**UUFF Resource List of Senior Supportive Services**

*Updated 2/25/19*

**Senior Services**

**Barnstable Senior Services**

**508-862-4570, 825 Falmouth Road Hyannis, MA 02601**

Transportation, housing, health care and adult day care.

[**Cape Cod Seniors**](https://capecodseniors.org/)**, Elder Services Directory for Cape Cod and The Islands**

508-394-4630 info@capecodseniors.org Information on elder services on Cape Cod and the Islands.

info@escci.org [www.escci.org](http://www.escci.org)

Stay at home Care 60 yr+ copay sliding scale

Meals on Wheels 60 yr+ donation voluntary

Family Caregiver 60 yr+ donation voluntary

Money Management 60 yr+ donation voluntary

Protective Services 60 yr+ no fee

**GIA Home Care Services**

**508-304-6985, 316 Main St #500, Worcester, MA 01608, <http://www.giahomecareservices.com/about-us/>**

GIA helps Families find Caregivers for their loved ones with long term care, residential care, senior and elderly care, home healthcare, respite care, home health services, and companionship. Adjust their schedules to accommodate your needs. Provides services where you need them – Private homes, assisted living facilities, rehabilitation centers, nursing homes or hospitals. Ongoing assessments and supervisory visits are conducted by a nurse at no additional charge. Monitor client needs, make recommendations on the level or amount of care provided, keep family members informed.

**Mashpee Council on Aging and Senior Center**

**508-539-1440, 26 Frank E Hicks Drive Mashpee, MA 02649**
The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for empowerment.

**Neighborhood Falmouth**

**508-564-7543, 20 Academy Ln, Falmouth, MA 02540. https://www.neighborhoodfalmouth.org/**

A community-based membership organization whose mission is to provide information and services that will help members live independently, safely, and comfortably in their own homes for as long as possible. Services are provided by volunteers and include light home maintenance, transportation, connections, activities, household finance help, telephone check-ins, volunteer opportunities, notarizing documents, home safety review, and emergency pet care. Annual membership fee is $600.

**Sandwich Council on Aging**

**508-888-4737, 270 Quaker Meetinghouse Road, East Sandwich, MA 02537.**
The mission of the Sandwich Council on Aging is to advocate on behalf of Sandwich elders age 60 + and their families in addressing their needs by identifying and developing resources of assistance; provide information, referral, outreach, nutrition and health services.

**Assisted Living**

[**Atria Woodbriar**](https://www.caring.com/senior-living/massachusetts/falmouth/atria-woodbriar?rth=assisted-living)

**508-339-389, 339 Gifford Street, Falmouth, MA 02540,** <https://www.atriaseniorliving.com/retirement-communities/atria-woodbriar/>

Provides independent living, assisted living, and memory care services.

[**Cape Cod Senior Residences**](https://www.caring.com/senior-living/massachusetts/bourne/cape-cod-senior-residences?rth=assisted-living) **Assisted Living**

**508-564-4474, 100 Dr. Julius Kelley Lane, Bourne, MA 02559** <https://www.seniorlivingresidences.com/communities/cape-cod-assisted-living/>

[Independent Senior Apartments](https://www.seniorlivingresidences.com/senior-living/independent-living/) and supportive [Assisted Living](https://www.seniorlivingresidences.com/senior-living/assisted-living/) allowing residents to stay within the same campus as their needs change over time.

[**Decatur House**](https://www.caring.com/senior-living/massachusetts/sandwich/decatur-house-02563?rth=assisted-living) **Assisted Living Residence**

**508-888-6404, 176 Main Street, Sandwich, MA 02563** [**http://www.decaturhouse.com/**](http://www.decaturhouse.com/)

A 23-apartment assisted living community in Sandwich Village.

[**Heritage at Falmouth**](https://www.caring.com/senior-living/massachusetts/falmouth/heritage-at-falmouth-02540?rth=assisted-living)

**508-495-1518,140 Terrace Heun Dr, Falmouth, MA 02540**

Assisted Living including diabetic care, incontinence care, and non-ambulatory care.

