Provider List - Home Care (non-medical) - Cumberland County

Aging Excellence: Bridgton/Sebago

Contact: [Residence]*
Last Updated: 04/27/2022 2:19:09PM
Last Reviewed: 04/27/2022

Address: 95 Main St
Bridgton, ME 04009 (Cumberland county)

Eligibility:

Notes: Aging Excellence offers a variety of services, activities, and retail goods that are designed to assist older adults to remain active and independent in the community. Services provided include: care management coordination, organized day trips and transportation (please note that Aging Excellence does not have wheelchair accessible vehicles), reminder service, chore services, homemaker/companion services, telephone reassurance, personal care services, and handyman services. Fees vary depending on service. Please call for more info or initial consultation (in-home or in-office) to review services
Registered Personal Care Agency.
Hours: Monday through Friday 8am - 5pm.

Aging Excellence: Brunswick

Contact: [Business]*
Last Updated: 04/27/2022 1:51:38PM
Last Reviewed: 04/27/2022

Address: 168 Pleasant Street
Brunswick, ME 04011 (Cumberland county)

Eligibility:

Notes: Aging Excellence Inc. offers a variety of non-medical services, activities, and retail goods that are designed to assist older adults to remain active and independent in the community. Services include care management coordination organized day trips and transportation for appointments, and errands, reminder service, chore services, homemaker/companion services, telephone reassurance, personal care services, and handyman services. Age 50+ or disabled. Please call FMI and/or a free initial consultation to discuss needs.
Registered Personal Care Agency.
Serves: Brunswick, Cumberland, Freeport, Yarmouth, and Bridgton/Sebago area.
Hours: Monday through Friday 8am - 5pm; services 24/7.
Aging Excellence: Portland

Contact: [Business]*
Last Updated: 04/27/2022 2:00:24PM
Last Reviewed: 04/27/2022

Address: 710 Forest Ave.
Portland, ME 04101 (Cumberland county)

Phones: (207) 317-6430 [Mobile],
(207) 771-0991 [Business]*,
(207) 771-0958 [Business Fax],
(866) 771-0991 [Alternate]

Web Site: www.seniorsonthego.com

Eligibility:
Age 65 & older or declared disabled

Notes:
Aging Excellence offers a variety of services, activities, and retail goods that are designed to assist older adults to remain active and independent in the community. Services provided include: care management coordination, organized day trips and transportation (please note that Aging Excellence does not have wheelchair accessible vehicles), reminder service, chore services, homemaker/companion services, telephone reassurance, personal care services, and handyman services.
Fees vary depending on service.
Please call for more info or initial consultation (in-home or in-office) to review services for Greater Portland Metro Area.
Registered Personal Care Agency.
Hours: Monday through Friday 8am - 5pm.

Align Home Care

Contact: [Business]
Last Updated: 08/02/2022 8:59:52AM
Last Reviewed: 08/02/2022

Address: 124 Fletcher St
Kennebunk, ME 04043 (York county),
[Business]*
251 US Highway 1, Suite D
Falmouth, ME 04105 (Cumberland county)

Phones: (207) 835-4849 [Business]*

Web Site: www.alignhomecare.com

Eligibility:
Age 62 & older or declared disabled, Other - See Notes

Notes:
Formerly Home Care Assistance, Align Home Care believes in customizing balanced and holistic care plans for seniors and adults of any age wanting to remain safely in the place they call HOME. Align Home Care encourages our clients to participate in all activities of daily living and home tasks that they can still do, helping them to remain independent, happy and purposeful through any emotional or physical challenge. Care can include, but not limited to, personal care, light housekeeping, med reminders, errands, appointments, meal prep and enjoyable trips outside of the home. We specialize in encouraging our clients to maintain good nutrition, hydration, social interaction, mind building activities and spiritual well being. 4 hour shifts up to 24/7 as well as Live-In. Call for a free in-home consultation.
### ANCHOR Care

**Contact:**
- Last Updated: 04/27/2022 2:23:47PM
- Last Reviewed: 04/27/2022

**Address:**
- 374 US Route 1, Suite 5
- Yarmouth, ME 04096 (Cumberland county)

**Phones:** (207) 846-6886 [Business]*

**Web Site:** [http://www.anchorcareservices.com/index.html](http://www.anchorcareservices.com/index.html)

**Eligibility:**

**Notes:** ANCHOR Care provides services such as companionship, help with personal hygiene, meal preparation, light housekeeping, overnight monitoring and medication reminders, family respite, travel escort, household management, mobility assistance, transportation to medical appointments and travel escort, and activities. Services are available in blocks of time from 2-24 hours, seven days a week and holidays. They also provide Geriatric Care Management.

Private pay and most long term care insurance is accepted.

Please call or visit the website for more information or to discuss/arrange for services.

