



Harpswell Aging at Home

Resource Assistance

In Home Care, Household Chores, Respite Care, Adult Daycare, Caregiver Support and Care Coordination

There are times you may need assistance or support to care for a loved one or get things done around your home. The agencies listed below can give you a hand when your hands are full.

In-Home Care (Non-medical) and Household Chores Assistance

In-home care and assistance with household chores are typically not covered by Medicare or other healthcare insurance. It may be covered by some private insurances, Long-Term Care insurance, or for those who have long-term Maine Care/Medicaid. In some situations, a physician can refer skilled nursing services for in-home care which may be covered by insurance.

The following agencies have trained staff who have had background checks, most are bonded and insured. Rates depend on the services provided and generally range from \$30-\$50. Call for additional information about which services an agency offers, availability and the costs.

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

All of the agencies listed provide the following:

- Respite and Dementia care
- Companionship
- Personal care
- Light cooking
- Light housekeeping & laundry
- Medication reminders

Some of the agencies may also offer:

- Grocery shopping, picking up medication
- Transportation for appointments and errands
- Light yardwork
- Handyman services

Aging Excellence Contact: (207) 729-0991 or (866) 988-0991 www.seniorsonthego.com

Assisted Home Care II Contact: (207) 212-6736 www.assistedhomecare.org

C&M Family Home Health Care Contact: (207) 320-9986 Crawford.candy998@gmail.com

Care.com Contact: www.care.com

Catholic Charities SEARCH Contact: (207) 837-8810

Comfort Keepers Contact: (207) 563-2273 ck912@comfortkeepers.com

Friends in-Home Care Contact: (207) 846-5525 www.friendsinhomecare.com

Home Instead Senior Care Contact: 1-866-600-0441 info@homeinsteadmaine.com

Linda's Home Care Contact: (207) 607-9083 lahcplanning@gmail.com

Neighbors Contact: (207) 725-9444 www.neighborsinc.com

Spectrum Generations – Bridges Contact: 800-876-9212 www.spectrumgenerations.org

Chicks Do Chores Contact: (207) 729-5760 Cdc4u@comcast.net

This agency offers heavy duty cleaning, dump runs, grocery shopping. Does not offer companionship or light housework.

When calling for any in-home assistance:

- Be clear and specific about the work you want done
- Ask about the cost of the services and if a minimum number of hours are required
- Ask if workers are insured and have had background checks completed
- Ask for references or neighbors for recommendations
- If you do not feel comfortable with a provider or agency—make a change—trust your instincts
- Get a signed contract that specifies services and costs to prevent unwanted surprises

Adult Day Services/Respite

When caring for a loved one the following agencies have skilled staff that offer respite and support.

Bath Brunswick Respite Care

Bath-Brunswick Respite Care (BBRC) – A licensed adult day program called ‘The Club’ provides socialization and exercise focused on the individual’s needs and preferences. This program supports people affected by Alzheimer’s disease, Parkinson’s and other cognitive issues. BBRC also provides respite for caregivers. Daily or as needed. Located in Bath, ME

Contact: 207-729-8571 www.respite-care.org
9 Park Street, Room 118
Bath, ME 04530

Sky-Hy Adult Day-Care

Provides services for older adults in a nurturing, caring environment. Assistance provided with socialization, recreation, nutrition, and personal care. Also provides respite for caregivers. Daily or as needed. Located in Topsham.

Contact: (207) 725-7577 renew@skyhy.org
32 Sky-Hy Drive
Topsham, ME 04086

Caregiver Support Groups

For caregivers of loved ones facing the challenges of dementia, Parkinson’s and stroke. Participants are spouses, partners, family members. Call for details.

First Parish Church - meetings at the Pilgrim House in Brunswick, ME

Contact: 207-729-1219

Bath-Brunswick Respite Care Center – meetings in Bath, ME or online

Contact: 207-729-8571
www.respite-care.org

Dementia/Alzheimer Disease Information, Education and Resources

For caregivers of loved ones facing the challenges of dementia or Alzheimer Disease.

Alzheimer Association, Maine Chapter Contact: (207) -722-0115 www.Alz.org

National Alzheimer Association Contact: 1- (800)-272-3900. 24/7 Hotline with support, education
www.Alz.org

Comfort Keepers To help you identify your needs while caring for your loved one.
www.comfortkeepers.com

Community Resource Finder To help find other local resources listed with Alzheimer Association.
www.communityresourcefinder.org

NOTE: *Dementia and Alzheimer Disease are often used interchangeably.*

In-Home Medical Care

When it is medically necessary, in-home skilled nursing care may be available through your physician's office. When you are referred for in-home nursing care it may be covered by your insurance. Talk with your doctor about this option and be sure you understand your insurance coverage.

Care Coordination

EIM Care Coordination

This case management agency does not provide direct care services but will coordinate services from respite to in-home care services. Providers include social workers, physical therapists, registered nurses, home care aides. This case management service is only available to people covered by Maine Care and provided only to those who qualify.

Contact: (888) 234-3920 www.eimsp.org

Identification and Location Bracelets

Medical ID Bracelet

A medical ID bracelet is an effective and safe way to prevent a loved one from being unidentified if they should wander or become separated from their caregiver. Be sure it is the type of Medical ID bracelet that cannot be removed by the individual wearing it. Bracelets can be ordered online or through a local pharmacy.

Location Tracker (GPS) via the 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

Disclaimer: This 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.