

AGING AND DISABILITY RESOURCE CENTERS IN MASSACHUSETTS

SUNDAY APRIL 19, 2026

RESOURCE PACKET

Sunday Conversations

MASSACHUSETTS ME/CFS AND FM ASSOCIATION | MASSMECFS.ORG

What is an ADRC?

Aging and Disability Resource Centers (ADRCs) are collaborative, community-based entities designed to streamline access to long-term services and supports (LTSS) for older adults, individuals with disabilities of all ages, and their caregivers. Operating under a "No Wrong Door" approach, these centers act as a single point of entry, allowing individuals to contact any partner agency to access a comprehensive network of services.

Federal Basis

- **Older Americans Act (OAA) of 1965 (as amended):** The primary federal authority for ADRCs. The [2006 Reauthorization of the OAA](#) explicitly authorized the Assistant Secretary for Aging to implement Aging and Disability Resource Centers in all states.
- **Administration for Community Living (ACL):** This federal agency oversees the national network of [State Units on Aging \(SUAs\)](#) and Area Agencies on Aging (AAAs), which form the core of the ADRC structure.

Massachusetts State Basis

- **M.G.L. Chapter 19A:** This Massachusetts General Law established the **Executive Office of Elder Affairs (EOEA)** and defines its role as the principal state agency for developing and coordinating programs for older adults and people with disabilities.
 - **Section 4:** Charges the EOEA with mobilizing resources to promote the independence and well-being of the target population.
 - **Section 12:** Requires the EOEA to report annually to the state legislature on its implementation of these community-based services.
- **M.G.L. Chapter 40, Section 8B:** This statute allows municipalities to establish **Councils on Aging (COA)** to carry out programs locally in coordination with state-level mandates.
- **Pre-admission Counseling Mandate:** Massachusetts has a state mandate requiring individuals to receive counseling before entering a nursing facility. The state's ADRC **Options Counseling** program was specifically designed to fulfill and expand upon this legislative requirement by offering planning assistance well before admission is necessary.

Administrative Framework

While the broad authority is legislative, the specific "ADRC" model in Massachusetts is implemented through **interagency agreements** and **state plans**.

- **Consortium Model:** Massachusetts formalizes ADRCs as partnerships between [Aging Service Access Points \(ASAPs\)](#) and [Independent Living Centers \(ILCs\)](#) to ensure both elderly and disability perspectives are integrated.
- **State Plan on Aging:** The [2026-2029 State Plan on Aging](#) serves as the modern blueprint for how the EOEA uses OAA funding and state resources to maintain the ADRC network.

ADRCs in Massachusetts

In Massachusetts, the ADRC model is administered through partnerships between Aging Service Access Points (ASAPs/Area Agencies on Aging) and Centers for Independent Living (ILCs).

adrc.mass-aging-disability-development.net

- **Goal:** To help individuals remain living independently in the community, providing alternatives to nursing homes or other institutions.
- **Target Population:** Individuals 60 or older, and individuals with disabilities of any age.
- **Core Services:**
 - **Information and Referral:** Providing accurate, unbiased info on public and private programs.
 - **Options Counseling:** A key interactive process helping individuals make informed, person-centered decisions about long-term care, housing, and support services.
 - **Benefits Counseling:** Assistance with Medicaid (MassHealth), Medicare (SHINE program), and other benefits.
 - **Caregiver Support:** Assistance for family members providing care.
 - **Transitions:** Support for individuals moving from nursing facilities back to the community.
- **MassOptions (1-800-243-4636):** This is the state's centralized phone and online chat service that acts as the primary access point, connecting consumers with their local ADRC, ASAP, or ILC.
- **Structure:** ADRCs integrate the specialized expertise of elder services (ASAPs) with disability services (ILCs) to serve all populations, regardless of age or disability type.
- **Partnerships:** These consortia often include local Councils on Aging (COAs), health insurance providers, and other community organizations.

- **Cost:** Services are generally free for the consumer.

