



*Making Harpswell
Home for a Lifetime*

Health and Wellness Services Referral List

As we age, our need for health and wellness services begins to increase. Harpswell Aging at Home developed a list of a variety of health and wellness services available to Harpswell seniors.

Most of these services have a cost, some of which are on sliding scales. A few of the services are free. There are several organizations listed in some of the categories, and you are encouraged to contact more than one to find one that is best suited to your needs.

HAH volunteers called these organizations to obtain as much information as possible about their services. This list was reviewed by several HAH volunteers who are either retired, or currently working, healthcare professionals, all of whom live in Harpswell or provide services in Harpswell.

Selecting a Provider

Many of the services related to health and wellness require that the provider comes into your home. We have completed as comprehensive a list as possible. We recommend that you take at least the following steps when you select a worker for a specific service:

1. Any worker who comes into your home should have a background check and be bonded/insured.
2. Make sure you are very clear about what you want them to do.
3. Ask about the cost of the services (usually an hourly charge).
4. Ask your friends, neighbors, members of your church, etc. if they have used this provider and if they were satisfied with the service they provided.
5. When a license is required, ask if their license is current. In general, medical homecare providers must be licensed.

Additional help is available at Maine Guidelines for Screening In-Home Personal Caregivers at: <http://www.mecasa.org/wp-content/uploads/2016/04/finalguidelines.pdf>

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General Information Regarding Services

Maine's Aging and Disability Resource Center (ADRC) also known as **Spectrum Generations**

This agency is an initiative of the U.S. Department of Health and Human Services. The ADRC provides answers to questions about aging and disability resources. This includes providing information and referrals to services available in the community such as transportation, housing, home care, fall prevention, managing chronic diseases, Alzheimer's respite services, and employment training. They provide Medicare counseling, benefits check-up, wellness and lifelong learning, long-term care counseling, caregiver support services, assistive technology and tools, and food services.

Contact: (207) 729-0757 For an appointment in Brunswick
(877) 353-3771 Main office
www.adrcmaine.org
Brunswick office located in the People Plus building
35 Union Street
Brunswick, ME 04011

Cost: Services are **free** for anyone more than 60 years old.

Long-Term Care Ombudsman Program

The organization is a non-profit whose mission advocates for quality of life and care for long-term care consumers. They investigate complaints and assist consumers in exercising their rights in regard to residential care facilities, assisted living facilities, recipients of home care services, adult day services and homemaker services.

Contact: (800) 499-0229
(207) 621-1079
Email: MLTCOP@MaineOmbudsman.org
61 Winthrop Street
Augusta, ME 04330

Cost: Services are **free**.

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Aids for Safety and Emergency Care

File of Life

The File of Life (FOL) program provides critical medical information to emergency response personnel during a medical emergency. The program is offered free to persons 60 years and older. Through participation in the program, FOL will provide valuable medication information that will be readily available to first responders if it is needed during an emergency home visit.

Contact: Art Howe, Harpswell Town Office
(207) 833-5771 ahowe@town.harpswell.me.us

Cost: This is a free service.

SecureCare (Call Button System connected to our local emergency responders and Mid Coast Hospital.)

This is an emergency device that can be worn on your wrist or as a necklace to be used in case of an emergency in the home, such as a fall, medical emergency, fire, or other emergency. It is important to note that this device requires a telephone on a landline rather than a cell phone to function properly. The Lifeline device works only in and around the home. It is not effective away from home.

Contact: (207) 373-3635
www.midcoastseniorhealthcenter.com
58 Baribeau Drive
Brunswick, ME 04011

Cost: There is no installation fee. Please call for current costs. Scholarships provided by Mid Coast Parkview Health may allow a sliding scale from \$0 to \$21.

The Good Morning Program

Offered in partnership by People Plus and the Brunswick Police Department, this program offers a **free** daily call-in check-in service to anyone who registers.

Eligibility: Lives alone or is recovering from a medical condition, or is an isolated caregiver.

Questions: Contact People Plus at 729-0757 or the non-emergency number for the Brunswick Police Department at 725-6621, extension 4310.

