Maine’s Aging & Disability Resource Centers (www.adrcmaine.org) Statewide 1-877-353-3771

Maine’s five Area Agencies on Aging/Aging & Disability Centers are designed as the main access point for information and assistance for older and disabled adults. Callers get information on benefits and care options and are connected with services.

- Aroostook Agency on Aging (aroostookaging.org)
- Eastern Agency on Aging (eaaa.org)
- SeniorsPlus (seniorsplus.org)
- Southern Maine Agency on Aging (smaaa.org)
- Spectrum Generations (spectrumgenerations.org)

AARP Maine Chapter
Working on issues that matter to older Mainers (http://states.aarp.org/category/maine)

Alzheimer’s Association Maine Chapter 1-800-272-3900
Working to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. (www.alz.org/maine/)

Maine Council on Aging
An organizational-based membership association formed to address the broader public policy issues facing older adults in Maine. Our member organizations can help! A full listing of MCOA members is at www.mainecouncilonaging.org.

Maine Council for Elder Abuse Prevention (MCEAP)
Collaborative of state officials, law enforcement, private & non-profit organizations and grassroots leaders developing statewide initiatives to combat elder abuse, neglect and exploitation. (www.elderabuseprevention.org)

Maine Legal Services for the Elderly (LSE) HelpLine: 1-800-750-5353
Providing free, high quality legal services to Maine’s socially and economically needy elderly age 60 and over. (www.mainelse.org)

Maine Long Term Care Ombudsman Program 1-800-499-0229
Advocating for quality of life and care for long term care consumers with federal and state law authority to investigate complaints made by or on behalf of long-term care consumers and to assist consumers in exercising their rights that are guaranteed by law. (www.maineombudsman.org)

MaineHousing 1-800-452-4668
Assisting Maine people to find and maintain quality affordable housing and housing-related services. (www.mainehousing.org)

Office of Aging & Disability Services (OADS)
An Office within the Maine Department of Health and Human Services promoting programs and services for Maine’s aging population and adults with physical and intellectual disabilities, autism, and brain injury. (www.maine.gov/dhhs/oads/aging)

SAGE Maine (Services & Advocacy for GLBT Elders)
Working to improve quality of life for older gay, lesbian, bi-sexual and transgender (GLBT) adults living in Maine through advocacy, education and social supports. (http://www.sagemaine.org)