[**Keystone Place at Buzzards Bay**](https://www.caring.com/senior-living/massachusetts/buzzards-bay/keystone-place-at-buzzards-bay-02532?rth=assisted-living) **Assisted Living**

**774-302-4539, 218 Main St., Buzzards Bay, MA 02532** [**www.keystoneplaceatbuzzardsbay.com/**](http://www.keystoneplaceatbuzzardsbay.com/)

Rental independent living, assisted living and memory care community.  All-inclusive monthly service package. Assisted living and memory care programs provide personal care services according to each individual’s needs.

**Laurentide at Mashpee Commons**

508-539-1300, 64 Great Neck Road S, Mashpee, MA 02649 <https://northbridgecos.com/laurentide-mashpee-assisted-living-memory-care/>

Independent living, assisted living and Memory Care program.

**Sunrise of Cohassset**

**781-780-2109, [125 King St (Rt 3A) Cohasset MA 02025](https://maps.apple.com/?q=Sunrise%20of%20Cohasset%20125%20King%20St%20(Rt%203A)%20Cohasset,%20MA%2002025" \t "_blank)**

[**https://www.sunriseseniorliving.com/communities/sunrise-of-cohasset**](https://www.sunriseseniorliving.com/communities/sunrise-of-cohasset)

Assisted living, memory care, short-term stays and coordination of hospice care.

**Day Programs**

**Bridging the Years Adult Supportive Day Program and Memory Care**

**508-759-0600 ext. 5301 dolivierellanes@townofbourne.com**

For Bourne residents, it includes transportation, breakfast, lunch, snacks and all programming/activities. Sliding fee scale. Participants may include isolated, frail elders who benefit from social, physical and cognitive stimulation. Participants are capable of performing activities of daily living with limited aid, can administer own medication and govern their own personal care.

**Community Connections Mashpee**

**508-477-4188,** **dsabecky@communityconnections.org**

Day Habilitation Centers– including therapies, community based leisure and social activities.

**Home Care**

**Bayada Home Health Care**

**508-5400030, 80 Davis Straits, Building A, Unit 103, Falmouth, MA 02540 <https://www.bayada.com/offices/ma/falmouth>**

**Care From the Heart**

508-419-1879, 800 Falmouth Road, Suite 202-B, Mashpee, MA 02649 <https://www.carefromtheheartcapecod.com/>

Services: Meal preparation, Medication reminders, Light housekeeping, laundry, transportation, errand running, escort to social functions, companionship & friendship, dressing, toileting, bathing assistance, transfers, standby walking assistance, personal care, ADL’s transfers, standby walking assistance, bed-level bathing, comfort care, complement hospice services, live-in care.

**Care in Homes Service**

844-676-4718 [www.careinhomes.com](http://www.careinhomes.com)

Matches families with agencies that have trusted, nurturing caregivers ready to provide their loved ones with the respect, dignity and assistance they need to maintain quality of life in the comfort of their own homes.

 **Care Pathways**

[**www.carepathways.com**](http://www.carepathways.com)Home Health Care in Falmouth, Nurses Helping Families in Search of Quality Care. A list of 28 agencies. **Home Health Care in Falmouth, MA** can be categorized as either non-medical (home care) or Medicare certified (home health). Non-medical home care includes personal care and help with everyday activities, while Medicare certified home health involves skilled nursing and rehabilitation. Elderly residents of Falmouth, MA may require home health after an injury or illness, whereas non-medical home care is provided long-term to seniors with declining physical and mental abilities. This directory includes agencies near Falmouth, MA and the surrounding areas. It's not uncommon for agencies to cover multiple counties. Pay close attention to minimum hours and affiliations / recognitions.