Contact: (207) 729-0757
People Plus, Inc.
35 Union Street
Brunswick, ME 04011

Cost: This service is **free**.

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Hearing Aids and Related Technology

Berrie's Hearing and Optical Center

Offers People Plus members a 10% discount on the retail price of hearing aids.

Contact: (207) 725-5952
www.berriesopticians.com
86 Maine Street
Brunswick, ME 04011

Mary's Affordable Hearing Aids

Hearing evaluations and hearing aid fittings in the comfort of your own home with licensed hearing specialist Mary Marino. Free hearing exam, quality hearing aids at affordable prices, personalized service. Over 10 years of experience, satisfaction guaranteed, 30-day trial period.

Contact: (781) 249-5330
www.marysaffordablehearingaids.com
12 Spring Street
Richmond, ME

Free Telephones for Hearing Impaired

CaptionCall

It is similar to captioned television, but is a special telephone. Call for information and to obtain a professional certification form to be completed by the individual's hearing care or healthcare provider.

Contact: (877) 557-2227
www.captioncall.com

Cost: The telephone, delivery, installation, in-home training and on-going support are **free**. This program is supported by Federal Funds through the Americans with Disabilities Act for individuals with certified hearing loss.

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Dental Services

University of New England (UNE)

The Dental Hygiene Clinic offers cleanings, sealants, and x-rays to the public, functioning as both a community and teaching resource. Our students gain practical experience working in the 20-chair clinic, while the public enjoys a variety of dental hygiene services at a greatly reduced cost. We are open September through April.

Contact: (207) 221-4900
Coleman Dental Hygiene Building
716 Stevens Avenue
Portland, Maine 04103
Cost: Reduced costs

The Oral Health Center is the clinical educational center for UNE's College of Dental Medicine. At our state-of-the-art dental clinic, UNE dental students will address all of your oral health care needs (crowns, root canals, dentures, bridges, implants, etc.) under the supervision of our licensed faculty dentists. We maintain all current clinic compliance policies required to ensure a healthy, safe environment for our patients.

Contact: (207) 221-4747
University of New England Oral Health Center
1 College Street, Portland, Maine 04103
Cost: Dental services offered at low, affordable fees. Participating provider with Northeast Delta Dental and MaineCare.

Optical Services

Berrie's Hearing and Optical Center

Contact: (207) 725-5952
www.berriesopticians.com
86 Maine Street
Brunswick, ME 04011

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Brunswick Eye Care Associates

Contact: (207) 725-2161
Brunswickeyecare.com
331 Maine St. Suite 1
Brunswick, ME 04011

Iris Network Low Vision Center

The Low Vision Center staff recommends lighting and glare solutions for the home or place of work. If seniors qualify, the center offers further training in adaptive techniques and learn about devices (writing guides, magnifiers, video magnifiers, talking pill bottles, etc.) and new technologies that will help to resume daily activities safely and independently.

Contact: [Amber Mooney](#), CRVT
Low Vision Center Coordinator
207-774-6273
800-715-0097

Maine Optometry

Offers People Plus members a 30% discount on a complete pair of glasses.

Contact: (207) 729-8474
www.maineoptometry.com
82 Maine Street
Brunswick, ME 04011

Mid Coast Eye Associates

Contact: (207) 729-7971
www.midcoasthealth.com/mcmg/eye-doctors.htm
8 Mason Street
Brunswick, ME 04011

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In Home Care (Personal Care, light housekeeping, respite)

Non-medical home care services are NOT covered by Medicare or other healthcare insurance. It is covered by some private insurances, some Long-Term Care Insurance policies, and by those who have long-term care MaineCare/Medicaid.

Aging Excellence

This agency offers non-medical in-home services, which include a variety of in-home services including respite care.

Contact: (207) 729-0991

(866) 988-0991

www.seniorsonthego.com

113 Pleasant Street

Brunswick, ME 04011

Cost: Please call to determine current pricing structure

Assisted Home Care II

This agency provides non-medical in-home services, including respite care and medication reminders.

