



**A State-Wide Resource Guide
of End of Life Care Support Services**

A directory of medical and non-medical resources
throughout Maine.

A Project of the Community State Partnership:
"Care at the End of Life: A Public/Private Partnership"
Funded by the Robert Wood Johnson Foundation

For more information about this and other projects of
the Maine Hospice Council please call or email:
(207) 626-0651 toll-free (800) 438-5963
email: info@mainehospicecouncil.org

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www.MaineHospiceCouncil.org

www.MaineCenterforEndOfLifeCare.Info

Community/State Partnership

The **Robert Wood Johnson Foundation Community State Partnership** initiative “Care at the End of Life: A Public Private Partnership” was funded from 1999 through 2002. The Maine Hospice Council was the lead agency on behalf of the Maine Consortium for Palliative Care and Hospice, an organization that involved 14 statewide partners collaborating on 10 projects.

Partners

Bingham Program
Anthem Blue Cross & Blue Shield of Maine
Coalition for Dialogue on Death and Dying
Home Care Alliance of Maine
Maine Council of Churches
Maine Health Care Association
Maine Hospice Council, Inc.
Maine Hospital Association
Maine Medical Assessment Foundation
Maine Medical Association
Maine Osteopathic Association
Edmund S. Muskie School of Public Service
Organization of Maine Nurse Executives
University of New England

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A Resource Guide for End of Life Care Services

This Resource Guide is designed to help individuals and families who may need services and those who need the knowledge for professional referrals. As distribution and use of this guide increases, additional resources may be added. In addition to hard copy, an on-line version will be available from the Maine Hospice Council and Maine Center for End of Life Care websites.

The need for a comprehensive resource list was identified through community dialogues, focus groups, and individual interviews. Local coalitions realized that many patients and families, health care professionals, discharge planners, and social workers were unaware of available services.

The contact information was gathered by local coalitions and Maine Center for End of Life Care staff. Every attempt has been made to insure the accuracy of listings.

How To Use This Guide

Resources are listed alphabetically under major topics within each county. If a service is not listed in one county, check neighboring counties – many agencies serve several counties. All telephone numbers are area code 207 unless otherwise noted. State-wide agencies are listed first.

Services Listed

Adult Day Care Services: A program of therapeutic activities and supervision in a private dwelling or other facility for any part of a day for persons 19 years of age or over.

Area Agencies on Aging: Regional agencies dedicated to providing or coordinating services for older citizens. These agencies represent services which are not limited to end of life care but can be utilized to improve quality of life.

Emergency Response Systems: A personal emergency response system (ERS) is an electronic device which helps people should an emergency arise. The system is connected to a person's phone and programmed to signal a response center once a "HELP" button is activated. ERS services are often used by people who live alone.

Geriatric Evaluation Centers (Memory Clinics): Geriatric assessment is a complete evaluation that takes into account the individual's medical history, recent symptoms and behavior changes, living situation, and social, economic, and psychological environment. Geriatric assessment takes the special needs of elderly patients and their caregivers into consideration. Many assessment centers also evaluate persons under the age of 60 with memory loss symptoms.

Home Health Agencies: (Medicare Certified and State Licensed) A service provider primarily engaged in providing skilled nursing and therapeutic services in the client's residence. Services are provided under orders for care established by a physician.

Home Health Care Services: (State Licensed) A service provider primarily engaged in providing nursing and/or therapy services in the residence of the client. Care provided is not necessarily under orders established by a physician.

Homemaker Services: Homemaker services include light housekeeping, meal planning and preparation, laundry, and shopping. For elderly patients living alone, these services allow them to remain independent in their home. Providers of these services are not state licensed.

Hospice Services: A philosophy of palliative care for individuals and families during the process of dying and bereavement. Hospice is life affirming and strengthens the client's role in making informed decisions about care. Hospice philosophy stresses the delivery of services in the least restrictive setting possible and with the least amount of technology necessary by volunteers and professionals who are trained to help clients with physical, social, psychological, spiritual and emotional needs related to terminal

Independent Living Services: A wide range of independent living services are available for adults of all ages with disabilities. These services may include: Adaptive Equipment Loan Program; Independent Living Skills Instruction; Adapted Driver Evaluation and Training; Adaptive and Mobility Equipment (high and low tech) and Selection (trial rentals); Adapted Transportation; Access Design Consultation; Information and Referral; and Personal Care Attendant (PCA) Services for adults who want to manage their own services.

Personal Care Agencies: An agency providing Personal Care Assistants (PCA). A PCA provides personal assistance (bathing, dressing, toileting, transfer), home management, and help with the aging and disease process. These services are provided in the client's residence.

Web Resources: These are websites which may provide additional information and resources to those with internet access.

Complementary Health Care Resources

Many patients and families wish to pursue a diverse range of complementary health care practices that may enhance the quality of life for terminally ill patients. Please check your yellow pages or local hospice or home care program for complementary health care resources in your area.

Complementary care providers are not listed in this guide. For more information about these services, please check with the appropriate professional association or licensing board. To locate providers, please check your local telephone book. Local hospice programs may also have listings.

Acupuncture: Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

Art Therapy: A therapeutic technique using creative expression that may assist in exploring and healing emotional traumas.

Bereavement Support Resources: Bereavement support services, including education, counseling, and support groups, are offered to individuals, families, friends, workplaces and communities. Please contact your local hospice program, agency on aging, church, or other health care institution for these resources.

Biofeedback: Biofeedback is a technique that teaches awareness and control of physiological responses. This technique may be useful in pain control.

Chiropractic: Doctors of Chiropractic Medicine assess spinal mechanics, musculoskeletal, neurological, vascular and nutritional needs.

Hypnosis and Guided Imagery: Techniques in which the subject uses mental imagery with the goal of deep relaxation, reduction of pain, behavior modification, and/or visualization of healing images. This can be done through tapes or sessions with a therapist, or may be self-induced.

Meditation: A variety of techniques for some individuals that may or may not incorporate spirituality which can calm and soothe as well as provide insight.

Massage Therapy: Through a variety of bodywork techniques, Licensed Massage Therapists may promote relaxation as well as comfort and symptom management (such as fatigue, insomnia, nausea and pain levels). Some patients report enhanced well being and decreased sense of isolation. Techniques may include compassionate touch, Swedish massage and gentle reflexology.

Movement Therapy: Psychotherapeutic use of movement as a process, which furthers the emotional and physical integration of the individual.

Music Therapy: Through the use of sound and music, therapists may assist some patients with pain control, accessing their body's healing potential, stress management and/or emotional healing.

Naturopathy: Diagnosing and treating people using natural therapies such as nutritional supplements, herbal medicine and homeopathy. The philosophy of naturopathic medicine is to focus on helping the body to heal itself.

Pet Therapy: The use of pets to induce relaxation. For example, a certified therapy dog will work with a patient to provide emotional comfort and encourage a positive state of mind. The pet may ease discomfort and pain through its affection, play and presence. Pets can also be used for living assistance.

Reiki: The ancient practice of bringing balance and health to the self, or other beings, by channeling spiritually guided life force energy through the hands.

Tai Chi: A series of gentle movements and simple postures designed to improve coordination, relieve stress, promote overall well-being and strengthen the immune system. A focus is placed upon directing "chi," or energy, through the body, mind and spirit.

Therapeutic Touch: A technique where the goal of the practitioner is to direct healing, comforting energy through his/her hands. Benefits often include well being, relaxation, pain management and comfort.

Yoga: Gently stretching the body in various poses to promote relaxation, healing and well-being by stimulating the energy centers of the body known as chakras, and building flexibility and endurance. Meditation is an additional part of this process.

Advance Care Planning

Advance care planning is appropriate for any stage of life in order to help an individual clarify personal preferences and health care decisions. In Maine, Advance Directives are legal documents that state your choices about medical treatment if you are unable to make these decisions. Because they are signed in advance, they are called advance directives, and they let your doctor or other health care providers know your wishes concerning medical treatment. It is important that preferences be discussed and clarified with relevant individuals, especially caregivers and family members.

Advance Directive information and forms are available at most health care agencies and institutions.

