



# Harpswell Aging at Home

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## Health & Wellness Referral List

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As we age, our need for health and wellness services begins to increase. Harpswell Aging at Home developed a list of a variety of health and wellness services available to Harpswell residents.

Most of these services have a cost, some of which are on sliding scales. A few of the services are free. There are several organizations listed in some of the categories, and you are encouraged to contact more than one to find one that is best suited to your needs.

If you have questions or need assistance, please contact the HAH Resources Team at 207- 833-5771 ext. 108 or email [hah@hah.community](mailto:hah@hah.community).

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## General Information Regarding Available Services

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**Maine's Aging and Disability Resource Center (ADRC)** also known as **Spectrum Generation**

This agency is an initiative of the U.S. Department of Health and Human Services. The ADRC provides answers to questions about aging and disability resources. This includes providing information and referrals to services available in the community such as transportation, housing, home care, fall prevention, managing chronic diseases, Alzheimer's respite services, and employment training. They provide Medicare counseling, benefits check-up, wellness and lifelong learning, long-term care counseling, caregiver support services, assistive technology and tools, and food services. This is a free service for anyone over 60 years.

Contact: (207) 729-0757 For an appointment in Brunswick  
(877) 353-3771 Main office  
[www.adrcmaine.org](http://www.adrcmaine.org)  
Brunswick office located in the People Plus building  
35 Union Street  
Brunswick, ME 04011

## Long-Term Care Ombudsman Program

This organization is a non-profit whose mission advocates for quality of life and care for long-term care consumers. They investigate complaints and assist consumers in exercising their rights in regard to residential care facilities, assisted living facilities, recipients of home care services, adult day services and homemaker services. This is a free service.

Contact: (800) 499-0229  
(207) 621-1079  
Email: [MLTCOP@MaineOmbudsman.org](mailto:MLTCOP@MaineOmbudsman.org)  
61 Winthrop Street  
Augusta, ME 04330

## Maine Health Resources

Maine Health has a website [https://mainehealth.findhelp.com/search\\_results/04079](https://mainehealth.findhelp.com/search_results/04079) that provides a list of resources for Food, Housing, Work, Education, Transit, Legal, Finance, Health, Goods and Care. This link will take you directly to services available from Harpswell.

## Service Providers

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Below are many healthcare related services that may benefit you. This list is as accurate and complete as HAH could determine. Call for additional information about which services an agency offers, availability and costs. In seeking a provider, keep the following tips in mind.

1. Any clinician who comes into your home should have a background check and be bonded/insured. Certified agencies do background checks.
2. Be clear and specific about the service you need.
3. Ask about the cost of the services. Check with your insurance company to ensure coverage.
4. Ask neighbors for recommendations.
5. If you do not feel comfortable with a provider or agency, try another agency – trust your instincts.
6. If you have questions or need assistance, contact HAH at 833-5771 ext.108 or [hah@hah.community](mailto:hah@hah.community).

## Aids for Safety and Emergency Care

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### [File of Life](#)

The File of Life (FOL) program provides critical medical information to emergency response personnel during a medical emergency. The program is offered free to persons 60 years and older. Through participation in the program, FOL will provide valuable medication information that will be readily available to first responders if it is needed during an emergency home visit.

Contact Art Howe, Harpswell Town Office, (207) 833-5771 ext. 108, [ahowe@town.harpswell.me.us](mailto:ahowe@town.harpswell.me.us)

### [Maine Health - Lifeline At Home Program](#)

**Call Button System connected to our local emergency responders and Maine Health**

This is an emergency device that can be worn on your wrist or as a necklace to be used in case of an emergency in the home, such as a fall, medical emergency, fire, or other emergency. It can automatically detect falls and call for help if you are unable to push a button. This emergency alert system can be used with either a landline or cell phone connection. The Lifeline device works only in and around the home. It is not effective away from home. Contact Jon Murray, (207) 205-5762.

