

Chapter 10

Community Resources

The Alzheimer's Association (National)

The Alzheimer's Association is the only national voluntary health organization dedicated to supporting research and to providing support and assistance to people with Alzheimer's disease, their families, and caregivers. The Alzheimer's Association is a non-profit, tax-exempt organization founded in 1980. The Maine Alzheimer's Association is one of more than 150 chapters affiliated with the National Alzheimer's Association.

Alzheimer's Association

919 N. Michigan Ave, Suite 1100

Chicago, IL 60611-1676

Toll-free phone: 1-800-272-3900

www.alz.org

The Maine Alzheimer's Association

The Maine Alzheimer's Association serves the entire State of Maine from its Portland office. We estimate that there are approximately 30,000 families in Maine who are directly affected by Alzheimer's disease or a related dementia.

Mission. The mission of the Maine Alzheimer's Association is to serve as a resource by providing information and services to persons with Alzheimer's disease, as well as to their families and caregivers. In addition, we aim to educate the public and professionals about Alzheimer's disease, advocate on behalf of people with Alzheimer's disease, and support research into the treatment, cure, cause and prevention of the disease.

The Association's mission is carried out by:

- Offering patient and family services to aid those affected by the disease;
- Educating and informing the public and healthcare professionals;
- Investigating the cause, prevention, treatment and cure for Alzheimer's disease and related disorders.

History. The Maine Chapter of the Alzheimer's Association was incorporated in 1987. The founder was Marilyn Paige, whose husband was diagnosed with Alzheimer's disease in 1981. Like others whose loved ones become ill with Alzheimer's, Marilyn felt she needed help in assuming her new role as caregiver. Unable to find a support network, she started a support group of her own in February 1982 that met at the United Methodist

Church in West Scarborough. With a little publicity in the local newspapers, the number of people in her support group soon reached twenty-five.

By 1984, there were 14 support groups in Maine and an organization was beginning to develop. In the same year, Paige founded the Maine Alzheimer's Disease Association. In 1987, the organization became affiliated with the National Alzheimer's Association and was incorporated as the Alzheimer's Association, Maine Chapter. In 1992, the Chapter opened its first office in Scarborough, and in 1993 hired a part-time Executive Director.

Today the Maine Alzheimer's Association serves the entire State of Maine (Aroostook, Androscoggin, Cumberland, Franklin, Hancock, Kennebec, Knox, Lincoln, Oxford, Penobscot, Piscataquis, Sagadahoc, Somerset, Waldo, Washington and York Counties). The office is located in Portland. As of June 2001, the Chapter has five full-time staff and four part-time staff positions.

Our Services And Programs

The following programs and services are available through the Maine Alzheimer's Association. For more information on any of these programs or services, call us toll-free at 1-800-660-2871 during regular business hours.

➡ Statewide Resource Directory

The Maine Alzheimer's Association publishes a Statewide Resource Directory that lists resources for Alzheimer's patients and their families. The Directory is updated twice a year and provides county-by-county dementia-specific references. For example, you will find listings for Alzheimer's Diagnosis and Evaluation; Geriatricians; Neurologists; Elder Law Attorneys; In-Home Respite Care Support Groups; Adult Day Services; Home Health Agencies; Residential Care Facilities; as well as assisted living facilities with Alzheimer's units and nursing facilities with Alzheimer's units. These lists do not constitute an endorsement or a recommendation. **A copy of the Directory is located at the end of this Chapter. To order additional copies or the latest update, contact the Maine Alzheimer's Association at the following:**

Maine Alzheimer's Association

**163 Lancaster St., Suite 160B
Portland, ME 04101**

Phone: 207-772-0115

Toll-Free Helpline: 1-800-660-2871

Fax: 207-772-0354

Web site: www.mainealz.org

➡ **Toll-Free Helpline** . Information and referral services, support and reassurance, are available through the Chapter's toll-free Helpline. Trained volunteer specialists and staff answer questions on a wide range of topics (including symptoms, diagnosis, local resources, caregiving techniques, and new treatments), send information packages tailored to each caller's needs, and listen with understanding and empathy. You can call our Helpline anytime during regular business hours at **1-800-660-2871**.

