

## Do you need extra help with...

- ...daily tasks such as bathing, dressing and personal care?
- ...other activities you have trouble doing on your own?

## We may be able to help.

You may be able to get in-home care or services in your community.

Whether you are living at home, in assisted living or in shared living, you may be able to get services and support so you can continue to live independently and safely.



Call **The POINT** at (401) 462-4444 or (401) 462-4445 TTY for information and referrals.

## Am I eligible?

You may qualify for services depending on:

- your level of need and
- your income and other assets/resources.



## For veterans

Are you a veteran or the spouse of a veteran? Do you need home care, adult day services or assisted living?

You and your spouse may qualify for the Aid and Attendance benefit available through the U.S. Veterans Administration. Find out more by calling **(800) 827-1000**.

## For help solving a problem

If you are having a problem with the nursing home or assisted living facility you live in, or with the home care you are receiving, call the Alliance for Better Long Term Care at **(401) 785-3340** or go to **www.LtcOmbudsman.org**.

## For elders and adults with disabilities

Do you need information on what your options are for home and community-based care? If so, call **The POINT** at **(401) 462-4444**.

You can also go to:

- Department of Human Services website at [www.dhs.ri.gov](http://www.dhs.ri.gov) under Elders or Adults with Disabilities
- Department of Elderly Affairs website at [www.dea.ri.gov](http://www.dea.ri.gov)
- Rhodes to Independence website at [www.RhodesToIndependence.org](http://www.RhodesToIndependence.org)

Call **The POINT** at (401) 462-4444 or (401) 462-4445 TTY for information and referrals.



Donald L. Carcieri,  
*Governor of Rhode Island*

Gary D. Alexander, *Secretary  
Executive Office of Health  
and Human Services*

Some of these programs are funded by the Administration on Aging.

If you or someone you love needs help to stay at home...

...you have many good choices



Services for Elders & Adults with Disabilities  
RI Executive Office of Health and  
Human Services

## Services available to you in your home and in your community

### Adult Day Services

You can go to a safe place during the day for meals, help with medication, health and personal care services, and to participate in recreational activities. There are also special programs for people with dementia.

### Assisted Living

Live in apartment-like housing with 24-hour support services, supervision, meals, housekeeping services and personal care.

### Companions

Volunteers provide companionship and can visit you at your home, adult day center or other places in the community.

### Employment Assistance

Get help finding or keeping a job.

### Food Assistance

Receive extra money each month to buy food through SNAP.

### Home Health Aide

Get help with eating, getting in and out of bed, bathing, dressing and grooming – for a few hours per week or every day.

### Homemaker Services

Get help with household tasks such as laundry, grocery shopping, meal preparation and light housekeeping.

### Meals at Senior Centers

Get a nutritious lunch at one of the many centers throughout Rhode Island. Transportation to the nearest center may be available.



### Meals on Wheels

If you can't leave your home or prepare your own meals, lunch can be delivered.

### Personal Emergency Response System

If you have an emergency, such as a bad fall, a medical alert lifeline connects you to a trained professional who can send help quickly – 24 hours a day, seven days a week.

### Prescription Drug Assistance

Get help paying for part of the cost of some prescription drugs.

### Respite Care

Help may be available for the person who takes care of you if he or she needs time off or becomes sick.

### Shared Living

Live in a home-like environment and have a caretaker of your choice provide personal care, meals, transportation and other services. You can still participate in adult day services.



Call **The POINT** (401) 462-4444 for information and referrals.