

# Somerville-Cambridge Elder Services Quick Guide

## Information and Care Consultation Services

Program	Description	Cost/Eligibility
<b>Information and Referral</b>	Provides a wide range of aging and disability resource information via phone, internet, and office visit.	Free. Open to all residents of Cambridge and Somerville and nonresident caregivers.
<b>Elder Care Advice</b>	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.
<b>Family Caregiver Support</b>	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 nonresident caregivers.
<b>Options Counseling</b>	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 nonresident caregivers.
<b>The SHINE Program</b>	Offers free information and assistance regarding health insurance and benefits to older adults, Medicare beneficiaries living with disabilities, and their caregivers. SHINE Counselors agency staff and volunteers.	Free. Open to Medicare beneficiaries living in Cambridge and Somerville, and non-resident caregivers.
<b>Hospital to Home</b>	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 skilled nursing facility to home.	Free. Open to members of a Cambridge Health Alliance ACO, those who live in the community or an Assisted Living Facility, and those who have been recently discharged from Cambridge or Everett Hospital.

## Wellness Programs

Program	Description	Cost/Eligibility
<b>Stay Strong, an In-Home Fall Prevention Program</b>	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.
<b>Music &amp; Memory</b>	Pairs older adults and younger people with disabilities with volunteers who create personalized playlists of their favorite music on free portable music players. 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.
<b>Savvy Caregiver</b>	Provides dementia care training to non-professional caregivers of those diagnosed with Alzheimer's or other dementias. The program is spread out over 6 weeks and reduces caregiver stress and improves caregiving skills.	Free. Open to non-professional caregivers of individuals diagnosed with dementia, who are residents of Cambridge, Somerville, or surrounding towns.

## Nutrition Programs

Program	Description	Cost/Eligibility
<b>Meals-on-Wheels Program</b>	Delivers variety of hot, cold, and special dietary meals to older people's homes.	Voluntary donation. Open to residents of Cambridge and Somerville age 60 and over, and their spouses, caregivers or dependents with disabilities, who may be under 60.
<b>Congregate Meals</b>  <b>Hospital Meal Program</b>	<p>Serves hot and cold lunches and suppers in senior centers and elder housing buildings.</p> <p>Dinner meals are available through SCES in the Cambridge Hospital Cafeteria. Please call the Nutrition Department to register and get a senior dining card. A special Congregate Meal is available between 5-6 Monday through Friday, there is a requested donation of \$3 that is voluntary and confidential. Any amount is appreciated. Only the Congregate Meal is available through this program, but other cafeteria food may be purchased at the retail price.</p>	Voluntary donation. Open to people who live in a building with a meal site who are age 60 and over or have a disability.
<b>Brown Bag Program</b>	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: \$23,107 per year for one person; \$31,284 per year for a couple OR a recipient of one or more of the following: SNAP, Medicaid, SSI, Fuel Assistance, Veteran's Aid.
<b>Nutrition Counseling</b>	Offers in-home and community nutrition education by a registered dietitian.	Free. Open to residents of Cambridge and Somerville, age 60 and over.
<b>Nutritional Supplements</b>	Offers Ensure, Ensure Plus, or Diabetic Glucerna supplement drinks at a low cost to those who cannot obtain all of their needed calories through food. Available in Vanilla, Chocolate and Strawberry.	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. \$25/case, \$27/Ensure+, \$36/diabetic.

<b>Seniors Farmers' Market Nutrition Program</b>	Provides low-income elders with coupons to buy fresh fruits and vegetables from farmers' markets or delivers produce for those who are unable to get to the farmers' market to shop for themselves. Eligible recipients of 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 USDA Food and Nutrition Service.	Free while supplies last. Open to residents of Cambridge and Somerville age 60 and over OR under age 60, living with disability, in elder housing with congregate meal plan. Income guidelines are updated every year and depend on household size.
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## Volunteer Programs

Program	Description	Cost/Eligibility
<b>Medical Escort</b>	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.
<b>Medical Advocacy</b>	Matches volunteers with older adults who need ongoing support at medical appointments. Volunteers help older adults attend appointments and make use of medical information.	Free. Open to SCES clients.
<b>Money Management</b>	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, Power of Attorney 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 \$50,350 for an individual and \$57,500 for a couple.
<b>The Friendly Visitor Program</b>	A Partnership with Friendship Works and SCES. Pairs friendly visitor volunteers with older adults for weekly, one-hour visits to reduce isolation and loneliness. Matches enjoy conversation and activities together.	Free. Open to residents of Cambridge and Somerville, ages 60+.
<b>Tech Support Program</b>	Matches volunteers with older adults to help get started with common applications, such as email, Zoom, or telehealth software. The coaches provide three succinct support sessions and can recommend more in-depth resources, if needed.	Free. Open to SCES Clients.

# In-Home Programs

Program	Description	Cost/Eligibility
<p><b>State Home Care Program</b></p> <p><b>Enhanced Community Options Program (ECOP)</b></p> <p><b>Choices Program</b></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. Copayment amounts on a sliding fee scale based on income. No copayments for MassHealth recipients. Open to residents of Cambridge and Somerville age 60 and over. Must need assistance with tasks such as bathing, dressing, housework, laundry, grocery shopping, medication reminders, meal preparation, medical transportation, or caregiver relief.</p> <p><b><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></b></p>
<p><b>Adult Family Care</b></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 to those who are MassHealth Standard, CommonHealth, SCO, ESP (PACE) or One Care eligible. Private Pay option may be available to those who are not covered by MassHealth. 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. Serves Greater Boston, North Shore and Merrimack Valley.</p>
<p><b>Senior Care Options Program</b></p>	<p>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.</p>	<p>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.</p>

<b>OneCare Program</b>	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.
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## Mental Health

Program	Description	Cost/Eligibility
<b>The CONNECT Program</b>	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. Sponsored by Elder Mental Health Outreach team grant.	Free. Open to residents of Cambridge and Somerville, ages 50+.

## Protective Services

Program	Description	Cost/Eligibility
<b>Protective Services</b>	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.

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