

Somerville-Cambridge Elder Services Quick Guide

Information and Care Consultation Services

Program	Description	Cost/Eligibility
Information and Referral	Provides a wide range of aging and disability resource information in response to requests received via phone, internet, and office visit.	Free. Open to all residents of Cambridge and Somerville and non-resident caregivers.
Elder Care Advice	Provides short-term information, advice, and education to older adults. Offers in-home, in-office, or phone consultations. Helps identify services that will help maximize independence and quality of life.	Free. Open to all residents of Cambridge and Somerville age 60 and over.
Family Caregiver Support	Offers caregivers information about services and provides educational programs and short-term individual or family consultation. Helps identify services that will help maximize independence and quality of life.	Free. Open to all residents of Cambridge and Somerville and non-resident caregivers.
Options Counseling	Assists older adults and people living with disabilities in making informed choices about services, supports, and settings in which to receive care, through an interactive decision-support process. Options Counselors meet with individuals on a short-term basis in hospitals, rehabs, or community settings.	Free. Open to all residents of Cambridge and Somerville and non-resident caregivers.
The SHINE Program	Offers free information and assistance regarding health insurance and benefits to older adults, Medicare beneficiaries living with disabilities, and their caregivers. Some SHINE Counselors are agency staff and some are volunteers.	Free. Open to Medicare beneficiaries living in Cambridge and Somerville, and non-resident caregivers.
Memory Disorder Service	Provides in-home consultation to families, caregivers, and older adults dealing with the effects of memory problems.	Free. Open to all residents of Cambridge and Somerville and non-resident caregivers.
Hospital to Home	Improves communication and coordination between consumers and their health care providers by providing consumers with tools and support as they transition from the hospital, rehab or SNF to home.	Free. Open to Medicare beneficiaries discharged from Cambridge Health Alliance.

Wellness Programs

Program	Description	Cost/Eligibility
Matter of Balance Fall Prevention Program	Provides sessions to reduce the fear of falling and increase activity levels. Sessions include discussion and exercises to improve balance, flexibility, and strength. Meets in the community for once a week for 8 weeks.	Free. Open to residents of Cambridge and Somerville.
Stay Strong, an In-Home Fall Prevention Program	Provides sessions to reduce the fear of falling and increase activity levels. Sessions include discussion and exercises to improve balance, flexibility, and strength. Takes place in the home and is one-on-one.	Free. Open to residents of Cambridge and Somerville.
My Life, My Health Chronic Disease Self-Management Program	Teaches techniques for dealing with issues such as pain, fatigue, and difficult emotions for adults who are living with the challenges of one or more chronic conditions. Caregivers are also welcome. Each participant receives a copy of the book, "Living a Healthy Life with Chronic Conditions," and a relaxation tape/CD.	Free. Open to residents of Cambridge, Somerville and surrounding towns. Open to all ages.
Diabetes Self-Management Program	Teaches techniques for dealing with issues such as stress management, avoiding complications, and monitoring your condition for adults who are living with or have been recently diagnosed with diabetes. Caregivers are also welcome. Each participant will receive a copy of the book, "Living a Healthy Life with Chronic Conditions," and a relaxation tape/CD.	Free. Open to residents of Cambridge, Somerville and surrounding towns.
Prevent Type 2 (T2) Lifestyle Change Program	Helps people with pre-diabetes lower their risk for Type 2 diabetes. The year-long program helps individuals lose a modest amount of weight through increased activity and better food choices, as well as group and coach support.	Free. Open to resident of Cambridge, Somerville and surrounding towns.
Simple Cooking for Your Health Program	Teaches participants how to cook healthy, low-cost meals that are simple to make and taste great. The program focuses on meals that are heart-healthy, low in saturated fat, and high in fiber. It includes demonstrations and food sampling.	Free. Open to residents of Cambridge, Somerville and surrounding towns.
Tools for Better Quality Life: Movement, Meditation and Nutrition	Offers exercises, nutrition, and meditation to provide comprehensive mind & body health for people of all ages and abilities.	Free. Open to residents of Cambridge, Somerville and surrounding towns.

