

Website: www.nuestracdc.org

Home Modification and Repair

Ensuring Stability through Action in our Community (ESAC): Home repair and home rehabilitation projects for persons age 62+ or with disability. Homeowners must be low- or moderate income and live in: Allston, Brighton, Hyde Park, Jamaica Plain, Mattapan, Roslindale, or West Roxbury.

Phone: 617-524-2555

Website: <https://www.esacboston.org/home-repair>

GetATstuff (Assistive Technology Exchange of New England): Free assistive device exchange program to connect people in need of used assistive technology sellers or donors.

Phone: 1-877-508-3974

Website: <https://getatstuff.massmatch.org>

HouseWorks: Home-modification team supplies and installs the best available adaptive equipment, including grab bars, handheld showers, transfer aids, and interior/exterior railings; also offers, de-cluttering and heavy cleaning.

Phone: 617-928-1010

Website: www.house-works.com

Massachusetts Assistive Technology Loan Program: Operated by Easter Seals Massachusetts to give people with disabilities and elders access to low-interest cash loans so they can purchase assistive devices and services.

Phone: 1-800-244-2756

Website: www.easterseals.com/ma/our-programs/assistive-technology/loan-programs.html

Massachusetts Rehabilitation Commission – Home Modification Loan Program (HMLP): Provides no-interest loans to qualifying households so they can modify homes of adults and children with disabilities. Eligibility is based on total gross household income, property must be the applicant’s primary residence, and modifications must improve safety in the home as relates to their specific disability.

Phone: 617-204-3739

Website: www.mass.gov/home-modification-loan-program-hmlp

Senior Home Repair Loan Program: The Boston Home Center works with several neighborhood agencies to assist with minor to larger home repairs. This program offers zero-percent (0%), interest-deferred loans for older homeowners. To be eligible, applicants must be at least 62 years old, own and live in a one- to four-family home in the city of Boston, owe no outstanding tax payments, be current on their household water bill, and have a household income 80% or lower than area median income.

Phone: 617-635-4663

Website: www.boston.gov/departments/neighborhood-development/how-apply-senior-home-repair

Food, Utility, and Other Basic Needs

Department of Transitional Assistance (DTA): Helps individuals and families with low-income status to meet their basic needs, improve quality of life, and achieve long-term economic self-sufficiency. Services include: SNAP, disability access, and emergency aid for the elderly, the disabled, and children.

Phone: 1-800-249-2007

Website: www.mass.gov/orgs/departments-of-transitional-assistance

Food Banks/Project Bread Food Source Hotline: For those facing immediate hunger, a local food bank can offer free food or information on other local food pantries/programs.

Phone: 1-800-645-8333

Website: www.mass.gov/how-to/find-a-local-food-bank or www.gbfb.org

Low Income Home Energy Assistance Program (LIHEAP): Assists with the cost of winter heating bills for eligible households. Eligibility is based on household size and gross annual income of every household member 18+. Household income cannot exceed 60% of estimated state median income.

Website: www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap

Supplemental Nutrition Assistance Program (SNAP): This program, formerly known as Food Stamps, helps people of low-income status purchase nutritious food. Eligibility is based on household size and gross annual income of every household member 18+.

Phone: 1-866-950-3663

Website: www.mass.gov/how-to/apply-for-snap-benefits-food-stamps

Transportation

Councils On Aging (COAs): Some municipal (or town-based) agencies provide local transit and/or taxi vouchers for a reduced fee. COAs are most often found in the same location as your local Senior Center.

Find your local COA here: <https://mcoaonline.com/what-is-a-coa/coa-directory/>

PT-1: MassHealth provides non-emergency medical transportation for both ambulatory and non-ambulatory MassHealth members who are going to MassHealth-covered services. This is a curb-to-curb service, meaning MassHealth members should be able to exit the vehicle and get to their appointments without the help of the driver. Members may bring someone to help them. Advance notice is required.

Phone: 1-800-841-2900

Website: www.mass.gov/how-to/how-to-complete-and-submit-or-view-the-pt-1-online

The RIDE: The RIDE paratransit service provides door-to-door, shared-ride transportation to eligible people who can't use the subway, bus, or trolley due to temporary or permanent disability.

