

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

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

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for
A Community State Partnership Project:
"Care at the End of Life: A Public/Private Partnership"**

**Updated by Scott Fish
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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 - 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 ensure 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 illness.

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);

3.

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 wellbeing 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 wellbeing, 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, Maine Chapter

383 US Rt One #2C Scarborough, ME 04074

800-272-3900 Fax: 207-772-0115

<https://www.alz.org/maine>

Bureau of Medical Services – Dept of Health & Human Services

207-287-1818 800-321-5557 800-423-4331

207-287-1828

<https://www.maine.gov/dhhs/>

Legal Services for the Elderly

5 Wabon St, Augusta, ME 04330

800-750-5353

<https://www.mainelse.org/>

<https://www.facebook.com/Legal-Services-for-the-Elderly-157285651004785/>

The Maine Long-Term Care Ombudsman Program

61 Winthrop St, Augusta, ME 04330

207-621-1079 800-499-0229

<https://www.maineombudsman.org/>

<https://www.facebook.com/MaineLTCOP>

Maine Hospice Council and Center for End-of-Life Care

295 Water St, Ste 332

PO Box 2239 Augusta, ME 04338

207-626-0651 800-438-5963 F: 207-622-1274

<https://mainehospicecouncil.org/>

<https://www.facebook.com/MaineHospiceCouncil/>

Maine Health Care Association

317 State St, Augusta 04330

207-623-1146. F: 207-623-4080

<https://www.mehca.org/>

<https://www.facebook.com/Maine-Health-Care-Association-415136628521232/>

Maine Hospital Association

33 Fuller St, Augusta, ME 04330

207-622-4794

<http://www.themha.org/>

<https://www.facebook.com/MaineHospitalAssociation>

Maine Low-Cost Drugs – Maine Department of Health

1-866-796-2463 TTY/TDD: 207-287-1828

<https://www.maine.gov/dhhs/ofi/applications-forms>

Maine Medical Association

30 Association Dr, Manchester, ME 04351

207-622-3374

<https://www.mainemed.com/>

<https://www.facebook.com/mainemedical>

State of Maine Long-Term Care Assessment: DHHS

109 Capitol St Augusta, ME 04333

207-287-3707

<https://www.maine.gov/dhhs/>

Androscoggin County**ADULT DAY SERVICES****Auburn Nursing Home Adult Day Program**

185 Summer St, Auburn, ME 04210

207-786-0676

<https://www.seniorcare.com/assisted-living/me/auburn/auburn-residential-care-center/19256/>

Helping Hands Adult Day Health Services

571 Sabattus St Ste 2, Lewiston, ME 04240

207-877-449-4694 207-777-5294

<https://helpinghandsmaine.com/>

Clover Manor Adult Day Care

440 Minot Ave, Auburn, ME 04240

207-784-3573

<https://www.cloverhealthcaremaine.com/>

Family Connection Adult Day Services Program

63 Fair St, Lewiston, ME 04240

207-784-4787

The Lamp Memory Care Center

64 Lisbon Rd, Lisbon, ME 04250

207-353-4318

<https://dltchealthcare.com/locations/the-lamp-memory-care-center/>

<https://www.facebook.com/DLTC-Healthcare-and-Bella-Point-1734632773475908/>

AREA AGENCIES ON AGING

Seniors Plus

8 Falcon Rd, Lewiston, ME 04240

800-427-1241 207-795-4010 TTY: 207-795-7232

<https://www.seniorsplus.org/>

<https://www.facebook.com/SeniorsPlus>

State Office for Family Independence

200 Main St, Lewiston, ME 04240

207-795-4394 TTY: Maine Relay 711

EMERGENCY RESPONSE SYSTEMS

St Mary's Hospital Medical Center

93 Campus Ave, Lewiston, ME 04240

207-777-8100

<https://www.stmarysmaine.com/default.aspx>

HOME HEALTH AGENCIES**Androscoggin HomeCare and Hospice**

15 Strawberry Ave, Lewiston, ME 04240

207-777-7740 800-482-7412

<https://androscoggin.org/>

<https://www.facebook.com/AndroscogginHomeHealthcareAndHospice/>

Clover Home Health, Inc

440 Minot Ave, Auburn, ME 04210

207-784-3573

<https://www.cloverhealthcaremaine.com/>

Gentiva Health Services

475 Pleasant St, 2nd Floor, Lewiston, ME 04240

207-782-5767 800-640-8100

HOME HEALTH CARE SERVICES**Gentiva Health Services/Private Duty**

475 Pleasant St, 2nd Floor, Lewiston, ME 04240

207-782-5767. 800-640-8100

New England Life Care

333 Main St, Lewiston, ME 04240

207-795-2092

<https://www.nelifecare.org/>

Schooner Estates

200 Stetson Rd, Auburn, ME 04210

207-784-2900

<https://www.schoonerestates.com/>

HOSPICE SERVICES

Androscoggin Home Care and Hospice (Medicare Certified)

15 Strawberry Ave, Lewiston, ME 04240

207-777-7740 800-482-7412

<https://androscoggin.org/>

<https://www.facebook.com/AndroscogginHomeHealthcareAndHospice/>

PERSONAL CARE ASSISTANCE SERVICES

Assisted Home Care II

550 College St, Lewiston, ME 04240

207-783-7375

Aroostook County

ADULT DAY SERVICES

Day Break Adult Day Care

59 Bennett Ave, Caribou, ME 04736

207-496-4284. 800-848-5698

https://daycarein.com/provider-4687-adult_day_care.html

Madigan Estates Adult Day Care Program

93 Military St, Houlton, ME 04730

207-532-6593

<http://madiganestates.com/>

AREA AGENCIES ON AGING

Aroostook Area Agency on Aging

260 Main St, Presque Isle, ME 04769

207-764-3396 800-439-1789

<https://www.aroostookaging.org/>

<https://www.facebook.com/AroostookAreaAgencyOnAging>

State Office for Family Independence (BFI-DHS)

Fort Kent: 137 Market St Ste.109, Fort Kent, ME 04743
207-834-1000 1-855-797-4357 TTY- Maine Relay 711
Houlton: 11 High St Houlton, ME 04730
207-532-5000 1-855-797-4357 TTY: Maine Relay 711

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)**Eastern Maine Medical Center the Center for Healthy Aging**

18 Green Hill Dr, Ste 1, Presque Isle, ME 04769-3102
800-757-3326

<https://northernlighthealth.org/Our-System/Home-Care-and-Hospice/Locations/Aroostook>

<https://www.facebook.com/NorthernLightHealth/>

Memory Clinic, Cary Medical Center

163 Van Buren Rd, Ste 1, Caribou, ME 04736
207-498-3111

<https://www.carymedicalcenter.org>

<https://www.facebook.com/carymedicalcenter>

Maine Medical Center Geriatric Center

66 Bramhall St, Portland, ME 04102

207-662-2847 1-877-339-3107

<https://www.mainehealth.org/maine-medical-center/services/geriatric-care>

<https://www.facebook.com/MaineMedicalCenter/>

St Mary s Memory Clinic

100 Campus Ave, Ste 101, Lewiston, ME 04240

207-755-3785 207-755-3720

<https://www.stmarysmaine.com/departments-services/mental-health-detox/memory-clinic>

HOME HEALTH AGENCIES**Madigan Home Health Care, Inc**

93 Military St, Houlton, ME 04730

207-532-6593

<http://madiganestates.com/>

<https://www.facebook.com/Madigan-Estates-Nursing-Home-169761846374188>

Apria Healthcare

70 Bangor St, Houlton, ME 04730

207-521-0370

Professional Home Nursing, Inc

7 Hatch Dr, Ste 110, Caribou, ME 04736

207-498-3915

<https://www.professionalthomenursinginc.com/>

<https://www.facebook.com/professionalthomenursinginc/>

VNA Home Health Hospice

2 Water St #1, Houlton, ME 04730

800-757-3326

<https://northernlighthealth.org/Homecare-Hospice>

Professional Home Care Specialists, LLC

187 State St, Ste 4-1, Presque Isle, ME 04769

207-760-7148

<https://www.phcs-llc.org/home>

HOME HEALTH CARE SERVICES

Aroostook Home Health Services

19 Marshall Ave, Ste 3, Caribou, Maine 04736

207-492-8290. 877-688-9977

PO Box 8, Fort Kent Mills, Maine 04744

207-834-2990. 888-834-2990

PO Box 1545, Houlton, Maine 04730

207-532-9971. 888-532-9971

<https://www.aroostookhomehealthservices.com/>

<https://www.facebook.com/pages/Aroostook%20Home%20Health%20Services/142127632500228/>