Services Summary

- **Personal Care:** Assistance with bathing, dressing, grooming, and medication management.
- **Homemaking & Chores:** Cleaning, laundry, and heavy chores.
- **Nutrition:** Home-delivered meals (Meals on Wheels) and meal preparation.
- **Safety & Logistics:** Lifeline/personal emergency response buttons, medical escorts, and transportation assistance.
- **Adult Family Care:** Emotional/financial support for caregivers and Adult Family Care (AFC) placements.
- **Specialized Care:** Alzheimer's/dementia support and companionship.
- **Assessment & Planning:** In-home assessment to develop personalized care plans.
- **Housing & Transition:** Housing resource clinics and nursing home transition services.
- **Benefits & Finance:** Help with Social Security, disability claims, money management, and insurance counseling.
- **Legal:** Elder justice/legal services for seniors.
- **Independent Living Skills:** Programs for ages 14-21 to learn skills like cooking, laundry, and resumes.
- **Social & Community:** Art programs (1x/week), senior centers, and food/hygiene pantry.
- **Grandparents Raising Grandkids:** Specialized support and housing in Central MA.
- **Mobile Care Bus:** Health, dental, and vision screenings.
- **PCA Program:** Consumer-controlled personal care services (note: some programs may have waitlists or

What is an Aging Services Access Point?

There are 24 ASAPs across the Commonwealth, all contracted with the Executive Office of Aging & Independence, that provide programs and services designed specifically to support adults aged 60 and older, and their caregivers. From exploring care options and assistance with nutrition and food security, to support with housing, health, financial wellness, transportation, and safety, ASAPs are there to help.

ASAPs provide the following services:

- **Home care program** - Helping older adults to age in their own homes, safely, independently, and comfortably.
- **Senior nutrition program** – Providing healthy home delivered and community group meals for older adults.
- **Options Counseling** – Connecting older adults in need of short-term advice and guidance to available services in their community.
- **Family caregiver support program**– Offering programs to help people navigate the challenges of being a caregiver.
- **Community Transition Liaison Program** – Helping adults ages 22 and older who are in a nursing facility transition back into their community.
- **Supportive and congregate housing** – Helping program residents with managing issues and social engagement.
- **Information & Resources (I&R)** – This is a free program that helps older adults, and their families, find the right services and support they need. A trained, I&R Specialist will listen to your questions, help you understand your options, and connect you to programs in your community. These services can include help at home, health care, food, transportation, and much more. If you don't find the answers you need on our website, call us at **800-243-4636**, Monday through Friday, 8:30 AM - 5:00 PM, or fill out our online form at www.massoptions.org.

Protective services – In addition to the above services, 19 ASAPs also function as Protective Services Agencies working to help respond to and eliminate or alleviate the abuse, neglect, or self-neglect of an older adult. Note the service areas mapped below may differ for protective services.

<https://www.mass.gov/info-details/find-your-regional-aging-services-access-point-asap>

Executive Office of Health and Human Services
>Executive Office of Aging & Independence (AGE)
>>Aging Resources

What is a Center for Independent Living (CIL)?

Centers for Independent Living (CILs) are community-based disability advocacy organizations. People do not live at CILs. They seek to ensure that individuals with disabilities can live independently in the community of their choice with the services and supports they need.

What services do CILs provide?

CILs are a one-stop resource for the disability community offering five core services:

- **Information & Referral** services provide basic information about CIL services, as well as other existing services, programs, and resources. Individuals with disabilities, family members, providers, and any other interested parties may contact a CIL for information and resources.
- **Peer Support** services connect individuals with disabilities to peer mentors who can share information and knowledge based on common experiences. Peer mentors are people who have disabilities and have worked with CILs themselves. A successful peer mentor relationship can create a meaningful connection, enhancing a consumer's confidence and ability to reach independent living goals.
- **Skills Training** services are individually designed to address a consumer's specific, self-identified independent living goals. Skills trainers help consumers identify their individual independent living goals and the steps needed to achieve them. This is all documented in an "independent living plan." The consumer and skills trainer work on the goals outlined in the plan. Examples of goals and assistance could include, but are not limited to, providing education on subjects like budgeting and cooking or learning how to apply for programs and navigate systems. A skills trainer works together with the consumer, empowering them as they take steps to achieve their goals.
- **Advocacy** services can be provided to individuals who face a barrier in receiving a service or who have been denied a service. CILs also engage in systemic advocacy, such as addressing architectural access barriers within their service area or focusing on legislation or policy change to address a need within the disability community.
- **Transition** services are for individuals moving from institutional settings to the community and for youth who are seeking skills to live independently in the community as adults.

Helping individuals move out of nursing homes and into the community is the cornerstone of the independent living movement. CILs assist individuals who wish to leave institutional settings in arranging and navigating services and supports and gaining necessary skills to live independently in the community.

Similarly, youth who are leaving the school setting that has provided them with services and supports during their school years need to be introduced to available adult services and supports and learn how to navigate them. CILs can assist youth in identifying their independent living goals and the services and supports that will assist them in achieving those goals. They can also help youth learn how to apply for services, how to interact with providers, and gain skills that will assist in living independently.