Phone: 617-337-2727

Website: www.mbta.com/accessibility/the-ride

Ride Sharing Services (Uber, Lyft, etc): These services arrange transportation on short notice with prescreened drivers. Users must create an account through the website or download the app of each service, and must enter a credit or debit card number and the destination to request a ride.

Websites: www.uber.com or www.lyft.com

- **GoGo Grandparent:** Orders and monitors rides through ride-sharing services, so a smartphone is not needed to use the service. This program does charge operator and oversight fees in addition to the ride-share network's fare.

Phone: 1-855-464-6872

Website: www.gogograndparent.com

Taxi Services

- Jeff's Transportation Services
Phone: 617-325-8144
Website: www.jeffstransportation.com

- Independent Taxi
Phone: 617-268-1313
Website: www.itoataxi.com

- Metro Cab of Boston
Phone: 617-782-5500
Website: www.metro-cab.com

- Parkway Cab Inc.
Phone: 617-593-3762
Website: <https://parkway-cab-inc.business.site>

LEGAL & FINANCIAL PLANNING RESOURCES

Legal and financial matters are something all of us should consider at any age. Planning for the future becomes more important as we age - even more so when we are diagnosed with a progressive cognitive disorder. While we may know this kind of planning is necessary it can feel overwhelming at times. Starting early allows the person with the dementia to participate in the planning process and share their wishes regarding estate planning, advance directives, employment transitions, and health insurance. The following resources may be helpful starting points.

General Information & Referral

American Association of Retired Persons (AARP): Organization devoted to empowering Americans aged 50 and older with health and financial tools, volunteering opportunities, and travel and restaurant discounts.

Phone: 1-888-687-2277

Website: www.aarp.org

Boston ElderINFO: Advocacy, information, referral, and caregiver resources for Boston elders.

Phone: 617-292-6211

Website: www.elderinfo.org

National Eldercare Locator: A public service of the U.S. Administration on Aging, connecting older adults and their families to services and local resources.

Phone: 1-800-677-1116

Website: <https://eldercare.acl.gov>

Financial

American Institute of Certified Public Accountants: Volunteer-based agency devoted to helping Americans understand personal finances and develop money-management skills, including retirement and planning for long-term care.

Phone: 1-888-777-7077

Website: www.360financialliteracy.org

Financial Planning Association of Massachusetts: Member-based agency establish personal and financial goals and create ways to reach them.

Phone: 781-207-0248

Website: www.fpanewengland.org

New England Pension Action Center: Pension lawyers and counselors answer questions related to pensions or private retirement plans free of charge. Recipients must reside in New England, and pension and/or

retirement plans must be from New England employers. (Program is affiliated with McCormack Graduate School of Policy & Global Studies at UMass Boston.)

Phone: 1-888-425-6067

Website: www.umb.edu/pensionaction

Social Security Administration & Applying for SSDI: The US Social Security Administration administers a social insurance program consisting of retirement, disability, and survivor benefits.

To apply for disability: <https://www.ssa.gov/applyfordisability/>

Phone: 1-800-772-1213

Website: www.ssa.gov

Health Insurance

Brigham & Women's Hospital Government Program: Resources for patients of BWH patients (in-patient or outpatient services) to help with applications to government-based programs, like MassHealth.

Phone: 617-732-7005

Website: <https://www.partners.org/Assets/Documents/For-Patients/Financial-Assistance-Billing/Patient-Financial-Services-Information.pdf>

Center for Medicare and Medicaid Services (CMS): Federal agency that administers the Medicare program and works in partnership with state governments to administer Medicaid/MassHealth.

Phone: 1-877-267-2323 (CMS), 1-800-633-4227 (Medicare)

Website: www.mass.gov/information-for-masshealth-applicants (CMS), www.medicare.gov (Medicare)

MassHealth: Provides health benefits and help paying for them to qualifying children, families, older adults, and people with disabilities who live in Massachusetts. Benefits may cover all or part of health insurance premiums. Eligibility is based on income and residence. Waivers are available for certain populations, including those 65 and above and/or with disabilities.

