



Resources for the Emerson Health “Adapting to Change as You Age” presentation on 9-22-22 by Kathleen Sullivan

Financial

- Social Security <https://www.ssa.gov/>
- Financial Advisors: National Association of Personal Financial Advisors (NAPFA) <https://www.napfa.org/>
- Minuteman Senior Services Money Management <https://www.minutemansenior.org/our-services/money-management>
- Long Term Care Insurance <https://www.mass.gov/info-details/what-is-long-term-care-insurance>

Legal

- Power of Attorney <https://www.honoringchoicesmass.com/resources/5-ma-planning-documents/dpoa/>
- Elder Law Attorneys <https://massnaela.com/>
- Mass Bar 2022 Elder Law Education Guide https://www.massbar.org/docs/default-source/elder-law-education-guides/2022_elder_law_education_guide.pdf

Nutrition

- USDA My Plate <https://www.myplate.gov/life-stages/older-adults>
- SNAP <https://www.mass.gov/snap-benefits-formerly-food-stamps>
- Meals on Wheels <https://www.minutemansenior.org/our-services/senior-nutrition/meals-on-wheels>
- Congregate Dining <https://www.minutemansenior.org/our-services/senior-nutrition/senior-dining-centers>

Social Support

- Council on Aging <https://www.mass.gov/councils-on-aging-senior-centers>
- Concord After 60 <https://concordafter60.org/>
- Cooperative Elders Adult Day Health program <https://www.elderdayservices.org/services-acton/>
- Family Caregiver Support Program <https://www.minutemansenior.org/our-services/caregiver-support>
- Caregiver Support Groups <https://www.minutemansenior.org/our-services/caregiver-support>
- Technology <https://www.seniorliving.org/tech/>

Medical

- Personal Directives/Health Care Proxy <https://www.honoringchoicesmass.com/resources/5-ma-planning-documents/personal-directive/>
- Medicare <https://www.medicare.gov/>
- MassHealth <https://www.mass.gov/topics/masshealth>
- SHINE <https://www.minutemansenior.org/our-services/shine>
- Health living of Excellence <https://healthyliving4me.org/>
- Emerson Wellness <https://www.emersonwellness.org/>



Housing

- Minuteman Senior Services State Home Care <https://www.minutemansenior.org/our-services/home-care/>
- Local Housing Authorities <https://www.mass.gov/service-details/local-housing-authority-contact-listing>
- Housing Navigator <https://housingnavigator.ma.org/>
- Independent Living, Assisted Living, Skilled Nursing, Continuing Care Retirement Communities
 - <https://www.mass.gov/topics/seniors>
 - <https://www.newlifestyles.com/blog/supporting-health-as-you-age>
- Minuteman's Long Term Care Ombudsman <https://www.minutemansenior.org/our-services/nursing-home-ombudsman>
- Senior Move Managers <https://www.nasmm.org/>

Benefits and Assistance

- Councils on Aging/Senior Centers <https://www.mass.gov/councils-on-aging-senior-centers>
- Aging Services Access Points
 - <https://www.mass.gov/service-details/aging-services-access-points-asap>
 - Minuteman Senior Services <https://www.minutemansenior.org>
- Minuteman Senior Services Options Counselling <https://www.minutemansenior.org/our-services/options-counseling>
- Mass.gov <https://www.mass.gov/topics/seniors>
- MassOptions <https://www.massoptions.org/massoptions/>
- Veterans Administration <https://www.benefits.va.gov/persona/veteran-elderly.asp>
- Benefits Checkup <https://benefitscheckup.org/>
- Seniors Bluebook: <https://seniorsbluebook.com/local/massachusetts-boston>
- Aging LifeCare Professionals <https://www.aginglifecare.org/>
- Minuteman By Your Side <https://www.minutemansenior.org/our-services/minuteman-by-your-side/>

Disclaimer: The resources and website links are being provided as a convenience, and for informational purposes only; they do not constitute an endorsement or an approval by Minuteman Senior Services of any of the products, services, or opinions of the organizations. Minuteman Senior Services bears no responsibility for the accuracy, legality, or content of the external sites or for that of subsequent links. Users of the site are responsible for conducting their own review and investigation of the products and services listed. Should you find an error or know certain information to be incorrect, please contact us so that we may update our resources.