**Caring.com**

800-295-1059, <https://www.caring.com/senior-care/in-home-care/massachusetts/barnstable-county>

20 Home Care Services for Seniors Serving Barnstable County, MA, Caring.com offers a free service to help families find senior care. Can call a Family Advisors about senior care options and costs in Barnstable County. Browse Home Care by city.

Organizations listed:

[Meet caregivers, Inc.](https://www.caring.com/senior-care/massachusetts/newton/meetcaregivers-inc?rth=in-home-care) ((800) 973-1841),

 [North River Home Care](https://www.caring.com/senior-care/massachusetts/norwell/northriver-home-care-02061?rth=in-home-care) ((800) 973-1841),

Living Angels Home Health Care Inc .,

[Best Personal Home Care](https://www.caring.com/senior-care/massachusetts/brockton/best-personal-home-care?rth=in-home-care), [Home Instead Senior Care - Sandwich, MA](https://www.caring.com/senior-care/massachusetts/sandwich/home-instead-senior-care-cape-cod-02563?rth=in-home-care)(866) 936-1978),

Senior Helpers Southeastern Massachusetts,

[HALLMARK HOMECARE](https://www.caring.com/senior-care/california/irvine/hallmark-homecare?rth=in-home-care),

 [Hahn Home Health Care Inc.](https://www.caring.com/senior-care/massachusetts/abington/hahn-home-health-care-inc-02351?rth=in-home-care) (800) 973-1841),

[AmeriCare Home Care](https://www.caring.com/senior-care/massachusetts/norwell/americare-home-care-02061?rth=in-home-care) (**Serving:** 02018, 02020, 02025, 02040, 02041),

[At Home Elder Care](https://www.caring.com/senior-care/massachusetts/osterville/at-home-elder-care-02655?rth=in-home-care) (**Serving:** 02655),

 [Independence Home Care, Inc.](https://www.caring.com/senior-care/massachusetts/boston/independence-home-care-inc-02110?rth=in-home-care),

[VNA Hospice & Palliative Care of Cape...](https://www.caring.com/senior-care/massachusetts/south-dennis/vna-hospice-and-palliative-care-of-cape-cod-02660?rth=in-home-care)(**Serving:** 02660),

 [Home To Stay, Inc](https://www.caring.com/senior-care/massachusetts/yarmouth-port/home-to-stay-inc-02675?rth=in-home-care)((800) 973-1841 ),(**Serving:** 02532, 02534, 02535, 02536, 02537),

[North River Home Care](https://www.caring.com/senior-care/massachusetts/sandwich/north-river-home-care?rth=in-home-care) (800) 973-1841),

[Comfort Keepers of Cape Cod](https://www.caring.com/senior-care/massachusetts/hyannis/comfort-keepers-of-cape-cod?rth=in-home-care) (**Serving:** 02601),

[Home Care Assistance Cape Cod & Islands](https://www.caring.com/senior-care/massachusetts/hyannis/home-care-assistance-cape-cod-islands?rth=in-home-care) (**Serving:** 02601),

[Cape Cod Home Helpers - South Dennis](https://www.caring.com/senior-care/massachusetts/south-dennis/cape-cod-home-helpers-south-dennis?rth=in-home-care)(**Serving:** 02532, 02534, 02536, 02537, 02538),

[Bayada Home Health - Falmouth - MA](https://www.caring.com/senior-care/massachusetts/falmouth/bayada-home-health-falmouth-ma?rth=in-home-care) 800) 973-1841 (**Serving:** 02532, 02536, 02537, 02539, 02540),

**Caring.com, contd.**

[Bayada Home Health - Hyannis - MA](https://www.caring.com/senior-care/massachusetts/hyannis/bayada-home-health-hyannis-ma?rth=in-home-care) (**Serving:** 02601, 02635, 02637, 02638, 02639),

[VNA of Cape Cod Falmouth](https://www.caring.com/senior-care/massachusetts/falmouth/vna-of-cape-cod-falmouth?rth=in-home-care) (**Serving:** 02540),

[GIA Home Care Services LLC](https://www.caring.com/senior-care/massachusetts/worcester/gia-home-care-01605?rth=in-home-care).

