

Family Caregiver Support Program

"You don't have to do it alone!"

At Elder Services, we recognize the value of family, elders and the thousands of caregivers who care for their loved ones, near or far. Elder Services links caregivers to many affordable or no cost community services which, in turn, eases the stress of caregivers. Services may include, but are not limited to:



- **Elder Care Advice** – Professional assistance, offered at no cost in the privacy of your own home or workplace, to help you identify every option that will meet the challenges of care planning.
- **Scholarships** – Funds to offer occasional or emergency relief from caregiving responsibilities.
- **Education and Training** – Speakers and workshops are available on age-related topics to address a variety of audiences.
- **Information and Referral**
- **Caregiver Support Groups**

Let the Family Caregiver Support Program help you, call today at **800-892-0890**.

Service Area

Elder Services of the Merrimack Valley provides services and programs for elders, adults with disabilities and their families, predominantly in the northeast area of Massachusetts. We also offer referral services statewide and nationally.

We are a private, non-profit organization. Our efforts are funded, in whole or in part, by contracts from the Executive Office of Elder Affairs, Administration on Aging, Older Americans Act, foundations and private contributions. Elder Services also accepts gifts through wills, trusts, retirement funds, paid-up life insurance policies and life income gifts. Giving ensures our resources will be here in the future for those we support and serve.

360 Merrimack Street, Bldg. 5, Lawrence, MA 01843-1740

Choices for a life-long journey

Elder Services of the Merrimack Valley, Inc.

One Call



Many Choices

**Your One-Stop Information,
Services & Programs Center Serving
Elders and Adults with Disabilities**

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

800-892-0890 • 978-683-7747
TTY 800-924-4222 • FAX 978-687-1067
www.esmv.org

Call Us First

Since 1974, Elder Services of the Merrimack Valley has been working with elders, families, adults with disabilities, caregivers, employers, and organizations to help them navigate a complex and ever-changing system of community-based services.



Elder Services provides an effective mix of resources offering information, referrals, advice, service coordination, community education, advocacy and more to help elders remain independent in their own homes and communities. We attract caring, committed professionals, and maintain up-to-date resources and information. This has earned Elder Services a reputation for delivering superior elder care services. To minimize the frustration and confusion in finding the resources you need, make us your first call today, at:

1-800-892-0890

Elder Services of the Merrimack Valley

One-Stop Resource Center

When you call *Elder Services* you'll find more than just information. You'll also find friendly, caring experts who understand and will help you select the best possible choices in elder care.

Elder Services is a part of the Aging and Disability Resource Consortium (ADRC) for elders, adults with disabilities, caregivers and professionals working with older adults. We can help locate information you need, locally, statewide or nationally, at no cost. Our highly trained staff of licensed social workers and nurses are prepared to guide you through a wide array of choices, individually tailored to meet your needs.

Elder Care...

Assessment, Advice and Care Management

When help is needed for daily activities like preparing meals, cleaning, shopping, arranging transportation, taking medication or trying to manage personal finances, Elder Services is prepared to advise you about all the home care and service options available.

All elders, regardless of income, are eligible for an in-home assessment. Our team of experienced, licensed social workers, case managers and nurses arrange no-cost home visits to meet with you and your caregiver. They will assess your needs, discuss service options, develop a care plan and assist you in getting the help you need.

Our goal is to help older adults find the services they need to stay healthy and independent at home. We balance the use of public, state, and federal funds as well as private resources to design a care plan that maximizes assistance and the highest level of quality care possible. The services we coordinate and manage may include:

- Adult Day Care
- Adult Family Care
- Companionship
- Crisis Intervention
- Home Delivered Meals
- Home Health Care
- Homemakers
- Money Management
- Respite Care
- Personal Care
- Transportation



Community Education & Partnerships

Elder Services is a resource network for elders, family members, employers, and other service organizations. We are strong advocates for elder care and disability issues. Our partnership with the Northeast Independent Living Program led to the creation of the Aging and Disability Resource Consortium (ADRC). Our outreach efforts to consumers and public policy makers help educate and motivate people to make informed, responsible decisions about issues that directly affect elders, adults with disabilities and their families.



Community Education

- Elder Forum – Community newsletter
- Elder Q&A – Newspaper columns
- *The Green Book* – Consumer resource guide
- *The Green Sheet* – Find-it-fast resource guide

Elder Services manages programs and works in partnership with health and community service providers, councils on aging and senior centers to provide the most comprehensive and accessible services possible.

Community Programs

- Community Meal Sites & Meals on Wheels
- Elder Brown Bag Food Program
- Disease Management
- Health Benefits Counseling – SHINE
- Medical Advocacy
- Minority Outreach
- Nursing Home Ombudsman Program
- Nursing Home Pre-Admission Screening and Discharge Planning & Counseling
- SMP - Empowering Seniors to Prevent Healthcare Fraud
- Transitional and Supportive Housing