

## Provider List - Home Care (non-medical) - Cumberland County

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### Aging Excellence: Brunswick

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**Contact:**  
**Last Updated:** 01/22/2020 2:28:52PM  
**Last Reviewed:** 01/22/2020

**Phones:** (207) 729-0991 [Business]\*,  
(866) 988-0991 [Toll-Free],  
(207) 729-0944 [Business Fax]

**Address:** [Business]\*  
68 Pleasant Street  
Brunswick, ME 04011 (Cumberland county)

**Web Site:** [www.seniorsonthego.com](http://www.seniorsonthego.com)

**Eligibility:**

**Notes:** Aging Excellence Inc. offers a variety of non-medical services, activities, and retail goods that are designed to assist older adults to remain active and independent in the community. Services include care management coordination, organized day trips and transportation for appointments, and errands, reminder service, chore services, homemaker/companion services, telephone reassurance, personal care services, and handyman services. Age 50+ or disabled.  
Please call FMI and/or a free initial consultation to discuss needs.  
Fees vary per project.  
Registered Personal Care Agency.  
Serves: Brunswick, Cumberland, Freeport, Yarmouth, and Bridgton/Sebago area.  
Hours: Monday through Friday 8am - 5pm; services 24/7.

### Aging Excellence: Portland

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**Contact:**  
**Last Updated:** 06/17/2021 12:10:59PM  
**Last Reviewed:** 05/25/2021

**Phones:** (207) 317-6430 [Mobile],  
(207) 771-0991 [Business]\*,  
(207) 771-0958 [Business Fax],  
(866) 771-0991 [Alternate]

**Address:** [Business]\*  
710 Forest Ave.  
Portland, ME 04101 (Cumberland county)

**Web Site:** [www.seniorsonthego.com](http://www.seniorsonthego.com)

**Eligibility:**

**Notes:** Aging Excellence offers a variety of services, activities, and retail goods that are designed to assist older adults to remain active and independent in the community. Services provided include: care management coordination, organized day trips and transportation (please note that Aging Excellence does not have wheelchair accessible vehicles), reminder service, chore services, homemaker/companion services, telephone reassurance, personal care services, and handyman services.  
Fees vary depending on service.  
Please call for more info or initial consultation (in-home or in-office) to review services  
Services Greater Portland Metro Area.  
Registered Personal Care Agency.  
Hours: Monday through Friday 8am - 5pm.

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**ANCHOR Care**

**Contact:** [Business]\*  
**Last Updated:** 02/04/2020 2:08:14PM  
**Last Reviewed:** 02/04/2020

**Phones:** (207) 846-6886 [Business]\*

**Address:** [Business]\*  
 360 US Route 1  
 Yarmouth, ME 04096 (Cumberland county)

**Web Site:** <http://www.anchorcareservices.com/index.html>

**Eligibility:**

**Notes:** Casco Bay Home Care has been changed to ANCHOR Care. It provides services such as companionship, help with personal hygiene, meal preparation, light housekeeping, overnight monitoring and medication reminders, family respite, travel escort, household management, mobility assistance, transportation to medical appointments and travel escort, and activities. Services are available in blocks of time from 2-2 4 hours, seven days a week and holidays. They also provide Geriatric Care Management.

Private pay and most long term care insurance is accepted.

Please call or visit the website for more information or to discuss/arrange for services.

**Arcadia Health Care: Portland**

**Contact:** [Business]\*  
**Last Updated:** 02/04/2020 2:38:22PM  
**Last Reviewed:** 02/04/2020

**Phones:** (207) 347-2380 [Fax],  
 (207) 347-2377 [24-hour hotline]\*

**Address:** [Business]\*  
 1050 Forest Ave  
 Portland, ME 04103 (Cumberland county)

**Web Site:** [www.arcadianewengland.com](http://www.arcadianewengland.com)

**Eligibility:**

**Notes:** Arcadia provides home care tailored to the client's needs and wishes. Health care services are provided by registered nurses, licensed practical nurses, and certified nurses aides. Non-medical care such as personal care assistance, homemaker, companionship and transportation is also available.

Please call for more information and/or to arrange for services.