Northern Maine Speech/Language Pathology Services, Inc

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

207-764-4498

Presque Isle Home Care Specialists

187 State St, Ste 4-1, Presque Isle, ME 04769

207-760-7148

<https://www.phcs-llc.org/home>

Seniors/Domestics Home Care

520 Main St, Presque Isle, ME 04769

207-764-5232

HOMEMAKER AGENCIES

Aroostook Wellness

22 Birdseye Ave, Ste A, Caribou, ME 04736

207-492-0346

<http://aroostookwellness.com/>

Aroostook Agency on Aging

260 Main St, Presque Isle, ME 04769

207-764-3396 800-439-1789

<https://www.aroostookaging.org/>

<https://www.facebook.com/AroostookAreaAgencyOnAging>

Valley Home Health Services

658 Main St #2, Caribou, ME 04736

207-492-1149

<https://www.valleyhomehealthservices.com/>

HOSPICE SERVICES**Aroostook House of Comfort**

18 Green Hill Dr., Presque Isle, ME 04769

207-764-9406 800-757-3326

<https://aroostookhouseofcomfort.org/>

<https://www.facebook.com/AroostookHouseOfComfort>

Northern Light Hospice

18 Green Hill Dr., Ste. 1, Presque Isle, ME 04769

800-757-3326

<https://northernlighthealth.org/Our-System/Home-Care-and-Hospice/Locations/Aroostook>

<https://www.facebook.com/NorthernLightHealth/>

Northern Maine General

21 Aldrich Dr, Caribou, ME 04736

207-492-1036

5 Carter St, Eagle Lake, ME 04739

207-444-5152

<https://nmgeneral.org/>

<https://www.facebook.com/NMGeneral/>

Valley Home Health Services

658 Main St #2, Caribou, ME 04736

207-492-1149

<https://www.valleyhomehealthservices.com/>

VNA Home Health Hospice

2 Water St #1, Houlton, ME 04730

800-757-3326

<https://northernlighthealth.org/Homecare-Hospice>

INDEPENDENT LIVING SERVICES**Alpha One**

66 Spruce St, Presque Isle, ME 04769

207-764-6466

<https://alphaonenow.org/>

<https://www.facebook.com/alphaonemaine/>

Technical Exploration Center of United Cerebral Palsy of Northern Maine

700 Mt Hope Ave #320, Bangor, ME 04401

207-941-2952

<https://ucp.org/>

<https://www.facebook.com/unitedcerebralpalsy/>

Maine Home Care

30 Western Ave, East Millinocket, ME 04430

207-746-0039

<https://www.maineinhomecare.com/>

Cumberland County**ADULT DAY SERVICES****Barron Center Adult Day Care I & II**

1145 Brighton Ave, Portland, ME 04102

207-541-6500

<https://www.portlandmaine.gov/252/Barron-Center>

<https://www.facebook.com/CityofPortlandME>

Gorham House Adult Day Services

50 New Portland Rd, Gorham, ME 04038

207-839-5757

<https://www.gorhamhouse.com/>

<https://www.facebook.com/GorhamHouse>

Hawthorne House Senior's Club

6 Old County Rd, Freeport, ME 04032

207-865-4782

<https://hawthorne-healthcare.com/>

<https://www.facebook.com/HawthorneHouseFreeport>

Bath-Brunswick Respite Care

41 Greenwood Rd, Brunswick, ME 04011

207-729-8571

<https://www.respite-care.org/>

Sedgewood Commons Adult Day Care

22 Northbrook Dr, Falmouth, ME 04105

207-781-5775

<https://www.geneshcc.com/sedgewoodcommons>

<https://www.facebook.com/Myskillednursingcare/>

St Joseph's Manor Adult Day Health Care Center

1133 Washington Ave, Portland, ME 04103

800-385-2527

<https://www.agingcare.com/local/st-josephs-manor-portland-adult-day-care-me>

Dionne Commons

24 Maurice Dr, Brunswick, ME 04011

207-725-4379

<https://www.dionnecommons.com/>

<https://www.facebook.com/dionnecommons>

AREA AGENCIES ON AGING**Maine State Office of Family Independence (BFI-DHS)**

11 Statehouse Station, 109 Capitol St, Augusta, ME 04330

207-624-4168

<https://www.maine.gov/dhhs/ofi>

Southern Maine Area Agency on Aging

136 US Route One, Scarborough, ME 04074

800-427-7411

<https://www.smaaa.org/>

<https://www.facebook.com/southernmaineagencyonaging>

EMERGENCY RESPONSE SYSTEMS

Black Bear Medical

275 Marginal Way, Portland, ME 04101

207-871-0008

<https://blackbearmedical.com/>

<https://www.facebook.com/blackbearmedical/>

Brighton Medical Center

335 Brighton Ave, Portland, ME 04102

207-662-8000

<https://www.mainehealth.org/maine-medical-center/locations/brighton-campus>

<https://www.facebook.com/MaineMedicalCenter/>

Interim HealthCare of Auburn ME

336 Center St, Auburn, ME 04210

207-783-6700

<https://www.interimhealthcare.com/lewistonme/home/>

<https://www.facebook.com/interimhealthcare>

Mercy Hospital

144 State St, Portland, ME 04101

207-879-3000

<https://northernlighthhealth.org/Mercy-Hospital>

<https://www.facebook.com/NorthernLightHealth/>

WAM Alarms

73 Luck Grove, Brighton, ME 04009

207-647-2323

<https://www.mainelakeschamber.com/worship/name/wam-alarm-systems/>

Mid-Coast Hospital

123 Medical Center Dr, Brunswick, ME 04011

207-373-6000

<http://www.midcoasthealth.com/>

<https://www.facebook.com/MidCoastHospital>

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)**The Maine Medical Center Geriatric Center**

66 Bramhill St, Portland, ME 04102

207-662-2847

<https://www.mainehealth.org/maine-medical-center/services/geriatric-care>

<https://www.facebook.com/MaineMedicalCenter/>

HOME HEALTH AGENCIES**Admiral Home Care Services, Inc**

798 Main St, South Portland, ME 04106

207-828-1591 800-828-1591

<https://www.care.com/b/l/admiral-home-care-services-inc/south-portland-me>

Androscoggin HomeCare and Hospice

15 Strawberry Ave, Lewiston, ME 04240

800-482-7412 207-777-7000

<https://androscoggin.org/>

<https://www.facebook.com/AndroscogginHomeHealthcareAndHospice/>

SequelCare of Maine

70 Bayview St, Yarmouth, ME 04096

207-847-2273

<https://www.sequelcareofmaine.com/>

<https://www.facebook.com/SequelCareofMaine>

Care & Comfort

180 Maine St, Ste 4, Waterville, ME 04901
207-872-5300
<https://www.careandcomfort.com/>
<https://www.facebook.com/careandcomfort>

CHANS Home Health and Hospice

60 Baribeau Dr, Brunswick, ME 04011
207-729-6782
<https://www.chanshomehealth.com/>
<https://www.facebook.com/CHANSHomeHealth/>

FirstLight Home Care of Southern Maine

944 Roosevelt Trl., Unit 12, Windham, ME 04062
207-803-4199
<https://www.firstlighthomecare.com/home-healthcare-southern-maine/why-firstlight/>
<https://www.facebook.com/firstlighthomecaresouthernmaine>

Kindred at Home

396 Griffin Rd Ste 201, Bangor, ME 04401
207-990-9000
<https://www.kindredathome.com>
<https://www.facebook.com/kindredathome>