➡ **Support Groups**: An experienced leader facilitates discussion among group members who share experiences and offer support, practical suggestions, and encouragement to one another. More than 40 support groups statewide are open to family members and other caregivers free of charge. The Chapter sponsors training and an annual educational forum for support-group leaders. Locations and schedules are available here.

➡ **Family Connections Program**: The Chapter's Family Assistance Specialist provides in-depth care management, education and caregiving tips to families and individuals affected by Alzheimer's disease or a related dementia. The aim of the program is to connect families with needed services and support throughout the disease process. This service is available free of charge.

➡ **Advocacy and Public Policy**: Chapter staff and volunteers are active in the legislative arena at both the state and national levels. The Chapter has initiated legislation and regularly offers testimony on bills that affect people with Alzheimer's disease. In recent years, the Chapter has taken a much more visible advocacy role in state issues, particularly in the area of expanding eligibility for services, increasing respite care funding, and developing standards for Alzheimer's care.

➡ **Education and Training**: Educational seminars, staff in-service training, professional workshops, and family caregiver conferences are held statewide throughout the year. The training programs include a range of topics such as an overview of Alzheimer's disease, legal and financial issues, communication techniques, behavior management, research updates, ethical issues and more. Conferences often feature nationally recognized experts in Alzheimer's disease.

➡ **Resources**. A free information packet, containing a variety of practical material about Alzheimer's disease and related caregiving topics, is available upon request. The Chapter also has a lending library with a wide range of books, publications, and videos available. Books may also be purchased through the Maine Alzheimer's Association.

➡ **Safe Return**: Safe Return is a nationwide system designed to help identify, locate and return to safety individuals who wander because of Alzheimer's disease or a related disorder. It is partially funded by the U.S. Department of Justice. The program provides an identity bracelet or necklace, clothing labels and wallet cards to identify the memory-impaired individual. In addition, the person with Alzheimer's is registered in a national database and families are given a 24-hour, toll-free phone number to contact when an individual is lost or found.

➡**Newsletter:** The Chapter publishes a quarterly newsletter containing up-to-date articles on research, local and national activities, and caregiver concerns. An excellent source of information and current events, the newsletter includes book reviews and notices about educational conferences. In addition, Chapter members receive the National Alzheimer's Association quarterly newsletter.

➡**Speaker's Bureau:** Chapter staff, medical professionals, family members and volunteers speak about Alzheimer's disease to civic, business and community groups.

➡**Research:** The Maine Chapter is committed to supporting research directed toward finding a cause, a cure, treatment and prevention of Alzheimer's disease. We allocate a specific dollar amount of our annual budget for research that is conducted under the auspices of the National Alzheimer's Association.

➡**Autopsy Network:** For families who seek a definitive diagnosis, the Chapter can assist in making arrangements for an autopsy.

Maine Alzheimer's Association Staff

- **Executive Director** – [Eleanor Goldberg](mailto:eleanor.goldberg@alz.org) (eleanor.goldberg@alz.org)
- **Program Director** – [Liz Weaver](mailto:liz.weaver@alz.org) (liz.weaver@alz.org)
- **Education Specialist** – Lucie Arbuthnot (lucie.arbuthnot@alz.org)
- **Family Assistance Specialist** – Robyn Coombs, LMSW
(robyn.coombs@alz.org)
- **Helpline Coordinator** – Joan Dinsmore
- **Director of Public Policy** – [Kathy Pears](mailto:kpears@cybertours.com) (kpears@cybertours.com)
- **Director of Development** – [Susan Braziel](mailto:susan.braziel@alz.org) (susan.braziel@alz.org)
- **Development Assistant** – Austin Dickson (austin.dickson@alz.org)
- **Office Manager** – Sandra Kelleher (sandy.kelleher@alz.org)