Contact: (207) 212-6736

www.assistedhomecare.org

11 Bank Street

Brunswick, ME 04011

Cost: Private pay; please call for fees.

Catholic Charities SEARCH Program

This program offers non-medical home services to seniors, such as companionship, check-in phone calls, and transportation.

Contact: (207) 837-8810

125 Congress Avenue

Bath, ME 04530

Cost: **Free**, serving isolated seniors, especially those who cannot drive.

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Catholic Charities Independent Support Services

For seniors on limited income this program provides 2 hours per week of homemaking services on a long-term basis.

Contact: Suzanne Baribeault
sbaribeault@ccmaine.org
1-888-477-2263
(207) 837-8810
307 Congress Avenue
Portland, ME 04104

Cost: Call to determine eligibility

CHANS Home Health and Hospice - Private Duty Services (Part of Mid Coast-Parkview Health)

This agency provides a full range of homecare services including meal preparation, medication reminders, light housekeeping, laundry, bed changing, dishes, errands, grocery shopping, transportation, day and overnight companionship, dementia, and hospice (that are not covered by Medicare) and 24-hour care. RN visits for medication checks, wounds care, patient assessment, and lab draws (that are not covered by Medicare).

Contact: (207) 721-1370
www.chanshomehealthcare.com/privateduty
60 Baribeau Drive
Brunswick, ME 04011

Cost: Please call for current pricing structure

Comfort Keepers

This agency provides homemaker companion services such as meal preparation, laundry, light housekeeping, transportation, respite care for family, as well as personal care services which includes bathing, toileting, transfers, medication reminders, dementia care, and mobility assistance.

Contact: (207) 563-2273
www.damariscotta-912.com/comfortkeepers.com

Cost: Please call for current pricing structure

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EIM Care Coordination

EIM coordinates services from respite to extensive in-home services and promotes independence in the home. Services include social workers, physical therapists, registered nurses, and home care aides. The services are covered through state and federal funds for those who meet financial eligibility. Care can be provided 8-20 hours per week by trained relatives or other care givers. Trained family members will be paid. **MaineCare Required**/Call 1-855-797-4357 Option 5 to apply.

Contact: (888) 234-3920
www.eimsp.org

Cost: Please call for more information

Friends in Home Care

A+ certified agency provides the highest standard of senior care, personal care, and respite care. Professional caregivers provide a wide variety of services including companionship, light housekeeping, grocery shopping, medication reminder, errands, doctor visits, and specialty care to clients throughout the surrounding regions.

Contact: (207) 846-5525
<https://friendsinhomecare.com>

Cost: Please call for current pricing structure.

Home Instead Senior Care

Provide in-home care that includes companionship, home helper, personal services, Alzheimer's or other dementia care, prescription pick-up, hospital discharge assistance, and Hospice Care in Cumberland County.

Contact: (866-600-0441
Homeinsteadmaine.com
Email: info@homeinsteadmaine.com

Cost: Please call for current pricing structure

Linda's Home Care (Linda Adams, Owner)

This agency is bonded/insured and offers a variety of non-medical in-home services including respite care, which is provided by certified nursing assistants.

Contact: Phone/text (207) 607-9083
Fax (207) 666-1134

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Pager 580-5747

Email lahcplanning@gmail.com

Cost: Please call for current pricing structure

Neighbors, Inc.

This organization offers many types of non-medical in-home services, including respite care and medication reminders. All services are offered by the hour from 1 hour to 24 hours.

Contact: (207) 725-9444

www.neighborsinc.com

P.O. Box 728

Brunswick, ME 04011

Cost: Please call for current pricing structure

Spectrum Generations Bridges

The Bridges program offers personal support services such as homemaking, meal prep, laundry, shopping/errand service, companionship, gentle guidance/medication reminders, transportation to appointments, assistance with bathing/dressing, bedbound care, and overnight care.

Contact: 1-800-876-9212

Cost: Please call for current pricing structure

In Home Medical Care

CHANS Home Care & Hospice (Part of Mid Coast-Parkview Health)

This is an accredited home healthcare agency providing professional services including nursing, rehabilitation care, hospice, and palliative care.