**CareTree Healthcare**

**Contact:** [Business]\*  
**Last Updated:** 02/19/2020 12:40:18PM  
**Last Reviewed:** 02/19/2020

**Phones:** (207) 899-0774 [Business]\*

**Address:** [Business]\*  
 256 Pine Street  
 South Portland, ME 04106 (Cumberland county)

**Web Site:** [www.caretreehealthcare.com](http://www.caretreehealthcare.com)

**Eligibility:**

**Notes:** CareTree is a registered Personal Care agency that provides home non-medical services. They also have a staffing service for ALF and other facilities. Service offerings range from one-on-one companionship, non-medical personal care and errand running for a few hours or a full day depending on the need.

Please call for more information and/or to schedule services.

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### Catholic Charities Maine: Independent Support Serv

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**Contact:**

**Last Updated:** 02/19/2020 1:43:53PM

**Last Reviewed:** 02/19/2020

**Phones:**

(207) 781-8550 [Business],  
(800) 781-8550 [Toll free in state]\*

**Address:**

[Business]  
80 Sherman St.  
Portland, ME 04101 (Cumberland county),  
[Business]\*  
66 State Street  
P.O. Box 797  
Portland, ME 04101 (Cumberland county),  
[Business]  
307 Congress Street  
P.O. Box 10660  
Portland, ME 04104 (Cumberland county)

**Web Site:**

<http://www.ccmaine.org/a-z-services/independent-support-serv>

**Eligibility:**

**Notes:**

Catholic Charities of Maine (CCM) Independent Support Services is the state contractor for homemaking services (Section 69) that provides eligible seniors and disabled individuals services such as grocery shopping, laundry and errands, and light house cleaning so that they can remain in their homes. Services may be available at no charge for people meeting eligibility guidelines. For others a co-payment is required. CCM determines eligibility for section 69 services, but a referral can still be made to MAXIMUS to determine potential eligibility for other long term care programs. IF MAXIMUS indicates Homemaker is the appropriate program they will refer the individual to CCM

Eligibility: Age 60 and older or declared disabled; Income = or < 200% FPL and assets <\$50,000/1 or \$75,000/2; deemed eligible by CCM

Telephone referrals may be made by the individual in need, family members, or other interested party or community based agencies.

Please call 781-8550 Portland Office or 888-477-2263 Main Office

### Coastal Care Solutions, LLC

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**Contact:**

**Last Updated:** 04/13/2021 4:32:54PM

**Last Reviewed:** 04/13/2021

**Phones:**

(207) 331-4155 [Business]\*

**Address:**

[Business]\*  
26 Willard St  
South Portland, ME 04106 (Cumberland county),  
[Mailing]  
26 Willard St  
South Portland, ME 04106 (Cumberland county)

**Web Site:**

<https://coastalcare-solutions.com/>

**Eligibility:**

**Notes:**

Coastal Care Solutions provides personal care and companionship services to older adults and seniors. Our Specialty care includes respite, 24/7 care, Alzheimer's and dementia, Transitional Care, Home Management Services, End-of-Life Support. Our "Be Well" Philosophy combines aging-in-place and wellness. We promote getting outdoors in nature, being active and independent, and finding the joyful moments in each day. Non-medical care needs/support at home, hospital, or senior living communities. Accepts VA Benefits, Long Term Care Insurance, and private pay. Serves Southern Maine.

Please call for more information.

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**Comfort Keepers**

**Contact:** **Phones:** (207) 494-3026 [Business]  
**Last Updated:** 02/20/2020 1:24:02PM  
**Last Reviewed:** 02/20/2020

**Address:** [Business] **Web Site:** [www.comfortkeepers.com/offices/maine/scarborough](http://www.comfortkeepers.com/offices/maine/scarborough)  
 57 Portland Rd  
 Kennebunk, ME 04043 (York county),  
 [Business]\*  
 253 US Route 1  
 Scarborough, ME 04074 (Cumberland county)

**Eligibility:**

**Notes:** Comfort Keepers provides non-medical services in-home and to clients in hospitals, nursing homes or assisted living facilities. Services offered include personal care, companionship, light housekeeping, laundry, meal prep, medication reminders, grooming, errand services, shopping assistance, recreational activities, transportation to doctor appointments or other commitments, and respite care for caregivers. Focus is older adults but will consider adults of any age.