Home Care for Maine

347 Maine Ave, Farmingdale, ME 04344
207-582-8001 800-639-3084
<https://www.facebook.com/Home-Care-for-Maine-126226560766448>

Interim HealthCare Services

20 Atlantic Place, South Portland, ME 04106
207-775-3366
<https://www.interimhealthcare.com/portlandme/home/>
<https://www.facebook.com/interimhealthcareofmaine/>

VNA Home Health & Hospice

50 Foden Rd, South Portland, ME 04106

800-757-3326 207-780-8624

<https://northernlighthealth.org/Homecare-Hospice>

<https://www.facebook.com/NorthernLightHealth/>

HOME HEALTH CARE SERVICES**Advantage Home Care**

550 Forest Ave, Ste 206, Portland, ME 04101

207-699-2570

<https://www.facebook.com/AdvantageHomeCare/>

Apria Health Care

100 Dowd Rd, Bangor, ME 04401

207-942-5579

<https://www.apria.com/>

<https://www.facebook.com/ApriaHealthcareCareers>

Assistance Plus

1604 Benton Ave, Benton, ME 04901

800-781-0070 207-453-4708

<https://www.assistanceplus.com/>

<https://www.facebook.com/AssistancePlusME/>

Critical Care Systems

10 Donald B. Bean Dr, South Portland, ME 04106

207-775-3600

Home Care Assistance of Portland

251 US 1, Ste 4, Falmouth, ME 04105

207-835-4849

<https://www.homecareassistanceportlandmaine.com/>

<https://www.facebook.com/HomeCareAssistancePortlandMaine/>

Kindred at Home

396 Griffin Rd, Bangor, ME 04401

800-990-9000 207-772-0954

<https://www.kindredathome.com>

<https://www.facebook.com/kindredathome>

MaineHealth Care at Home

15 Industrial Park Rd, Saco, ME 04072

(800) 660-4867

<https://www.mainehealth.org/services/home-health-care>

<https://www.facebook.com/mainehealthcareathome>

Hammond Associates, Inc

222 Auburn St, #1G, Auburn, ME 04103

207-797-8255

<https://www.hammondme.com/>

<https://www.facebook.com/HammondMaine>

Northeast Hearing and Speech Center

75 West Commercial St, Portland, ME 04101

207-874-1065

<https://www.nehearingandspeech.org/>

<https://www.facebook.com/northeasthearingandspeech/>

New England Life Care

600 Southborough Dr, South Portland, ME 04106

800-290-6558 207-321-6352

<https://www.nelifecare.org/>

Southern Maine Home Care LLC

75 Bishop St, Portland, ME 04103

207-213-9723

<http://southernmainehomecarellc.com/>

St Claire Home Care

79 State St, Gorham, ME 04038

207-222-0102

<http://www.stclairehomecare.com/>

HOMEMAKER AGENCIES

Ageing Excellence, Inc

81 Main St, Auburn, ME 04210

866-988-0991

<https://www.seniorsonthego.com/>

<https://www.facebook.com/agingexcellence>

Catholic Charities of Maine

307 Congress St, Portland, ME 04101

207-781-8550

<https://www.ccmaine.org/>

<https://www.facebook.com/CatholicCharitiesME>

Home Care Services, Inc

650 Main St, South Portland, ME 04106

207-774-4201

In-Home Senior Services, Inc

20 Mechanic St, Gorham, ME 04038

207-222-0740

<https://inhomeseniorservices.com/>

<https://www.facebook.com/teamIHSS/>

Interim Health Care

20 Atlantic Pl, South Portland, ME 04106

207-775-3366

<https://www.interimhealthcare.com/portlandme/home/>

<https://www.facebook.com/interimhealthcareofmaine/>

Southern Maine Area Agency on Aging

Sam L. Cohen Center, 30 Barra Rd, Biddeford, ME 04005

800-427-7411 207-396-6500

<https://www.smaaa.org/>

<https://www.facebook.com/southernmaineagencyonaging>

Visiting Angels

1717 Congress St #3, Portland, ME 04102

207-835-6025

<https://www.visitingangels.com/>

<https://www.facebook.com/VisitingAngelsCorporate>

HOSPICE SERVICES**Beacon Hospice**

52 Atlantic Plaza, Ste B-50, South Portland, ME 04106

207-772-0929

<https://locations.amedisys.com/me/southportland/amedisys-palliative-care.html>

<https://www.facebook.com/AmedisysInc>

Community Health and Nursing Services (CHANS)

60 Baribeau Dr, Brunswick, ME 04011

207-729-6782

<https://www.chanshomehealth.com/>

<https://www.facebook.com/CHANSHomeHealth/>

VNA Home Health & Hospice

50 Foden Rd, South Portland, ME 04106

800-757-3326

<https://northernlighthealth.org/Homecare-Hospice>

INDEPENDENT LIVING SERVICES**Alpha One**

127 Main St, South Portland, ME 04106

207-767-2189 (stopping point)

<https://alphaonenow.org/>

<https://www.facebook.com/alphaonemaine/>

PERSONAL CARE ASSISTANCE SERVICES**First Light Home Care of Southern Maine**

944 Roosevelt Trl,, Unit 12, Windham, ME 04062

207-803-4199

<https://www.firstlighthomecare.com/home-healthcare-southern-maine/why-firstlight/>

<https://www.facebook.com/firstlighthomecaresouthernmaine>

Home Instead

502 Main St, Gorham, ME 04038

207-839-0441

<https://www.homeinstead.com/location/321>

<https://www.facebook.com/HomeInsteadCumberland/>

In-Home Senior Services, Inc

20 Mechanic St, Gorham, ME 04038

207-222-0740

<https://inhomeseniorservices.com/>

<https://www.facebook.com/teamIHSS/>

Interim Health Care

20 Atlantic Pl, South Portland, ME 04106

207-775-3366

<https://www.interimhealthcare.com/portlandme/home/>

<https://www.facebook.com/interimhealthcareofmaine/>

Franklin County**AREA AGENCIES ON AGING****Seniors Plus**

8 Falcon Rd, Lewiston, ME 04240

207-795-4010

<https://www.seniorsplus.org/>

<https://www.facebook.com/SeniorsPlus>

Area Agency on Aging

1 Weston St # 203, Augusta, ME 04330

207-622-9212

<https://www.maine.gov/dhhs/oads/get-support/older-adults-disabilities/area-agencies-on-aging>

EMERGENCY RESPONSE SYSTEMS**Franklin Memorial Hospital** (MaineHealth Life Line Program)

MaineHealth Main Office 15 Industrial Park Rd Saco, ME 0407

207-205-5762

<https://www.mainehealth.org/Services/Home-Health-Care/Lifeline-Emergency-Response-System>

Maine Coast Memorial Lifeline

4 Mckenzie Ave, Ellsworth, ME 04605

207-664-0990

Birch Bay Retirement Village (Lifeline)