Phone: 1-800-841-2900

Website: www.mass.gov/orgs/masshealth

SHINE (Serving the Health Insurance Needs of Everyone): Free health insurance information, counseling, and assistance to all Massachusetts residents with Medicare

Phone: MassOptions 1-800-243-4636

Website: www.mass.gov/health-insurance-counseling

Legal

Living Wills & Health Care Proxy forms complimentary through Mass General Brigham

Website: <https://www.brighamandwomens.org/patients-and-families/patients/health-care-proxies-and-living-wills>

Massachusetts Attorney General - Elder Hotline: Volunteers can help find answers, resolve disputes with businesses, and assist with theft/scams, debt collection, abuse/exploitation, health insurance, and housing issues.

Phone: 1-888-243-5337

Website: www.mass.gov/service-details/the-attorney-generals-elder-hotline

Massachusetts Legal Assistance Corporation: Legal information and resources for low-income Massachusetts residents

Phone: 617-367-8544

Website: www.mlac.org

National Academy of Elder Law Attorneys (NAELA): Directory of elder-law attorneys who are members of NAELA experienced and trained in the legal problems of older adults and individuals of all ages with disabilities.

Phone: 703-942-5711

Website: www.naela.org

Senior Resource Center, Inc: Offers comprehensive solutions for care coordination, financial protection, Medicaid/MassHealth Planning and legal service coordination.

Phone: 1-888-869-6295

Website: <https://helpingelders.com/>

Super Lawyers: An online rating service of outstanding lawyers who have attained a high degree of peer recognition and professional achievement.

Phone: none available

Website: www.superlawyers.com/

CULTURALLY CENTERED SERVICE RESOURCES

The following resources and community agencies offer services for individuals and families within diverse populations.

2Life Communities: Affordable, non-sectarian housing for independent elders in the Greater Boston area with programs and services designed to enhance and facilitate healthy aging

Phone: 1-617-912-8400

Website: <https://2lifecommunities.org/about>

Asian Center of Merrimack Valley, Inc.: Services for Cambodian, Chinese and Vietnamese elders. Monthly groups to share meals, socialize, receive basic medical screenings, and hear speakers on health issues and services available to seniors. Field trips and social events for Vietnamese and Cambodian New Year celebrations.

Phone: 1-978-683-7316

Asian American Civic Association (AACA): Housing counseling, Social Security assistance and help for older adults who want to fill out forms and read letters.

Phone: 617-426-9492

Website: www.aaca-boston.org

Catholic Charities, Archdioceses of Boston: Social-service programs for elders throughout Eastern Massachusetts: home-visiting programs, adult day health, visiting nurse services, foster grandparents program, support programs for grandparents raising their grandchildren; support with food, fuel, utility, and rental assistance.

Phone: 617-464-8500

Website: www.ccab.org

Greater Boston Chinese Golden Age Center: Services for Chinese-speaking Asian elders: nutrition, adult day health, elder-at-risk, personal emergency response buttons, transportation and congregate housing.

Phone: 617-357-0226

Website: www.gbcgac.org

Haitian American Public Health Initiative (HAPHI): Services for members of the Haitian community and Haitian elders with limited English proficiency: information on health, skill-building, eligibility for Medicare and MassHealth, community outreach, advocacy, referral, education, and support services for elders.

Phone: 617-298-8076

Website: www.haphi.org

Inquilinos Boricus en Acción (IBA): Services for low-income Latino elders: home visits, advocacy, outreach, translation, and interpretation.

Phone: 617-927-1707

Website: <https://ibaboston.org>

Creator & Editor: Karin Wannamaker, MSW, LICSW

Last Updated 10/24/22

Islamic Multi-Service Organization: Services for Islamic families of all ages. "Elder Dignity Program" that links elders to critical support services.

Phone: 617-442-4676

Website: www.umma-united.com

Jewish Family and Children's Services: Services for elders of all faith traditions: information, referrals, and services for home care, health care, geriatric care management, long-term care, and guardianship issues.

Phone: 781-647-5327

Website: www.jfcsboston.org

La Alianza Hispana, Inc.: Services for the Latino community of greater Boston. Computer courses, a theater group, a handcrafts workshop, and other recreational activities, as well as health orientations, translation & interpretive services, transportation arrangements and hot lunches.

Phone: 617-427-7175

Website: www.laalianza.org

LGBTQIA+ Aging Project: Services for those identifying as LGBTQIA+ populations and their communities including training and education, programming and support groups, and information and referral services.