Frequent topics addressed in peer support and independent living skills training:

- Identifying services/supports that meet someone's specific needs
- Financial management

- Finding and applying for affordable housing
- Social skills
- Self-advocacy skills
- Personal care
- Household management
- Applying for healthcare, benefits, and/or subsidies
- Youth transition to adulthood

While all CILs offer the same five core services, most CILs offer additional programming. Examples include, but are not limited to:

- The [Personal Care Attendant \(PCA\) Program](#)
- Helping consumers pass the RMV learner’s permit test
- Helping consumers apply for a durable medical equipment loan
- Pre-employment Transition Services
- Financial literacy workshops
- ADA consultations
- Accessibility plans

<https://www.mass.gov/info-details/centers-for-independent-living>

Executive Office of Administration and Finance
>Massachusetts Office on Disability (MOD)

How Does MassAbility Fit In?

MassAbility (formerly the Massachusetts Rehabilitation Commission or MRC) acts as a primary state partner and service provider within the **Aging and Disability Resource Center (ADRC)** network . Its role is to provide specialized disability services that integrate with the ADRC's "No Wrong Door" approach to long-term care .

MassAbility's Role in the ADRC Network

In Massachusetts, ADRCs are consortia formed by partnerships between **Aging Services Access Points (ASAPs)** and **Independent Living Centers (ILCs)** . MassAbility supports these centers through the following functions:



- **Integrated Service Provider:** MassAbility provides the core programs that ADRC members refer individuals to, including **Vocational Rehabilitation** for employment and **Independent Living** services .
- **Operational Support for ILCs:** MassAbility partners with and helps fund the **Independent Living Centers** that serve as the "disability" half of the ADRC partnership .

- **Specialized Resource Access:** Through the ADRC network, MassAbility provides access to specific resources like:
 - **Assistive Technology:** Coordination of devices and evaluations through regional centers .
 - **Home and Community Life:** Services such as home modification loans and brain injury support .
 - **Disability Determination:** Assisting individuals with federal SSDI/SSI eligibility .

Key Services Provided to ADRC Participants



When an individual contacts an ADRC, MassAbility is the primary agency responsible for executing these specific tracks:

Category	Primary MassAbility Functions
Employment	Vocational counseling, job placement assistance, and workplace readiness training .
Independence	Support for Independent Living Centers (ILCs), skills training, and peer mentoring .
Financial & Legal	Determining eligibility for Social Security disability benefits and providing benefits counseling .
Home Support	Home care assistance for those under 60 and home modification loans .


ADRC	Member Agencies	ADRC Service Area
<p align="center">ADRC of Berkshire County</p>	<p>1. Elder Services of Berkshire County, Inc. (ESBC)</p> <p>877 South Street, Suite 4E Pittsfield, MA 01201 Phone (413) 442-6443 Fax (413) 499-9764 TTY www.esbci.org</p> <p>2. Ad-Lib Center for Independent Living</p> <p>215 North Street Pittsfield 01201 (413) 442-7047 Phone (413) 443-4338 Fax (413)442-7158 TTY www.adlibcil.org</p> 	<p>Adams, Alford, Becket, Cheshire, Clarksburg, Dalton, Egremont, Florida, Great Barrington, Hancock, Hinsdale, Lanesborough, Lee, Lenox, Monterey, Mount Washington, New Ashford, New Marlborough, North Adams, Otis, Peru, Pittsfield, Richmond, Sandisfield, Savoy, Sheffield, Stockbridge, Tyringham, Washington, West Stockbridge, Williamstown, Windsor</p>
<p align="center">Boston ADRC</p>	<p>1. Boston Center for Independent Living (BCIL)</p> <p>60 Temple Place, 5th fl. Boston, MA 02111 (617) 338-6665 Phone (617) 338-6661 Fax (617) 338-6662 TTY www.bostoncil.org</p> 	<p>Boston</p>

ADRC	Member Agencies	ADRC Service Area
<p>(Boston ADRC - continued)</p>	<p>2. Boston Senior Home Care, Inc. (BSHC) 89 South Street, Lincoln Plaza Suite 501 Boston, MA 02111 (617) 451-6400 Phone (617) 292-4762 Fax (617) 695-0437 TTY www.bostonseniorhomecare.info</p>	<p>Boston - Beacon Hill/West End, Charlestown, Chinatown, Columbia Point/Harbor Point, Dorchester, Downtown Boston, East Boston, East Mattapan, North End, South Boston</p>
	<p>3. Central Boston Elder Services, Inc. (CBES) 2315 Washington Street Boston, MA 02119 (617) 277-7416 Phone (617) 516-0296 Fax (617) 277-6691 TTY www.centralboston.org</p>	<p>Boston- Allston, Back Bay, Brighton, Fenway, Jamaica Plain, North Dorchester, Parker Hill, Roxbury, South End</p>
	<p>4. Ethos, Inc. 555 Amory Street Jamaica Plain, MA 02130 (617) 522-6700 Phone</p>	<p>Boston- Hyde Park, Roslindale, South Jamaica Plain, West Mattapan, West Roxbury</p>