25 Village Inn Rd, Bar Harbor, ME 04609

207-288-8014

<https://www.birchbayvillage.us/>

<https://www.facebook.com/birchbayretirementvillage/>

HOME HEALTH AGENCIES**Androscoggin HomeCare and Hospice**

15 Strawberry Ave, Lewiston, ME 04240

207-777-7740

<https://androscoggin.org/>

<https://www.facebook.com/AndroscogginHomeHealthcareAndHospice/>

Assistance Plus

Wilton, ME 04294

207-645-7126

<https://assistanceplus.com/>

Care & Comfort

104 Mill St, Farmington, ME 04938

207-778-5515

284 Main St, Ste 390, Wilton, ME 04294

207-645-5304

<https://www.careandcomfort.com/>

<https://www.facebook.com/careandcomfort>

HOME HEALTH CARE SERVICES**Assistance Plus**

Wilton, ME 04294

207-645-7126

<https://assistanceplus.com/>

Complete Home Health Care

218 Fairbanks Rd, Farmington, ME 04938

844-879-2442

<https://chhcnewengland.com/>

<https://www.facebook.com/chhcnewengland>

INDEPENDENT LIVING SERVICES**Senior Plus**

8 Falcon Rd, Lewiston, ME 04240

800-427-1241 207-795-4010 TTY: 207-795-7232

<https://www.seniorsplus.org/>

<https://www.facebook.com/SeniorsPlus>

Hancock County**ADULT DAY SERVICES****Friendship Cottage**

118 Ellsworth Rd, Blue Hill, ME 04614

207-374-5612

<https://www.downeastcommunitypartners.org/donate-volunteer/>

Island Nursing Home Adult Day Services

587 N Deer Isle Rd, Deer Isle, ME 04627

207-348-2351

<https://www.islandnursinghome.org/>

<https://www.facebook.com/IslandNursingHome>

Robert and Mary's Place

50 Meadow View Ln, Ellsworth, ME 04605

207-667-5449

<http://robertandmarysplace.org/>

<https://www.facebook.com/robertandmarysplace/>

AREA AGENCIES ON AGING**Eastern Area Agency on Aging**

450 Essex St, Bangor, ME 04401-9810

800-432-7812 TTY: 207-941-2865

<https://www.eaaa.org/living-well-program/>

<https://www.facebook.com/easternaaa>

State Office for Family Independence (BFI-DHS)

17 Eastward Lane Ellsworth, ME 04605

207-667-1656 800-432-7823 F: 207-667-5364 TTY: 667-1639

<https://www.accessmaine.org/>

EMERGENCY RESPONSE SYSTEMS**Senior Spectrum**

One Weston Court, Augusta, ME 04338-2589

622-9212

<https://www.spectrumgenerations.org/>

<https://www.facebook.com/SpectrumGenerations>

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

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

PO Box 425, Bangor, ME 04402-0425

800-924-0366

<https://www.chcs-me.org/>

<https://www.facebook.com/CommunityHealthAndCounselingServices>

HOME HEALTH AGENCIES

Community Health and Counseling Services

415 Water St, Ellsworth, ME 04605

667-3626

<https://www.showmelocal.com/profile.aspx?bid=10913504>

Hancock County HomeCare

Water St, Box 156, Blue Hill, ME 04614

374-5510 / 374-9993

<https://hospice-services.cmac.ws/hancock-county-homecare-hospice/2048/>

Hancock County Homecare and Hospice Services

93 Cottage St, Bar Harbor, ME 04609

207-288-5584

<https://www.mdihospital.org/service-at-mdi-hospital/wellness-program/healthy-connections/>

HOME HEALTH CARE SERVICES

Downeast Health Services

Christian Ridge Rd, PO Box 1087, Ellsworth, ME 04605-1087 207-

667-5304 800-492-5550

[https://www.maine.gov/dhhs/mecdc/population-](https://www.maine.gov/dhhs/mecdc/population-health/wic/families/families-location-hancock.shtml)

[health/wic/families/families-location-hancock.shtml](https://www.maine.gov/dhhs/mecdc/population-health/wic/families/families-location-hancock.shtml)

HOMEMAKER AGENCIES

MDI & Ellsworth Housing Authorities

80 Mt Desert St, PO Box 28, Bar Harbor, ME 04609

207-288-4770

<http://www.emdiha.org/>

<https://www.facebook.com/emdiha/>

One Step Home Care

107C High St, Ellsworth, Me. 04605

207-667-7926

<https://www.onestephomecare.com/>

<https://www.facebook.com/Onestephomecare>

HOSPICE SERVICES

Hancock County HomeCare Hospice (Medicare Certified)

Water St, PO Box 156, Blue Hill, ME 04614-0156

207-374-5510 800-488-2836

<https://hospice-services.cmac.ws/hancock-county-homecare-hospice/2048/>

Hancock County HomeCare Hospice (Medicare Certified)

93 Cottage St, Bar Harbor, ME 04609

207-288-5584

Hospice of Hancock County (Volunteer Hospice)

14 McKenzie Ave, Ellsworth, ME 04605

207-667-2531 F: 207-667-9406

<https://www.hospiceofhancock.org/>

<https://www.facebook.com/Hospice-Volunteers-of-Hancock-County-126296617385597>

INDEPENDENT LIVING SERVICES

Alpha One

127 Main St, South Portland, ME 04106

207-767-2189

<https://alphaonenow.org/>

<https://www.facebook.com/alphaonemaine/>

Living Innovations

One Weston Court, Ste G-1, Augusta, ME 04330

207-622-4350

<https://livinginnovations.com/>

<https://www.facebook.com/LivingInnovationsCorp/>

Maine Consumer Information and Technology Training Exchange (CITE)

University of Maine Augusta, 46 University Dr, Augusta, ME 04330

207-621-3195

<https://mainecite.org/>

<https://www.facebook.com/MaineCITE/>

PERSONAL CARE ASSISTANCE SERVICES**MDI & Ellsworth Housing Authorities**

80 Mount Desert St, PO Box 28, Bar Harbor, ME 04609 207-288-4770

<http://www.emdiha.org/>

<https://www.facebook.com/emdiha/>

One Step Home Care

107C High St, Ellsworth, ME 04605

207-667-7926

<https://www.onestephomecare.com/>

<https://www.facebook.com/Onestephomecare>

Kennebec County**ADULT DAY SERVICES****Alzheimer's Care Center Adult Day Services**

154 Dresden Ave, Gardiner, ME 04345

207-626-1769

<https://maineseniorguide.com/member/alzheimers-care-center-adult-day-services/>

William S. Cohen Community Center

22 Town Farm Rd, Hallowell, ME 04347

207-626-7777

<https://cohen.spectrumgenerations.org/><https://www.facebook.com/cohenonthemeadows>**Heritage Manor Rehabilitation & Living Program**

457 Old Lewiston Rd, Winthrop, ME 04364

207-377-9965

<https://heritagerehabandliving.com/><https://www.facebook.com/HeritageLivingCenter/>**Mount St Joseph Residence & Rehabilitation**

7 Highwood St, Waterville, ME 04901

207-873-0705

<https://www.facebook.com/mountstjosephmaine>**Muskie Center Adult Day Services**

38 Gold St, Waterville, ME 04901

207-873-4745 **[SKF NOTE: This entity is somehow merged with Spectrum Generations. I have a call out to get the straight story.]****AREA AGENCIES ON AGING****Senior Spectrum**

1 Weston St # 203, Augusta, ME 04330

207-622-9212 800-639-1553 TTY: 800-464-8703

<https://www.spectrumgenerations.org/><https://www.facebook.com/SpectrumGenerations/>**Elder Independence of Maine** (an agency of Seniors Plus)

8 Falcon Rd, Lewiston, ME 04240

1-888-234-3920 207-795-7213 TTY: 207-795-7232

<https://www.seniorsplus.org/><https://www.facebook.com/SeniorsPlus>

Maine Office of Family Independence (BFI-DHS)

35 Anthony Ave, Augusta, ME 04333

207-624-8200 800-452-1926 F: 624-8124 TTY: 624-8004

<https://www.maine.gov/dhhs/ofi>

EMERGENCY RESPONSE SYSTEMS**Kennebec Professional Pharmacy**

43 Leighton Rd, Augusta, ME 04330

(888) 463-8083

<https://www.kennebecpharmacy.com/>

<https://www.facebook.com/KennebecPharmacy/>

MaineGeneral Medical Center

21 Enterprise Dr, Augusta, ME 04330

877-561-7299

10 Water St #303, Waterville, ME 04901

207-861-3500

<https://www.maine-general.org/>

<https://www.facebook.com/MaineGeneral/>

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)**Alzheimer's Care Center**

154 Dresden Ave, Gardiner, ME 04345

207-626-1770

<https://www.maine-general.org/medical-services/long-term-care/alzheimers-care-center-/>