Appendix 10:1

Statewide Services

Adult Protective Services

Investigates allegations of abuse, neglect or exploitation of adults age 18 and older. Provides protective services and can petition Probate Court to become public guardian or conservator for incapacitated individuals who cannot direct their own affairs. Trains other health care, social service and law enforcement agencies. [See Chapter 7, pages 123-126 for more information about Adult Protective Services.] **To make a report, or for more information, call toll free, 24-hours a day: 1-800-624-8404**

Area Agencies on Aging

Wherever you live in Maine, there is an Area Agency on Aging offering information and resources for elder services in your area. Their goal is to assure that older people receive the necessary support to remain at home and maintain their independence and dignity in the community. **Call 1-877-353-3771 for information about the agency in your area, or use the directory page 153.**

Bureau of Elder and Adult Services

The Bureau of Elder and Adult Services promotes optimal independence for elders and adults with disabilities. The Bureau is responsible for policy and services administered for Adult Protective Services, home- and community-based health care programs, MaineNet and DDS.

Bureau of Elder and Adult Services

Department of Human Services

35 Anthony Avenue

#11 State House Station

Augusta, Maine 04333-0011

Toll-free phone: 800-262-2232

TTY: 1-888-720-1925

www.state.me.us/dhs/beas

Elder Independence of Maine

Elder Independence of Maine (EIM) is the home-care coordination agency for Maine. EIM receives assessments done by nurses from Goold Health Systems (see below), sets up the services, and sees that the care matches the person's needs and is properly provided. For information, contact EIM at the address or phone number listed on the following page.

Elder Independence of Maine
P.O. Box 659
Lewiston, Maine 04240
Toll-free phone: 1-888-234-3920
TTY: (207) 795-7232
www.elderindependence.org

Goold Health Systems

Goold Health Systems, Inc., is the agency with which the Department of Human Services contracts to conduct State of Maine Long-Term Care Assessments. Goold employs registered nurses throughout the state who come to where you are to assess your needs. The assessment is free, required for entering nursing homes, and is available to anyone who wants to know what services are available and affordable. For information contact:

Goold Health Systems
24 Stone Street
P.O. Box 508
Augusta, Maine 04330
Toll-free phone: 800-609-7893
TTY: 1-888-720-1925
www.ghsinc.com

Legal Services for the Elderly, Inc.

This organization provides free legal services statewide to people age 60 and over. Priority is given to the needs of those at risk of being institutionalized; to those who wish to avoid being placed under Guardianship; and to assisting older persons to secure benefits and services available to them. The **Hotline** is staffed by specially trained lawyers and paralegals who can give brief assistance with legal questions, including Medicare and health insurance questions. Those needing more extensive assistance can arrange appointments with LSE lawyers, lawyers in the private sector who work at reduced rates, or with the local area on Agency on Aging.

Toll-Free Hotline: 1-800-750-5353
Local/Out of state: (207) 623-1797
Web site: www.mainelse.org

Mental Health Services

Services are available at local community mental health centers, some local hospitals, Augusta and Bangor Mental Health Institutes and the Veterans' Administration Center at Togus. These services may include: counseling, medication review, inpatient treatment and day treatment programs. Assessment and referral services are available through regional mental health geriatric resource staff. For information about where to find these services contact the Division of Mental Health, Mental Retardation and Substance Abuse

Service at one of the regional offices listed on the following page. **For crisis intervention and resolution services, call 1-888-568-1112.**

Region I

DMHMRSAS
169 Lancaster Street
Portland, ME 04101
Telephone: 207-822-0270
Local/Out-of-State TTY: 207-822-0295

Region II

DMHMRSAS
AMHI Complex
60 State House Station
Augusta, ME 04333
Telephone: 207-287-8117
Local/Out-of-State TTY: 207-287-1798

Region III

DMHMRSAS
176 Hogan Road
Bangor, ME 04401
Telephone: 207-941-4360
Local/Out-of-State TTY: 207-941-4392

Respite Care: Partners In Caring

In-home respite care may provide several hours a week of time-off for those who are caring for people with Alzheimer's. Up to two weeks a year of *overnight respite* is offered at certain nursing homes, residential facilities, or at home. The "Partners in Caring" program at your local Agency on Aging may help to cover the cost of these respite services. **Call 1-877-353-3771**, or see page 153 for the phone number and address of your local Agency on Aging.

