



Essentials

Home-Delivered Meals

Meals On Wheels. Call your Aging Service Access Point to find out how to enroll. Danvers, Marblehead, Peabody, Salem residents: (800) 892-0890
Beverly: (978) 281-1750
Swampscott: (781) 599-0110

SNAP (formerly known as food stamps)

For help signing up for SNAP call Project Bread at (800) 645-8333. More info online at www.projectbread.org.

Shop at Local Food Banks

To find out which food pantries you are eligible to shop at, call Project Bread at (800) 645-8333.



Community

Getting Around

The Ride. Call (617)-222-3200. Ask about The Ride Flex to book trips with The Ride using Lyft and Uber. More info online at www.mbta.com/accessibility/the-ride.

Charlie Card has reduced fair for those 65 and up. Apply at www.mbta.com.

Get Active

YMCA North Shore offers a wide variety of classes, volunteer opportunities, and more. Call (978) 775-3701 to find your local Y and ask about active older adult programs. More info at www.northshoreymca.org/programs/active-older-adults.



Mental Health

Mental Health Support

The Mass Behavioral Help Line. Connect with qualified professionals for mental health assessments, crisis services, substance use treatment, referrals, and more. Call or text (833)-773-2445. More info at www.masshelpline.com.

The National Suicide and Crisis Lifeline. Dial 988 from any location in the US. Available 24 hours a day, 365 days a year. **Veterans Dial 988 and press "1"**.

Grief and Loss

Go to www.griefhaven.org to find local support groups and other resources.

Support

Caregiver Support

The Family Caregiver Support Program is free. This program can help you care for a member of your family. A Caregiver Specialist will create a plan and give you tips and support. Call (800) 243-4636 or go to www.mass.gov/family-caregiver-support-program.

Older Adult Peer Support

Meets every other Fri by phone at 11 am – 12 pm. Call-in number: (781)-219-0710. Hosted by the Northeast Recovery Learning Community. There's conversation about older adult issues, a variety of topics, and self-help tools and coping skills. More info here: www.nilp.org/nerlc/.

More

Council On Aging

Councils on Aging & Senior Centers serve as an elder advocate and offers services and activities for elders. Call (413) 527-6425 or go to mcoaonline.com to find the location nearest you.

Aging Services Access Points

Supporting individuals 60 and over. To find the ASAP that serves you, call (800)-243-4636, or go here: www.mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts.

Report Elder Abuse & Neglect

Call (800) 922-2275 or go to <https://www.mass.gov/reporting-elder-abuse-neglect>.

WeCare Resource Guide

Resource Guide for Program Participants