ADRC	Member Agencies	ADRC Service Area
<p>(Boston ADRC -continued)</p>	<p>(617) 524-2899 Fax (617) 524-2687 TTY www.ethocare.org</p> <p>5. Age Strong Commission</p> <p>Boston City Hall *Area Agency on Aging (AAA) * One City Hall Plaza, Rm. 271 Boston, MA 02201 (617) 635-4366 Phone (617) 635-4599 TTY www.cityofboston.gov/elderly</p>	<p>Boston</p>
<p>Cape Cod & the Islands ADRC</p>	<p>1. Elder Services of Cape Cod and the Islands, Inc. (ESCCI) 68 Route 134 South Dennis, MA 02660</p> <p>(508) 394-4630 Phone (508) 394-3712 Fax (508) 394-8691 TTY www.escci.org</p> <p>2. Cape Organization for Rights of the Disabled (CORD)</p>	<p>Aquinnah, Barnstable, Bourne, Brewster, Chatham, Chilmark, Dennis, Eastham, Edgartown, Falmouth, Harwich, Hyannis, Mashpee, Nantucket, Oak Bluffs, Orleans, Provincetown, Sandwich, Tisbury, Truro, Wellfleet, West Tisbury, Yarmouth</p>

ADRC	Member Agencies	ADRC Service Area
	<p>765 Attucks Lane Hyannis, MA 02601 (508) 775-8300 Phone (v/TTY) (508) 775-7022 Fax (800) 541-0282 (v/TTY) www.cordcapecod.org</p> 	
<p>Central MA ADRC</p>	<p>1. Aging Services of North Central MA (ASNCM) 680 Mechanic Street, Suite 120 Leominster, MA 01453 (978) 537-7411 Phone (978) 537-9843 Fax (978) 514-8841 TTY www.agingervices.org</p> <p>2. Center for Living and Working (CLW) 484 Main Street, Suite-345 Worcester, MA 01608 (508) 798-0350 Phone (508) 797-4015 Fax (508) 798-0350 www.centerlw.org</p> 	<p>Ashburnham, Ashby, Auburn, Ayer, Barre, Bellingham, Berlin, Blackstone, Bolton, Boylston, Brookfield, Charlton, Clinton, Douglas, Dudley, East Brookfield, Fitchburg, Franklin, Gardner, Grafton, Groton, Hardwick, Holden, Hopedale, Hubbardston, Lancaster, Leicester, Leominster, Lunenburg, Medway, Mendon, Milford, Millbury, Millville, New Braintree, Northbridge, North Brookfield, Oakham, Oxford, Paxton, Pepperell, Princeton, Rutland, Shirley, Shrewsbury, Southbridge, Spencer, Sterling, Sturbridge, Sutton, Templeton, Townsend, Upton, Uxbridge, Warren, Webster, West Boylston, West Brookfield, Westminster, Winchendon, Worcester</p>

ADRC	Member Agencies	ADRC Service Area
<p>(Central MA ADRC - continued)</p>	<p>3. Central Massachusetts Agency on Aging 330 Southwest Cutoff, Suite 203 Worcester, MA 01604 (508) 852-5539 Phone (508) 852-5425 Fax (508) 852-5539 TTY www.seniorconnection.org</p> <p>4. Elder Services of Worcester Area, Inc. (ESWA) 67 Millbrook Street Worcester, MA 01606 (508) 756-1545 Phone (508) 754-7771 Fax (508)792-4541 TTY www.eswa.org</p> <p>5. Tri-Valley, Inc. (TVES) 10 Mill Street Dudley, MA 01570</p>	<p>Ashburnham, Ashby, Auburn, Ayer, Barre, Bellingham, Berlin, Blackstone, Bolton, Boylston, Brookfield, Charlton, Clinton, Douglas, Dudley, East Brookfield, Fitchburg, Franklin, Gardner, Grafton, Groton, Hardwick, Holden, Hopedale, Hubbardston, Lancaster, Leicester, Leominster, Lunenburg, Medway, Mendon, Milford, Millbury, Millville, New Braintree, Northbridge, North Brookfield, Oakham, Oxford, Paxton, Pepperell, Princeton, Rutland, Shirley, Shrewsbury, Southbridge, Spencer, Sterling, Sturbridge, Sutton, Templeton, Townsend, Upton, Uxbridge, Warren, Webster, West Boylston, West Brookfield, Westminster, Winchendon, Worcester</p>