**Family Service Association**

Adult Family Care Program, 508-747-7490, djmumford@frfsa.org , This program provides 24 hour family living for elderly persons and disabled adults who because of illness, frailty or advanced age can no longer live safely alone. This program serves diverse populations of all ages dealing with medical or psychiatric disabilities and do not need institutional care. AFC is funded in part by Mass Health. Service is also available on a private pay basis.

**Homecare Choices**

508-744-3412, 171 Cotuit Rd, Route 149, Marstons Mills, MA 02648 [www.homecarechoices.com](http://www.homecarechoices.com)

Offers a wide range of elder homecare services customized to fit specific needs or including [Concierge Care](https://www.homecarechoices.com/services/concierge-care/) to take care of the details that make life easier, Personal Care for support with everyday tasks, and Memory Care for those who need extra care and attention. Client-focused senior care approach gives choices every step of the way, beginning with the first conversation and running through every aspect of planning, care and accountability. Works with you to create a service plan that meets your unique needs and budget, delivered on your schedule.

Services include: Companionship, Fall prevention, Transportation, Shopping, Preparing meals, Walking, Driving, Household chores, Cleaning, Medication reminders, Eating, Dressing, Bathing, Daily hygiene, Toileting, Managing bills, Taking medication, Phone calls, Pet care, Respite care for caregivers. Helps you get whatever services you need. Provides many services themselves. If they don’t deliver a service that you need, they will use their network of trusted partners to find the resource for the job. In many cases, they can manage the outside provider for you to be sure that you get the job done with ease and convenience. You can schedule a free consultation.

**Home Instead Senior Care**

508-778-8613, 127 MA-6A, Sandwich, MA 02563

 Provide care at all levels, including specialty care for those with Parkinson's disease, arthritis or those with Alzheimer's or other dementias, from brief check-in visits to round-the-clock care.  A home care arrangement can be tailored to fit both your family's lifestyle and budget. They offer both hourly and flat-rate services. Home Instead offers free monthly newsletters with tips and advice for caregivers of elderly loved ones.

**Safe Harbor Eldercare**

508-457-1193 or 866-566-2587, 775 East Falmouth Hwy. #323, East Falmouth, MA, 02536.

Services: Companionship, Housekeeping, Kitchen Duties, Incidental Transportation, Correspondence, Calendar Management, Home Services, Personal Care, Overnight Stay, 24-hour Care, Holiday Service, Arrange Nursing Care. Free evaluation of your needs. Serve Falmouth, Bourne, Mashpee, Sandwich, Barnstable, Yarmouth, Dennis, Harwich, Brewster, Chatham, Orleans and Eastham.

**TLC Home Health Care Services**

508-775-3042, 6 Main Street  Suite #1, Hyannis, MA 02601
Provides personalized health care and daily assisted living services to the homebound.

**Memory Care**

[**Atria Woodbriar**](https://www.caring.com/senior-living/massachusetts/falmouth/atria-woodbriar?rth=assisted-living)

508-339-389, 339 Gifford Street, Falmouth, MA 02540, <https://www.atriaseniorliving.com/retirement-communities/atria-woodbriar/>

Provides independent living, assisted living, and memory care services.

**Bridging the Years Adult Supportive Day Program and Memory Care**

508-759-0600 ext. 5301 dolivierellanes@townofbourne.com

For Bourne residents includes transportation, breakfast, lunch, snacks and all programming/activities.

Sliding fee scale. Participants may include isolated, frail elders who benefit

from social, physical and cognitive stimulation. Participants are capable of performing activities of daily living with limited aid, can administer own medication and govern their own personal care.

**Hope Dementia and Alzheimer’s Services Hyannis**

508-775-5656, info@HopeDementia.org [www.hopedementia.org](http://www.hopedementia.org)

Provide information, education and support for people on Cape Cod, Martha’s Vineyard and Nantucket with Alzheimer’s Disease or a related dementia and the families and professionals who care for them.