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### Angel Home Care & Cleaning

**Contact:**
- Last Updated: 05/10/2022 11:56:22AM
- Last Reviewed: 04/29/2022

**Address:**
- Not Published
- Bridgton, ME 04009 (Cumberland county)

**Phones:** (207) 647-2149 [Business]*

**Web Site:** [http://angelhomecare.live](http://angelhomecare.live)

**Eligibility:**

**Notes:** Angel Home Care & Cleaning is a registered personal care agency that offers home non-medical services including companionship, leisure activities, transportation for shopping, errands, and appointments, meal prep and cleaning, light housekeeping and yard work, assistance with correspondence, pet care, and resources for additional services. They also offer overnight stays and respite care. Serves the Greater Lakes Region area.

Please call to discuss services needed, current hourly and per mile rates; private pay
Arcadia Health Care: Portland

Contact: Arcadia Health Care: Portland
Last Updated: 03/17/2023 3:51:10PM
Last Reviewed: 03/17/2023

Phones: (866) 324-3401 [24-hour hotline]*,
(207) 347-2377 [Business]

Address: Exchange St
Portland, ME 04101 (Cumberland county)

Web Site: www.arcadianewengland.com

Eligibility: Arcadia provides home care tailored to the client's needs and wishes. Health care services are provided by registered nurses, licensed practical nurses, and certified nurses aides. Non-medical care such as personal care assistance, homemaker, companionship and transportation is also available.

Please call for more information and/or to arrange for services.

Catholic Charities Maine: Independent Support Serv

Contact: Catholic Charities Maine: Independent Support Serv
Last Updated: 04/27/2022 3:12:02PM
Last Reviewed: 04/27/2022

Phones: (207) 781-8550 [Business],
(800) 781-8550 [Toll free in state]*

Address: 80 Sherman St.
Portland, ME 04101 (Cumberland county),
307 Congress Street
P.O. Box 10660
Portland, ME 04104 (Cumberland county)

Web Site: http://www.ccmaine.org/a-z-services/independent-support-services

Eligibility: Catholic Charities of Maine (CCM) Independent Support Services is the state contractor for homemaking services (section 69) that provides eligible seniors and disabled individuals services such as grocery shopping, laundry and errands, and light house cleaning so that they can remain in their homes. Services may be available at no charge for people meeting eligibility guidelines. For others a co-payment is required. CCM determines eligibility for section 69 services, but a referral can still be made to MAXIMUS to determine potential eligibility for other long term care programs. IF MAXIMUS indicates Homemaker is the appropriate program they will refer the individual to CCM

Eligibility: Age 60 and older or declared disabled; Income = or < 200% FPL and assets <$50,000/1 or $75,000/2; deemed eligible by CCM

Telephone referrals may be made by the individual in need, family members, or other interested party or community based agencies.

Please call 781-8550 Portland Office or 888-477-2263 Main Office

This resource information is provided as a service of the So. Maine Agency on Aging, 30 Barra Road, Biddeford, ME 04005, 1-800-427-7411. SMAA does not licence, endorse or recommend any specific provider, nor can we guarantee the quality of service from providers.
Coastal Care Solutions, LLC

Contact: Provider List - Home Care (non-medical) - Cumberland County
Last Updated: 05/16/2022  8:57:53AM
Last Reviewed: 04/27/2022

Phones:  (207) 331-4155 [Business]*

Address: [Business]*
26 Willard St
South Portland, ME 04106 (Cumberland county), [Mailing]
26 Willard St
South Portland, ME 04106 (Cumberland county)

Eligibility:

Notes: Coastal Care Solutions provides personal care and companionship services to older adults and seniors. Our Specialty care includes respite, 24/7 care, Alzheimer's and dementia, Transitional Care, Home Management Services, End-of-Life Support. Our "Be Well" Philosophy combines aging-in-place and wellness. We promote getting outdoors in nature, being active and independent, and finding the joyful moments in each day. Non-medical care needs/support at home, hospital, or senior living communities. Accepts VA Benefits, Long Term Care Insurance, and private pay. Serves Southern Maine.

Please call for more information.

Comfort Keepers

Contact:
Last Updated: 04/27/2022  3:29:08PM
Last Reviewed: 04/27/2022

Phones:  (207) 494-3026 [Business]

Address: [Business]
57 Portland Rd
Kennebunk, ME 04043 (York county), [Business]*
253 US Route 1
Scarborough, ME 04074 (Cumberland county)

Eligibility:

Notes: Comfort Keepers provides non-medical services in-home and to clients in hospitals, nursing homes or assisted living facilities. Services offered include personal care, companionship, light housekeeping, laundry, meal prep, medication reminders, grooming, errand services, shopping assistance, recreational activities, transportation to doctor appointments or other commitments, and respite care for caregivers. Focus is older adults but will consider adults of any age.

