



# Senior Resource Guide

Harpswell Aging at Home is a community organization helping older adults address the challenges of aging at home. We want to make sure older adults can access available supports and services to help them age well at home.

Older adults thrive when we have access to information about services that can help. As we age, sometimes we need help with basic home maintenance and chores, and meeting basic needs such as food and transportation. In addition, we want more opportunities to engage with and learn from one another. Our overall goal is helping older adults find the services they need.

## **Volunteers Needed**

We need volunteers of all ages who would like to join our vibrant HAH team. There are many ways to help. We need people with organizational skills to spearhead new programs, and volunteers to work on committees. Time commitments vary, and the results are very rewarding.

**For more information, call 207-332-1640  
email [hah.maine@gmail.com](mailto:hah.maine@gmail.com)**

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## General Resources

[Spectrum Generations](#) – 1-800-639-1553  
Our local Aging & Disability Resource Center (ADRC) is Spectrum Generations. Spectrum Generations has experts who provide free answers to questions about aging and disability resources in our area and referrals to home care, home health care, long-term care and family caregiver services. ADRC staff are knowledgeable on a wide range of issues and can help you find the resources you need.

Also, visit [www.adrcmaine.org](http://www.adrcmaine.org). Resource experts have designed this site to help you find your own way to the right home care and long-term care aging and disability resources.

## Transportation

[Volunteer Transportation Network \(VTN\)](#) – 207-729-0757

VTN provides free rides within Brunswick, Harpswell, and Topsham to adult residents of those communities who are unable to drive (temporarily or permanently) and have no other access to transportation.

All VTN drivers are volunteers who have clean background and license checks. Rides are available for medical appointments, food shopping, or personal needs, and must be requested at least 3 business days in advance. Riders and drivers must register and receive ID cards.

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## Food Resources

[MidCoast Hunger Prevention Program](#) – 207-725-1151

MCHPP has many free services available to people who need help accessing food. They bring a mobile food pantry to Harpswell monthly. You can access it right at the Town Hall. Anyone who needs food can get it at the mobile pantry, and you can pick up food for an older resident who may not be able to travel. In Brunswick, MCHPP also runs a soup kitchen six days a week and has a food pantry that is open four days a week.

[Spectrum Generations](#) – 1-800-639-1553

Older residents of Harpswell can also gain access to home-delivered meals through the [Meals on Wheels](#) program run out of Spectrum Generations. To qualify, you must be 60+ or disabled and you must be homebound and unable to cook and/or shop for yourself. For older adults getting Meals on Wheels, pet food can also be delivered through their [Animeals Program](#). Those who do not qualify can purchase home-delivered meals from Spectrum. Many other free food services can be accessed through Spectrum Generations as well, including Senior Farm Share, Senior Commodity Supplemental Food Program and Supplemental Nutrition Assistance Program.

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## Legal Services

[Legal Services for the Elderly \(LSE\)](#) – HelpLine: 1-800-750-5353

LSE provides free, high quality legal services to low-income adults 60+. They provide free legal advice on health care, health insurance, Medicare (including Part D), MaineCare (Medicaid), Social Security and other public benefits, pension and retirement benefits, powers of attorney, consumer matters including credit and bankruptcy, physical and financial abuse, guardianship defense, and other issues. Clients talk with a Helpline attorney. If the problem is unresolved, the client is referred to a staff attorney.

## Fuel/Heating Assistance

[Opportunity Alliance](#) – 1-877-429-6884

Low-Income Home Energy Assistance Program (LiHEAP) provides heating assistance to income-eligible households in Cumberland County to pay for a portion of their annual heating expenses. The program provides a one-time-per-season direct payment to heat vendors for oil, kerosene, coal, pellets, wood, LP gas or electricity.

[Town of Harpswell](#) – 207-833-5771

Harpswell Heating Assistance is for people not eligible for General Assistance but who need heating assistance based on 200% of the Federal Poverty Level. This program is for heating only from September 15 to April 15.