STATE AGENCIES

The Alzheimer's Association

163 Lancaster Street, Suite 160 B, Portland, ME 04101-2406 1-800-660-2871, 772-015, Fax 772-0354

Alzheimer's Respite Office of Elder Services

287-9200, 1-800-262-2232, TTY: 1-888-720-1925

Bureau of Elder and Adult Services

287-9200, 1-800-262-2232, TTY: 1-888-720-1925

Bureau of Medical Services

287-9202, TTY: 1-800-606-0215

Department of Health and Human Services

221 State St. Augusta, 04333 287-3707

Fax:287-3005 TTY: 1-800-606-3005

Division of Deafness

1-800-698-4440

Elder Independence of Maine

PO Box 659 Lewiston, 04240 795-7213,

1-888-234-3920 TTY: 795-7232 and

81 Main Street Bangor, 04401 990-1581 1-866-456-2322

Goold Health Systems Long term care assessments
5 Community Dr, PO Box 1090, Augusta, ME 04330
1-800-609-7893, 621-1346
TTY: 1-888-720-1925

Legal Services For The Elderly
1-800-750-5353 www.mainelse.org

Long-Term Care Ombudsman
One Weston Court, P.O. Box 128, Augusta, Maine 04332-
0128 621-1079 1-800-499-0229

Low Cost Drug for Elderly and Disabled Program
1-866-796-2463, TTY: 1-800-325-0778

Maine Hospice Council and Center for End of Life Care
PO Box 2239, Augusta, ME 04338
626-065, 1-800-438-5963 Fax: 622-1274

Maine Health Care Association
317 State Street, Augusta
623-1146 F: 623-4080

Maine Hospital Association
33 Fuller Road, Augusta 622-
4794

Maine Consumer Information Technology Exchange
Augusta, 621-3195

Maine Low Cost Drugs
1-866-796-2463

Maine Medical Association
30 Association Drive, Manchester
622-3374

Palsy of Northern Maine
Bangor TTY: 941-2952

Social Security
1-800-772-1213

State of Maine Long-Term Care Assessment
1-800-609-7893

Veterans Administration Center and Hospital
623-8411 Ext: 5300, 1-877-754-2862,
Toll Free Switchboard and All Extensions 1-877-421-826

Androscoggin County

ADULT DAY SERVICES

Auburn Nursing Home Adult Day Program

185 Summer Street, Auburn, ME 04210, 786-0676

Caring Hands Adult Day Health Services

540 College Street, Lewiston, ME 04240, 783-2039

Clover Manor Adult Day Care

440 Minot Avenue, Auburn, ME 04240 784-3573

Family Connection Adult Day Services Program 63 Fair Street, Lewiston, ME 04240 784-4787

The Lamp Alzheimer's Adult Day Care 64 Lisbon Street, Lisbon, ME 04250 353-4318

Montello Caring Hands Adult Day Center

540 College Street Lewiston, 04210, 783-2039

AREA AGENCIES ON AGING

Seniors Plus (formerly Western Area Agency on Aging) 8 Falcon Rd., P.O. Box 659, Lewiston, ME 04243-0659
1-800-427-1241 795-4010 TTY: 795-7232

Bureau of Family Independence (BFI-DHS)

Lewiston 795-4394 800-482-7517 Fax: 795-4551
TTY: 1-800-606-0215

EMERGENCY RESPONSE SYSTEMS

St. Mary's Hospital Medical Center

Campus Avenue, Lewiston, ME 04240

777-8827

HOME HEALTH AGENCIES

Androscoggin Home Care and Hospice

15 Strawberry Avenue, Lewiston, ME 04240

PO Box: 819

777-7740, 1-800-482-7412

Clover Home Health, Inc.

477 Minot Avenue, Auburn, ME 04210, 777-7166

Home Resources of Maine, Inc.

155 Center Street, Building D-4, Auburn, ME 04210

782-6215 1-800-639-1865

Gentiva Health Services

475 Pleasant Street, Suite 9, Lewiston, ME 04240 782-5767 1-800-395-2541

HOME HEALTH CARE SERVICES

Gentiva Health Services/Private Duty

475 Pleasant Street, 2nd Floor, Lewiston, ME 04240 782-5767 1-800-640-8100

New England Life Care

287 Main Street, Lewiston, ME 04240
795-2092

Schooner Home Health Care

200 Stetson Road, Auburn, ME 04210 784-2900

HOMEMAKER AGENCIES

Androscoggin Home Health Services

PO Box 819, Lewiston, ME 04343-0819 777-7740

Clover Home Health Agency

477 Minot Avenue, Auburn, ME 04210 777-7166

HOSPICE SERVICES

Androscoggin Home Care and Hospice (Medicare Certified) PO Box 819,

Lewiston, ME 04243-0819

777-7740 1-800-482-7412 F: 795-9342

PERSONAL CARE ASSISTANCE SERVICES

Assisted Home Care II

550 College Street, Lewiston, ME 04240 783-7375

1-800-784-9580 F:795-6039

Helping Hands

671 Main St Lewiston, ME 04240 777-5294

Tender Touch, Inc.

270 Marston Hill Road Minot, ME 04258

786-871

AroostookCounty

ADULT DAY SERVICES

Day Break Adult Day Care

59 Bennett Avenue, Caribou, ME 04736
496-4284

DayBreak II

Church Street, Presque Isle, ME 04769
764-3396

Madigan Estates Adult Day Care Program

93 Military Street, Houlton, ME 04730
532-6593

AREA AGENCIES ON AGING

Aroostook Area Agency on Aging

33 Davis St. P.O. Box 1288, Presque Isle, ME 04769
1-800-439-1789 TTY: 764-3396

Bureau of Family Independence (BFI-DHS)

Fort Kent 934-7770 800-432-7340 F: 834-7701
TTY: 1-800-606-0215

Houlton 532-5000 800-432-7338 F:532-7995
TTY: 1-800-606-0215

Caribou 493-4050 800-432-7366 F:493-4004
TTY: 1-800-606-0215

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

**Eastern Maine Medical Center & Rosscare The Center for
Healthy Aging**

Bangor 973-7094

Memory Clinic, Cary Medical Center 37 VanBuren

Rd. Caribou, ME 04736
498-1394

Maine Medical Center Geriatric Center

1-800-540-1918

HOME HEALTH AGENCIES

Madigan Home Health Care, Inc.

10 Lee Court, 93 Military Street, Houlton, ME 04730 532-7480

Presque Isle Home Care

4 Dewberry Dr. Presque Isle, ME 04769
764-7322

Professional Home Nursing, Inc.

7 Hatch Drive, PO Box 180, Caribou, ME 04736
498-3915

Professional Home Nursing, Inc.

96 Market Square, Fort Kent, ME 04743 834-3798

Valley Home Health Services

163 East Main Street, Madawaska, ME 04756
728-4654

Visiting Nurses of Aroostook

14 Carroll Street, PO Box 688, Caribou, ME 04736, 834-2578

106 Main St. Park Terrace Suite A2 Houlton, ME
04730

532-9261

143 East Main Street, Fort Kent, ME 04743 834-3918

642 Main Street, Presque Isle, ME 04769 764-5762

385 East Main Street, Madawaska, ME 04756 728-6932

HOME HEALTH CARE SERVICES

Aroostook Home Health Services

22 Bridseye Avenue, PO Box 938, Caribou, ME 04736 492-
8290

345 Market Street, Fort Kent Mills, ME 04743 834-2990

52 North Street, Presque Isle, ME 04769

764-7008

10 Market Square, Houlton, ME 04730 532-9771

Northern Maine Speech/Language Pathology Services, Inc.

4 Blake Street, PO Box 308, Presque Isle, ME 04769-0308

764-4498

Presque Isle Home Care

162 Academy Street, Presque Isle, ME 04769 764-
0145

Seniors/Domestics Home Care

520 Main Street, Presque Isle, ME 04769-
1771

P.O. Box 1771 764-5232

Tech Med I.V., Inc.

