



How do I get home care services in Southern Maine?

Home care services provide assistance with medical and household home care needs. Examples include someone to assist with housecleaning, grocery shopping, laundry, meal preparation, bathing, dressing, medication management, and / or nursing care.

Any person can hire the services of a home care provider by calling an agency or private provider, contracting for their services, and paying for the services themselves. Southern Maine Agency on Aging (1-800-427-7411) can offer you a list of agencies in your area. SMAA does not maintain a list of private providers, only licensed home care agencies, and cannot recommend one agency over another. However, we can offer guidance with the process of comparing and obtaining home care services.

People with limited financial resources may be eligible for state- or federally-funded programs that help with the cost of home care services. There are 2 aspects to consider:

- **Financial Eligibility**
 - What are your current income and assets?

- **Functional Eligibility**
 - How well can you take care of yourself?
 - Do you need help with activities of daily living (ADLs), such as bathing, dressing, and medication management?
 - Do you need assistance with instrumental activities of daily living (IADLs), such as housecleaning, laundry, meal preparation or grocery shopping?

How would a person request and receive these services?

1. Check with SMAA to see if you are in the BALLPARK in terms of eligibility based on income, assets, and the extent to which you need assistance with your ADLs or IADLs.

2. If you are looking for help with IADL / homemaker services ONLY, call **Catholic Charities**, the homemaker service provider for the state. Their intake number is **1-888-477-2263**. They will determine your eligibility for homemaker services.
3. If you need help with your ADLs, call the state assessing agency, **MAXIMUS**, at **1-833-525-5784**. The intake worker at MAXIMUS will ask some screening questions to determine if you might qualify for one of the available home care programs. If so, a nurse will come to your home to determine your home care needs and develop a plan of care with you.
4. If you are found eligible for state-funded home care, your care plan will be forwarded to SeniorsPlus Care Coordination or Alpha One. Your care coordinator there will then seek to find a home care agency that can fulfill your home care plan.
5. You may be required to file financial paperwork with the State of Maine (DHHS) to determine eligibility for some programs, and there may be waiting lists for state funding.

For more information, please call SMAA at 396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist or Family Caregiver Specialist.

Updated 5-2024