



RHODE ISLAND

- **RI OHA - Office of Healthy Aging**
(401) 462-3000
RI resource for elderly, disabilities and their families.
- **Senior Centers**
(401) 462-3001
Find your local center
- **RI DHS (Department of Human Services) Programs and Services**
(401) 462-3002
Resources including Energy Assistance Programs, Long Term Services and Support, Medicaid/Medicare, SNAP, SSI
- **My Options RI**
(401) 462-4444
A resource center for seniors, adults living with disabilities, or caregivers. This site helps identify opportunities available to you and helps connect you to resources in your area for free. Explore options for healthcare, employment, and more; get help with applying to public and private programs.
- **RI Elder Info**
(401) 585-0509
Legal assistance specific for seniors
- **RI Bar - Legal Referral Service for the Elderly**
(401) 521-5040
RI Bar Lawyer Referral Service will refer you to a lawyer to consult for up to a half hour for free. Reduced fee and legal assistance is available for those who qualify.
- **RI Governor's Commission on Disabilities Home Modification Grant**
(401) 462-0103
The RI Livable Home Modification Grant program supplements the cost of staying in one's home.

MASSACHUSETTS

- **HESSCO**
(781) 784-4944
Aging Services Access Point (ASAP) and Area Agency on Aging (AAA) for South Norfolk County in Massachusetts. Helping older adults and individuals living with a disability remain safe and independent at home for as long as possible.
- **State of Massachusetts**
(800) 243-4636
Services and support designed for older adults in Massachusetts

CONNECTICUT

- **State of CT Aging and Disability Services**
 - **Independent Living**
(860) 424-5055
Maximizing opportunities for the independence and well-being of people with disabilities and older adults in Connecticut.
 - **Caregiver Resources**
(860) 424-5056
Caregiver supports can include; Counseling and Support groups. Caregiver training, Respite care for caregivers, Minor home modifications and personal emergency response device installation.
 - **Elderly Abuse and Exploitation Resources**
(860) 424-5057
Legal assistance
 - **Care and Advocacy**
(860) 424-5058
Long Term Care Resources



NATIONAL

- **National Council on Aging**
Comprehensive, free online service to help older adults
 - My Budget CheckUp Plan
Learn how you can build a plan to better manage your finances.
 - Benefits CheckUp
Free online tool to help you find programs in your area to help afford daily expenses, live healthy, and stay independent
 - Aging Well
Tools and resources to improve quality of life and tips to make the most of your money
- **AARP**
(888) 687-2277
Financial caregiver information
- **Administration for Community Living**
(202) 401-4634
Information on services for older persons and adult with disabilities
- **Consumer Financial Protection Bureau (CFPB)**
Office of Older Americans
(855) 411-2372
The Money Smart for Older Adults program can help older adults, family caregivers, and others prevent, recognize, and report scams, fraud, and financial exploitation
- **National Adult Protective Services Association**
(217) 523-4431
Elder abuse information and reporting contacts for every state
- **Social Security Administration**
(800) 772-1213
Information about and application for representative payee
- **Veterans Affairs**
(800) 698-2411
Information for retirement payees
- **The Conversation Project**
An initiative to help everyone talk about their wishes for care through the end of life. (Free guides available)
- **Stanford Letter Project**
Letter templates to help provide key information for the future: What Matters Most (Advanced Care Directive), Who Matters Most (A letter to your loved ones), and I Matter Too (A Bucket List Template)