ADRC	Member Agencies	ADRC Service Area
	<p>(508) 949-6640 Phone (508) 949-6651 Fax (508) 949-6654 TTY www.trivalleyinc.org</p>	
<p>Greater North Shore Link ADRC</p>	<p>1. Greater Lynn Senior Services, Inc. (GLSS) 8 Silsbee Street Lynn, MA 01901 (781) 599-0110 Phone (781) 592-7540 Fax (781)477-9632 TTY www.glss.net</p> <p>2. Disability Resource Center (DRC) 27 Congress Street, Suite 107 Salem, MA 01970 (978) 741-0077 Phone (978) 741-1133 Fax (978) 741-0077 TTY www.DisabilityRC.org</p>  <p>3. SeniorCare, Inc. 49 Blackburn Center Gloucester, MA 01930</p>	<p>Beverly, Essex, Gloucester, Hamilton, Ipswich, Lynn, Lynnfield, Manchester, Nahant, Rockport, Saugus, Swampscott, Topsfield, Wenham</p> <p><i>Member Agency</i> (For the following towns: Danvers, Marblehead, Middleton Peabody and Salem; persons with a disability and under 60 years of age are served by The Greater North Shore Link. For over 60 years of age - contact The ADRC of Merrimack Valley.)</p>

ADRC	Member Agencies	ADRC Service Area
	<p>(978) 281-1750 Phone (978) 281-1753 Fax (978) 282-1836 TTY www.seniorcareinc.org</p>	
<p>ADRC of Merrimack Valley</p>	<p>1. AgeSpan</p> <p>280 Merrimack Street Lawrence, MA 01843 (978) 683-7747 Phone (978) 687-1067 Fax (800) 924-4222 TTY www.agespan.org</p> <p>300 Rosewood Drive, Suite 200 Danvers, MA 01923-1389 (978) 750-4540 Phone (978) 750-8053 Fax (978) 624-2244 TTY www.agespan.org</p>	<p>Amesbury, Andover, Billerica, Boxford, Chelmsford, Danvers, Dracut, Dunstable, Georgetown, Groveland, Haverhill, Lawrence, Lowell, Marblehead, Merrimac, Methuen, Middleton, Newbury, Newburyport, North Andover, Peabody, Rowley, Salem, Salisbury, Tewksbury, Tyngsboro, Westford, West Newbury</p>

ADRC	Member Agencies	ADRC Service Area
	<p>2. Northeast Independent Living Program (NILP) 20 Ballard Road Lawrence, MA 01843 (978) 687-4288 Phone (978) 689-4488 Fax (978) 687-4288 TTY</p>  <p>www.nilp.org</p>	
<p>Metro-Boston ADRC</p>	<p>1. Minuteman Senior Services, Inc. (MMSS) 26 Crosby Drive Bedford, MA 01730 (781) 272-7177 Phone (781) 229-6190 Fax (781) 275-1285 TTY www.minutemansenior.org</p> <p>2. Boston Center for Independent Living (BCIL) 60 Temple Place, 5th Floor Boston, MA 02111 (617) 338-6665 Phone (617) 338-6661 Fax (617) 338-6662 TTY www.bostoncil.org</p> 	<p>Acton, Arlington, Bedford, Belmont, Boxborough, Brookline, Burlington, Cambridge, Carlisle, Chelsea Concord, Everett, Harvard, Lexington, Lincoln, Littleton, Malden, Maynard, Medford, Melrose, Needham, Newton, North Reading, Revere, Somerville, Stoneham, Stow, Wakefield, Waltham, Watertown, Wellesley, Weston, Wilmington, Winchester, Winthrop, Woburn</p>