Please call for more information and/or to arrange for services. There are 2 locations - Kennebunk and Scarborough

**Compassionate Home Care of Maine, LLC**

**Contact:** **Phones:** (207) 408-2253 [Business]\*  
**Last Updated:** 01/07/2021 9:31:47AM  
**Last Reviewed:** 01/07/2021

**Address:** [Mailing] **Web Site:** [www.compassionatehomecareofmaine.com](http://www.compassionatehomecareofmaine.com)  
 49 Ballpark Dr  
 Portland, ME 04103 (Cumberland county),  
 [Business]\*  
 49 Ballpark Dr  
 Portland, ME 04103 (Cumberland county)

**Eligibility:**

**Notes:** Compassionate Home Care offers a variety of non-medical services, such as companion care, medication reminders, respite care, socialization, errands, cooking, cleaning, laundry, transportation to and from medical appointments, bathing, dressing, etc.

**Connecting Companions LLC**

**Contact:** **Phones:** (207) 647-2149 [Business]\*  
**Last Updated:** 02/20/2020 2:43:22PM  
**Last Reviewed:** 02/20/2020

**Address:** [Business]\* **Web Site:** [www.connectingcompanions.com](http://www.connectingcompanions.com)  
 Not Published  
 Bridgton, ME 04009 (Cumberland county)

**Eligibility:**

**Notes:** Connecting Companions is a registered personal care agency that offers home non-medical services including companionship, leisure activities, transportation for shopping, errands, and appointments, meal prep and clean up, light housekeeping and yard work, assistance with correspondence, and resources for additional services. They also offer overnight stays and respite care. Serves the Greater Bridgton area.

Please call to discuss services needed, current hourly and per mile rates; private pay.

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**First Light Home Care of Southern Maine**

**Contact:** [Business]\*  
**Last Updated:** 08/11/2021 3:04:37PM  
**Last Reviewed:** 02/25/2020

**Phones:** (207) 803-4199 [Business]\*

**Address:** [Business]\*  
 940 Roosevelt Trail, Suite 6  
 Windham, ME 04062 (Cumberland county)

**Web Site:** [www.firstlighthomecare.com](http://www.firstlighthomecare.com)

**Eligibility:**

**Notes:** First Light Home Care of Southern Maine is a home non-medical services provider offering complete companion and personal care services for seniors, new mothers, and those recovering from surgery - or anyone who just needs a little assistance.

They also offer a Personal Emergency Response and MedSmart (medication dispensing system) - There is a one time installation fee that includes a monthly visit at no cost to check that it is working correctly. Please call for more information.

**Friends In-Home Care**

**Contact:** [Business]\*  
**Last Updated:** 02/25/2020 9:17:46AM  
**Last Reviewed:** 02/25/2020

**Phones:** (207) 846-5525 [Business]\*,  
 (866) 846-5525 [Toll free in state]

**Address:** [Business]\*  
 765 Rt 1  
 Yarmouth, ME 04096 (Cumberland county)

**Web Site:** <http://friendsinhomecare.com/>

**Eligibility:**

**Notes:** Friends In-Home Care is a non-medical service offering assistance with activities of daily living and services such as transportation (for errands, shopping, appointments or just a drive), light house cleaning, meal preparation and companionship. In addition, personal care such as bathing and toileting, assistance with ambulation and physical therapy routines is offered. Visit times are flexible and range from 2hrs to 24hrs a day. Services are available in Yarmouth, Falmouth, Freeport, Cumberland, Portland, South Portland, Cape Elizabeth area. Please call with questions or for more information.

**Home Care Assistance**

**Contact:** [Business]\*  
**Last Updated:** 02/26/2020 3:17:14PM  
**Last Reviewed:** 02/26/2020

**Phones:** (207) 835-3490 [Business]\*

**Address:** [Business]\*  
 251 US Highway 1  
 Falmouth, ME 04105 (Cumberland county)

**Web Site:** <https://www.homecareassistanceportlandmaine.com/>

**Eligibility:** Age 62 & older or declared disabled

**Notes:** Provides hourly, live-in or 24 hour home care to seniors and people with disabilities including Alzheimer's and dementia. Home Care Assistance caregivers are trained in the Balance Care Method, offering the first senior care solution with an emphasis on balance and longevity. By working with specific lifestyle behaviors, Home Care Assistance caregivers extend and enhance the lives of seniors, helping them live longer, happier, more balanced lives.

