

Nahant Council on Aging

RESOURCE GUIDE

Compiled by Nahant TRIAD (April, 2014)

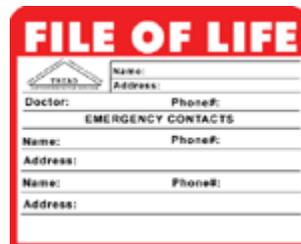
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PROGRAMS OFFERED BY NAHANT TRIAD

File of Life

The File of Life program is meant to provide quick and easy access to your basic medical information in an emergency situation. It is a red magnetic plastic folder that can be easily kept on the refrigerator for speedy access in the event of an emergency. The file contains important personal information regarding your health and emergency contacts in the event that you are unable to give the information to Police Officers, Fire Department and EMTs. The File of Life is also available in a smaller, non-magnetic size that can be carried in a purse or wallet when you are away from home. To obtain the File of Life contact your local Council on Aging.

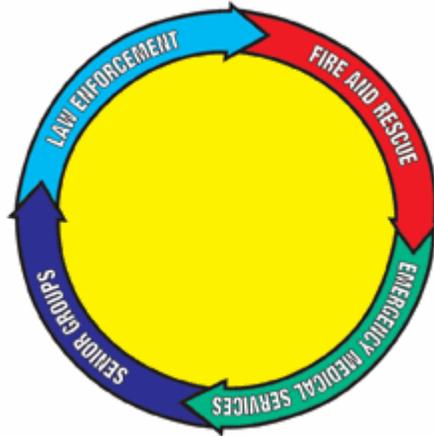


FILE OF LIFE		
	Name:	
	Address:	
Doctor:	Address:	Phone#:
EMERGENCY CONTACTS		
Name:	Phone#:	
Address:		
Name:	Phone#:	
Address:		

Grab & Go Bags

Grab & Go bags is an emergency bag that contains your essential items if you are displaced from your residence due to an emergency evacuation. The Grab & Go Bag will provide you with instructions, an extra File of Life card, an emergency contact information sheet for you to complete, and a list of suggested items you may want to review when packing this Bag. BE PREPARED!!! Please contact your local Council on Aging for more information about Grab & Go Bags.

The Yellow Dot Program



Yellow Dot is a free program designed to help first responders provide life-saving medical attention during that first “golden hour” after a crash or other emergency. A Yellow Dot sticker in the driver's-side rear window of your vehicle will alert first responders that vital medical information is stored in the glove compartment. Contact your local Council on Aging.

House Numbering Program: “Is Your Number

Up?”

“Is Your Number Up?” is a house numbering initiative that assists the Police, Fire and EMS in their efforts to respond quickly to 9-1-1 emergency calls. Without a visible house number from the street, emergency responders may be delayed in assisting you or your family. Through this program a participant can contact the Council on Aging and receive new house number if yours is not visible from the street. **Remember: in an emergency, every second counts.**

Senior Photo Identification Program:

This *Photo ID Program* provides seniors with a secondary form of photo identification. The **free** identification cards are supplied by the Essex Sheriff's Department and are typically issued through the community's Senior Center. To receive your secondary photo ID you must provide either a valid State License, a valid Passport, or a valid Massachusetts Photo ID issued by the Massachusetts Registry of Motor Vehicles. The Photo IDs expire five (5) years from the date of issue.

Other Programs Available to the Community



Nahant Police Departments Call Reassurance Program (CARE)

CARE is free program open to all residents.

CARE (Call Reassurance) is used by the Nahant Police Department. CARE is an automatic calling system that calls individuals on a daily basis to check on their well-being. It is a voluntary service, is free of charge and you are able to choose the time you will receive the phone call.