70 Bangor Street, Houlton, ME 04730

532-4969

Visiting Nurses of Aroostook

14 Carroll Street, PO Box 688, Caribou, ME 04736, 834-2578
106 Main St. Park Terrace Suite A2 Houlton, ME 04730
532-9261
143 East Main Street, Fort Kent, ME 04743
834-3918
642 Main Street, Presque Isle, ME 04769
764-5762
385 East Main Street, Madawaska, ME 04756
728-6932

HOMEMAKER AGENCIES

Aroostook Home Health Services

22 Birdseye Avenue, PO Box 938, Caribou, ME
04736 1-800-492-8290

Elder Care Services

PO box 1288, Presque Isle, ME 04769
764-3396

Riverview Terrace Apartments

40 Riverview Street, Madawaska, ME 04756 728-3338 F: 207-
728-4397

Seniors/Domestics Homecare Services

PO Box 1771, Presque Isle, ME 04769
764-5232

HOSPICE SERVICES

Hospice of Aroostook (Medicare Certified)

14 Carroll St. Caribou, ME 04736 498-2578 1-800-439-1685
F: 207-493-3111

Hospice of Aroostook (Medicare Certified)

Northern Maine Medical Center 143 E. Main St. Fort
Kent, ME 04743
734-3918 1-800-734-3918 F: 834-6179

Hospice of Aroostook (Medicare Certified)

106 Main St., Suite A2, Houlton, ME 04730
532-9261 1-800-244-4236 F: 532-1345

Maine Veteran's Home

163 Van Buren Rd #2 Caribou, ME 04736
498-6074

INDEPENDENT LIVING SERVICES

Alpha One

551 Main Street, Presque Isle 1-800-974-6466
764-6466

Independent Living Services, Inc.

Bangor 947-2129, 866-353-5337, TTY: 945-4060

Technical Exploration Center of United Cerebral Palsy of

Northern Maine Bangor 941-2952

PERSONAL CARE ASSISTANCE SERVICES

Aroostook Area Agency on Aging Eldercare Services

33 Davis Street, PO Box 1288, Presque Isle, ME 04769 764-3396 1-800-439-1789

County Home Care Agency

761 Main Street Caribou, ME 04736
492-1204

Professional Home Health Care, Inc.

172 Academy St. Presque Isle, ME. 04793
764-5188

Emergency Response System

Carly Medical Center

163 Van Buren Rd #1 Caribou, 04736
498-3111

Lifeline-Houlton Regional Hospital

20 Hartford Street Houlton, ME 04730
532-2045

TAMC Health Group

PO Box 1598 Presque Isle, 04769
768-4247

Home Health Agencies

Aroostook Occupational Therapy

P.O. Box 386 Caribou, ME 04736
498-2663

Aroostook County Prescription Assistance Program Partnership for Prescription Assistance

Phone 211 www.211maine.org

Care and Comfort

P.O.Box 1429 Presque Isle, ME 04769

764-3071, 1-866-764-3071

Presque Isle Rehab and Nursing Center (Medicare)

162 Academy St. Presque Isle Me, 04769

764-0145 F:764-7327

Homemaker Agencies

Catholic Charities of Maine

18 Pleasant St. Caribou, ME. 04736

493-3343

Cumberland County

ADULT DAY SERVICES

Barron Center Adult Day Care I & II

1145 Brighton Avenue, Portland, ME 04102 774-2623

Bridgton Health Care Center Adult Day Care

RR 2, Box 754, Bridgton, ME 04009
647-8821

Freeport Nursing Home Adult Day Care

3 East Street, Freeport, ME 04032 865-4713

Gorham House Adult Day Services

50 New Portland Road, Gorham, ME 04038 839-5757

Harbor Adult Day Services Program

27 Forest Falls Dr. Yarmouth, ME. 04096
846-0044

Hawthorne House Senior's Club

Old County Road, Freeport, ME 04032 865-4782

Island Commons Adult Day Care

132 Litchfield Rd. Chebeague Island 04017
846-4456

Respite Care - Brunswick

320 Church Street, Brunswick, ME 04011 729-8571

Sedgewood Commons Adult Day Care

22 Northbrook Drive, Falmouth, ME 04105
781-5775

South Portland Adult Respite Care

179 Ridgeland Avenue, South Portland, ME 04106 767-2688

St. Joseph's Manor Adult Day Health Care Center

1133 Washington Avenue, Portland, ME 04103
797-0600

The Dionne Social Club

24 Maurice Drive, Brunswick, ME 04011 725-4379

Wayside Gardens Adult Day Care

300 Spring St. Westbrook 04092 856-1230

AREA AGENCIES ON AGING

Bureau of Family Independence (BFI-DHS)

Southern Maine Area Agency on Aging

136 US Route One, Scarborough 04074
396-6500 1-800-427-7411 TTY: 883-0532

Senior Spectrum

One Weston Court P.O.Box 2589 Augusta,
04338 622-9212 1-800-639-1553
TTY- 1-800-464-8703

EMERGENCY RESPONSE SYSTEMS

Black Bear Medical

1374 Congress Street, Portland, ME 04102 871
-0008 F: 871-0590

Brighton Medical Center

335 Brighton Avenue, Portland, ME 04102
871-0008

Community Health Services

Portland 822-2071 800-482-7520 F: 822-2310
TTY: 1-888-720-1925

Interim HealthCare

10 Atlantic Place, South Portland, ME 04016
775-3366

Mercy Hospital

144 State Street, Portland, ME 04101 879
-3000 F:879-3429

Mercy Fore River

175 Fore River Parkway Portland, ME 04102
879-3860

WAM Alarms

RR 2 Box 241C, Brighton, ME 04009
647-8284

Mid-Coast Hospital LifeLine

58 Baribeau Drive, Brunswick, ME 04011
373-3635

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

The Maine Medical Center Geriatric Center

Scarborough 885-7591 1-800-540-1918

HOME HEALTH AGENCIES

Admiral Home Care Services, Inc.

778 Main Street, Suite 1, South Portland, ME 04106
828-1591 / 1-800-828-1591

Androscoggin Home Care and Hospice 48A

Main Street, Bridgton, ME 04409
647-9689 1-800-847-0008

Atlantic Home Health

14 Maine Avenue, Suite 300, Brunswick, ME 04011
798-5953

Community Health & Nursing Services

50 Baribeau Drive, Brunswick, ME 04011 729-6782

Community Health Services, Inc.

901 Washington Avenue, Suite 104, Portland, ME 04103-2799
775-7231

Gentiva Health Services

881 Forest Ave, Portland, ME 04106
772-0954, 888-830-3352
F:207-775-4705

Interim HealthCare Services

10 Atlantic Place, South Portland, ME 04106
775-3366 / 1-800-688-4935

Maxim Healthcare Services, Inc.

233 Oxford Ave. Suite 32 Portland, Me. 04101
822-4010

VNA Home Health Care

50 Foden Road, South Portland, Me, 04106
780-8624

HOME HEALTH CARE SERVICES

Apria Health Care

14 Yarmouth Junction, Yarmouth, ME 04096 846-
8543 / 1-800-698-0508

Critical Care Systems

10 Donald B. Bean Drive, South Portland, ME 04106 775-
3600

Diamond Health Care Services, Inc.

395A Bridgton Rd. Westbrook ME. 04092
693-3960

Gentiva Health Services

881 Forest Ave, Portland, ME 04106
772-0954, 888-830-3352
F:207-775-4705

Mark R. Hammond Associates, Inc.

222 Auburn Street, Auburn, ME 04103
797-8255

Northeast Hearing and Speech Center

43 Baxter Boulevard, Portland, ME 04101
874-1065

New England Life Care

108A Industrial Way Portland 04103
878-1288 / 1-800-439-7969 **Personal
Health Services**

Foreside Place, 202 US Route 1, Falmouth, ME 04105
771-4434

Sandy River Home Resources

395A Bridgton Rd. Westbrook ME. 04092
878-5423

Tech Med I.V., Inc.

400 Riverside Street, Portland, ME 04103
797-4766

Viking Home Health Services

991 Forest Avenue, Suite 203, Portland, ME 04103
878-4500

HOMEMAKER AGENCIES

Admiral Home Care Services, Inc.

778 Main Street, Suite One, South Portland, ME 04106
828-1591

Aging Excellence, Inc.

115 Middle Street, Portland, ME 04104
771-0991

Catholic Charities of Maine

PO Box 10660 , Portland, ME 04104-6060
871-8550

Community Health Services, Inc.