[**Keystone Place at Buzzards Bay**](https://www.caring.com/senior-living/massachusetts/buzzards-bay/keystone-place-at-buzzards-bay-02532?rth=assisted-living) **Assisted Living**

774-302-4539, 218 Main St., Buzzards Bay, MA 02532

<https://keystoneplaceatbuzzardsbay.com/>

Rental independent living, assisted living and memory care community.  All-inclusive monthly service package. Assisted living and memory care programs provide personal care services according to each individual’s needs.

**Laurentide at Mashpee Commons**

508-539-1300, 64 Great Neck Road S, Mashpee, MA 02649 <https://northbridgecos.com/laurentide-mashpee-assisted-living-memory-care/>

Independent living, assisted living and Memory Care program.

**Memory Cafes on the Cape and Islands**

[https://www.jfcsboston.org/Our-Services/Older-Adults/Alzheimers-Related-Disorders-Family-Support/Directory-of-Memory-Cafés-in-Greater-Boston#1109609-bourne](https://www.jfcsboston.org/Our-Services/Older-Adults/Alzheimers-Related-Disorders-Family-Support/Directory-of-Memory-Caf%C3%A9s-in-Greater-Boston#1109609-bourne)

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory cafés meet at a variety of places including coffeehouses, museums, or community organizations.

Each memory café is different. Some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. But all cafés share one goal: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other’s company, and to explore something new. Located in Bourne, Buzzards Bay, Falmouth and Vineyard Haven.

**Sunrise of Cohassset**

781-780-2109, [125 King St (Rt 3A) Cohasset MA 02025](https://maps.apple.com/?q=Sunrise%20of%20Cohasset%20125%20King%20St%20(Rt%203A)%20Cohasset,%20MA%2002025" \t "_blank) [www.sunriseseniorliving.com/communities/sunrise-of-cohasset/overview.aspx](http://www.sunriseseniorliving.com/communities/sunrise-of-cohasset/overview.aspx)

Assisted living, memory care, short-term stays and coordination of hospice care.

**Hospice Care and Death Services**

**VNA Hospice and Palliative Care of Cape Cod**

800-631-3900, 67 Ter Heun Drive, Falmouth, MA 02540

[www.capecodhealth.org/medical-services/hospice-care/](http://www.capecodhealth.org/medical-services/hospice-care/)

* Registered nurses provide case management including pain and symptom management
* Medical social workers assess and follow patient and family needs for emotional and psychological support
* Home care aides provide personal care and light homemaker services
* Pastoral counselors assess spiritual needs and offers supports
* Therapists assess and follow up to ensure quality of life, independence and safety
* Volunteers provide respite care, clerical support, and often help with errands and assist patient and families. They also offer pet therapy, Reiki, special recognition for veterans and the recording of patient stories.

**Haven for Healing**

508-563-5722, Shelly Levin, 184 Jones Rd, Falmouth

Free weekly cancer support "clinic" for cancer patients in which "body workers" volunteer their time and expertise offering complimentary massage, Asian body work treatments and Reiki. After the treatments the participants gather for an informal discussion. Fridays noon to 2 PM.

**Funeral Consumers Alliance of Eastern Massachusetts and The Death Cafe**

508-457-1612, [www.fcaemass.org](http://www.fcaemass.org)

FCAEM helps with end-of-life options and assistance. Death Café of Falmouth has monthly meetings for end-of-life conversation and education programs. At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Its objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.

**Nursing Care**

**Kindrid at Home** (formerly Gentiva)

508-888-2932, 88 Route 6A, Suite 101, Sandwich, MA 02563 [www.kindredhealthcare.com/locations/home-health/sandwich-ma-7012](http://www.kindredhealthcare.com/locations/home-health/sandwich-ma-7012)

Skilled nursing, rehabilitative therapy and social work provided in your home. Care is focused on helping you manage a chronic condition or recover from an acute illness, surgery, accident or a change in medical condition: Cardiopulmonary program, orthopedic program, treatment for balance problems that can lead to fall risks, hospice services including help with physical, emotional and spiritual needs, neuro-rehabilitation after stroke or brain injury, wound care, disease and pain management.