Veterans Administration

To find out if you are eligible for certain health and counseling services available through the Veterans Administration at Togus, call or write:

Togus Patient Advocate
Veterans Administration Center and Hospital
Augusta, ME 04330
(207) 623-8411, Extension 5300
Toll free: 1-877-754-2862

State Division of Veterans Services

The State Division of Veterans Services can provide assistance in the following areas:

- Employment
- Housing
- Claims applications
- Loans
- Counseling
- Financial assistance
- Educational benefits
- Tax and various other exemptions

Booklets entitled *Maine's Veterans Laws* and a *Quick guide to Veterans Benefits for Maine Veterans* are also available from the State Division office. Call or write:

Division of Veterans Services
Camp Keyes
State House Station #117
Augusta, ME 04333
(207) 624-4464
Toll free: 1-800-345-0116

Appendix 10.2

Area Agencies on Aging

Counties Served	Address and Phone	Services Offered
Androscoggin Franklin Oxford	Seniors Plus 465 Main St., P.O. Box 659 Lewiston, ME 04243-0659 1-800-427-1241 (207) 795-4010 TTY 795-7232 [Note: Formerly Western Area Agency on Aging]	Information and assistance, assessing services, nutrition services, help with applications to many programs and services to help elders remain independent, handyman services, grocery shopping, congregate housing, volunteers, and newsletter.
Aroostook	Aroostook Area Agency on Aging 33 Davis St., P.O. Box 1288 Presque Isle, ME 04769 1-800-439-1789 TTY (207) 764-3396 www.aroostookaging.org	Information and assistance, insurance counseling, dining centers, Meals on Wheels, affordable apartments, Adult Day Care, volunteer opportunities, Partners in Caring (Alzheimer's help), eldercare services.
Cumberland York	Southern Maine Area Agency on Aging 307 Cumberland Ave. Portland, ME 04104 1-800-427-7411 TTY (207) 775-6503 www.smaaa.org	Information and assistance, nutrition services, Senior Solutions (help managing home care), Adult Day Care, supportive housing, outreach and advocacy services, legal services referral, Child Care Connections, Retired Senior Volunteer Program.
Hancock Penobscot Piscataquis Washington	Eastern Area Agency on Aging 450 Essex Street Bangor, ME 04401-9810 1-800-432-7812 TTY (207) 941-2865 www.eaaa.org	Information and assistance, Life Times newsletter, community services, Meals for ME (community dining and home-delivered meals), Senior Solutions (help choosing the right services), residential services, Partners in Caring (Alzheimer's help), Senior Companions (friendly visits and help), legal services.
Kennebec Knox Lincoln Sagadahoc Somerset Waldo	Senior Spectrum Augusta, ME 04338-2589 622-9212 Hotline: 1-800-639-1553 TTY 1-800-464-8703 www.seniorspectrum.com	Customer service hotline, six community wellness centers, Meals on Wheels, Adult Day services, Partners in Caring (Alzheimer's help).

Appendix 10.3

Alzheimer's Evaluation Programs

AGES Program (Alzheimer Geriatric Evaluation Services)
University of New England/Southern Maine Medical Center
11 Hills Beach Rd.
Biddeford, ME 04005
(207) 283-4882 or 1-800-930-2437

The Alzheimer's and Memory Center
Neurology Associates of Eastern Maine
498 Essex Street
Bangor, ME 04401
207-947-0558 or 800-208-0558

Community Health and Counseling Services
and Maine Coast Physician's Affiliate
42 Cedar St.
Bangor, ME 04401
(207) 947-0366

The Center for Healthy Aging
277 State Street
Bangor, ME 04402-0404
(207)-973-7094

Gardiner Evaluation Unit
Alzheimer Care Center
154 Dresden Ave.
Gardiner, ME 04345
(207) 626-1773 or 1-800-939-3333

Maine Medical Center Geriatric Center
100 US Route One, Unit 114
Scarborough, ME 04074
(207) 885-7591

Memory Clinic
Cary Medical Center
Caribou, ME 04736
(207) 498-3111 ext. 1394

Appendix 10.4

Community Action Programs

Contact these local agencies for energy assistance, home weatherization or repair, tax and rent refund programs, transportation, and United States Department of Agriculture surplus food distribution.