901 Washington Ave., Suite 104, Portland, ME 04103-2797
775-7231

Diamond Health Care Services, Inc.

395A Bridgton Rd. Westbrook ME. 04092
693-3960

Gloria's Helping Hands

1006 Forest Ave, Portland, ME 04104
P.O. Box 10965
797-3866

In Home Senior Services

685B Main Street Gorham, 04038
856-1212 1-800-689-4311

Interim Assisted Care

10 Atlantic Place, South Portland, ME 04106
828-4867

Interim Health Care

72 Atlantic Place, South Portland, ME 04106
775-3366

Personal Health Services

Foreside Place, 202 US Route One, Falmouth, ME 04105
781-5515

Southern Maine Area Agency on Aging

136 US Route One, Scarborough 04074
396-6500 1-800-427-7411 TTY: 883-0532

Viking Home Health Services

991 Forest Avenue, Suite 203, Portland, ME 04103
878-4500

HOSPICE SERVICES

**Beacon Hospice and Palliative Care
(Medicare Certified)**

600 Roundwood Dr., Scarborough, ME 04074
772-0929 800-840-0668

**Community Health and Nursing Services (CHANS)
(Medicare Certified)**

50 Baribeau Drive, Brunswick, ME 04401
729-6782 F: 725-5640

Community Health Services Hospice (Medicare Certified)

901 Washington Avenue, Suite 104, Portland, ME 04103-2797
775-7231 1-800-479-4331 F: 775-5520

Gosnell Memorial Hospice House

11 Hunnewell Rd.
Scarborough, ME 04074
289-3600 1-866-621-7600 Fax 883-1506

Hospice of Southern Maine (Volunteer Hospice)

180 US Route One Scarborough, ME 04074, 289-3640 1-866-621-7600 F:883-1040

Hospice Volunteers in Mid Coast Maine Hospice Council

(Volunteer Hospice)

45 Baribeau Dr., Brunswick, ME 04011

729-3602 F: 729-2721

VNA Home Health Care (Medicare Certified)

50 Foden Road Suite 3, South Portland, ME 04106

780-8624 1-800-757-3326 F: 756-8676

PERSONAL CARE ASSISTANCE SERVICES

Alpha One

127 Main Street. South Portland, 04106

1-800-640-7200 767-2189

Anytime Services for Seniors

P.O. Box 568 West Buxton 04093

1-800-782-1474 642-2667

Gloria's Helping Hands

443 Auburn Street, Portland, ME 04103

878-8763

In-Home Senior Services, Inc.

980 Forest Avenue, PO Box 1125, Westbrook, ME

04908-1125 828-0202

Interim Assisted Care

10 Atlantic Place, South Portland, ME 04106

775-6299 1-800-775-3366

McDonnell Associates

138 Foreside Place, Cumberland Foreside, ME 04106

781-2578

Sullivan's Agency

416 West Elm Street, Yarmouth, ME 04096 847-9238

Franklin County

AREA AGENCIES ON AGING

Seniors Plus (formerly Western Area Agency on Aging)

8 Falcon Rd, P.O. Box 659, Lewiston, ME 04243-0659 1-800-427-1241 795-4010 TTY: 795-7232

Bureau of Family Independence (BFI-DHS) Farmington 778-8400 800-442-6382 F: 778-8410 TTY: 1-800-606-0215

EMERGENCY RESPONSE SYSTEMS

Chickadee Pines Enterprises

113 Ash Swamp Road, Scarborough, ME 04074
885-5167

Franklin Memorial Hospital-Lifeline/Lifestar Program

1 Hospital Drive, Farmington, ME 04938
(Lifeline)779-2555 (Lifestar)779-2401

Blue Hill Memorial Hospital Medic Alert

PO Box 542, Blue Hill, ME 04614
374-2836 974-5418

Maine Coast Memorial Lifeline

50 Union Street, Ellsworth, ME 04605
664-5314

Mt. Desert Island Hospital Lifeline PO

Box 8, Bar Harbor, ME 04609 288-5081

HOME HEALTH AGENCIES

Androscoggin HomeCare and Hospice 75

Allen Street, Wilton, ME 04294
645-5334

Care and Comfort

104 Temple Road W. Farmington 04992
778-5515 1-866-397-3350

Gentiva Health Services

648 Wilton Rd, RR 4 Box 5108, Farmington, ME 04938 778-5966 1-800-564-5966 Fax: 778-2887

Home Health Services (Farmington)

104 Temple Rd. W. Farmington ME 04492
P.O. Box 310 W. Farmington ME. 04492
778-5515 1-866-397-3350

Home Health Servicess (Wilton)

280 Main Street, Suite 190 Wilton 04294
Fax: 645-3217

Mount Desert Nursing Association

Summit Road, PO Box 397, Northeast Harbor, ME 04662
276-5184

Blue Hill Memorial Hospital Medic Alert PO

Box 542, Blue Hill, ME 04614
374-2836 974-5418

Maine Coast Memorial Lifeline

50 Union Street, Ellsworth, ME 04605
664-5314

Mt. Desert Island Hospital Lifeline PO

Box 8, Bar Harbor, ME 04609 288-5081

HOME HEALTH AGENCIES

Androscoggin HomeCare and Hospice 75

Allen Street, Wilton, ME 04294
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104 Temple Road W. Farmington 04992
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648 Wilton Rd, RR 4 Box 5108, Farmington, ME 04938 778-
5966 1-800-564-5966 Fax: 778-2887

Home Health Services (Farmington)

104 Temple Rd. W. Farmington ME 04492
P.O. Box 310 W. Farmington ME. 04492
778-5515 1-866-397-3350

Home Health Servicess (Wilton)

280 Main Street, Suite 190 Wilton 04294
Fax: 645-3217

Mount Desert Nursing Association

Summit Road, PO Box 397, Northeast Harbor, ME 04662
276-5184

Hancock County

ADULT DAY SERVICES

Island Nursing Home Adult Day Services

Route 15, Deer Isle, ME 04627
348-2351

Never Dull Adult Day Care

219 Franklin Street, Bucksport, ME 04416
469-3687

Robert and Mary's Place

50 Meadowview Lane, Ellsworth, ME 04605
667-5449

AREA AGENCIES ON AGING

Eastern Area Agency on Aging

450 Essex Street, Bangor, ME 04401-9810
1-800-432-7812 TTY: 941-2865

Bureau of Family Independence (BFI-DHS)

Ellsworth 667-1600 800-432-7823 F: 667-5364
TTY:1-800-606-0215

EMERGENCY RESPONSE SYSTEMS

Senior Spectrum

One Weston Court, Augusta, ME 04338-2589
622-9212 1-800-639-1553 TTY 1-800-464-8703

Blue Hill Memorial Hospital Medic Alert PO

Box 542, Blue Hill, ME 04614
374-2836 974-5418

Maine Coast Memorial Lifeline

50 Union Street, Ellsworth, ME 04605
664-5314

Mt. Desert Island Hospital Lifeline PO Box 8,
Bar Harbor, ME 04609 288-5081

Rosscare Lifeline

Bangor 973-7080

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

**Community Health & Counseling Services & Maine Coast
Physician's Affiliate**

Bangor 947-0366

HOME HEALTH AGENCIES

Community Health and Counseling Services

415 Water Street, Ellsworth, ME 04605
667-3626

Hancock County HomeCare

Water Street, Box 156, Blue Hill, ME 04614
374-5510 / 374-9993
93 Cottage Street, Suite E, Bar Harbor, ME
04609 288-5584

HOME HEALTH CARE SERVICES

Downeast Health Services

Christian Ridge Road, PO Box 1087, Ellsworth, ME 04605-
1087
667-5304 1-800-492-5550

HOMEMAKER AGENCIES

MDI & Ellsworth Housing Authorities

PO Box 28, Bar Harbor, ME 04609
34 East Maple Street
288-4770

One Step Home Care

11 Hancock St., Ellsworth, Me. 04605
207-667-7926

HOSPICE SERVICES

Hancock County HomeCare Hospice (Medicare Certified)