[Jon.murray@mainehealth.org](mailto:Jon.murray@mainehealth.org)

### [Lifesaver Program](#)

This program provides families in our area with a wearable GPS tracker that is placed on the wrist of a loved one to locate them if they are prone to wander or get lost. The tracker bracelet allows our Sheriff Department to quickly locate anyone who has wandered away from home. Contact: 1-(800) 501-1111

### [The Good Morning Program](#)

Offered in partnership by *People Plus* and the *Brunswick Police Department*, this program offers a **free** daily call-in check-in service to anyone who registers.

Eligibility: Living alone or recovering from a medical condition, or an isolated caregiver.

Questions: Contact People Plus at 729-0757 or the non-emergency number for the Brunswick Police Department at 725-6621, ext. 4310. People Plus, Inc., 35 Union Street, Brunswick, ME 04011

## Hearing Aids and Related Technology

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In searching for a Hearing Aid provider, be sure to check with your insurance company prior to purchasing to ensure you understand your coverage.

**Berrie's Hearing and Optical Center** (207) 725-5952, 86 Maine Street, Brunswick, ME 04011  
[www.berriesopticians.com](http://www.berriesopticians.com) Offers People Plus members a 10% discount on the retail price of hearing aids.

**Healthy Hearing** (207) 504-5554, Pine Tree Society, 149 Front St. Suite 518, Bath, ME 04530

**Miracle Hearing Aid Center** (207) 888-2820, 2 Station Ave. Suite 2, Brunswick, ME 04011

**Mary's Affordable Hearing Aids** (781) 249-5330, 169 South Rd, Readfield, ME  
[www.marysaffordablehearingaids.com](http://www.marysaffordablehearingaids.com)

**Northern Hearing & Speech** (207) 560-9467, 75 West Commercial St., Portland, ME 04101

**Southern Maine Hearing** (207) 228-9721, 241 US Rte. 1, Suite 9, Falmouth, ME 04105

**True North Hearing** (207) 707-1202, 44 Elm St., Topsham, ME 04086

**CaptionCall - Free Telephones for Hearing Impaired:** This program is similar to captioned television but is a special telephone. Call for information and to obtain a professional certification form to be completed by the individual's hearing care or healthcare provider.

The telephone, delivery, installation, in-home training and on-going support are **free**. This program is supported by Federal Funds through the Americans with Disabilities Act for individuals with certified hearing loss. (877) 557-2227, [www.captioncall.com](http://www.captioncall.com)

## Dental Services

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### **University of New England (UNE)**

**The Dental Hygiene Clinic** Open September through April. Reduced costs (207) 221-4900, Coleman Dental Hygiene Building, 716 Stevens Avenue, Portland, Maine 04103

**The Oral Health Center** UNE's College of Dental Medicine dental students will address all of your oral health care needs (crowns, root canals, dentures, bridges, implants, etc.) under the supervision of our licensed faculty dentists. Dental services offered at low, affordable fees. Participating provider with Northeast Delta Dental and MaineCare. (207) 221-4747, University of New England Oral Health Center, 1 College Street, Portland, Maine 04103

## Optical Services

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**Berrie's Hearing and Optical Center** Contact: (207) 725-5952, [www.berriesopticians.com](http://www.berriesopticians.com), 86 Maine Street, Brunswick, ME 04011

**Brunswick Eye Care Associates** Contact: (207) 725-2161, [www.Brunswickeyecare.com](http://www.Brunswickeyecare.com), 331 Maine St. Suite 1, Brunswick, ME 04011

**Iris Network Low Vision Center** The Low Vision Center staff recommends lighting and glare solutions for the home or place of work. If seniors qualify, the center offers further training in adaptive techniques and learn about devices (writing guides, magnifiers, video magnifiers, talking pill bottles, etc.) and new technologies that will help to resume daily activities safely and independently. Contact: [Amber Mooney](mailto:Amber.Mooney@irisnetwork.com), CRVT, Low Vision Center Coordinator, 207-774-6273, 800-715-0097

**Maine Optometry** Offers People Plus members a 30% discount on a complete pair of glasses. Contact: (207) 729-8474, [www.maineoptometry.com](http://www.maineoptometry.com), 82 Maine Street, Brunswick, ME 04011

**Mid Coast Eye Associates** Contact: (207) 729-7971, [www.midcoasthealth.com/mcmg/eye-doctors.htm](http://www.midcoasthealth.com/mcmg/eye-doctors.htm), 8 Mason Street, Brunswick, ME 04011

**Walmart Vision & Glasses** Contact: (207) 729-5423, 15 Tibbetts Dr., Brunswick, ME 04011

## Pharmacy Services

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Many pharmacies are available in our area including Hannaford, Shaw's Osco, Walgreens, and Walmart. The two services listed below offer reduced or no cost options.

