# Do You Help Someone with Any of These?

## You Are a Caregiver

<table>
<thead>
<tr>
<th>Category</th>
<th>Services</th>
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<tbody>
<tr>
<td><strong>Transportation</strong></td>
<td>Rides to medical appointments, errands and social activities</td>
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<tr>
<td><strong>Medication</strong></td>
<td>Setting up weekly pill organizer, filling and picking up prescriptions, administering medications</td>
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<tr>
<td><strong>Personal Care</strong></td>
<td>Bathing, nail care, skin care, oral care, wound care, using the bathroom, incontinence care</td>
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<tr>
<td><strong>Nutrition</strong></td>
<td>Grocery shopping, preparing meals and snack, feeding</td>
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<tr>
<td><strong>Communication</strong></td>
<td>Advocacy, navigating healthcare, communication tips for caregivers, family member care recipients to communication</td>
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<tr>
<td><strong>Care Coordination &amp; Mobility</strong></td>
<td>Medical appointments, in-home services, physical therapy, occupational therapy, mobility</td>
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<tr>
<td><strong>Home Maintenance</strong></td>
<td>Maintaining clutter free and safe environment, mowing lawn, shoveling snow, raking leaves, ouse cleaning, laundry, dishes, trash removal</td>
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<tr>
<td><strong>Financial Support</strong></td>
<td>Financial and legal planning, paying bills, banking, etc</td>
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<tr>
<td><strong>Emotional Support</strong></td>
<td>Companionship, socialization, promotion of wellbeing</td>
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</tbody>
</table>
Resources and Services for Caregivers in Central Massachusetts

AARP RESOURCES FOR CAREGIVERS AND THEIR FAMILIES
HTTPS://WWW.AARP.ORG/CAREGIVING/

ALZHEIMER’S ASSOCIATION 24/7 HELPLINE
(800)-272-3900

COMMUNITY HELP DATABASE
WWW.COMMUNITYHELP.NET
USER-FRIENDLY DATABASE CONTAINING A WIDE VARIETY OF COMMUNITY RESOURCES AND WELLNESS PROGRAMS IN MASSACHUSETTS

ELDER SERVICES OF WORCESTER AREA, INC.
ESWA.ORG, (508)-756–1545

SERVICES THAT MAY BE AVAILABLE:
FAMILY CAREGIVER SUPPORT PROGRAM, OPTIONS COUNSELING, ADULT DAY HEALTH, ADAPTIVE EQUIPMENT, BEHAVIORAL HEALTH SERVICES, COMPANIONS, DEMENTIA DAY CARE, HOME HEALTH SERVICES, HOME DELIVERED MEALS, HOME DELIVERED PREPACKAGED MEDICATIONS, HOMEMAKING, LAUNDRY, MEAL PREPARATION, MEDICATION DISPENSING SYSTEMS, PERSONAL CARE, TRANSPORTATION TO MEDICAL APPOINTMENTS, WANDERER LOCATOR SERVICE, NUTRITIONAL SERVICES

MASSOPTIONS
WWW.MASSOPTIONS.ORG, (844)-422-6277
A SERVICE OF THE MASSACHUSETTS EXECUTIVE OFFICE OF HEALTH AND HUMAN SERVICES THAT CONNECTS PEOPLE WITH SERVICES THAT SUPPORT INDEPENDENT LIVING IN THE COMMUNITY.

MASSMATCH: USING ASSISTIVE TECHNOLOGY FOR HELP WITH COMMUNICATION AND MOBILITY
HTTPS://WWW.MASSMATCH.ORG/

MCPHS PHARMACY OUTREACH
WWW.MCPHS.EDU/PATIENT-CENTERS/PHARMACY-OUTREACH-PROGRAM, (866)-633-1617
COMPREHENSIVE REVIEW OF MEDICATIONS AND INSURANCE COVERAGE FOR PRESCRIPTIONS. MAY BE ABLE HELP TO REDUCE COSTS OF MEDICATIONS THROUGH STATE AND FEDERAL ASSISTANCE PROGRAMS

PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE)
WWW.SUMMITELDERCARE.ORG (877)-837-9009
OFFERS SOCIAL, MEDICAL, RECREATIONAL, AND WELLNESS SERVICES.

RESPITE PROVIDES RELIEF TO CAREGIVERS WHO ARE ASSISTING WITH DAILY NEEDS OF AN ELDER FAMILY MEMBER OR FRIEND.
(508)-756–1545
HTTPS://ESWA.ORG/SERVICES-WE-OFFER/CAREGIVER-SUPPORT/OUR-RESPITE-CARE-PROGRAM/