CodeRED

CodeRED is an emergency communication system. The town of Nahant has a contract with Emergency Communications Network to license its high-speed notification system. This system is used by police and other town officials to quickly deliver messages to the town as whole or in certain areas within the town. To register for CodeRED, you can log onto the www.nahant.org or www.nahantpolice.org and follow the link to “**CodeRED Community Notification Enrollment**” page. If you don’t have internet access, you can stop by the Nahant Police Department Monday through Friday (8AM-4PM) to register. Required information to register includes first and last name, street address (physical address, no P.O. boxes), city, state, zip code, primary phone number and additional phone numbers can be added. **The data collected for this program will be used for emergency notification purposes only.** Individuals shouldn’t assume their information is automatically included. If you have changed your phone number or address in the past year, have an unlisted phone number or use a cell phone as primary number you should log onto the website or stop by the Nahant Police Department to re-register with your current information. If you have any questions you can contact Nahant Police @ 781-581-1212.

Medical Emergency Alert Systems

“I’ve fallen and I can’t get up!” We are all familiar with this line and the jokes that go with it. However if you fall or have a medical emergency, time is of the essence and medical emergency alert systems can save precious time. Medical emergency alert systems are specifically designed to protect seniors and all family members in a home health emergency. Help is available 24/7, whether you can reach a phone or not. Most emergency alert systems have a pendant that is worn and you push a button when in need. They can also be used in other emergency situations such as a fire or home invasion. They are a great resource that can help seniors to remain independent and live alone safely. Help is always a touch of a button away.

***There are many companies that sell medical alert systems and there is always a monthly fee for the service, which one you choose is a personal choice. We do recommend that you shop around and find the one that best works for you.**



Greater Lynn Senior Services **Medical Transportation**

GLSS Medical Transportation is for those age 60 and older living in our five-town area (Nahant, Lynn, Swampscott, Lynnfield and Saugus) needing transportation to medical appointments only for a small nominal fee.

Reservations should be made at least two days in advance (can also be made up two weeks in advance). The GLSS Medical transport runs Monday through Friday. Request lines are open from 8:00 a.m. to 4 p.m. Passengers can travel to a doctor's appointment between 8:30 a.m. and 3:30 p.m. (8:30 being the first appointment and 3:30 being the last return). Drop offs in Salem are also 8:30 a.m. to 3:30 p.m. (GLSS does not pickup residents in Salem or Peabody. GLSS goes to Peabody for drop offs only after 9:30 a.m., no later than 3:30 for returns.

For more information or to schedule a ride, please call 781-477-4237.

MBTA's "THE RIDE"



THE RIDE is operated by the Massachusetts Bay Transportation Authority (MBTA) and is a paratransit service provides door-to door, shared-ride transportation to eligible people who cannot use fixed-route transit (bus, subway, trolley) all or some of the time because of a physical, cognitive or mental disability. You will travel with other customers going in the same general direction. THE RIDE operates 365 days a year generally from 5 AM - 1 AM in sixty (60) cities and towns. To schedule a trip from THE RIDE, please contact **Greater Lynn Senior Services (GLSS)** – 888-319-7433 (voice, toll-free) or 800-621-0420 (TTY, toll-free).

New applicants to THE RIDE must apply by appearing in-person for an interview with a Mobility Coordinator. Call THE RIDE Eligibility Center at 617-337-2727 for an appointment. Office hours are Monday - Friday, 8AM - 5PM, or evenings by request.

This is a pay for service program (**\$3.00 each way-if booked 1-14 days in advance, or \$5.00 each way if booked for the same day**), participants must meet eligibility requirements and there is an in-person interview that must be done. In-person interviews allow applicants to more clearly explain their disability and how it affects their ability to use fixed route buses, subways, and trains. The eligibility process is not a medical determination of a disability; it is a determination about the range of transportation options available to you.

Free transportation to and from the interview for applicants and up to one other person will be arranged by the THE RIDE Eligibility Center. Visitor parking is also available. THE RIDE Eligibility Center is located at: 500 Rutherford Avenue - Third Floor Boston (Charlestown), MA 02129.