<https://www.facebook.com/MaineGeneral/>

HOME HEALTH AGENCIES**Care and Comfort**

105 Kennedy Memorial Dr, Waterville, ME 04901

207-872-5300 800-366-5302

<https://www.careandcomfort.com/>

<https://www.facebook.com/careandcomfort>

HealthReach HomeCare

10 Water St, Ste 305, Waterville, ME, 04901
207-872-5610 Fax: 207-660-9901 800-299-2460
<http://www.healthreach.org/>

Home Care for Maine

347 Maine Ave, Farmingdale, ME 04344
207-582-8001 800-582-0967

Inland HomeCare

200 Kennedy Memorial Dr, Waterville, ME 04901
207-861-3120 800-641-0047 TTY: 207-872-2211
<https://www.boomershub.com/home-care/maine/waterville/inland-homecare>

HOME HEALTH CARE SERVICES**Assistance Plus**

1604 Benton Ave, Benton, ME 04901
207-453-4719 800-781-0070
<https://www.assistanceplus.com/>
<https://www.facebook.com/AssistancePlusME/>

Bridges Home Services

1 Weston St #203, Augusta, ME 04330
207-623-0761 800-876-9212
<https://www.bridgeshomeservices.org/>
<https://www.facebook.com/bridgeshomeservices1>

Kennebec Professional Pharmacy

43 Leighton Rd, Augusta, ME 04330
888-463-8083
<https://www.kennebecpharmacy.com/>
<https://www.facebook.com/KennebecPharmacy/>

Tebolt & Bolduc, Inc

40 Airport Rd, Waterville, ME 04901
207-873-3742 800-870-2857

MaineGeneral HomeCare & Hospice

Hathaway Creative Center 10 Water St Waterville, ME 04901
877-561-7299

<https://www.maine-general.org/locations/locations-profile/>
<https://www.facebook.com/MaineGeneral/>

HOMEMAKER AGENCIES

Assistance Plus

1604 Benton Ave, Benton, ME 04901
207-453-4708

<https://www.assistanceplus.com/>
<https://www.facebook.com/AssistancePlusME/>

Bridges

1 Weston St #203, Augusta, ME 04330
207-622-9212

Care & Comfort

105 Kennedy Memorial Dr, Waterville, ME 04901
207-872-5300

<https://www.careandcomfort.com/>
<https://www.facebook.com/careandcomfort>

Full House Helping Hands

32 College Ave, Ste 104, Waterville, ME 04901
207-873-0011

<https://helpinghandsmaine.com/>

Mainely Elder Care

28 Center St, Oakland, ME 04963
207-465-3249 1-866-430-3249

<https://maine-lyeldercare.com/contact-us/>
<https://www.facebook.com/MainelyElderCare>

Belgrade Regional Health Center

4 Clement Way #27, Belgrade, ME 04917

207-495-3323

<http://belgradechc.org/Belgrade/default.aspx>

<https://www.facebook.com/pages/Belgrade-Regional-Health-Ctr/136667963048782>

HOSPICE SERVICES**HealthReach Hospice** (Medicare Certified)

8 Highwood St, PO Box 1568, Waterville, ME 04903-1568

207-873-1127 1-877-561-7299 F: 873-6888

HealthReach Hospice (Medicare Certified)

150 Dresden Ave, Gardiner, ME 04645

626-3435 1-877-561-7257 F: 207-626-3463

<http://www.nationalhospicelocator.com/hospices/maine/gardiner/healthreach-hospice-and-volunteers-of-kennebec-valley>

Hospice Volunteers of Kennebec Valley (Volunteer Hospice)

150 Dresden Ave, Gardiner, ME 04345

207-626-1779 F: 207-582-6819

Hospice Volunteers of Waterville Area (Volunteer Hospice)

PO Box 200, 304 Main St, Waterville, ME 04903-0200

207-873-3615 F: 873-5094

<https://www.hvwa.org/>

<https://www.facebook.com/Hospice-Volunteers-of-Waterville-Area-275481129153762>

PERSONAL CARE ASSISTANCE SERVICES**Helping Hands**

32 College Ave, Ste 104, Waterville, ME 04901

207-873-0011

<https://helpinghandsmaine.com/>

Mainely Elder Care

28 Center St, Oakland, ME 04963

207-465-3249

<https://maine-lyeldercare.com/contact-us/>

<https://www.facebook.com/MainelyElderCare>

Knox County**ADULT DAY SERVICES****Windward Gardens Adult Day Care**

105 Mechanic St, Camden, ME 04843

207-236-4197

<https://www.geneshcc.com/windwardgardens/>

<https://www.facebook.com/pages/Windward%20Gardens/210743279727465/>

AREA AGENCIES ON AGING**Senior Spectrum**

1 Weston St #203, Augusta, ME 04330

207-622-9212 800-639-1553 TTY: 800-464-8703

<https://www.spectrumgenerations.org/>

<https://www.facebook.com/SpectrumGenerations/>

State Office for Family Independence (BFI-DHS)

Rockland 207-596-4217 800-432-7802 F: 596-4331 TTY: 207-596-4201

<https://www.maine.gov/dhhs/ofi>

EMERGENCY RESPONSE SYSTEMS**Seacoast Security & Telephone, Inc**

Box A, West Rockport, ME 04865 207-236-4876 800-432-1795

<https://seacoastsecurity.com/>

<https://www.facebook.com/SeacoastSystems>

HOME HEALTH AGENCIES**HOME HEALTH CARE SERVICES****Ask...For Home Care**

641 St George Rd, South Thomaston, ME 04858

207-354-7077

<https://askforhomecare.com/>

<https://www.facebook.com/ASKforHomeCareMaine/>

HOMEMAKER AGENCIES**Ask...For Home Care**

641 St George Rd, South Thomaston, ME 04858

207-354-7077

<https://askforhomecare.com/>

<https://www.facebook.com/ASKforHomeCareMaine/>

HOSPICE SERVICES**Coastal Family Hospice Volunteers (Volunteer Hospice)**

PO Box 122, Rockport, ME 04856

207-230-0042

<http://coastalfamilyhospice.com/>

<https://www.facebook.com/Coastal-Family-Hospice-Volunteers-104895032886905>

PERSONAL CARE ASSISTANCE SERVICES***Lincoln County*****ADULT DAY SERVICES****Riverside Adult Day Services**

51 Schooner St, Damariscotta, ME 04543

207-563-4200

<https://www.mainehealth.org/lincolnhealth/locations/chase-point-assisted-living-damariscotta>

AREA AGENCIES ON AGING**Senior Spectrum**

One Weston Court, Augusta, ME 04338-2589
622-9212

<https://www.spectrumgenerations.org/>

<https://www.facebook.com/SpectrumGenerations>

HOME HEALTH AGENCIES**Miles & St Andrews Home Health & Hospice**

40 Belvedere Rd, Damariscotta, ME 04543
207-563-4592

[https://www.mainehealth.org/Locations/LincolnHealth-](https://www.mainehealth.org/Locations/LincolnHealth-Locations/Miles-and-St-Andrews-Home-Health-and-Hospice)

[Locations/Miles-and-St-Andrews-Home-Health-and-Hospice](https://www.mainehealth.org/Locations/LincolnHealth-Locations/Miles-and-St-Andrews-Home-Health-and-Hospice)

<https://www.facebook.com/pages/Miles-St-Andrews-Home-Health-Hospice/126714134049350>

St Andrews Home Health Agency

6 St Andrews Ln, Boothbay Harbor, ME 04538
207-633-2121

<https://www.mainehealth.org/lincolnhealth/services/urgent-care>

<https://www.facebook.com/LincolnHealthME/>

HOME HEALTH CARE SERVICES**HOSPICE SERVICES****Miles & St Andrews Home Health & Hospice**

40 Belvedere Rd, Damariscotta, ME 04543
207-563-4592

[https://www.mainehealth.org/Locations/LincolnHealth-](https://www.mainehealth.org/Locations/LincolnHealth-Locations/Miles-and-St-Andrews-Home-Health-and-Hospice)

[Locations/Miles-and-St-Andrews-Home-Health-and-Hospice](https://www.mainehealth.org/Locations/LincolnHealth-Locations/Miles-and-St-Andrews-Home-Health-and-Hospice)

<https://www.facebook.com/pages/Miles-St-Andrews-Home-Health-Hospice/126714134049350>