Phone: 857-313-6590

Website: <https://fenwayhealth.org/the-fenway-institute/lgbtqia-aging-project/>

Massachusetts Alliance of Portuguese Speakers (MAPS): Services for Brazilian, Cape Verdean, Portuguese, and other Portuguese-speaking communities: nutritious lunches, social and educational activities, health screenings, and other activities at the Cambridge Senior Center.

Phone: 617-864-7600

Website: www.maps-inc.org

National Resource Center on LGBTQ+ Aging: Provides training, technical assistance, and education resources to aging provider, LGBTQ+ organizations, and LGBTQ+ older adults; their website offers robust educational and community resource linkage.

Phone: 212-741-2247

Website: <https://www.lgbtagingcenter.org/>

SAGE's National LGBTQ+ Elder Hotline: 24/7 Hotline in English and Spanish for older LGBTQ+ people or caregivers who need comfort and/or support services; hotline responders are certified in crisis response, offering support, information, and referral services.

Phone: 877-360-5428

Website: www.sageusa.org

Vietnamese American Civic Association, Inc. (VACA): Weekly social and educational services for Vietnamese elders at the Mystic Valley Elder Services Center.

Phone: 617-288-7344

Website: www.vacaboston.org

ALZHEIMER'S & RELATED DEMENTIA RESOURCES

Alzheimer's Association

Phone 24/7 Helpline 1-800-272-3900

Care Consultation Services: https://www.alz.org/manh/helping_you/care_consultation

Website: www.alz.org

Alzheimer's Foundation of America

Phone: 1-866-232-8484

Website: <https://alzfdn.org>

Association for Frontotemporal Degeneration

Phone: 1-866-507-7222

Email: info@theaftd.org

Website: <https://www.theaftd.org>

Dementia Friendly MA

Website: <https://dfmassachusetts.org/>

Lewy Body Dementia Association

Phone: 1-800-539-9767

Website: www.lbda.org

MADRC – Massachusetts Alzheimer's Disease Research Center

Phone: 617-278-0600

Website: www.madrc.org/welcome/

Purple Table

Website: <https://www.purpletables.com/>

Research Opportunities

Alzheimer's Association

Phone: 1-800-272-3900

Website: <https://www.alz.org/research>

Boston University Alzheimer's Disease Research Center

Phone: 857-364-2140

Website: <https://www.bu.edu/alzresearch/>

Center for Alzheimer Research (CART)

Phone: 617-732-8085

Creator & Editor: Karin Wannamaker, MSW, LICSW

Last Updated 10/24/22

Website: <https://www.brighamandwomens.org/research/labs-and-projects/cart/center-for-alzheimer-research-and-treatment>

Massachusetts Alzheimer’s Disease Research Center

Phone: 617-278-0600

Website: <https://www.madrc.org/>

National Institute on Aging – Alzheimer and Related Dementia Clinical Trial Finder

Website: <https://www.alzheimers.gov/clinical-trials>

CAREGIVER SPECIFIC RESOURCES

Caregiver Skills and Education

AARP's Caregiving Tools: Includes information and referral, medical and legal considerations, life balance, and local resources.

Website: <https://www.aarp.org/caregiving/caregiving-tools/>

Alzheimer's Association Education Center: Through the website and your local chapter, the Alzheimer's Association offers many educational training programs to increase one's understanding of dementia and various topics.

National Website: <https://training.alz.org/>

MA/NH Branch: <https://www.alz.org/manh>

Alzheimer's Prevention Registry: Offers online educational programming to learn more about disease progression, strategies to address behaviors, and future care planning considerations.

Website: <https://www.endalznw.org/alzheimers-prevention-101/resources-for-alzheimers-caregivers>

BWH CBMM Dementia Caregiver Skills & Wellness Program: Run through BBNG, this is a 1hr, 6 session group where caregivers of BBNG patients with dementia can join to learn more about the disease and what to expect, communication & behavioral strategies, and considerations for wellness along this journey. This group is for people who are new to dementia and those who are looking for a refresher. Our goal is for caregivers to finish their time with greater confidence with added tools & understanding along with a sense they are part of a greater community. Registration is required and health insurance is billed. Groups are capped at 12 people and currently held via Zoom.

To register, please request a referral from your person's BWH neurologist.

