**Resources**



**Central Massachusetts Agency on Aging**

Toll Free: 800-244-3032 or 508-852-5539

360 West Boylston Street, West Boylston, MA 01583

Website: <http://www.seniorconnection.org/>  or send email to CMAAging@SeniorConnection.org

**Elder Abuse Hotline**

TEL: 800-922-2275 or

Monday - Friday, 8:30 - 5:00, call  TEL: 800-286-6640 Protective Sevices

**Executive Office of Elder Affairs**

Website: <http://www.mass.gov/elders/>

Tel: 1-617-727-7750

**Tri-Valley, Inc.**

TEL: 800-286-6640 or 508-949-6640

TDD: 508-949-6651 10 Mill Street, Dudley, MA 01571

Website:  <https://www.trivalleyinc.org/>

Send email to info@tves.org

**Senior Health Resource Line**

TEL: 800-939-5433

TDD: 508-368-9560

**Office of the Attorney General**

Website: <http://www.mass.gov/ago/>

Tel: 1-888-AGELDER (243-5337)

**Social Security Online**

Offers a variety of online service that allow people to access information and conduct business with the Social Security Administration; for example, Benefit Eligibility Screening, Change of Address, Medicare Card Replacement, Benefit Verification, Replacement Form SSA-1099, Office Locator, Interpreter Services, and Social Security eNews.

Website: <https://www.ssa.gov/>

Tel: 1-800-772-1213

**SMOC (Fuel Assistance):**

Framingham Office

Website: <http://smoc.org/>

Call (508) 620-1230 or 1 (800) 286-6776 for more info. Call (508) 620-2318 for a call back.

FAX: (508) 620-2361

**Caregiver Resources**: Counseling, training, and respite support, among other services, for family caregivers.

Website: [https://800ageinfo.com](https://800ageinfo.com/)

Tel: 1-800ageinfo (1-800-243-4636)

**MASS 211:** Direction to health, human services and emergency resources for all, including families and veterans.

Website: <http://mass211.org/>

Tel: Dial 211

**Health and Insurance Information**

**Medicare:**health insurance program for people age 65 and older and those individuals with disabilities.

Website: <https://www.medicare.gov/>

Tel: 1-800-medicare (1-800-633-4227)

**Mass Health (Medicaid):** state-managed federal program of income and category-based health insurance.

Website: <http://www.mass.gov/eohhs/>

Tel: 1-800-841-2900

**SHINE (Serving Health Insurance Needs of Everyone):** no coast health insurance counseling for eligible Medicare recipients of all ages.

Website: [https://800ageinfo.com](https://800ageinfo.com/)

Tel: 1-800-ageinfo (1-800-243-4636, Select 3)

**Prescription Advantage:**state program to assist individuals with aspects of Part D coverage.

Website: [https://800ageinfo.com](https://800ageinfo.com/)

Tel: 1-800-ageinfo (1800-243-4636)

**Housing Information:**

**Housing Authorities:** local agencies responsible for low cost housing in state.

**Shelters:** emergency housing for individuals and families.

Website: <http://www.mass.gov/hed/economic/>

Contact: local housing authorities and/or local police departments for sources.

**Nutrition and Meals:**

**Supplemental Nutrition Assistance Program (SNAP program)/ Electronic Benefit Transfer (EBT program):**  providing assistance to low income individuals and families for nutritional needs.

Website: <http://www.mass.gov/snap>

Tel: 1-866-950-FOOD (1-866-950-3663)

**Elderly Nutrition Program:** various programs, including Meals-on-Wheels, are available statewide.

Website: [https://800ageinfo.com](https://800ageinfo.com/)

Tel: 1-800-ageinfo (1800-243-4636)

**Food Pantries:**  resources for free food for low income individuals and families

Website: <http://www.foodpantries.org/st/massachusetts>

**Taxes and Legal Assistance:**

**Tax Assistance:**free tax preparation assistance for all low-moderate income individuals regardless of age.

Tel: 1-888-OURAARP (1-888-687-2277)

**Legal Aid:** assists seniors and low income individuals with legal matters.

Website: <http://www.masslegalhelp.org/>