ADRC	Member Agencies	ADRC Service Area
<p>(Metro-Boston ADRC- continued)</p>	<p>3. Mystic Valley Elder Services, Inc. (MVES)</p> <p>300 Commercial Street, Suite 19 Malden, MA 02148 (781) 324-7705 Phone (781) 324-1369 Fax (781) 321-8880 TTY www.mves.org</p>	
	<p>4. Springwell</p> <p>307 Waverly Oak Road, Suite 205 Waltham, MA 02452 (617) 926-4100 Phone (617) 926-9897 Fax (617) 926-5717 TTY www.springwell.com</p>	<p>Acton, Arlington, Bedford, Belmont, Boxborough, Brookline, Burlington, Cambridge, Carlisle, Chelsea Concord, Everett, Harvard, Lexington, Lincoln, Littleton, Malden, Maynard, Medford, Melrose, Needham, Newton, North Reading, Revere, Somerville, Stoneham, Stow, Wakefield, Waltham, Watertown, Wellesley, Weston, Wilmington, Winchester, Winthrop, Woburn</p>
	<p>5. Somerville- Cambridge Elder Services, Inc. (SCES)</p> <p>61 Medford Street Somerville, MA 02143 (617) 628-2601 Phone</p>	

ADRC	Member Agencies	ADRC Service Area
	(617) 628-1085 Fax (617) 628- 1705 TTY www.eldercare.org	

**MetroWest
ADRC**

1. BayPath Elder Services, Inc. (BPES)

33 Boston Post Road West
Marlboro, MA 01752
(508) 573-7200 Phone
(508) 573-7222 Fax
(508) 573-7282 TTY
www.baypath.org

2. HESSCO

One Merchant Street Suite 106
Sharon, MA 02067
(781) 784-4944 Phone
(781) 784-4922 Fax
(800) 462-5221 TTY
www.hessco.org

3. MetroWest Center for Independent Living, Inc. (MWCIL)

280 Irving Street 2nd Floor
Framingham, MA 01702
(508) 875-7853 Phone
(508) 875-8359 Fax
(508) 875-7853 TTY
www.mwcil.org




Ashland, Bellingham, Canton, Dedham, Dover, Foxborough, Framingham, Franklin, Holliston, Hopkinton, Hudson, Marlborough, Maynard, Medfield, Medway, Millis, Natick, Needham, Norfolk, Norwood, Northborough, Plainville, Sharon, Sherborn, Southborough, Stow, Sudbury, Walpole, Wayland, Wellesley, Westborough, Weston, Westwood, Wrentham

ADRC	Member Agencies	ADRC Service Area
<p>Pioneer Valley ADRC</p>	<ol style="list-style-type: none"> <p>1. Greater Springfield Senior Services, Inc. (GSSSI) 66 Industry Ave Springfield, MA 01104 (413) 781-8800 Phone (413) 781-0632 Fax (413) 272-0399 TTY www.gsssi.org</p> <p>2. LifePath, Inc. 101 Munson Street, Suite 201 Greenfield, MA 01301 (413) 773-5555 Phone (413) 772-1084 Fax (413) 772-6566 TTY www.lifepathma.org</p> <p>3. Highland Valley Elder Services, Inc. (HVES) 320 Riverside Drive, Suite B Florence, MA 01062 (413) 586-2000 Phone (413) 584-7076 Fax (413) 585-8160 TTY www.highlandvalley.org</p> 	<p>Agawam, Amherst, Ashfield, Athol, Belchertown, Bernardston, Brimsfield, Blandford, Buckland, Charlemont, Chester, Chesterfield, Chicopee, Colrain, Conway, Cummington, Deerfield, Easthampton, East Longmeadow, Erving, Gill, Goshen, Granby, Granville, Greenfield, Hadley, Hampden, Hatfield, Hawley, Heath, Holland, Holyoke, Huntington, Leverett, Leyden, Longmeadow, Ludlow, Middlefield, Montgomery, Monroe, Monson, Montague, New Salem, Northfield, Northampton, Orange, Palmer, Pelham, Petersham, Phillipston, Plainfield, Rowe, Royalston, Russell, Shelburne, Shutesbury, South Hadley, Southampton, Southwick, Springfield, Sunderland, Tolland, Turner Falls, Wales, Ware, Warwick, Wendell, Westfield, Westhampton, West Springfield, Whately, Wilbraham, Williamsburg, Worthington.</p>