Oxford County

ADULT DAY SERVICES

Fryeburg Health Care Center

70 Fairview Dr, Fryeburg, ME 04037

207-935-3351

<https://dltchealthcare.com/locations/bella-point-fryeburg/>

<https://www.facebook.com/DLTC-Healthcare-and-Bella-Point-1734632773475908/>

AREA AGENCIES ON AGING

Seniors Plus

8 Falcon Rd, Lewiston, ME 04240

800-427-1241 207-795-4010 TTY: 207-795-7232

<https://www.seniorsplus.org/>

<https://www.facebook.com/SeniorsPlus>

State Office for Family Independence

243 Main St #6, South Paris, ME 04281

207-744-1200

<https://www.maine.gov/dhhs/ofi>

EMERGENCY RESPONSE SYSTEMS

Rumford Community Hospital

420 Franklin St, Rumford, ME 04276

207-369-1000

<https://www.cmhc.org/location/rumford-hospital/>

<https://www.facebook.com/RumfordHospital>

Stephens Memorial Hospital

181 Main St, Norway, ME 04268

207-743-5933

<https://www.mainehealth.org/western-maine-health/locations/stephens-memorial-hospital>

<https://www.facebook.com/StephensMemorialME/>

HOME HEALTH AGENCIES**Androscoggin HomeCare and Hospice**

Pottle Rd, Oxford, ME 04270

207-743-9285

Abbott Farm Rd, Rumford, ME 04276

207-364-2728

<https://androscoggin.org/>

<https://www.facebook.com/AndroscogginHomeHealthcareAndHospice/>

Oxford Hills Home Health Care Agency

23 Winter St, Norway, ME 04268

207-743-1569

PERSONAL CARE ASSISTANCE SERVICES***Penobscot County*****ADULT DAY SERVICES****Care Ridge Adult Day Care Program**

35 Ridge Rd, Lee, ME 04455

207-738-4663

<http://northernpinescare.com/>

<https://www.facebook.com/northernpinescare>

Charlotte White Center

1 E Main St, Dover-Foxcroft, ME 04426

207-564-2499

<https://www.charlottewhitecenter.org/>

<https://www.facebook.com/CharlotteWhiteCenter/>

The Golden Years Adult Day Break

24 Hoyt St, Springvale, ME 04083

207-850-4793

<https://www.goldenyearsads.com/index.html>

<https://www.facebook.com/TheGoldenYearsAdultDayCare>

Mountain Heights Adult Day Services

10 Houlton Rd, Patten, ME 04765

207-528-2200

Ross Manor Associates Day Health Services

758 Broadway, Bangor, ME 04401

207-941-8400

<https://ross-manor.com/>

<https://www.facebook.com/Rossmanor758>

Westgate Center for Rehabilitation & Alzheimer's Care

750 Union St, Bangor, ME 04401

207-942-7336

<https://westgatecenterrehabalz.com/>

<https://www.facebook.com/NationalHealthCareAssociates/>

AREA AGENCIES ON AGING**Eastern Area Agency on Aging**

450 Essex St, Bangor, ME 04401-9810

800-432-7812 TTY: 207-941-2865

<https://www.eaaa.org/living-well-program/>

<https://www.facebook.com/easternaaa>

State Office for Family Independence (BFI-DHS)

17 Eastward Lane Ellsworth, ME 04605

667-1656 800-432-7823 F: 667-5364 TTY: 667-1639

<https://www.maine.gov/dhhs/ofi>

EMERGENCY RESPONSE SYSTEMS**Apria Health Care**

100 Dowd Rd, Bangor, ME 04401

207-942-5579

<https://www.apria.com/>

<https://www.facebook.com/ApriaHealthcareCareers>

Eastern Maine Medical Center

489 State St, Bangor, ME 04401

207-973-7000

<https://northernlighthealth.org/Eastern-Maine-Medical-Center>

<https://www.facebook.com/NorthernLightHealth/>

Ross Care Lifeline, Eastern Maine Medical Center

885 Union St, Bangor, ME 04401

207-973-7080

St Joseph Hospital

360 Broadway, Bangor, ME 04401

207-548-5604

<https://www.stjoeshealing.org/default.aspx>

<https://www.facebook.com/stjoeshealing>

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)**Community Health & Counseling Services & Maine Coast
Physician's Affiliate**

42 Cedar St Bangor, ME 04401

207-947-0366

<https://www.chcs-me.org/>

<https://www.facebook.com/CommunityHealthAndCounselingServices>

HOME HEALTH AGENCIES**Bangor Area Visiting Nurses, Inc**

Member of Eastern Maine HomeCare
885 Union St, Ste 220, Bangor, ME 04401
207-973-6550 (800) 757-3326
<https://northernlighthealth.org/>

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

42 Cedar St Bangor, ME 04401
207-947-0366
<https://www.chcs-me.org/>
<https://www.facebook.com/CommunityHealthAndCounselingServices>

Kindred at Home

396 Griffin Rd Ste 201, Bangor, ME 04401
(207) 990-9000
<https://www.kindredathome.com/>
<https://www.facebook.com/kindredathome>

Home Health & Hospice of St Joseph

St Joseph Healthcare Park, 900 Broadway #2
Bangor, ME 04401
207-262-1810

New Hope Hospice, Inc

1344 Main Rd, PO Box 757, Holden, ME 04439-0757
843-7521

HOME HEALTH CARE SERVICES**Apria Health Care**

100 Dowd Rd, Bangor, ME 04401
207-942-5579
<https://www.apria.com/>
<https://www.facebook.com/ApriaHealthcareCareers>

New England Home Health Care

1022 Stillwater Ave, Bangor, ME 04401

207-945-3374

<https://www.nehhc.com/>

<https://www.facebook.com/NEHHCMaine>

New England Life Care

711 Main St #1, Bangor, ME 04401

207-992-2000

<https://www.nelifecare.org/>

Warren Center for Speech and Hearing

6 Telcom Dr, Bangor, ME 04401

207-941-2850

<https://pchc.com/location/warren-center-for-speech-and-hearing/>

HOMEMAKER AGENCIES**Maine Home Care**

8 Fleming St, Lincoln, ME 04457

207-746-0039

<https://www.maineinhomecare.com/>

<https://www.facebook.com/mainehomecare>

New England Home Health Care

1022 Stillwater Ave, Bangor, ME 04401

207-945-3374

<https://www.nehhc.com/>

<https://www.facebook.com/NEHHCMaine>

One Step Home Care (Also serves Piscataquis County)

241 State St, Bangor, ME 04401

207-947-4417

351 Christian Ridge Rd #3207, Ellsworth, ME 04605

207-667-7926

<https://www.onestephomecare.com/>

<https://www.facebook.com/Onestephomecare>

HOSPICE SERVICES**Community Health & Counseling Services**

42 Cedar St., Bangor, ME 04401

207-947-0366

<https://www.chcs-me.org/>

<https://www.facebook.com/CommunityHealthAndCounselingServices>

Home Health & Hospice of St Joseph

St Joseph Healthcare Park, 900 Broadway #2

Bangor, ME 04401

207-262-1810

Hospice of Eastern Maine (Medicare Certified)

885 Union St, Ste 250, Bangor, ME 04402

207-973-8269 800-350-8269 F: 973-6557

<https://northernlighthealth.org/Our-System/Home-Care-and-Hospice/For-Medical-Professionals/Info/Hospice-Eligibility>

New Hope Hospice, Inc (Medicare Certified)

1344 Main Rd, PO Box 757, Holden, ME 04429-0757

207-843-7521 F: 207-843-6645

<https://www.facebook.com/New-Hope-Hospice-Eddington-Maine-378478048835105>

Alpha One

11 Bangor Mall Blvd., Unit A, Bangor, ME 04401

207-941-6553

<https://alphaonenow.org/>

<https://www.facebook.com/alphaonemaine/>

PERSONAL CARE ASSISTANCE SERVICES**One Step Home Care** (Also serves Piscataquis County)