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**Home Instead Senior Care: Cumberland County**

**Contact:** **Phones:** (207) 405-2590 [Business]\*  
**Last Updated:** 02/26/2020 3:47:08PM  
**Last Reviewed:** 02/26/2020

**Address:** [Business]\* **Web Site:** [www.homeinstead.com/321](http://www.homeinstead.com/321)  
 502 Main Street  
 Gorham, ME 04038 (Cumberland county)

**Eligibility:**

**Notes:** Home Instead Senior Care provides non-medical services to clients in Cumberland County. They require 8 hours a week minimum. Care is provided in their homes, independent living, assisted living and nursing facilities. Services include personal care, companionship, meal preparation, medication reminders, light housekeeping, transportation, errands, shopping, and respite care.

Please call office to discuss your needs or to arrange a free no-obligation in-home assessment.

**Home Support Services & Helpline**

**Contact:** **Phones:** (207) 892-1454 [Business]\*,  
**Last Updated:** 02/27/2020 9:20:23AM (207) 892-1452 [Fax]  
**Last Reviewed:** 02/27/2020

**Address:** [Business] **Web Site:** [www.callhomesupport.com](http://www.callhomesupport.com)  
 110 A Tandberg Trail  
 Windham, ME 04062 (Cumberland county)

**Eligibility:**

**Notes:** Home Support Services offers homemaker/chore services and personal care including assistance with ADLs and medication reminders. Other services may be arranged by mutual agreement.

They also offer Helpline, an emergency response system that uses a wristband or pendant transmitter that, when pushed, alerts the 24/7 monitoring center where trained personnel contact the subscriber to determine nature of the call and then will contact local emergency personnel, a family member or friend per instructions given during the sign-up process.

Please call or visit the website for more information, current fees, and to arrange fo services.

**HomePartners, LLC**

**Contact:** **Phones:** (207) 883-0095 [Business]\*,  
**Last Updated:** 02/27/2020 9:21:44AM (207) 510-0021 [Fax]  
**Last Reviewed:** 02/27/2020

**Address:** [Business]\* **Web Site:** [www.homepartnersllc.com](http://www.homepartnersllc.com)  
 136 U.S. Route One, Suite 4  
 Scarborough, ME 04074 (Cumberland county)

**Eligibility:**

**Notes:** HomePartners, LLC. provides companionship, individualized attention and personalized service to individuals and families allowing them to maintain their independence and quality of life at home. They arrange and assist with a broad array of non-medical, day to day activities, geriatric care management, and Alzheimer's counseling services for clients who need additional support. Services are available to individuals at home, in retirement communities, or in assisted living facilities.

Serves Greater Portland area including Peaks Island & Freeport.  
 Please call for more information and a free initial consultation.

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**In-Home Senior Services**

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**Contact:** [Business]\*  
**Last Updated:** 02/27/2020 12:23:44PM  
**Last Reviewed:** 02/27/2020

**Phones:** (800) 689-4311 [Toll-Free],  
 (207) 222-0740 [Business]\*,  
 (207) 222-0742 [Fax]

**Address:** [Business]\*  
 20 Mechanic St.  
 Gorham, ME 04038 (Cumberland county)

**Web Site:** [www.inhomeseniorservices.com](http://www.inhomeseniorservices.com)

**Eligibility:**

**Notes:** Services are customized to meet client needs, and can be arranged hourly, daily, weekly or twenty four hours a day - whatever it takes to keep one secure and safe at home. Services offered include personal care, companionship, homemaking services and transportation for appointments, shopping and errands. Respite care can be arranged as well.

Please call for more information or to set up an in-home appointment to discuss service needs.

**Mainely Errands, LLC**

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**Contact:** [Business]\*  
**Last Updated:** 07/31/2018 8:56:34AM  
**Last Reviewed:** 07/31/2018

**Phones:** (207) 377-2637 [Business]\*

**Address:** [Business]\*  
 23 Upper Mast Landing Rd.  
 Freeport, ME 04032 (Cumberland county)

**Web Site:** <http://mainelyerrands.com/>

**Eligibility:**

**Notes:** Whether you are busy with work, or family, or maybe you can't get out and about like you used to, Mainely Errands can help with that to-do list!

Mainely Errands services Freeport, Yarmouth, Falmouth, Portland, Scarborough and surrounding towns.

