

Aroostook Agency on Aging

Referral/Service Recommendation Guide

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DIAGNOSIS	AGENCY SERVICES	
Cancer	Living Well with Chronic Disease	
Chronic Pain	Bingocize Living Well with Chronic Disease Matter of Balance Living Well with Chronic Disease Meals on Wheels	
COPD	Living Well with Chronic Disease	
Dementia/Memory Care	Adult Respite Services Building Better Caregivers Caregiver Education and Support	Homecare Personal Support Memory Care Center
Diabetes Management	Bingocize Living Well with Chronic Disease	Matter of Balance Meals on Wheels
Falls History	Bingocize Matter of Balance	
Hypertension	Living Well with Chronic Disease Meals on Wheels	
Mental Health	Bingocize Friendly Volunteer Program Living Well with Chronic Disease	Money Minders Volunteer Opportunities
Obesity/Food Insecurity	Bingocize Living Well with Chronic Disease	Matter of Balance Meals on Wheels
Unmet Social Needs	Public Benefits Assistance Friendly Volunteer Program	
Vaccination Awareness	Case Management Community Outreach Living Well with Chronic Disease	
Other	Fraud, Scam and Abuse Awareness Medicare Insurance Counseling Volunteer Opportunities	

AGENCY SERVICE	DESCRIPTION
Adult Respite Services	Focuses on creating a safe, engaging place for those with chronic memory loss or health conditions, while providing their caregivers a much-needed break.
Bingocize	Engages participants in a Falls Prevention activity that combines the game of Bingo while exercising and providing health education. 20 classes per session
Building Better Caregivers	Provides caregivers of individuals with memory loss, classes to increase understanding, develop skills and self care plans. 6 classes per session.
Caregiver Education and Support	Provide resources, information and assistance to caregivers; so they can better manage challenges of caring for someone who is unable to care for themselves.
Case Management	Provide information and assistance on all Agency services. Persons age 60 and over may qualify for a variety of helpful programs.
Community Outreach	Provides assistance with resources, assist with applications for services and advocacy for older adults and their caregivers.
Fraud, Scam and Abuse Awareness	Provide personal assistance and community education on Medicare fraud, scams and abuse awareness.
Friendly Volunteer Program	Provides trained volunteers to homebound participants for companionship, through in-person visits or phone calls.
Homecare Personal Support	Personal Support Specialists provide in-home assistance needed so older people can enjoy activities of daily living and continue to live at home. Days and times to fit needs of consumer.
Living Well with Chronic Disease	Provides individuals living with chronic or long-term health conditions the strategies and skills for self-management. 6 classes per session.
Matter of Balance	Engages participants in fall prevention activities to educate and reduce the risk of falling and increase physical activity levels. 8 classes per session.
Meals on Wheels	Provides delivery of nutritious entrees to the homes of individuals age 60 and older and adults with disabilities who are homebound and have difficulty in preparing their own meals. Low sodium, diabetic friendly, gluten free and pureed meals may be available.
Medicare Insurance Counseling	Assist with Medicare insurance, including new to Medicare, Medicare Part D, open enrollment and benefits.
Memory Care Center	Memory Care Center will be a community and education resource for people living with dementia, their families and caregivers in Aroostook County.
Money Minders	Trained volunteers provide assistance with bill paying, balancing bank statements and basic budgeting on a monthly basis.
Public Benefits Assistance	Trained professionals provide a comprehensive review of household needs and eligibility criteria for various public and private programs.
Volunteer Opportunities	Provides volunteer opportunities in most aspects of the Agency, and also provide connections to other area volunteer activities.