Music & Memory	Helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites. Extensive research for this program has shown that Music & Memory improves quality of life by helping to reduce depression, anxiety, and other issues.	Free. Open to residents of Cambridge, Somerville and surrounding towns.
Savvy Caregiver	Provides dementia care training to non-professional caregivers of those diagnosed with Alzheimer's or other dementias. The program is spread out over 3-6 weeks, and is proven to be effective at reducing caregiver stress.	Free. Open to non-professional caregivers of individuals diagnosed with dementia, who are residents of Cambridge, Somerville and surrounding towns.

Nutrition Programs

Program	Description	Cost/Eligibility
Meals-on-Wheels Program	Delivers meals to older people's homes.	Voluntary donation. Open to residents of Cambridge and Somerville age 60 and over OR under age 60, disabled, and living in elder housing.
Community Cafés	Serves hot lunches and suppers in senior centers and elder housing buildings.	Voluntary donation. Open to residents of Cambridge and Somerville age 60 and over.
Brown Bag Program	Provides a brown bag consisting of 10-15 pounds of nutritious groceries once per month.	Free. Open to residents of Cambridge and Somerville age 60 and over OR under age 60, disabled, and living in elder housing. Income limit: \$21,590 per year for one person; \$29,101 per year for a couple OR a recipient of one or more of the following: SNAP, Medicaid, SSI, Fuel Assistance, Veteran's Aid.
Nutrition Counseling	Offers in-home and community nutrition education by a registered dietitian.	Free. Open to clients of SCES. Private pay option for non-clients. Cost covered by Medicare for beneficiaries with diabetes or renal disease.
Nutritional Supplements	Offers Ensure supplement drinks at a low cost to those who cannot obtain all of their needed calories through food.	Free delivery for Meals-on-Wheels clients (\$2.50 all others). Open to all. Payments can be made by cash, check, or EBT (food stamp) card. \$21/case, \$25/Ensure+, \$36/diabetic.
Seniors Farmers' Market Nutrition Program	Provides low-income elders with coupons to buy fresh fruits and vegetables at farmers' markets or, for those who are unable to get to the farmers' market to shop for themselves, delivers produce. Eligible recipients in each program receive \$25 worth of coupons or \$25 in locally grown produce from Massachusetts farmers and farmers' markets. Funding for the program is provided by the United States Department of Agriculture Food and Nutrition Service.	Free. Open to residents of Cambridge and Somerville age 60 and over OR under age 60, living with disability, and living in elder housing. Income guidelines are updated every year and depend on household size.

Volunteer Programs

Program	Description	Cost/Eligibility
Medical Escort	Matches frail older adults with volunteers who drive or can accompany older adults to medical and other appointments.	Free. Open to residents of Cambridge and Somerville age 60 and over. Priority given to SCES clients.
Medical Advocacy	Matches frail, medically complex older adults with volunteers who accompany clients to medical appointments and support their understanding and compliance.	Free. Open to SCES clients.
Money Management	Matches trained and insured volunteers with older adults who need help writing checks, balancing their checkbooks, budgeting monthly income, and running bank errands. Offers bill payer and Rep Payee services.	Possible nominal fee for Rep Payee clients. Open to residents of Cambridge and Somerville age 60 and over (age requirement waived for persons with disabilities). Priority given to SCES clients. Annual income and liquid asset limits are \$45,100 for an individual and \$51,500 for a couple.
New Friends Program	Pairs friendly visitor volunteers with older adults.	Free. Open to SCES clients.
Caring Neighbor Program	Volunteers provide limited assistance with varied tasks such as errands, shoveling, trash, shopping, etc.	Free. Open to SCES clients.
Aging and Spiritual Well-being Program	Enhances the health and overall welfare of older adults struggling with depression, loss, grief, illness, or spiritual concerns of normal aging by matching with trained spiritual caregiver volunteers. Interfaith/non-denominational.	Free. Open to SCES clients.
Long-Term Care Ombudsman	Provides advocacy for residents of nursing and rest homes in order to improve their quality of life and care.	Free. Open to residents of Cambridge and Somerville nursing homes.
Senior Pet Program	Helps seniors with pet issues such as medical needs, food assistance, and proper procedures to ensure pet safety, as well as uniting seniors with senior pets. Volunteers visit older adults with pets that are certified in Canine Good Citizenship.	Free. Open to SCES clients.