Dementia Care Collaborative: This is a program offered through MGH providing various educational and support opportunities for those caring for someone with dementia. Programming is available for patients of MGH and programming available for those in the community at large.

Phone: 617-724-0406

Email: dementiacaregiversupport@mgh.harvard.edu

Website: <https://dementiacarecollaborative.org/>

Embodied Labs: Offers virtual reality modules to better understand a wide range of medical conditions (including Dementia) to explore another person's lived experience as a way to better connect, engage, and relate to the person with the medical condition. There may be a cost associated with this program.

Website: <https://embodiedlabs.com>

Website for Seniors Helping Seniors <https://shsboston.com/2021/04/embodied-labs/>

Powerful Tools for Caregivers: A six-week educational series led by trained facilitators for caregivers of those with long-term health conditions using a standardized curriculum. Powerful Tools helps caregivers develop

Creator & Editor: Karin Wannamaker, MSW, LICSW

Last Updated 10/24/22

skills and confidence to better care for themselves while caring for others. Weekly topics range from reducing stress, communication, and mastering caregiving decisions. The curriculum is available in English, French, Korean, and Spanish via virtual or in-person platforms.

Phone: 515-294-8521

Email: ptcaregivers@iastate.edu

Website: www.powerfultoolsforcaregivers.org

The Savvy Caregiver: This 6-session training is designed for caregivers who assist family members or friends with Alzheimer’s Disease and other Dementias. Attendees can expect to increase their skills and knowledge of caregiving, understand the dementia disease process and it’s progressive cognitive losses, gain confidence to effectively address dementia behaviors, learn effective ways to increase family and friend engagement and reduce impacts of caregiving on the caregiver. The course is free to all caregivers but requires registration.

Website: To find a program near you, click here: <https://www.mass.gov/news/training-for-families-caring-for-individuals-living-with-dementia>

UCLA Program: UCLA Alzheimer’s and Dementia Care program produces a series of training videos to support caregiver’s increased understanding around challenging behaviors, hands-on-care, and care decisions.

Website: <https://www.uclahealth.org/dementia/caregiver-education>

Caregiver Support, Information and Referral

Find a Dementia Caregiver Support Group: Joining a caregiver support group with a dementia focus can lend to increasing your sense of community, receiving practical advice, and learning about community resources. It is important to know that not all support groups are the same, so you may want to shop around until you find the right fit for you and your needs. Here are a few starting points to find a group close to you:

- Alzheimer’s Association - <https://www.alz.org/help-support/community/support-groups>
- Family Caregiver Alliance - <https://www.caregiver.org/taxonomy/term/80>
- MA Family Caregiver Support Alliance - <https://www.mass.gov/family-caregiver-support-program>
- Your Local Elder Service Organization - <https://contactus.800ageinfo.com/FindAgency.aspx>
- Your Local Council on Aging/Senior Center - <https://mcoaonline.com/what-is-a-coa/coa-directory/>

Alzheimer’s Family Support Center of Cape Cod: AFSCCC provides educational support to families, professionals and individuals living with Alzheimer’s and other dementia-related diseases. Services include support groups, consultations, care planning, phone support, education, and social & cultural programming.

Phone: 508-896-5170

Email: info@capecodalz.org

Website: <https://www.alzfamilysupport.org/>

Boston Senior Home Care: This agency provides older adults and those with disabilities with social services and resources to live safely and independently in their place of choice. Additionally, they offer a variety of caregiver supports through support & skill-based groups, services & tools, and case management.

Phone: 617-451-6400

Website: <https://www.bshcinfo.org/>

Family Caregiver Toolbox: Sponsored through the Caregiver Action Network, this resource offers caregivers a variety of self-led online options for resources, education, and community building. There is also an online chat option.

Phone: 855-227-3640

Website: <https://www.caregiveraction.org/family-caregiver-toolbox>

Family Caregiver Support Program: Family caregiver specialists can support linkage to community resources and services, offer one on one counseling and group training or support groups, and coordinate respite care. Service offered free of charge to MA residents.

Website: <https://www.mass.gov/family-caregiver-support-program>

HFC (Hilarity for Charity): Non-profit organization offering online support groups, webinars & workshops, and respite programming.

Website: <https://wearehfc.org/programs/>

MGH Dementia Care Collaborative: Provides educational programming, workshops, and monthly support groups to patients, caregivers, and healthcare providers coping with dementia.