Water Street, PO Box 156, Blue Hill, ME 04614-0156
374-5510 1-800-488-2836 Fax:374-2151

Hancock County HomeCare Hospice (Medicare Certified)

93 Cottage St., Bar Harbor, ME 04609 288-5584

Hospice of Hancock County (Volunteer Hospice)

14 McKenzie Ave., Ellsworth, ME 04605 667-2531
1-888-266-8035 F: 667-9406

INDEPENDENT LIVING SERVICES

Alpha One

Augusta 1-800-499-2357

Independent Living Services, Inc. Augusta 622-5434

**Maine Consumer Information and Technology Training
Exchange (CITE)**

46 University Dr. Augusta
621-3195 TTY: 207-621-3482 469-2551

PERSONAL CARE ASSISTANCE SERVICES

Harvey Home Care PCA's

55 Central Street HCR 78 Box 3 Bucksport 04416

MDI & Ellsworth Housing Authorities

80 Mount Desert Street, PO Box 28, Bar Harbor, ME

04609 288-4770

One Step Home Care

11 Hancock Street, Ellsworth, Maine 04605

667-7926

Kennebec County

ADULT DAY SERVICES

Alzheimer's Care Center Adult Day Services

154 Dresden Avenue, Gardiner, ME 04345
626-1769

William S. Cohen Community Center

Town Farm Road, Hallowell, ME 04347
626-7777

Heritage Manor Adult Day Care Program

Old Lewiston Road, Winthrop, ME 04364
377-9965

Mount St. Joseph Adult Day Services

7 Highwood Street, Waterville, ME 04901
873-0705

Muskie Center Adult Day Services 38

Gold Street, Waterville, ME 04901 873-
4745

AREA AGENCIES ON AGING

Senior Spectrum

1 Weston Court P.O.Box 2589

Augusta, ME 04338-2589

622-9212 1-800-639-1553 TTY: 1-800-464-8703

Elder Independence of Maine (an agency of Seniors Plus)

PO Box 659, Lewiston, ME 04240

www.elderindependence.org 1-888-234-3920 795-7213

TTY: 795-7232

Bureau of Family Independence (BFI-DHS)

Augusta 624-8090 800-452-1926 F: 624-8124

TTY:1-800-606-0215

EMERGENCY RESPONSE SYSTEMS

At Home Care

225 Western Avenue, Augusta, ME 04330

1-800-339-5052

Kennebec Professional Pharmacy

Leighton Road, Augusta, ME 04330
623-9485

MaineGeneral Medical Center

149 North Street, Waterville, ME 04901
872-1000

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

Alzheimer's Care Center

Gardiner 626-1770

HOME HEALTH AGENCIES

Care and Comfort

105 Kennedy Memorial Drive, Waterville, ME 04901 872
-5300 / 1-800-366-5302

HealthReach HomeCare

212 Main Street, PO Box 1568, Waterville, ME 04903-1568
873-6880 / 873-1127

32 Winthrop Street, Augusta, ME 04330 626-
3435

Home Choice Health Care, Inc.

35 Elm Street, Waterville, ME 04901

873-2660 / (888)499-2115 Home

Care for Maine

PO Box 358, Gardiner, ME 04345 582

-8001 / 1-800-639-3084

347 Maine Avenue, Unit 5, Farmingdale, ME 04344

877-7167

Inland HomeCare

200 Kennedy Memorial Drive, Waterville, ME 04901

861-3120 TTY: 872-2211 Fax:861-8239

Apria HealthCare

208 College Ave Waterville, ME 04901

873-7209

Home Care Alliance of ME

20 Middle Street Augusta Me, 04330

623-034

HOME HEALTH CARE SERVICES

Johanna Bowen

1604 Benton Avenue, Benton, ME 04901

453-4719

Bridges Home Health Division

One Weston Court, PO Box 2589, Augusta, ME 04338

623-0761 1-800-876-9212

**Health Reach Hospice and Volunteers of
Kennebec Valley**

10 Water Street Suite 307 Waterville, ME
04901 873-6880

Kennebec Professional Pharmacy

51 Leighton Road, Augusta, ME 04330
626-2726

Tebolt & Bolduc, Inc.

40 Airport Road, Waterville, ME 04901 873-
3742 1-800-870-2857

HOMEMAKER AGENCIES

Johanna Bowen

1604 Benton Avenue, Benton, ME 04901 453-
4719

Bridges

P.O. Box 2589, Augusta, ME 04338-2589
62623-0761

Care & Comfort

105 Kennedy Memorial Drive, Waterville, ME 04901 872-
5300 1-800-366-5302

Full House Helping Hands

410 China Road, Winslow, ME 04901

P.O.Box 93 Waterville, ME 04903 873-0011
1-800-777-8976 Fax 877- 0620

Home Resources of Maine, Inc.

PO Box 358, Gardiner, ME 04345
582-8001

Maine-ly Elder Care

146 Hussey Hill Road, Oakland, ME 04963
465-3249

Personal Care Solution

8 Burrill St. Waterville 04901 872-4970

HOSPICE SERVICES

HealthReach Hospice (Medicare Certified)

8 Highwood Street, PO Box 829, Waterville, ME 04903-1568
873-1127 1-877-561-7299 F: 873-6888

HealthReach Hospice (Medicare Certified)

150 Dresden Ave., Gardiner, ME 04645
626-3435 1-877-561-7257 F: 626-3463

Hospice Volunteers of Kennebec Valley (Volunteer Hospice)

150 Dresden Ave., Gardiner, ME 04345
626-1779 F: 582-6819

Hospice Volunteers of Waterville Area (Volunteer Hospice)

304 Main St. PO Box 200, Waterville, ME 04903-0200
873-3615 F: 873-5094

Maine Hospice Council

P.O. Box 2239 Augusta, ME 04338
626-0651 626-0590 1-800-438-5963

PERSONAL CARE ASSISTANCE SERVICES

Central Maine Personal Care Services

65 Water Street, PO Box 2083, Waterville, ME 04903
872-7780

Child Care Alternatives

5 Burill Street, Waterville, ME 04901
873-8336

Danny & Friends

RR 1 Box 835, Augusta, ME 04330 622-7437

Helping Hands

40 Airport Road, Winslow, ME
873-0011

Maine-ly Elder Care

146 Hussey Hill Road, Oakland, ME 04963
465-3249

Personal Care Solutions

8 Burrill St., Waterville, ME 04901 872-4970

Alpha One

424 Western Ave Augusta ME 04330
623-1115

Assistance Plus – PCA Services

1604 Benton Ave Benton 04901
453-4708

Knox County

ADULT DAY SERVICES

Ivan Calderwood Home

7 Beaver Dam Rd Vinalhaven, 04863 863-9980

Windward Gardens Adult Day Care

105 Mechanic Street, Camden, ME 04843

236-4197

AREA AGENCIES ON AGING

Senior Spectrum

One Weston Court P.O.Box 2589 Augusta,

04338 622-9212 1-800-639-1553

TTY- 1-800-464-8703

Bureau of Family Independence (BFI-DHS)

Rockland 596-4217 800-432-7802

F: 596-4331 TTY: 1-800-606-0215

EMERGENCY RESPONSE SYSTEMS

Seacoast Security & Telephone, Inc.

Box A, West Rockport, ME 04865

432-1795 1-800-432-1795

HOME HEALTH AGENCIES

Kno-Wal-Lin Home Health Care, Inc.

170 Pleasant Street, Rockland, ME 04841 594-9561

HOME HEALTH CARE SERVICES

Ask...For Home Care

641 St George Rd. P.O.Box 389 St. Thomaston, ME 04841

-0886 354-7077

Kno-Wal-Lin Help At Home

170 Pleasant Street, Rockland, ME 04841

594-9561

The Wentworth Building

147 Waldo Ave. Suite 706 Belfast 04915 338-2002

HOMEMAKER AGENCIES

Ask....For Home Care

641 St. George Rd. Thomaston

04858 354-7077

PALS, Inc.