241 State St, Bangor, ME 04401

207-947-4417

351 Christian Ridge Rd #3207, Ellsworth, ME 04605

207-667-7926

<https://www.onestephomecare.com/><https://www.facebook.com/Onestephomecare>***Piscataquis County*****AREA AGENCIES ON AGING****Eastern Area Agency on Aging**

450 Essex St, Bangor, ME 04401-9810

800-432-7812 TTY: 941-2865

EMERGENCY RESPONSE SYSTEMS**Lifeline - Mayo Regional Hospital**

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

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)**Community Health & Counseling Services & Maine Coast
Physician's Affiliate**

42 Cedar St., Bangor, ME 04401

207-947-0366

<https://www.chcs-me.org/><https://www.facebook.com/>**HOME HEALTH AGENCIES****Community Health & Counseling Services**

14 Summer St, Dover-Foxcroft, ME 04426

564-2267

Home Resources of Maine, Inc

127 West Main St, Dover- Foxcroft, ME 04426 564-7099

HOSPICE SERVICES

Pine Tree Hospice (Volunteer Hospice)

895 W. Main St, Dover-Foxcroft, ME 04426

207-564-4346

PO Box 1129, Greenville, ME 04441

207-695-5283

PERSONAL CARE ASSISTANCE SERVICES

One Step Home Care

241 State St, Bangor, ME 04401

947-4417

Sagadahoc County

ADULT DAY SERVICES

Plant Memorial Home Elder Day Care

1 Washington St, Bath, ME 04530

207-443-2244

<https://www.planthome.org/>

<https://www.facebook.com/theplanthome/>

Sky-Hy Adult Day Care

32 Sky-Hy Dr, Topsham, ME 04086

207-725-7577

<https://www.skyhy.org/>

<https://www.facebook.com/servantofthecross>

AREA AGENCIES ON AGING**State Office for Family Independence (BFI-DHS)**

17 Eastward Lane Ellsworth, ME 04605

667-1656 800-432-7823 F: 667-5364 TTY: 667-1639

<https://www.accessmaine.org/>

Senior Spectrum

One Weston Court, Augusta, ME 04338-2589

622-9212

<https://www.spectrumgenerations.org/>

<https://www.facebook.com/SpectrumGenerations>

Somerset County**ADULT DAY SERVICES****Maplecrest Rehabilitation & Living Center**

174 Main St, Madison, ME 04950

207-696-8225

<http://www.northcountryassociates.com/>

<https://www.facebook.com/MaplecrestLivingCenter>

AREA AGENCIES ON AGING**Senior Spectrum**

One Weston Court, Augusta, ME 04338-2589

622-9212

<https://www.spectrumgenerations.org/>

<https://www.facebook.com/SpectrumGenerations>

EMERGENCY RESPONSE SYSTEMS

Sebasticook Valley Hospital

447 N Main St, Pittsfield, ME 04967

207-487-5141

<https://northernlighthealth.org/>

<https://www.facebook.com/NorthernLightSebasticookValleyHospital>

HOME HEALTH AGENCIES

HOSPICE SERVICES

HealthReach Hospice (Medicare Certified)

251 North Ave, Skowhegan, ME 04976

207-474-8082 1-877-561-7301 F: 474-0694

<http://www.healthreachchc.org/>

HealthReach Hospice (Medicare Certified)

150 Dresden Ave, Gardiner, ME 04645

207-626-3435 1-877-561-7257 F: 207-626-3463

<http://www.nationalhospicelocator.com/hospices/maine/gardiner/healthreach-hospice-and-volunteers-of-kennebec-valley>

<http://www.healthreachchc.org/>

Hospice Volunteers of Somerset County (Volunteer Hospice)

PO Box 3069, 165 Madison Ave, Skowhegan, ME 04976

207-474-7224 800-794-6224

<http://www.hvosc.org/>

<https://www.facebook.com/Hospice-Volunteers-of-Somerset-County-486212301542033>

Waldo County

ADULT DAY SERVICES

TallPines Adult Day Care

34 Martin Ln, Belfast, ME 04915

207-338-4117

<http://www.tallpinesliving.com/>

<https://www.facebook.com/Tall-Pines-Retirement-and-Healthcare-Community-180654395353558>

Spectrum Generations

18 Merriam Rd, Belfast, ME 04914

207-338-1190

<https://www.spectrumgenerations.org/>

<https://www.facebook.com/SpectrumGenerations/>

AREA AGENCIES ON AGING

Senior Spectrum

1 Weston St #203, Augusta, ME 04330

207-622-9212 800-639-1553 TTY: 800-464-8703

<https://www.spectrumgenerations.org/>

<https://www.facebook.com/SpectrumGenerations/>

EMERGENCY RESPONSE SYSTEMS

HOME HEALTH AGENCIES

Maine Health Care at Home

Pen Bay Medical Center, 6 Glen Cove Dr, Rockport, ME 04856

207-308000

<https://www.mainehealth.org/Pen-Bay-Medical-Center/Services/Home-Care-Hospice>

HOME HEALTH CARE SERVICES**Anytime Services for Seniors**

2119 Belfast Rd, Lincolnville, Maine

207-763-3771

<https://www.anytimeservicesforseniors.com/><https://www.facebook.com/Anytime-Services-for-Seniors-766293306826871>**Maine Health Care at Home**

Pen Bay Medical Center, 6 Glen Cove Dr, Rockport, ME 04856

207-308000

<https://www.mainehealth.org/Pen-Bay-Medical-Center/Services/Home-Care-Hospice>**HOSPICE SERVICES****Maine Health Care at Home and Hospice**

Pen Bay Medical Center, 6 Glen Cove Dr, Rockport, ME 04856

207-308000

<https://www.mainehealth.org/Pen-Bay-Medical-Center/Services/Home-Care-Hospice>**Hospice Volunteers of Waldo County (Volunteer Hospice)**

275 High St, PO Box 772, Belfast, ME 04915

207-505-4434

<https://hospicevolunteersofwaldocounty.org/><https://www.facebook.com/HVOWC>***Washington County*****ADULT DAY SERVICES****AREA AGENCIES ON AGING****Eastern Area Agency on Aging**

450 Essex St, Bangor, ME 04401-9810

800-432-7812 TTY: 941-2865

<https://www.eaaa.org/living-well-program/><https://www.facebook.com/easternaaa>

State Office for Family Independence (BFI-DHS)

17 Eastward Lane Ellsworth, ME 04605

667-1656 800-432-7823 F: 667-5364 TTY: 667-1639

<https://www.accessmaine.org/>

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)**Community Health & Counseling Services & Maine Coast
Physician's Affiliate**

42 Cedar St., Bangor, ME 04401

207-947-0366

<https://www.chcs-me.org/>

<https://www.facebook.com/CommunityHealthAndCounselingServices>

HOME HEALTH AGENCIES**Calais Regional Hospital Home Health Agency**

24 Hospital Ln, Calais, ME 04619

207-454-7521

<https://www.calaishospital.org/>

<https://www.facebook.com/calaishospital.org>

Community Health & Counseling

86 Main St, Machias, ME 04654

207-255-6786

<https://www.chcs-me.org/>

<https://www.facebook.com/CommunityHealthAndCounselingServices>

INDEPENDENT LIVING SERVICES**PERSONAL CARE ASSISTANCE SERVICES****Sunrise County Homecare Services, Inc**

43 S Lubec Rd, Lubec, ME 04652

207-733-7500

<https://www.rmcl.org/services-and-programs/sunrise-county-homecare-services/>

<https://www.facebook.com/HealthWays-Rmcl-641545545989508/>

HOME HEALTH CARE SERVICES**HOSPICE SERVICES****Down East Hospice (Volunteer Hospice)**

c/o Calais Regional Hospital, 50 Franklin St, Calais, ME 04619

207-454-7521 ext.126

<https://www.downeathospicevolunteers.org/>

<https://www.facebook.com/downeathospicevolunteers>

Down East Hospice (Volunteer Hospice)