ADRC	Member Agencies	ADRC Service Area
<p>(Pioneer Valley ADRC - Continued)</p>	<p>4. Stavros Center for Independent Living, Inc. 210 Old Farm Road Amherst, MA 01002 (413) 256-0473 Phone (413) 256-0190 Fax (413) 256-0473 TTY www.stavros.org</p>  <p>5. West Mass Elder Care, Inc. (WMEC) 4 Valley Mill Road Holyoke, MA 01040 (413) 538-9020 Phone (413) 538-6258 Fax (800) 875-0287 TTY www.wmeldercare.org</p>	<p>Agawam, Amherst, Ashfield, Athol, Belchertown, Bernardston, Brimsfield, Blandford, Buckland, Charlemont, Chester, Chesterfield, Chicopee, Colrain, Conway, Cummington, Deerfield, Easthampton, East Longmeadow, Erving, Gill, Goshen, Granby, Granville, Greenfield, Hadley, Hampden, Hatfield, Hawley, Heath, Holland, Holyoke, Huntington, Leverett, Leyden, Longmeadow, Ludlow, Middlefield, Montgomery, Monroe, Monson, Montague, New Salem, Northfield, Northampton, Orange, Palmer, Pelham, Petersham, Phillipston, Plainfield, Rowe, Royalston, Russell, Shelburne, Shutesbury, South Hadley, Southampton, Southwick, Springfield, Sunderland, Tolland, Turner Falls, Wales, Ware, Warwick, Wendell, Westfield, Westhampton, West Springfield, Whately, Wilbraham, Williamsburg, Worthington.</p>
<p>Southeastern MA ADRC</p>	<p>1. Bristol Elder Services, Inc. (BES) 1 Father DeValles Blvd., Unit 8 Fall River 02773 (508) 675-2101 Phone (774) 425-0045 Fax (508) 646-9704 TTY www.bristolelder.org</p>	<p>Abington Acushnet, Attleboro, Avon, Berkley, Bridgewater, Brockton, Carver, Dartmouth, Dighton, Duxbury, East Bridgewater, Fairhaven, Fall River, Freetown, Gosnold, Easton, Halifax, Hanover, Hanson, Kingston, Lakeville, Mansfield, Marion, Marshfield, Mattapoisett, Middleboro, New Bedford, North Attleboro, Norton, Pembroke, Plymouth, Plympton, Raynham, Rehoboth, Rochester, Rockland, Seekonk, Somerset, Stoughton, Swansea, Taunton, Wareham, West Bridgewater, Westport, Whitman.</p>

ADRC	Member Agencies	ADRC Service Area
<p style="text-align: center;">Southeastern MA ADRC</p>	<p>6. Coastline Elderly Services, Inc (CESI)</p> <p>863 Belleville Ave New Bedford, MA 02745 (508) 999-6400 Phone (508) 993-6510 Fax (508) 994-4265 TTY www.coastlinenb.org</p> <p>7. Old Colony Elder Services, Inc. (OCES)</p> <p>144 Main Street Brockton, MA 02301 (508) 584-1561 Phone (508) 897-0031 Fax (508) 587-0280 TTY www.ocesma.org</p> <p>8. Southeast Center for Independent Living (SCIL)</p> <p>66 Troy Street Fall River, MA 02720 (508) 679-9210 Phone (508) 677-2377 Fax (508) 679- 9210 TTY www.secil.org</p> <div data-bbox="1059 1192 1225 1325" style="text-align: center;"> </div>	<p>Abington Acushnet, Attleboro, Avon, Berkley, Bridgewater, Brockton, Carver, Dartmouth, Dighton, Duxbury, East Bridgewater, Fairhaven, Fall River, Freetown, Gosnold, Easton, Halifax, Hanover, Hanson, Kingston, Lakeville, Mansfield, Marion, Marshfield, Mattapoisett, Middleboro, New Bedford, North Attleboro, Norton, Pembroke, Plymouth, Plympton, Raynham, Rehoboth, Rochester, Rockland, Seekonk, Somerset, Stoughton, Swansea, Taunton, Wareham, West Bridgewater, Westport, Whitman.</p>

ADRC	Member Agencies	ADRC Service Area
<p>Southern MA ADRC</p>	<ol style="list-style-type: none"> <li data-bbox="526 293 1446 597"> <p>1. Old Colony Elder Services, Inc. (OCES)</p> <p>144 Main Street Brockton, MA 02301 (508) 584-1561 Phone (508) 897-0031 Fax (508) 587-0280 TTY www.ocesma.org</p> <li data-bbox="526 748 1446 1052"> <p>2. Old Colony Planning Council</p> <p>70 School Street Brockton, MA 02301 (508) 583-1833 Phone (508) 559-8768 Fax (508) 583-1833 TTY www.ocpcrpa.org</p> <li data-bbox="526 1175 1446 1479"> <p>3. Bristol Elder Services, Inc. (BES)</p> <p>1 Father DeValles Blvd., Unit 8 Fall River 02773 (508) 675-2101 Phone (774) 425-0045 Fax (508) 646-9704 TTY www.bristolelder.org</p> 	<p>Abington, Attleboro, Avon, Berkley, Braintree, Bridgewater, Brockton, Carver, Cohasset, Dighton, Duxbury, East Bridgewater, Easton, Fall River, Freetown, Halifax, Hanover, Hanson, Hingham, Holbrook, Hull, Kingston, Lakeville, Mansfield, Marshfield, Middleboro, Milton, North Attleboro, Norton, Norwell, Pembroke, Plymouth, Plympton, Quincy, Randolph, Raynham, Rehoboth, Rockland, Scituate, Seekonk, Somerset, Stoughton, Swansea, Taunton, Wareham, West Bridgewater, Westport, Weymouth, Whitman</p>