In-Home Programs

Program	Description	Cost/Eligibility
<p>State Home Care Program</p> <p>Enhanced Community Options Program (ECOP)</p> <p>Choices Program</p>	<p>Provides state-subsidized services to eligible older residents who need assistance so they may continue to live safely at home.</p> <p>Services include: Case Management, Adult Day Programs, Personal Care, Food Shopping, Home Safety Adaptations, Housekeeping, Laundry, Meal Preparation, Personal Emergency Response Systems, Supervision/Companionship, Transportation for Medical Appointments, Grocery Shopping, and Respite for Caregivers.</p>	<p>Services are state-subsidized. Co-payment amounts on a sliding fee scale based on income. No co-payments for MassHealth recipients. Open to residents of Cambridge and Somerville age 60 and over. Individual annual income less than \$27,013 or couple annual income less than \$38,222. Must need assistance with tasks such as bathing, dressing, housework, laundry, grocery shopping, medication reminders, meal preparation, medical transportation, or caregiver relief.</p> <p><i>ECOP clients must be nursing home eligible. Choices Clients must be nursing home eligible and on MassHealth. Respite services available regardless of income.</i></p>
<p>Adult Family Care</p>	<p>Helps older people and younger people with disabilities who need assistance with daily activities to live independently in a supportive family environment. Clients live with a trained caregiver (whether a host or a family member) who provides daily care, meal preparation, and assistance with personal care and medical needs.</p>	<p>Free. Open to people ages 16+ who are unable to live alone and have a chronic medical or psychiatric diagnosis requiring assistance with at least one activity of daily living. Must be MassHealth-eligible or able to pay privately. Serves Greater Boston, North Shore and Merrimack Valley.</p>

In-Home Programs

Program	Description	Cost/Eligibility
Senior Care Options Program	Provides geriatric support services coordination (GSSC) for the Senior Care Options (SCO) program, which offers older adults the opportunity to receive health care combined with social support services.	Free. Open to MassHealth Standard members who meet the following criteria: are ages 65 and older; live at home or in a long-term-care facility (member cannot be an inpatient at a chronic or rehabilitation hospital or reside in an intermediate care facility); are not subject to a six-month deductible period under MassHealth regulations at 130 CMR 520.028; are not diagnosed with end-stage renal disease.
OneCare Program	Provides independent living long-term supports and services coordination (IL-LTSS) for the OneCare program, which offers adults the opportunity to receive health care that combines health services with social support services.	Free. Open to people ages 21 to 64 who are eligible for MassHealth Standard or CommonHealth, have Medicare A and B and are eligible for D, live in the service area of a One Care plan, and agree to receive all covered medical and behavioral health services and long-term services and supports from a One Care plan.

Private Pay Programs

Program	Description	Cost/Eligibility
Community Living Options (CLO)	Supports older adults, people with disabilities, and caregivers through geriatric care management. The program assesses needs and offers custom support from a range of services, including home care, caregiver support, emergency planning and crisis intervention, health care coordination, social support, relocation assistance, and more.	Hourly rate. Open to residents of Boston, the North Shore, and the Greater Boston area.

Mental Health

Program	Description	Cost/Eligibility
The CONNECT Program	Supports individuals who encounter access barriers to mental health care; provides clinical case management services; connects individuals to mental health services and community services; provides in-home therapy when an individual cannot get the service elsewhere; provides advocacy for individuals and at a legislative level to increase funding for access and availability of mental health services; increases conversation and decreases stigma around mental health conditions among clients, staff, and other professionals; and offers support, consultation and education to SCES staff.	Free. Open to residents of Cambridge and Somerville.

Protective Services

Program	Description	Cost/Eligibility
Protective Services	Investigates allegations of abuse, financial exploitation, neglect, or self-neglect; provides on-going casework; and coordinates service plans designed to alleviate risk/abuse.	Free. Open to residents of Cambridge and Somerville age 60 and over.