GLSS Services

GLSS (**Greater Lynn Senior Services**) is a wonderful resource for seniors and their families. Along with giving information and referrals, their well-trained staff are available Monday–Friday, 8 AM–5 PM (except holidays) to answer all your questions about services and benefits. GLSS can help you find home care, meals, transportation, an advocate...whatever you need. **You can contact GLSS by calling 781-599-0110 or visiting their website @ www.GLSS.net.** Some programs GLSS offers include:

Meals on Wheels

Meals on Wheels brings meals to people over 60 who are homebound and unable to prepare their own meals. The menu is varied and the meals are nutritionally balanced, and include modified menus for people who require a special diet (renal, cardiac, diabetic etc...). Meals are delivered between 9 AM and Noon, Monday through Friday, except holidays. If you're isolated and homebound, you can arrange for frozen meals that you can use over the weekend.

Homecare Services

GLSS offers homecare services to seniors so they can continue to live independently in their own homes. Services include: cleaning, laundry, personal care, heavy chores, grocery shopping. They offer a variety of programs to match virtually every need. You must meet eligibility requirements to be a part of these services.

GLSS Caregiver Program

Besides offering a variety of programs for seniors, GLSS also offers help and support to the caregivers. Some of the services that the Caregivers Program include: Information about resources available and also referrals to specific services and programs, helping the caregiver in finding respite care so they can have some “time off” from the caregiving responsibilities. Counselors will do an In-home assessment to help determine how much and what kinds of care are needed for. It also offers counseling and support groups as well as education and training in the skills that caregiving requires.

Music Speaks (A New Program offered by the Caregiver Program)

Music Speaks is a new program offered by the GLSS Caregiver Program. It is a program designed for elders with dementia who live at home. In some cases, music has been shown to alleviate and reduce agitated behaviors and negative emotions in patient's with Dementia. A counselor from GLSS will work with the caregiver to develop music plan for the client. It is based on musical preference of the client, not the caregiver. Everyone works together to create a CD that can be played for the elder when they get agitated. The caregiver must be able to document behaviors of agitation and identify the type of music that the elder prefers. A counselor will be available to you to help identify the elders favorite music and also go over your documentation to see when the best times to play the music for the client. Supportive calls and home visits are also provided.

Miscellaneous Information

Living in Massachusetts, we are lucky to have so many choices for different services. The same is true for Home Health Care agencies. There are many out there that offer personal and home health care in this area and many of them are private pay agencies. They all offer services such as Companion Care, Transportation Services, Daily Housekeeping, Personal care etc.. The list below is not an all inclusive list, there are many different agencies in MA. Some of those agencies include:

Above and Beyond Home Health Care- Methuen MA 978-208-4743

Bayada Home Health Care- Danvers, MA 978-762-8610 www.bayada.com

Family Assistance, Inc.- Winthrop, MA 617-846-5229

Griswold Home Care- Everett, MA 617-389-0820 www.GriswoldHomeCare.com

Intercity Community Care- Malden, MA 781-321-6300 www.intercityinc.com

There are also many different Rehabilitation Centers, Nursing Homes or Assisted Living Facilities. Some include:

Life Care Center of the North Shore- Lynn, MA 781-592-9667

www.LCCA.com/northshore Rehab Services they offer: Occupational therapy, physical therapy speech therapy, woundcare. They offer both long-term care and short-term care and also a plan ahead program that allows you to take a tour of the facility and arrange for rehab stay prior to a planned surgery.

Jesmond Nursing and Rehabilitative Care- Nahant, MA 781-581-0420

www.jesmondnursing.com Located right here in Nahant, Jesmond offers both short-term and long-term care, wound care, post surgical care, care for age related conditions and care with neurological problems. They offer a variety of treatments that are selected to meet each individuals' needs.

The Herrick House- Beverly, MA 978-922-1999 www.herrickhouse.org The Herrick House is an assisted living community. They offer spacious and private apartments along with common areas the residents can enjoy. Services include: a Liscensed nurse on-site 24/7, weekly houskeeping and linen service provided, transportation to appointments and special events, hair salon, social activities, etc...