Website: <https://dementiacarecollaborative.org/>

VA Caregiver Support Program: Program for qualifying veterans and their caregivers offering education, respite, and long-term care planning. Eligibility is based on income, age (65+) or disabled, served 90 days of active duty with one day during a period of war. Claims are processed on a first come, first serve basis.

Phone: 857-364-3366 (VA Boston - West Roxbury Campus)

Website: <https://www.caregiver.va.gov/>

Caregiver Wellness

Ageless Grace Exercise with Norie Mozzone: Sponsored through MGH's Dementia Care Collaborative, YouTube videos leading listener through movements that address coordination, mobility, flexibility, confidence and more.

Website: <https://www.youtube.com/watch?v=Lyv2tD3R2Es>

The Helm: Online source of connection and learning for dementia caregivers. This website is designed for the reader to learn by seeing how other caregivers navigated decisions and connecting with their person. There are scratchpads to design your own strategies and peer coaching available for free via texting capabilities.

Email: hello@takethehelm.us

Website: <https://www.takethehelm.us>

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Last Updated 10/24/22

Life Enhancing Activities for Family Caregivers (LEAF): Pilot program through NWU & UCSF for family caregivers of people with Alzheimer's disease. Six positive emotion-based skill-building sessions, offered through one-on-one video sessions or via a self-guided platform. Study consists of one-hour long sessions per week for six weeks to learn skills, nightly home practice, and online surveys. Must have consistent access to a reliable wi-fi connection, tablet will be provided through study.

Phone: 312-503-5247

Email: LEAFstudy@northwestern.edu

Website: <https://leafstudy.ucsf.edu>

Partnering with Poise: Caring for the Care Partner: 10-week course utilizing the Alexander technique to focus on the needs of the care partners of people living with all forms of dementia. The Alexander technique is a method to change the movement habits of our everyday activities in efforts to feel better and relieve tension. Sponsored by the Alzheimer's Foundation of America.

Website: <https://www.thepoiseproject.org>

Flyer: <https://www.emorycaregiving.org/wp-content/uploads/2021/09/Partnering-with-Poise-AFA-September-Flyer.pdf>

Relaxation for Caregivers by Family Caregiver Alliance: Learning and engaging in relaxation techniques can be one of many tools to aid in positively managing caregiver stress. This 7-part series via the Family Caregiver Alliance's YouTube channel.

- 1) Introduction: <http://bit.ly/1IntroRelax>
- 2) Deep Breathing: <http://bit.ly/2DeepBreathe>
- 3) Triangle Breathing: <http://bit.ly/3TriangleBreathe>
- 4) Muscle Relaxation: <http://bit.ly/4MuscleRelax>
- 5) Imagery Meditation: <http://bit.ly/5Imagery>
- 6) Guided Imagery: <http://bit.ly/6Guided>
- 7) Mindfulness Meditation: <http://bit.ly/7Mindfulness>

Virtual Hope Box: A free smartphone app that can be personalized to support the user's management of caregiver stress, discouraging hopelessness, and breaking the cycle of negative thoughts. App has relaxation exercises, inspirational quotes, coping cards, and quick games for distraction.

Website: https://dailycaring.com/manage-caregiver-stress-with-a-useful-smartphone-app/?utm_source=DailyCaring&utm_campaign=6cb8801f39-DC_Email_2021-02-17&utm_medium=email&utm_term=0_57c250b62e-6cb8801f39-123146189

Helpful Books (additional suggestions on CBMM's website)

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Other Dementias, and Memory Loss by Nancy L Mace, MA and Peter V. Rabins, MD, MPH

The DICE Approach: Guiding the Caregiver in Managing the Behavioral Symptoms of Dementia by Helen C. Kales, Laura N. Gitlin, PhD., and Constantine G Lyketsos, MD, MHS

Creator & Editor: Karin Wannamaker, MSW, LICSW

Last Updated 10/24/22

Learning to Speak Alzheimer's, by Joanne Koenig

The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself by Linda Abbit

Forgetting Memory: Creating Better Lives for People with Dementia by Anne Davis Bastin

Montessori Works for Dementia: Everyday Activities for People Living with Dementia by Stephen & Bernadette Phillips