**Privatus (Cape & Islands)**

**508-419-7970, 804 Main Street, Osterville, MA 02655, Cape Cod & Islands. Full staff of nurses, home health aids, and client service coordinators.**

**Visiting Nurse Association of Cape Cod Hyannis**

508-957-7400, 255 Independence Drive, Hyannis MA 02601 255 Independence Drive, Hyannis, MA 02601
[www.homehealthcareagencies.com/directory/ma/hyannis/visiting-nurse-association-of-cape-cod/4303/](https://www.homehealthcareagencies.com/directory/ma/hyannis/visiting-nurse-association-of-cape-cod/4303/)

**Visiting Nurses of Cape Cod Falmouth**

508-495-5716, 67 Ter Heun Drive, Falmouth, MA 02540

Provides comprehensive home health and hospice services that enable individuals– from newborns to the elderly– to receive care in the privacy and comfort of their own homes. Specially trained teams offer intravenous therapy, wound care, ostomy care, pain management, HIV/AIDS care, oncology, palliative and hospice care, mental health assessments and maternal and child health.

**Tax Preparation at No Cost**

**AARP Foundation Tax-Aide**

Falmouth Senior Center, 508-540-0196, 790 Main St., Falmouth, MA <https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action?cmp=KNC-FND-MC-TAXAIDE-GOOGLE>

Until 4/16/19, Tuesdays, Wednesdays, and Thursdays, 9 AM to 12:30 PM

**Transportation**

**Bourne COA**

508-759-0600 ext. 5300**,** [www.facebook.com/townofbourne.councilonaging](http://www.facebook.com/townofbourne.councilonaging)

Seniors (60+)- Transportation for medical and shopping (must be a Bourne resident), information and referral, case management, educational, recreational, and wellness programs, Fuel Assistance,

SHINE (health insurance counseling) support groups (Diabetes, Parkinson's, Grandparents as Parents) Community Café, Supportive Day Program. Some program fees.

**Falmouth Senior Center Shuttle Service**

508-540-0196, <http://www.falmouthmass.us/448/Transportation>

Rides are available to seniors for shopping, medical appointments, and other needed destinations within the town of Falmouth. It is required that the seniors make prior arrangements (48 hours notice) for the ride with the Senior Center by calling 508-540-0196 Monday through Friday from 9:00AM to 4:00PM. The Senior Center Shuttle Service will **not** operate when the Falmouth schools are closed due to inclement weather. The shuttle is available for medical appointments every morning, Monday through Friday (except Thursdays and Holidays).

**Grocery Shopping for seniors will be scheduled on Thursdays only.** As a general procedure, the senior should be available for pick-up 1 hour prior to the scheduled appointment. The senior will be dropped off at the required destination. When the senior is ready to go home, the senior must call the Falmouth Senior Center to say they are ready for pick-up to go home. The Shuttle will pick up the senior as soon as their schedule permits (15 to 60 minutes) and take them home.
For seniors who are not able to manage the Senior Center Shuttle schedule, or if the schedule is full, transportation to a doctor's appointment is available from our **Volunteer Medical Transportation program**: Offers rides for medical appointments to any town on the Cape and to Plymouth for those seniors who are unable to use the VanGo minibus. The senior will be picked up at their home and driven to the doctor's office. The volunteer will wait at the doctor's office for the senior, at the conclusion of which the senior will be driven back home. Donations for the Transportation Program can be made from $3 to $10. :
This transportation is not available when the Falmouth schools are closed due to inclement weather.

**(Editor’s Note: please notify Jean Stern for changes, additions, etc.)**