

Resource Guide for Older Mainers



www.maineCouncilonaging.org

Maine's Area Agencies on Aging

Maine's Area Agencies on Aging (AAAs) are the first place to call for answers, referrals, and connections for adults age 60 and older. Programs include Meals on Wheels, Medicare counseling, navigation and case management for federal, state and local programs, caregiver support and respite, and opportunities for social connection.

Find your local AAA at agewisemaine.org/#about

Call a Specific AAA

Aroostook Area Agency on Aging	207-764-3396
Eastern Agency on Aging	207-941-2865
Spectrum Generations	207-622-9212
SeniorsPlus	207-795-4010
AgeMaine	207-396-6500

Alzheimer's Association Maine Chapter

Providing support for anyone facing dementia.

Visit alz.org/maine

Free 24/7 Alzheimer's & Dementia Helpline
Call 800-272-3900

Find Food Assistance Programs by Town

gsfb.org/food-map/

Legal Services for Maine Elders

FREE legal help for Mainers age 60+ who qualify.

Call 800-750-5353 (in state)
or 207-623-1797

MaineHousing

Helping people find and maintain quality affordable housing, rent assistance, and housing-related services.

Visit mainehousing.org
Call 800-452-4668

Resources for LGBTQ+ and BIPOC Elders

EqualityMaine (EQME) visit equalitymaine.org

Maine BIPOC Elders visit mainecouncilonaging.org/maine_bipoc_elders

Community Action Programs

Maine's nine Community Action Agencies (CAPs) cover all 16 counties. CAPs can help connect community members to services like heating assistance, housing, nutrition, employment and job services, childcare programs and family services.

Find a CAP that serves your area at [***mecap.org/find-help/***](https://mecap.org/find-help/)

Contact a Specific CAP

Community Action in Aroostook, Washington and Hancock Counties	207-764-3721
Western Maine Community Action	207-645-3764
Kennebec Valley Community Action Program	207-859-1500
Penquis	800-215-4942
Waldo Community Action Partners	207-338-6809
Community Concepts	207-795-4065
The Opportunity Alliance	207-523-5049
Midcoast Maine Community Action	207-442-7963
York County Community Action Corp.	207-324-5762

Maine Long-Term Care Ombudsman Program

Maine's Long-Term Care Ombudsman Program (LTCOP) advocates for quality of life and care for long-term care consumers in home and residential settings. Services are free and confidential.

Call 800-499-0229 or Email
[*MLTCOP@MaineOmbudsman.org*](mailto:MLTCOP@MaineOmbudsman.org)

Elder Abuse Institute of Maine

eaime.org

To Report Elder Abuse

Adult Protective Services

Call 207-287-1234

Helping Voice: 207-805-5555
(Support Line for Mandated Reporters)

Get Help with a Utility Bill

Maine Office of the Public Advocate

Visit [*maine.gov/meopa*](https://maine.gov/meopa)

Call 207-624-3687

UMaine Center on Aging

Facilitates activities that maximize the quality of life of older adults in Maine and beyond.

mainecenteronaging.umaine.edu/resources/

Brought to you by the Maine Council on Aging.

FMI contact Advocacy & Policy Director Jess Fay at [***jfay@mainecouncilonaging.org***](mailto:jfay@mainecouncilonaging.org)