P.O. Box 309 Camden, ME 04843 594-5805

HOSPICE SERVICES

Kno-Wal-Lin Coastal Family Hospice (Medicare Certified)

170 Pleasant Street, Rockland, ME 04841

594-9561 1-800-540-9561 F: 594-1461

Coastal Family Hospice Volunteers (Volunteer Hospice)

6 Glen Cove Dr. PO Box 122, Rockport, ME 04856 593-9357

PERSONAL CARE ASSISTANCE SERVICES

Hummingbird Home Care

134 High Street, Warren 04864 273-3265

Lincoln County

ADULT DAY SERVICES

Riverside Adult Day Services

51 Schooner Street, Damariscotta, ME 04543
563-4200

AREA AGENCIES ON AGING

Senior Spectrum

One Weston Court P.O.Box 2589 Augusta,
04338 622-9212 1-800-639-1553
TTY- 1-800-464-8703

HOME HEALTH AGENCIES

Kno-Wal-Lin Home Health Care, Inc.

605 Route 1, Suite 2, Newcastle, ME 04553 563
-5119 1-800-486-5229

Miles Home Health

Business Route 1, RR #2, Box 4500, Damariscotta, ME
045438903 563-4592

St. Andrews Home Health Agency

6 St. Andrews Lane, Boothbay Harbor, ME 04538 633
-2121

HOME HEALTH CARE SERVICES

Kno-Wal-Lin Help At Home

605 Route 1, Suite 2, Newcastle, ME 04553 563
-5119 1-800-486-5229

HOSPICE SERVICES

Miles Home Health Hospice Division (Medicare Certified)

40 Belvedere Rd., Damariscotta, ME 04543-8903
563-8160 F: 563-8652

ADULT DAY CARE SERVICES

Walker Point

Bristol Rd Damariscotta, ME 04543 563-4625

Oxford County

ADULT DAY SERVICES Frye-

burg Health Care ADCP

77 Fairview Drive, Fryeburg, ME 04037
935-3351

Victorian Villa Day Care Program

PO Box 636, Canton, ME 04221
597-2250

AREA AGENCIES ON AGING

Oxford County Seniors Plus (formerly Western Area Agency on Aging)

8 Falcon Rd., P.O. Box 659, Lewiston, ME 04243-0659
1-800-427-1241 795-4010 TTY: 795-7232

Bureau of Family Independence (BFI-DHS)

South Paris 744-1200 888-593-9775 F: 743-8735
TTY: 1-800-606-0215

EMERGENCY RESPONSE SYSTEMS

Pioneer Medical Systems

32 High Street, Buckfield, ME 04220
336-2451

Rumford Community Hospital

420 Franklin Street, Rumford, ME 04276
364-4581

Stephens Memorial Hospital

80 Main Street, Norway, ME 04268
743-5933

HOME HEALTH AGENCIES An-

droscoggin HomeCare and Hospice

Pottle Road, Oxford, ME 04270
743-9285

Abbott Farm Road, Rumford, ME 04276 364-2728

Oxford Hills Home Health Care Agency

181 Main Street, Norway, ME 04268
743-5933

PERSONAL CARE ASSISTANCE SERVICES

Personal Touch Home Care, Inc.

6 Western Ave First Floor Front
P.O. Box 159 South Paris, 04289 743-2700

Personal Care

Campground Road P.O. Box 626 Oxford, ME. 04270
539-2531

Angel's Care

RR1 P.O. Box 5720 Ladd Rd.Lee, ME. 04455 965-0044

Penobscot County

ADULT DAY SERVICES

Apple Orchard Senior Day Center

Outer Union Street, Hermon, ME 04401 848-3209

Care Ridge Adult Day Care Program

Ridge Road, Lee, ME 04455 738-4663

Charolette White Center

56 Union Square, Dover-Foxcroft, ME 04426 564-2499

Golden Years Adult Day Break

44 Perkins Avenue, Old Town, ME 04468 827-7294

Mountain Heights Adult Day Services 10 Houlton Road,
Patten, ME 04765 528-2200

Ross Manor Associates Day Health Services

758 Broadway, Bangor, ME 04401 941-8400

Westgate Manor Adult Day Program

750 Union Street, Bangor, ME 04401
942-7336

AREA AGENCIES ON AGING

Eastern Area Agency on Aging

450 Essex Street, Bangor, ME 04401-9810 1-800-
432-7812 TTY: 941-2865

Bureau of Family Independence (BFI-DHS)

Bangor 561-4100 800-432-7825 561-4492 F: 561-4493

EMERGENCY RESPONSE SYSTEMS

Apria HealthCare

100 Dowd Road, Bangor, ME 04401 942-5579

Eastern Maine Medical Center

489 State Street, Bangor, ME 04401 973-8570

Pioneer Medical Systems

37 Washington Street, Bangor, ME 04401
(617)662-2227

Ross Care Lifeline, Eastern Maine Medical Center 489 State
Street, PO Box 404, Bangor, ME 04401
973-7080

Mainly Elder Care

28 Center Street Oakland, ME 04963 465-3249

St. Joseph Hospital
360 Broadway, Bangor, ME 04401 947-8311

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)
**Community Health & Counseling Services & Maine Coast
Physician's Affiliate**
Bangor 947-0366
**Bangor Alzheimer's / Memory Center – Eastern
Neurology Associates**
947-0558

HOME HEALTH AGENCIES

Bangor Area Visiting Nurses, Inc.
885 Union Street, Suite 220, Bangor, ME 04401
973-6550 Fax:973-6557

Community Health & Counseling Services
42 Cedar Street, PO Box 425, Bangor, ME 04402-0425
947-0366

Enfield Road, PO Box 208, Lincoln, ME 04457
794-2001
180 Congress Street, Millinocket, ME 04462
723-9739

Gentive Health Services
1 Cumberland Place, Suite 316, Bangor, ME 04401
990-9000 1-800-564-8511 Fax: 941-8645

Home Health & Hospice of St. Joseph
St. Joseph Healthcare Park, 900 Broadway
Bangor, ME 04401-1902
262-1810 Fax: 262-1928

New Hope Hospice, Inc.
1344 Main Road, PO Box 757, Holden, ME 04439-0757
843-7521

HOME HEALTH CARE SERVICES

Apria Health Care
100 Dowd Road, Bangor, ME 04401 942-5579
1-800-696-4734

Gentiva Health Services/Private Duty
1 Cumberland Place, Suite 316, Bangor, ME 04401 990-
9000 1-800-564-8511

New England Home Health Care

412 State Street, PO Box 722, Bangor, ME 04402-0722
945-3374

New England Life Care

885 Union Street, Bangor, ME 04401
990-3121

Tech Med I.V., Inc.

78 State Street, Bangor, ME 04401
942-2299

The Warren Center for Communication & Learning

175 Union Street, Bangor, ME 04401
941-2850 1-877-542-9000

HOMEMAKER AGENCIES

Area Home Care

PO Box 547, Lincoln, ME 04457
794-2805

Gentiva Health Services

105 Main Street, South Portland, ME 04106
741-2624

New England Home Health

PO Box 722, Bangor, ME 04402-0722
945-3374

HOSPICE SERVICES

Community Health and Counseling Services (Medicare Certified)

42 Cedar Street, PO Box 425, Bangor, ME 04402-0425
947-0366 1-800-924-0366 F: 945-5785

Home Health and Hospice of St. Joseph (Medicare Certified)

St. Joseph Healthcare Park, 900 Broadway, Bangor, ME 04401
-1902 262-1810 1-800-646-5000 F: 262-1928

Hospice of Eastern Maine (Medicare Certified)

885 Union Street, Suite 250, Bangor, ME 04402
973-8269 1-800-350-8269 F: 973-6557

New Hope Hospice, Inc. (Medicare Certified)

106 Main Street, PO Box 757, Holden, ME 04429-0757
843-7521 F:843-6645

INDEPENDENT LIVING SERVICES

Alpha One

Brewer 1-800-300-6016

PERSONAL CARE ASSISTANCE SERVICES

ABC Services

P.O. Box 96 Stillwater 04489 827-5228

Always There ElderCare

Phillips Rd. P.O. Box 50 Levant 04456
884-6311

An Extra Hand, Inc.