**Foundations and Discounted Medication Programs**: Some foundations and drug companies offer free or discounted medication costs. Ask your pharmacist about these options including GoodRx and PlusAgain.

**Oasis Health Network, Inc.** The Oasis Community Prescription Assistance Program (CPAP) assists community members with programs that offer free or reduced cost medications excluding generic medications. This program is open to non-Oasis Clinic clients. Your PCP must refer you to this program and you must live in towns served by Oasis Free Clinics or have a provider who is located in one of the towns. If you are on Medicare or have private insurance, have hit the 'Donut Hole', and need assistance, the CPAP program may be able to help depending on income and funds spent to date on medications. Oasis will work with you to complete applications. (207) 721-9277, [oasis@oasishealthnetwork.org](mailto:oasis@oasishealthnetwork.org), [www.oasishealthnetwork.org](http://www.oasishealthnetwork.org), 66 Baribeau Drive, Brunswick, ME 04011

# Health Care Provider Visits

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## IMPORTANT CONSIDERATIONS/ACTIONS TO TAKE WHEN TALKING WITH YOUR HEALTHCARE PROVIDER

### Getting ready for an appointment.

**Applies to in-person, phone, and on-screen appointments.**

- Make a prioritized list of concerns – most providers will discuss 2-3 of your top concerns.
- Take important information with you
  - medication list including names, frequency and dosage of medications - both prescription and **over the counter**. Ask your pharmacist for a print out of your medications
  - insurance cards
  - names and phone numbers of other providers
- If possible, consider bringing a family member or friend; they can ask clarifying questions and help you remember what the provider said during the visit.

### Be prepared with important information at your provider visit.

- Let your provider know what has happened or you have experienced since your last visit:
  - Emergency room visit
  - Serious fall
  - Visit to a specialist
  - Changes in your appetite, weight, sleep, vision, hearing, pain quality/frequency/type, dental status, or energy level.
    - Be as specific as possible
    - What exactly are your symptoms
    - When do you experience them
    - Does anything seem to make them better or worse
    - Do these symptoms affect your daily activities? Which ones? How?

### Tell your provider about

- any changes in medications (including over the counter meds);
- any side effects you have experienced;
- when you take your medications (day or night, before or after meals) and;
- the dosage you have been taking.

### **Tell your provider about any changes in your personal life such as:**

- a move
- serious diagnosis experienced by a close family member or friend
- loss of a family member or close friend
- changes in your habits
- other stressors and concerns.

### **Tips to make good use of your time with your provider**

- At the beginning of the visit ask your provider what information they need.
- Ask the most important questions early in the visit; be certain to ask for prescription renewals if needed.
- Provide information clearly. Stick to the point and answer questions as briefly as you can.
- Let your provider know if you feel rushed or not listened to; if you continue to feel that way, consider finding another provider.
- Remember, feeling uncomfortable with your provider for any reason (age, gender, the way they relate to you) might impede your ability to trust and confide in them. If you can, talk with them about your concerns. Remember, you can always request a change in provider.

**REMEMBER THAT A PRODUCTIVE VISIT WITH YOUR PROVIDER IS A WAY FOR YOU TO TAKE CHARGE OF YOUR HEALTH CARE.**

Disclaimer: This Health and Wellness Services Referral List was developed by HAH based on information received by speaking with organizations that serve Harpswell. HAH cannot recommend individual providers, advocate one provider over another, or guarantee performance. This list is intended only as an informational starting point for you, the customer. It is your responsibility to screen the service to determine if it is right for you. Users of this list agree to release HAH from any and all liability associated with its use.