

Important Information: Somerville Council on Aging Social Services

Through trained staff and an extensive resource file, the Somerville Council on Aging is able to direct callers to the appropriate resources and answer questions about a variety of services. In many cases, the Council on Aging works individually with older adults to find them the help they need. Through case management, brief information and referral we are able to work together to offer options for those seeking assistance. The Council on Aging also provides thorough follow-up to insure that older adults are satisfied with the services provided.

- **Social Services** to promote senior health and independence and continued living in the community.
- **Assistance to Families and Caregivers** seeking help for their elderly loved ones.
- **Volunteer Opportunities** to share of themselves and their wisdom and friendliness with the seniors of Somerville in multiple ways. Volunteers may choose from a variety of opportunities that best fit their interests and schedules. Please contact Natasha for more information.

SUPPORT SERVICES and PROGRAMS provide assistance with:

- **Wellness:** personal safety, nutrition, and exercise classes, caregiver support, as well as, information and referrals.
- **Nutrition:** Information about wellness and nutrition assistance programs, as well as assistance registering for hot lunches, Meals On Wheels, and grocery shopping
- **Housing:** Information and assistance with applying for senior housing buildings as well as help seniors make informed decisions about housing. We also provide information about home maintenance and repairs, as well as information regarding fuel assistance and weatherization programs.

- **Transportation:** information about grocery and medical transportation to and from medical appointments.
- **Financial:** subsidies, utility/property tax exemptions/deductions/deferrals, money management, income tax form preparation, public benefits such as fuel assistance, referrals
- **Advocacy, Outreach and Education** for and about senior issues and needs including but not limited to concerns around housing, health insurance and transportation.
- **Baby Boomer Planning** To accommodate the diverse interests and needs of our recently retired older adults.
- **Durable Medical Equipment Loan Program** Walkers, Wheels, Chairs Shower Chairs available to borrow.
- **Support Groups and other specific interest groups** SCOA offers to name a few A Caregiver Support Group, Veterans Group, Men's Group, Current Events Group, as well as several others. For more schedules and more information please call or visit our website at www.somervillema.gov or visit us on face book at www.facebook.com/SomervilleCOA

TO SCHEDULE A VISIT OR ASK QUESTIONS



CALL THE COA AT 617-625-6600 ext 2300 and ask to speak with Suzanne Norton ext. 2318 or Natasha Naim ext. 2317.