3372 Fuller Road, PO Box 53, Carmel, ME 04419
848-5933

Area Home Care

P.O.Box 547, Lincoln, ME. 04457 794-2805

Caring & Sharing

1953 Essex Street, Bangor, ME 04401
941-2404

Elder Care at Home Organization

231 Main Rd. Holden, ME 04429 989-8484

In Home Care

26 Central St. Millinocket 04462 723-6707

One Step Home Care

241 State Street, Bangor, ME 04401 947-4417

PCA Services of Maine

27 George Street, PO Box 6305, Bangor, ME 04402-6305
848-7252

Robin's Health Services

3372 Fuller Road, PO Box 83, Carmel, ME 04419
848-3497

Coastal Home Health Care

25 Douglas Highway Elsworth 04605 843-5755

Piscataquis County

AREA AGENCIES ON AGING

Eastern Area Agency on Aging

450 Essex Street, Bangor, ME 04401-9810
1-800-432-7812 TTY: 941-2865

EMERGENCY RESPONSE SYSTEMS

Lifeline - Mayo Regional Hospital

75 West Main Street, Dover-Foxcroft, ME 04426
564-8401

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

**Community Health & Counseling Services & Maine Coast
Physician's Affiliate**

Bangor 947-0366

HOME HEALTH AGENCIES

Community Health & Counseling Services

14 Summer Street, Dover-Foxcroft, ME 04426
564-2267

Home Health Services

24 Springer Rd. Suite 202 Bangor 04401

Chandler Bay Home Health Agencies

6 State St. Bangor 04401 945-6011

HOSPICE SERVICES

Pine Tree Hospice (Volunteer Hospice)

895 W. Main St., Dover-Foxcroft, ME 04426
564-4346 Fax: 564-4400

Pine Tree Hospice (Volunteer Hospice)

PO Box 1129, Greenville, ME 04441
695-5283

PERSONAL CARE ASSISTANCE SERVICES

Aging Excellence

263 State St. Suite 31 Bangor 04401 947-0999

Caring Hands Providers

193 Central Street Millinocket 04457 1-888-574-7232

Eastern Agency on Aging

450 Essex St. Bangor 04401 941-2865

Lee's Helping Home

76 Laskey Lane Hampden 04444 862-2643

Premier Home Care
277 State St. Bangor 04401 942-3584

Sagadahoc County

ADULT DAY SERVICES

Plant Memorial Home Elder Day Care

1 Washington Street, Bath, ME 04530 443-2244

Respite Care –Bath

150 Congress Ave Bath 04530

729-8571

Sky-Hy Adult Day Care

32 Sky-Hy Drive, Topsham, ME 04086

725-7577 AREA AGENCIES ON AGING

Senior Spectrum

One Weston Court P.O.Box 2589 Augusta,

04338 622-9212 1-800-639-1553

TTY- 1-800-464-8703

Somerset County

ADULT DAY SERVICES

Maplecrest Rehab & Living Center ADC Program
174 Main Street, Madison, ME 04950 696-8225

AREA AGENCIES ON AGING

Senior Spectrum

Augusta, ME 04338-2589 622-9212
1-800-639-1553 TTY: 1-800-464-8703

Bureau of Family Independence (BFI-DHS) Skowhegan
474-4800 800-452-4602 F: 474-4888 TTY: 474-4891

EMERGENCY RESPONSE SYSTEMS

Sebasticook Valley Hospital

Grove Street, Pittsfield, ME 04967 487-5141

HOME HEALTH AGENCIES

HealthReach HomeCare

165 North Avenue, Skowhegan, ME 04976
474-8082

SVH Care At Home

49 Main Street, Pittsfield, ME 04967 487-5740
1-800-293-6303

HOSPICE SERVICES

Drop in Adult Grief Support

19 Pleasant St. Skowhegan 04976 474-7775

Health Reach Hospice

3 North Lancey St. P.O.Box 471 Pittsfield 04967 487-3726

Health Reach Hospice (Medicare Certified)

251 North Ave., Skowhegan, ME 04976
474-8082 1-877-561-7301 F: 474-0694

Hospice Volunteers of Somerset County (Volunteer Hospice)

Fax: 474-7773

25 Pleasant Street. PO Box 3069, Skowhegan, ME 04976
474-7775 1-800-794-6224

Waldo County

ADULT DAY SERVICES

Robert and Mary's Place in Machias

36 Dublin Hill Machias 04654, 271-0017

TallPines Adult Day Care

21 Martin Lane, Belfast, ME 04915 338-4117

Turning Tides

16 Estates Rd. Cherry Field 04622 546-7581

Waldo County Senior Spectrum ADP 18

Merriam Road, Belfast, ME 04914

338-1190 AREA AGENCIES ON AGING

Senior Spectrum

One Weston Court P.O.Box 2589 Augusta,
04338 622-9212 1-800-639-1553
TTY- 1-800-464-8703

EMERGENCY RESPONSE SYSTEMS

Waldo County Home Health

119 Northport Avenue, Belfast, ME 04915 338-2268

HOME HEALTH AGENCIES

Kno-Wal-Lin Home Health Care, Inc.

Wentworth Building, 147 Waldo Avenue, Suite 106
Belfast, ME 04915 338-2206 1-800-734-4442

Waldo County Home Health Care Services

119 Northport Avenue, PO Box 407, Belfast, ME 04915
338-2268 338-2500 Ext. 157

Harbor Hill Health Care

2 Footbridge Rd. Belfast 04915, 338-5307
1-800-228-3811

HOME HEALTH CARE SERVICES

Kno-Wal-Lin At Home Care

Wentworth Building, 147 Waldo Avenue, Suite 106
Belfast, ME 04915 338-2002 1-800-734-4442

HOSPICE SERVICES

Waldo County Home Health Care Services

(Medicare Certified)

119 Northport Avenue, PO Box 407, Belfast, ME

04915 338-2286 1-888-254-5133 F: 338-2367

Hospice Volunteers of Waldo County (Volunteer Hospice)

PO Box 772, Belfast, ME 04915 338-2268 F: 338-2367

Inpatient Hospice Unit

118Northport Ave

P.O.Box 287 Belfast 04915 338-2268 888-254-5133

Grief Support Group

119 Northport Ave Belfast 04915 930-2677

Washington County

ADULT DAY SERVICES

Campbell's Hill Adult Day Care I & II
PO Box 254, Cherryfield, ME 04622
546-0990

Hammer Hill ADC

Route 189 Whiting 04619 773-4715

New Horizons Adult Day Care

144 South Street, Calais, ME 04619
454-3709

The Grace Home Adult Day Services

Willey District Road, Harrington, ME 04643
483-2247

AREA AGENCIES ON AGING

Eastern Area Agency on Aging

450 Essex Street, Bangor, ME 04401-9810 1
-800-432-7812 TTY: 941-2865

Bureau of Family Independence (BFI-DHS)

Machias 255-2000 800-432-7846 F: 255-2078
Calais 454-9000 1-800-622-1400 F: 454-9034
TTY: 1-800-606-0215

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

**Community Health & Counseling Services & Maine Coast
Physician's Affiliate**

42 Cedar St. Bangor 947-0366

HOME HEALTH AGENCIES

Calais Regional Hospital Home Health Agency

50 Franklin Street, Calais, ME 04619 454-7521

Care and Comfort

P.O.Box 768 Machias 04654 255-6268 1-866-648-2832

Community Health & Counseling

Route 1, RR1 Box 339A, Machias, ME 04654
255-8311 1-800-540-8311

2 Barker Street, Calais, ME 04619 454-2914 .

Home Resources of Maine, Inc.

51 Court Street, Unit 7, Machias, ME 04654 255-4551 1-
800-639-4177

Sunrise County Homecare Services, Inc.

11 Broadway, PO Box 920, Machias, ME 04654
255-3344 Fax:255-3389

Sunrise County Homecare Services, Inc.