ADRC	Member Agencies	ADRC Service Area
<p>(Southern MA ADRC – continued)</p>	<p>4. Independence Associates (IA)</p> <p>100 Laurel Street, Suite 122 East Bridgewater, MA 02333 (508) 583-2166 Phone (508) 583-2165 Fax (508) 583-2166 TTY www.iacil.org</p> <p>5. South Shore Elder Services, Inc. (SSES)</p> <p>350 Granite Street, Suite 2303 Braintree, MA 02184 (781) 848-3910 Phone (781) 383-9790 Fax (781) 356-1992 TTY www.sselder.org</p> 	<p>Abington, Attleboro, Avon, Berkley, Braintree, Bridgewater, Brockton, Carver, Cohasset, Dighton, Duxbury, East Bridgewater, Easton, Fall River, Freetown, Halifax, Hanover, Hanson, Hingham, Holbrook, Hull, Kingston, Lakeville, Mansfield, Marshfield, Middleboro, Milton, North Attleboro, Norton, Norwell, Pembroke, Plymouth, Plympton, Quincy, Randolph, Raynham, Rehoboth, Rockland, Scituate, Seekonk, Somerset, Stoughton, Swansea, Taunton, Wareham, West Bridgewater, Westport, Weymouth, Whitman</p>

Massachusetts

(Courtesy of Bateman Horne Center)

2-1-1 Services

- 2-1-1 Massachusetts: <https://211massachusetts.org/>

Aging Services

- Aging Services: <https://www.mass.gov/info-details/aging-services-network>

Caregiving Programs

- Family Support: <https://www.mass.gov/info-details/family-caregiver-support-program>
- Personal Care Attendant Program: <https://www.mass.gov/masshealth-personal-care-attendant-program>

Cash Assistance

- Department of Transitional Assistance (DTA): <https://www.mass.gov/economic-assistance-cash-benefits>

COVID-19 Programs and Information

- COVID-19 Programs and Information: <https://www.mass.gov/coronavirus-disease-2019-covid-19>

Disability Services

- Disability Benefits: <https://www.mass.gov/info-details/determine-disability-benefits>
- Disability Rights and Access: <https://www.mass.gov/info-details/disability-rights-access>
- Disability Plates and Placards: <https://www.mass.gov/disability-plates-and-placards>
- Transportation Programs for Those with Disability: <https://www.mass.gov/im-looking-for-transportation>

Energy Assistance

- Low Income Home Energy Assistance Program (LIHEAP): <https://www.mass.gov/info-details/learn-about-home-energy-assistance-heap>

Food Assistance

- SNAP: <https://www.mass.gov/topics/food-assistance>

Healthcare Programs

- Prescription Saving Program: <https://www.mass.gov/info-details/prescription-advantage>
- SHINE Program (Health Insurance for Medicare eligible adults and caregivers): <https://www.mass.gov/info-details/serving-the-health-insurance-needs-of-everyone-shine-program>
- MassHealth Coverage: <https://www.mass.gov/masshealth-for-seniors-and-people-who-need-long-term-care-services>
- Medicaid: <https://www.mass.gov/topics/masshealth>

Housing Programs

- Housing Resources for People with Disabilities: <https://www.mass.gov/info-details/housing-resources-for-people-with-disabilities>
- Massachusetts Housing Assistance (Emergency and Long-Term Help): <https://www.mass.gov/info-details/massachusetts-housing-assistance-emergency-and-long-term-help>
- Resources for the Homeless: <https://www.mass.gov/help-for-homeless-people>

Medical Transportation

- Medical Transportation: <https://www.mass.gov/info-details/health-care-transportation>

Mental Health Services

- Hotline: Call/Text 833-773-2445
- ACCS: <https://www.mass.gov/accs>
- Substance Use Prevention: <https://www.mass.gov/topics/substance-use-prevention>
- Office of Mental Health: Adult Services (ages 19+): <https://www.mass.gov/department-of-mental-health-adult-services-ages-19>

Unemployment

- Unemployment Resources: <https://www.mass.gov/topics/unemployment>