Common Services:

- Grocery Shopping (Includes delivery and putting away)
- Daily Errands (Any errand you can think of)
- House-sitting / Waiting for services (While away on business, or vacation)
- Bank and Mail Run

Services I Also Offer:

- Light Housekeeping (wipe down of counters, sweeping, washing dishes, picking up the house)
- Laundry (washing, drying, folding, ironing)
- Small Business Assistance (filing, organization, data entry)
- Gift Shopping (Birthday's, Parties, Decorations, etc...)
- Clothes Shopping (Child and Adult)
- Picking Up and Dropping Off (Prescriptions, Dry Cleaning, etc...)
- Returns and Exchanges
- New Parent Assistance
- Bring Vehicle for Service
- Personal Assistant Services

**Provider List - Home Care (non-medical) - Cumberland County**

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**MAS Home Care of Maine**

**Contact:** [Business]\*  
**Last Updated:** 07/10/2018 9:45:37AM  
**Last Reviewed:** 07/10/2018

**Phones:** (207) 591-4457 [Business]\*

**Address:** [Business]\*  
 21 Saco Street  
 Westbrook, ME 04092 (Cumberland county)

**Web Site:** [www.mashomecare.com](http://www.mashomecare.com)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Provides PCA care, either short or long term ranging from 2 hours up to 24 hours. Provide PSS, CNA/HHA, LPN, RN, PT, OT, ST, RT services to clients in a home care setting. Provide lab services such as blood draws etc and IV Therapy to clients. Hours: Mon-Fri 8a-4p; on call available after hours 7 days a week

Please Call for more information and/or to schedule services

**New England Family Health Care**

**Contact:** Marilyn Fitzgerald  
**Last Updated:** 07/11/2018 12:07:59PM  
**Last Reviewed:** 07/11/2018

**Phones:** (207) 699-4663 [Business]\*,  
 (800) 295-3599 [Toll-Free]

**Address:** [Business]\*  
 125 Presumpscot St. #9  
 Portland, ME 04103 (Cumberland county)

**Web Site:** [www.homehealthcaremaine.com](http://www.homehealthcaremaine.com)

**Eligibility:**

**Notes:** New England Family Health Care offers Companionship, Medication reminders, Shopping, Light housekeeping and laundry, Meal Planning and preparation, Personal Care, Respite care, Transportation, and help in finding products or services you may need while injured or ill. Serves: Greater Portland, Saco/Biddeford, Wells, Sanford/Springvale. Note: NEFHC has an office at the Woods at Canco .

Please call for more information and/or to schedule an intake appointment.

**Pine Tree Home Health Care**

**Contact:** [Mailing]  
**Last Updated:** 07/13/2018 9:29:15AM  
**Last Reviewed:** 07/13/2018

**Phones:** (207) 926-6190 [Business]\*,  
 (877) 580-6754 [Business]

**Address:** [Business]\*  
 Po Box 88  
 New Gloucester, ME 04260 (Cumberland county),  
 [Business]\*  
 21 Upper Village Street  
 New Gloucester, ME 04260 (Cumberland county)

**Web Site:** [www.pinetreehomehealth.com](http://www.pinetreehomehealth.com)

**Eligibility:**

**Notes:** Pine Tree Home Health Care provides personal care and homemaker services including light housekeeping and errand running. Serves: Gray-New Gloucester, Freeport, Raymond, Windham, N. Windham, Casco; Portland, Falmouth, Yarmouth, N.Yarmouth.

Please call FMI or to discuss services needed; expect a prompt response - will try to accommodate emergency situations.



## Provider List - Home Care (non-medical) - Cumberland County

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### The Opportunity Alliance Senior Companions

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**Contact:**

**Last Updated:** 07/23/2018 3:34:25PM

**Last Reviewed:** 07/23/2018

**Phones:**

(800) 698-4959 [Toll-Free],  
(207) 773-0202 [Business]\*

**Address:**

[Business]\*  
50 Lydia Lane  
South Portland, ME 04106 (Cumberland county),  
[Mailing]  
Senior Volunteer Programs  
222 St. John St., Suite 302B  
Portland, ME 04102 (Cumberland county)

**Web Site:**

<http://www.opportunityalliance.org/programs/community-initiatives>

**Eligibility:** Income and/or Asset Level

**Notes:**

The Senior Companions Program supports the independence of seniors by assisting leisure activities, shopping for groceries, providing support and transportation for medical appointments, as well as company and companionship. Senior Companion volunteers who are income eligible receive a stipend that does not count as income or affect other benefits. They also receive mileage reimbursement, are covered by accident/liability insurance, and receive pre-service and in-service training.

Volunteers must be age 55+, commit to 20 hours a week and to get stipend income = or < 200% of FPL per week.

Volunteers and recipients - please call or email for more information; recipients must have an agency, caregiver or family member available as a program contact.

Serves York and Cumberland counties