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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Maine Hospice Council
& Center for End-of-Life Care
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);
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
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.themhha.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/

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.professionalhomenursingInc.com/
https://www.facebook.com/professionalhomenursinginc/

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://northernlighthalth.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.mainemedical.org/mainemedical/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.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

Aging 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://northernlighthhealth.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.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
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

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
**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/

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.mainegeneral.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.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.mainegeneral.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://mainelyeldercare.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.genesishcc.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/

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

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
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/

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://northernlighthhealth.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

**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/

Spectrum Generations
18 Merriam Rd, Belfast, ME 04914
207-338-1190
https://www.spectrumgenerations.org/

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/

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.downeasthospicevolunteers.org/
https://www.facebook.com/downeasthospicevolunteers

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.rg/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/mainhealthcareathome

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-
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.catholicichospice.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
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/
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
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

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

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
e-mail: info@mainehospicecouncil.org

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

www.MaineHospiceCouncil.org