➔ **Aroostook County Action Program, Inc.**

P.O. Box 1116 (444 Main Street)
Presque Isle, Me 04769
(207) 764-3721
1-800-432-7881 (Toll Free)

➔ **Coastal Economic Development**

39 Andrews Road
Bath, Me 04530
(207) 442-7963
1-800-221-2221 (Toll Free)

➔ **Community Concepts**

P.O. Box 278 (Market Square)
South Paris, ME 04281
(207) 743-7716

➔ **Kennebec Valley Community Action Programs**

P.O. Box 1529, (101 Water Street)
Waterville, ME 04901
(207) 873-2122

RR#2, Box 1103 (219 Cony Road)

Augusta, ME 04330
(207) 622-4761

RFD #1, Box 4747 (Mary Street)

Skowhegan, Me 04976
(207) 474-8487
1-800-542-8227 (Toll Free)

➔ **Mid-Coast Human Resource Council**

P.O. Box 808, 43 Park Street
Rockland, ME 04841
(207) 596-0361

➔ **Penquis Community Action Program**

P.O. Box 1162, 262 Harlow Street
Bangor, Me 04401
(207) 941-2830

➔ **Peoples Regional Opportunity Program**

510 Cumberland Avenue
Portland, ME 04101
(207) 874-1140

➔ **Waldo County Committee for Social Action**

P.O. Box 130 (175 High Street)
Belfast, ME 04915
(207) 338-6809

➔ **Washington-Hancock Community Agency**

P.O. Box 280 (Corner of Main and Maple Streets)
Milbridge, ME 04658
(207) 546-7544

➔ **Western Maine Community Action, Inc.**

P.O. Box 200 (Church Street)
East Wilton, ME 04234
(207) 645-3764
www.wmca.org

➔ **York County Community Action Corporation**

P.O. Box 72 (11 Cottage Street)
Sanford, ME 04073
(207) 324-5762

Appendix 10.5

Bureau of Family Independence

The Bureau of Family Independence is part of the Department of Human Services. They determine financial eligibility for various programs. They also have a number of booklets that are helpful for consumers: **Pamphlet 1** answers questions about financial eligibility for nursing home care in Maine. **Pamphlet 2** provides important information about giving away or transferring assets. **Pamphlet 3** explains financial rules for receiving help from Medicaid while in a nursing home. **Pamphlet 4** is about getting help from Medicaid for nursing care services in your home. If you would like a copy of any of these booklets or more information on financial eligibility, call the BFI office nearest you.

Location:	Phone	Fax	TTY
Portland	822-2071 1-800-482-7520	822-2310	822-2293
Sanford	490-5418 1-800-482-0790	490-5463	490-5466
Biddeford	286-2430 1-800-322-1919	286-2408	286-2402
Lewiston	795-4394 1-800-482-7517	795-4444	795-4595
South Paris	744-1200 1-888-593-9775	743-8735	744-1224</TD
Farmington	778-8223 1-800-442-6382	778-8210	778-8239
Augusta	624-8200 1-800-452-1926	624-8124	624-8004
Rockland	596-4217 1-800-432-7802	596-4331	596-4201
Skowhegan	474-4848 1-800-452-4602	474-4890	474-4891
Bangor	561-4333 1-800-432-7825	561-4492	561-4403
Ellsworth	667-1656 1-800-432-7823	667-5364	667-1639
Machias	255-2027 1-800-432-7846	255-2022	255-6866
Calais	454-9020 1-800-622-1400	454-9012	454-3415
Houlton	532-5055 1-800-432-7338	532-7995	532-5001
Caribou	493-4050 1-800-432-7366	493-4001	493-4034
Fort Kent	934-7770 1-800-432-7340	834-7701	834-7702