Contact: (207) 729-6782

www.chanshomehealthcare.com

60 Baribeau Drive

Brunswick, ME 04011

Cost: Home healthcare services ordered by a physician are usually covered by insurance, including Medicare and MaineCare.

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Adult Day Services (Out of Home)

Brunswick Area Respite Care

This organization offers Adult Day care services for persons with the challenges of aging, Dementia/ Alzheimer's. It is a safe, stimulating, socialization and exercise program, caring for your loved one while you relax from the daily demands of caregiving. These services are referred to as "the Club". One Program/Activity Director leads all activities and is assisted by two or more volunteers per session. A session has a maximum capacity of nine (9) Participants.

The Club is open Monday through Friday.

Morning session is from 9:30 AM to 12:30 PM

Afternoon session is from 12:30 PM to 3:30 PM

(It is possible to attend one or multiple sessions or one or multiple all day sessions.)

Contact: Nancy Herk, Executive Director
Tel. (207)729-8571 or Fax. (207)729-8529
Email. info@respite-care.org

Location: Brunswick United Methodist Church
320 Church Rd.
Brunswick

Cost: Please call for current pricing structure

The organization is licensed by DHHS Maine, since 1989 as an Adult Day Services provider, and is a United Way Agency of Mid Coast Maine.

Sky-Hy Adult Day-Care

This organization offers a caring, nurturing environment with services for the elderly and other adults in need of assistance with social, spiritual, recreational, nutritional, and personal care. The goal is to foster independence and self-esteem through care and interaction utilizing structured activities that are fun as well as therapeutic. Offers family members support in meeting the needs of caring for loved ones and coping with the daily challenges associated with adult healthcare.

Contact: (207) 725-7577
Email: renew@skyhy.org

Location: 32 Sky-Hy Drive
Topsham, ME 04086

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Pharmacy Services

Foundations and Discounted Medication Programs

Some foundations and drug companies offer free or discounted medication costs. Ask your pharmacist about these options including GoodRx and PlusAgain.

Oasis Health Network, Inc.

The Oasis Community Prescription Assistance Program (CPAP) assists community members with programs that offer free or reduced cost medications excluding generic medications. This program is open to non-Oasis Clinic clients. Your PCP must refer you to this program and you must live in towns served by Oasis Free Clinics or have a provider who is located in one of the towns.

If you are on Medicare or have private insurance, have hit the 'Donut Hole', and need assistance, the CPAP program may be able to help depending on income and funds spent to date on medications. Oasis will work with you complete applications.

Contact: (207) 721-9277
Email: oasis@oasishealthnetwork.org
www.oasishealthnetwork.org
66 Baribeau Drive
Brunswick, ME 04011

Cost: Reduced fees per Pharmaceutical programs

Caregivers Support Groups

Brunswick Area Respite Care

This organization provides Alzheimer's/Dementia support groups at the United Methodist Church, address below, for family members, friends, and neighbors who provide care for persons dealing with the challenges of aging, Alzheimer's or Dementia. The groups are designed for caregivers needing resources, education and emotional support.

The groups are held the 1st and 3rd Tuesdays of every month from 9:30 AM to 11:30 AM. No reservation is required, just drop in. Care is available for a loved one while you attend the group, at no charge, advance notice is required by calling Nancy Herk at (207)729-8571.

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Contact: Nancy Herk at (207)729-8571
Location: Brunswick United Methodist Church
320 Church Rd.
Brunswick, ME

First Parish Church Caregivers Support Group

This support group is for caregivers of loved ones facing the challenges of dementia, Parkinson's and stroke. The participants are spouses, partners and parents of adult children facing these challenges. The group usually consists of six to eight participants. The facilitator is a nurse who retired, after a number of years as the Director of Wellness at the Highlands. She has facilitated the group for 15 years. There is no charge for attending the group. The meetings are held every Monday from 2:00 to 3:00 PM.

Contact: Judy Bauman, Facilitator at (207)729-1219.
Location: First Parish Church
Pilgrim House parlor
9 Cleveland Street, Brunswick

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