Do you help someone with any of these tasks?

- **Transportation**
  - Rides to medical appointments, errands, and social activities

- **Medication**
  - Setting up weekly pill organizer, filling and picking up prescriptions, administering oral, intramuscular, and intravenous medications

- **Personal Care, Hygiene, and Dressing**
  - Bathing, nail care, skin care, oral care, hair care, wound care

- **Using the Bathroom and Incontinence Care**

- **Nutrition**
  - Grocery shopping, preparing meals and snacks, meal planning, assistance with feeding, encouraging fluid intake

- **Care Coordination**
  - Scheduling medical appointments, providing transportation to appointments, coordinating in home services, including physical therapy and occupational therapy

- **Indoor and Outdoor Home Maintenance**
  - Maintaining clutter free and safe environment, mowing lawn, shoveling snow, raking leaves

- **Housekeeping**
  - Cleaning, laundry, washing dishes, gathering and removing trash, picking up mail

- **Mobility**

- **Finances**
  - Financial and legal planning, paying bills, banking, etc.

- **Emotional Support, Companionship, and Socialization**

- **Monitoring for Wellbeing**

If you help another person with any of these tasks, YOU are a caregiver and may be eligible for services and resources in your community.

(Resources on back side)
Resources and Services for Caregivers in the Central Massachusetts Community

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.

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 pre-packaged medications, homemaking, laundry, meal preparation, medication dispensing systems, personal care, transportation to medical appointments, wanderer locator service, nutritional services

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.

Alzheimer’s Association 24/7 Helpline
(800)-272-3900

Program of All-Inclusive Care for the Elderly (PACE)
www.summiteldercare.org (877)-837-9009
Offers social, medical, recreational, and wellness services.

AARP Resources for Caregivers and their Families
https://www.aarp.org/caregiving/

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