88 North Street, Calais, ME 04619 454-2811
RR 2 Box 130, Lubec, ME 04652
733-1090 1-800-595-4444

HOME HEALTH CARE SERVICES

Downeast Health Services

71 Court Street, Machias, ME 04654 255-8280
Fax: 255-8625 1-800-313-1223
37 Union Street, Calais, ME 04619
454-3534

HOSPICE SERVICES

Down East Hospice (Volunteer Hospice)

c/o Calais Regional Hospital, 22 Hospital Lane, Calais, ME
04619 454-7521 ext.126

Down East Hospice (Volunteer Hospice)

Down East Community Hospital, RR 1, Box 11, Machias, ME
04654 255-3356 ext. 324

Hospice Education Institute

3 Unity Square Machiasport 04655 P.O. Box 98
255-8800 1-800-331-1620 Fax: 255-8008

INDEPENDENT LIVING SERVICES

Independent Living Services, Inc.

Machias 255-3323

PERSONAL CARE ASSISTANCE SERVICES

HomeMaker's Plus

124 South Street, Calais, ME 04619 454-3709

Marshall Home Care Services

102 Court St. Machias 04654 255-4789

York County

ADULT DAY SERVICES Pavilion Adult Day Services

10 Hillcrest Drive, Sanford, ME 04073
324-4310

River Ridge ADC

79 Cat Mousam Rd. Kennebunk 04043 985-3030

Truslow Adult Day Center

333 Lincoln Street, Saco, ME 04072
283-0166

AREA AGENCIES ON AGING

Bureau of Family Independence (BFI-DHS)

Sanford 490-5400 800-482-0790 F: 490-5499
Biddeford 286-2430 800-322-1919 F: 286-2546

Southern Maine Area Agency on Aging

136 US Route One, Scarborough ME 04074
396-6500 1-800-427-7411 TTY: 883-0532

EMERGENCY RESPONSE SYSTEMS

Caring Calls

PO Box 5071, Biddeford, ME 04007
282-7225

Henrietta D. Goodall Hospital

25 June Street, Sanford, ME 04073
324-4310

Maine Emergency Response

PO Box 325, Eliot, ME 03903 1
-800-888-0338

Southern Maine Medical Center

1 Medical Drive, Biddeford, ME 04005 283-7000

York Hospital

15 Hospital Drive, York, ME 03909 363-4321

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

University of New England. Division on Aging

Biddeford 1-800-930-2437 283-4882

HOME HEALTH AGENCIES

Visiting Nurse Service

15 Industrial Park Road, RFD #1, Box 15A, Saco, ME 04072
284-4566 1-800-482-0971 Fax: 282-4148
42 Brickyard Court, York, ME 03909
363-7632 1-800-287-7632

York Hospital Home Care

15 Hospital Drive, York, ME 03909
363-4321

HOME HEALTH CARE SERVICES

Anytime Services for Seniors

455 Main St., PO Box 568, West Buxton, ME 04093-0568
1-800-782-1474 727-6201

Arcadia Health Care

Springvale, ME 04073 324-3400

New England Speech Services

64 Alfred Street, Suite 305, Biddeford, ME 04005
284-1019

Saco River Senior Services

P.O. Box 69 Waterboro, ME 04087 247-9000

SMCC Visiting Nurses

P.O. Box 739 Kennebunk, 04043 985-4767

Southern Maine Health and HomeCare Services

P.O Box 739 Rout 1 South Kennebunk 04043
985-4767 1-800-794-3546

487 Alfred Street, Biddeford, ME 04005
283-7446

York Hospital Discharge Visit Program

15 Hospital Drive, York, ME 03909
363-4321

HOMEMAKER AGENCIES

Arcadia Health Care

455 Main Street Springvale, ME 04083
324-3400

HOSPICE SERVICES

Hospice of York (Volunteer Hospice)

15 Hospital Dr., York, ME 03909
363-7000 F: 351-2126

Southern Maine Health and Homecare Services

(Medicare Certified) Route #1 South, PO Box 739, Kennebunk,
ME 04043 985-4767 1-800-794-3546 F: 985-6715

Visiting Nurse Services (Medicare Certified)

15 Industrial Park Road, Saco, ME 04072
284-4566 1-800-660-4867 F: 282-4148

PERSONAL CARE ASSISTANCE SERVICES

Anytime Services for Seniors

Moderation St. West Buxton 04093 1-800-
782-1474

Partners in Caregiving

4 Shaws Hill Drive, Biddeford, ME 04005 283-1275
Truslow Adult Day Center
333 Lincoln Street, Saco, ME 04072
283-0166

SMCC Visiting Nurses

P.O. Box 739 Kennebunk, 04043 985-4767

Web Resources

The following web resources may be accessed by typing the listed URL into the Address Bar of your web browser. They may also be accessed from the 'Links' page of the Maine Hospice Council website.

Aging with Dignity
www.agingwithdignity.org

ALS Association <http://www.alsa.org/>

Alzheimer Society www.alz.org/

American Geriatrics Society www.americangeriatrics.org/education/forum/endoflife.shtml

American Pain Foundation
www.painfoundation.org

Before I Die www.pbs.org/wnet/bid/

Cancer Community Center
www.cancercommunitycenter.org

Cancer Links: End of Life Issues, Hospice Care and Wills <http://www.cancerlinks.com/end.html>

Catholic Hospice: Serving People of All Faiths <http://www.catholichospice.org/>

Center for Grieving Children www.cgcmaine.org

Center to Improve Care of the Dying
<http://www.gwu.edu/~cicd/>

Community State Partnerships to Improve End of Life Care
www.midbio.org/npo-about.htm

Decisions About End of Life Care: JAMA Article (PDF document) <http://jama.ama-assn.org/issues/v284n19/fpdf/jpg1115.pdf>

Defining Wellness Through End of Life (Dr. Ira Byock)
www.dyingwell.com

End of Life Care for Children
<http://childendoflifecare.org/>

End of Life Care in HIV/AIDS <http://hivinsite.ucsf.edu/InSite.jsp?page=kb-03-03-05>

End of Life Physician Education Resource
Center www.eperc.mcw.edu/start.cfm

End of Life Nursing Education Consortium (ELNEC) Project
www.aacn.nche.edu/el nec/

EPEC Project
www.epec.net/

Finding Our Way: Living and Dying in America
www.findingourway.net

Gould Health Systems
www.ghsinc.com

GrowthHouse.Org
www.growthhouse.org/

Hospice Education Institute
<http://www.hospiceworld.org/>

Hospice Foundation of America
www.hospicefoundation.org

Improving End of Life Care with Complementary Therapies in
Hospice [www.finalthoughts.com/rc_html/main/article.asp?
ID=253&Resource=3](http://www.finalthoughts.com/rc_html/main/article.asp?ID=253&Resource=3)

In Support of Life: Comfort & Hope for the Dying
<http://www.macathconf.org/EOLresources.htm>

Innovations in End of Life Care: an internet
Journal www2.edc.org/lastacts/

Last Acts
www.lastacts.org

Long-Term Care Ombudsman
www.maineombudsman.org/

Maine Bioethics Network www.mbnet.org

Maine Center for End of Life Care
www.mainecenterforendoflifecare.info

Maine Consortium for Palliative Care and Hospice
www.mcpch.org

Maine Hospice Council
www.mainehospicecouncil.org

Medic Alert Foundation
www.medicalert.org

Midwest Bioethics Center
www.midbio.org/

National Adult Day Services Association
www.nadsa.org

National Hospice and Palliative Care Organization
www.nhpco.org

Nursing Leadership Academy
www.palliativecarenursing.net/pcare_news.html

Palliative Care Nursing Network
www.palliativecarenursing.net/

Partners Against Pain
www.partnersagainstpain.com

Principals of Care of Patients at the End of Life
www.milbank.org/endoflife/

Project on Death in America: Transforming the Culture of Dying
<http://www.soros.org/death/>

Promoting Excellence in End of Life Care
www.promotingexcellence.org/

Robert Wood Johnson Foundation
www.rwjf.org

State Initiatives in End of Life Care: Policy Guide for State Legislators
<http://www.ncsl.org/programs/pubs/endintro.htm>

TIME: Toolkit of Instruments to Measure End of Life
<http://www.chcr.brown.edu/pcoc/toolkit.htm>

Toolkit of Instruments to Measure End of Life
www.gwu.edu/~cicd/toolkit/toolkit.htm

Ulman Cancer Fund for Young Adults
www.ulmanfund.org/html/end_of_life_care.html

VA Hospice and Palliative Care Initiative
<http://www.va.gov/oaa/flp/>