Appendix 10.6

Helpful Books

1. *Statewide Resource Directory*, published semi-annually by the Maine Alzheimer's Association, Portland, Maine. To order copies, call toll free 1-800-660-2871.
 2. *A Compilation of Resource Materials Relevant to Older Citizens of Maine*, distributed by The Maine Department of Mental Health, Mental Retardation & Substance Abuse, Augusta, Maine. To order copies, contact: Theresa Turgeon at (207) 287-4245.
 3. *Maine Geriatric Mental Health Services and Providers*, prepared by The Maine Department of Mental Health, Mental Retardation & Substance Abuse, Office of Geriatrics, Augusta, Maine. To order copies, contact: Theresa Turgeon at (207) 287-4245.
- ➔ You can also order the following books and brochures from the Bureau of Elder and Adult Services free of charge by calling 1-800-262-2232 toll free, or by visiting their web site at www.state.me.us/dhs/beas
- ***Aging: Taking Care of Business: A Guide for Older People, Families and Friends Regarding:***
 - ✓ Health Care Advance Directives
 - ✓ Durable Powers of Attorney for Finances
 - ✓ Guardianship/Conservatorship
 - ✓ Other Related Information
 - ***Guardianship/Conservatorship: Questions & Answers***

This booklet provides readers with a general understanding of the guardianship and conservatorship process and answers some of the more commonly asked questions.
 - ***Home Care: Where to Find It***

When a family member wants to age at home, there are so many programs that sometimes it is hard to know where to start. This booklet is about services that help people to stay at home as long as possible. Each section lists the agencies and the county where the service is.
 - ***Low Cost Drugs for the Elderly or Disabled***

1999 Maine Residents Application for Low-Cost Drug Card Program for the Elderly or Disabled - ([Maine Revenue Services](#) form) as well a flyer describing the program

- ***Prescription Drug Assistance***
A guide for Mainers who need help paying for their prescription drugs especially those on Medicare.

- ***Resource Directory for Older People in Maine***
A comprehensive listing of resources available to older people in Maine, including listings of Area Agencies on Aging, Community Action Programs, Department of Human Services regional offices, employment service agencies, Legal Services for the Elderly, Mental Health service providers, Social Security offices, Technical Colleges, transportation providers and information on over 44 programs/services available to the elderly.

- ***Partners in Caring (Respite)***
Partners in Caring describes respite programs for caregivers of persons with dementia (Alzheimer's disease.)

- ***Medicare Expense assistance***
Explains who is eligible for assistance

- ***Adult Abuse, Neglect and Exploitation***
Quick reference brochure with information on Abuse, Neglect and Exploitation of dependent adults.

- ***Adult Abuse, Neglect and Exploitation***
Quick reference brochure with information on Abuse, Neglect and Exploitation of dependent adults.

- ***Getting Help from the Medicaid Waiver: Nursing Home Care Services in your Home***
This explains the general financial rules for Medicaid coverage if you live at home and need nursing home level of care.

Appendix 10.7

Web Sites

- **Alzheimer’s Association (national)** www.alz.org
- **Maine Alzheimer’s Association** www.mainealz.org
- **Area Agencies on Aging:**
 - **Aroostook** www.arostookaging.org
 - **Eastern** www.eaaa.org
 - **Senior Spectrum** www.seniorspectrum.com
 - **Southern Maine** www.smaaa.org
 - **Senior Plus** no web site at this time
- **Bureau of Elder and Adult Services** www.state.me.us/dhs/beas
- **Elder Independence of Maine** www.elderindependence.org
- **Goold Health Services, Inc.** www.ghsinc.com
- **Legal Services for the Elderly** www.mainelse.org
- **Maine State Housing Authority** www.mainehousing.org
- **MaineHealth, Inc.** www.mainehealth.org

