



## How Do I Get Home Care Services in Maine?

**Home Care Services Definition:** Services that provide assistance with daily needs, both medical and household. Examples are: someone to assist with housecleaning, grocery shopping, dressing, bathing, meal preparation, nursing care.

**Any** person can hire the services of a home care provider by calling an agency and contracting for their services and paying them directly from their own resources. (Ex. Call Agency XYZ and ask for housecleaning assistance 3 times a week.) Spectrum Generations can offer you a list of agencies in your area.

**People with limited income** may be eligible for a state/federal funded program that provides these services. There are 2 parts to consider:

**Financial eligibility** – What are your current income and assets?

**Functional eligibility** – How well can you take care of yourself? (bathing, dressing, cooking, walking, medication management, etc. Called ADL's (Activities of Daily Living))

### How would I request and get these services?

1. See if I'm in the BALLPARK of eligibility: income and assets, number of Activities of Daily Living you need help with. (Call Spectrum Generations to check, as these guidelines change.)
2. If you are looking for homemaker services ONLY (housecleaning, meal preparation and grocery shopping only), call Catholic Charities (the homemaker service provider for the State of Maine). Their number is 784-1037. They will assess your eligibility and set up your services.
3. If you need more than homemaking services, call the Assessing Agency (Goold Health Services) for a home assessment. Their number is 1-800-609-7893.
4. If, after the assessment, you are eligible, you will be offered a choice of care coordination agencies (either Elder Independence of Maine (EIM) or Alpha One). You will be assigned a number of hours per week and kinds of services based on the assessment.
5. In the meantime, your financial eligibility papers must be sent to the State of Maine. No services can begin until your financial paperwork has been received and approved by the State of Maine.
6. Once all approvals are received, your EIM or Alpha One care coordinator will call you and get your services started. Together you will develop a plan of care of services and supports: you will choose the agency you want to provide your services, decide if you want to be your own employer of workers through the consumer-directed option, and set up other community services you might need.
7. That's it, you're done!

**Remember:** Any person can hire these services on their own. If you are not eligible for a state-funded program, or choose not to use their services, you can call the agency of your choice and pay directly for home care services.

If you have any questions about this process, or if you need more information, call Spectrum Generations at **1.800.639.1553 / TTY 1.800.464.8703**