Down East Community Hospital, 11 Hospital Dr, Machias, Maine 04654

255-3356 ext. 324

<https://www.dech.org/>

<https://www.facebook.com/Down-East-Community-Hospital-768367833278175>

York County**ADULT DAY SERVICES****Truslow Adult Day Center**

30 Barra Rd, Biddeford, ME 04005

207-283-0166 207-396-6508

<https://www.smaaa.org/adultdaycenters/>

AREA AGENCIES ON AGING**Maine State Office of Family Independence (BFI-DHS)**

11 Statehouse Station, 109 Capitol St, Augusta, ME 04330

207-624-4168

<https://www.maine.gov/dhhs/ofi>

Southern Maine Area Agency on Aging

Sam L. Cohen Center, 30 Barra Rd, Biddeford, ME 04005

800-427-7411 207-396-6500

<https://www.smaaa.org/>

<https://www.facebook.com/southernmaineagencyonaging>

EMERGENCY RESPONSE SYSTEMS**Caring Calls**

Northern Light Home Care & Hospice - Cumberland-York

50 Foden Rd, South Portland, ME 04106

Phone: 800-757-3326 Fax: 207-400-8891

<https://northernlighthealth.org/Our-System/Home-Care-and-Hospice/Care-Centers-Services/Caring-Calls>

Henrietta D. Goodall Hospital

25 June St, Sanford, ME 04073

207-324-4310

<https://www.facebook.com/pages/Goodall%20Hospital/119920548023918/>

Southern Maine Medical Center

1 Medical Dr, Biddeford, ME 04005

207-283-7000

<https://www.mainehealth.org/Southern-Maine-Health-Care>

<https://www.facebook.com/SouthernMaineHealthCare/>

York Hospital

3 Loving Kindness Way, York, ME 03909

207-363-4321

<https://www.yorkhospital.com/>

<https://www.facebook.com/YorkHospitalYorkME/>

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)**University of New England. Division on Aging**

11 Hills Beach Rd, Biddeford, ME 04005

207-283-0171 800-930-2437

<https://www.une.edu/ceah>

<https://www.facebook.com/universityofnewengland>

HOME HEALTH AGENCIES**SMMC Visiting Nurses**

15 Industrial Park Rd, RFD #1, Box 15A, Saco, ME 04072

207-985-1000

MaineHealth Care at Home

15 Industrial Park Rd., Saco, Maine 04072

800-660-4867

<https://www.mainehealth.org/MaineHealth-Care-at-Home>

<https://www.facebook.com/mainehealthcareathome>

York Hospital Home Care

127 Long Sands Rd, #12, York, ME 03909

207-337-7300

<https://www.yorkhospital.com/>

<https://www.facebook.com/YorkHospitalYorkME/>

HOME HEALTH CARE SERVICES**Anytime Services for Seniors**

1167 Cape Rd., Hollis, ME 04042

207-727-6201 207-763-3771

<https://www.anytimeservicesforseniors.com/>

[https://www.facebook.com/Anytime-Services-for-Seniors-](https://www.facebook.com/Anytime-Services-for-Seniors-766293306826871)

[766293306826871](https://www.facebook.com/Anytime-Services-for-Seniors-766293306826871)

Arcadia New England Home Care

455 Main St, Springvale, ME 04083

207-324-3400

<https://arcadianewengland.com/>

Hammond Associates Speech Pathologist

64 Alfred St, Ste 305, Biddeford, ME 04005
222 Auburn St., Portland, ME 04103 1-888-4SPEECH
<https://www.hammondme.com/>
<https://www.facebook.com/HammondMaine>

SMMC Visiting Nurses

15 Industrial Park Rd, RFD #1, Box 15A, Saco, ME 04072
207-985-1000

York Hospital Discharge Visit Program

1 Loving Kindness Way, York, ME 03909
207-363-4321
<https://www.yorkhospital.com/>
<https://www.facebook.com/YorkHospitalYorkME/>

HOMEMAKER AGENCIES

Arcadia New England Home Care

455 Main St, Springvale, ME 04083
207-324-3400
<https://arcadianewengland.com/>

Southern Maine Home Care LLC

75 Bishop St, Portland, ME 04103
207-213-9723
<http://southernmainehomecarellc.com/>

HOSPICE SERVICES

Hospice of York (Volunteer Hospice)

15 Hospital Dr, York, ME 03909
363-7000 F: 351-2126
<https://www.yorkhospital.com/services/home-care-hospice/>

SMMC Visiting Nurses

15 Industrial Park Rd, RFD #1, Box 15A, Saco, ME 04072
207-985-1000

PERSONAL CARE ASSISTANCE SERVICES

Truslow Adult Day Center

30 Barra Rd, Biddeford, ME 04005

207-283-0166 207-396-6508

<https://www.smaaa.org/adultdaycenters/>

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

<https://www.facebook.com/agingwdignity>

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

<https://www.facebook.com/ALSA.NorthernNewEngland>

Alzheimer Society www.alz.org/

<https://www.facebook.com/actionalz>

American Geriatrics Society <https://www.americangeriatrics.org/>

<https://www.facebook.com/AmericanGeriatricsSociety>

Catholic Hospice: Serving People of All Faiths

<http://www.catholichospice.org/>

<https://www.facebook.com/CatholicHospice>

Center for Grieving Children www.cgcmaine.org

<https://www.facebook.com/cgcmaine>

Community State Partnerships to Improve End of Life Care

<https://www.rwjf.org/en/library/research/2004/10/community-state-partnerships-to-improve-end-of-life-care.html>

<https://www.facebook.com/RobertWoodJohnsonFoundation>

Decisions About End-of-Life Care: JAMA Article (PDF document)
[SKF NOTE: Send PDF to MHC to upload to their site for
downloading.]

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

End of Life Care in HIV/AIDS <https://hivinsite.ucsf.edu/>

End of Life Nursing Education Consortium (ELNEC) Project
<https://www.aacnnursing.org/ELNEC>
<https://www.facebook.com/ELNECpalliativecareeducation>

EPEC: Education in Palliative and End-of-Life Care Project
<https://www.bioethics.northwestern.edu/programs/epec/>
<https://www.facebook.com/NorthwesternFeinberg/>

Hospice Education Institute [http://www.icpcn.org/members-
directory/2169/hospice-education-institute/](http://www.icpcn.org/members-directory/2169/hospice-education-institute/)
<https://www.facebook.com/ICPCN>

Hospice Foundation of America www.hospicefoundation.org
<https://www.facebook.com/hospicefoundation>

Improving End of Life Care with Complementary Therapies in
Hospice www.finalthoughts.com

Long-Term Care Ombudsman www.maineombudsman.org/
<https://www.facebook.com/MaineLTCOP>

Maine Hospice Council www.mainehospicecouncil.org
<https://www.facebook.com/MaineHospiceCouncil>

Medic Alert Foundation www.medicalert.org
<https://www.facebook.com/MedicAlert>

National Adult Day Services Association www.nadsa.org
<https://www.facebook.com/NADSA2/>

National Hospice and Palliative Care Organization www.nhpco.org

<https://www.facebook.com/NHPCO/>

60.

Nursing Leadership Academy <https://www.sigmanursing.org/>

Palliative Care Nursing Network www.palliativecarenursing.net/

<https://www.facebook.com/SigmaNursing>

Principals of Care of Patients at the End of Life

www.milbank.org/endoflife/

<https://www.facebook.com/MilbankMemorialFund>

Robert Wood Johnson Foundation www.rwjf.org

<https://www.facebook.com/RobertWoodJohnsonFoundation>

State Initiatives in End-of-Life Care <http://www.ncsl.org>

TIME: Toolkit of Instruments to Measure End of Life

<http://www.chcr.brown.edu/pcoc/toolkit.htm>

Ulman Cancer Fund for Young Adults

<https://ulmanfoundation.org/scholarships/>

<https://www.facebook.com/ulmanfoundation>

VA Hospice and Palliative Care Initiative

<https://www.healthaffairs.org/doi/10.1377/hlthaff.2017.0173>

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

The guide may be downloaded from our website and reprinted in its entirety without charge.

www.MaineHospiceCouncil.org