Please call for more information and/or to arrange for services. There are 2 locations - Kennebunk and Scarborough.
Compassionate Home Care of Maine, LLC

Contact:  
Last Updated: 04/27/2022 3:38:42PM  
Last Reviewed: 01/07/2021  
Phones: (207) 408-2253 [Business]*  
Address:  
[Mailing]  
49 Ballpark Dr  
Portland, ME 04103 (Cumberland county),  
[Business]*  
49 Ballpark Dr  
Portland, ME 04103 (Cumberland county)  
Web Site: www.compassionatehomecareofmaine.com

Eligibility:  
Notes: Compassionate Home Care offers a variety of non-medical services, such as companion care, medication reminders, respite care, socialization, errands, cooking, cleaning, laundry, transportation to and from medical appointments, bathing, dressing, etc.

COR Health Services

Contact:  
Last Updated: 03/29/2023 2:18:25PM  
Last Reviewed: 03/29/2023  
Phones: (207) 347-6106 [Business]*  
Address:  
[Mailing]  
980 Forest Avenue, Suite 207  
Portland, ME 04103 (Cumberland county),  
[Business]*  
980 Forest Avenue, Suite 207  
Portland, ME 04103 (Cumberland county)  
Web Site: https://www.corhealthservices.com/home-care-services

Eligibility: Accepts MaineCare/Medicaid  
Notes: COR Health offers a variety of Home Care Services, customized to meet the needs of each individual adult client. COR Health works with adult clients and their families to determine a plan of care that is individualized to provide optimal outcomes. Home Care is a gentle, reliable service that helps enable elderly clients and disabled clients to live independently at home. At COR Health, all of our home care employees are considered “Caregivers,” and each is carefully matched to the needs of your loved one – from transportation, to help with daily tasks, to companionship. Services can be scheduled up to 24/7 coverage.

COR Health also offers a variety of Adult Nursing Services, customized to meet the needs of each individual adult client. We take the time to assess varying factors, including age and medical diagnosis. COR Health works with adult clients and their families to determine a plan of care that is individualized to provide optimal outcomes. COR Health is available from our team of registered nurses who coordinate with the physician to provide consistent, high-quality care in the client’s home. Adult Nursing Services from COR Health includes these services and more: Assess and monitor health; Administer and adjust medications; Administer IV therapy and enteral feedings; Monitor vital signs, blood pressure, blood sugar, and cholesterol; Provide nutritional management, support and education; Educate clients about medications and disease process; Care for catheter and ostomy clients; Monitor hydration, bowel and bladder functions; Administer injections and perform laboratory testing; Care for wounds or disease-related injuries and conditions; Oversee pain management and end-of-life care; Monitor cardiac progress. Our Adult Nursing Services are provided by licensed, skilled medical professionals.
**FCP Live-In**

**Contact:**
- Last Updated: 03/29/2023 2:27:35PM
- Last Reviewed: 03/29/2023

**Address:**
- Scarborough, ME (Cumberland county), [Service Area Placeholder]
- FCP-Live In
- 2573 Main Street
- Out Of State, CT (county), [Service Area Placeholder]

- Biddeford, ME (York county)

**Eligibility:** Disability / Health Condition

**Notes:** FCP Live In offers 24/7 care in your home. Caregivers are credentialed as either a certified nursing assistant, home health aide or personal care assistant. They provide personal care, meal preparation, light housekeeping, Live Well programs, medication management, and 24 hour support for families. They require a minimum of 2 weeks.

**First Light Home Care of Southern Maine**

**Contact:**
- Last Updated: 04/27/2022 3:46:41PM
- Last Reviewed: 04/27/2022

**Address:**
- 940 Roosevelt Trail, Suite 6
- Windham, ME 04062 (Cumberland county)

**Eligibility:**

**Notes:** First Light Home Care of Southern Maine is a home non-medical services provider offering complete companion and personal care services for seniors, new mothers, and those recovering from surgery - or anyone who just needs a little assistance.

They also offer a Personal Emergency Response and MedSmart (medication dispensing system) - There is a one time installation fee that includes a monthly visit at no cost to check that it is working correctly. Please call for more information.
Friends In-Home Care

Contact:          Last Updated:  04/27/2022  3:51:58PM
Last Reviewed:   Last Updated:  04/27/2022

Phones:          [Business]*,
(207) 846-5525 [Business]*,
(866) 846-5525 [Toll free in state]

Address:         Web Site:   http://friendsinhomecare.com/
765 Rt 1
Yarmouth, ME 04096 (Cumberland county)

Eligibility:

Notes:  
Friends In-Home Care is a non-medical service offering assistance with activities of daily living and services such as transportation (for errands, shopping, appointments or just a drive), light house cleaning, meal preparation and companionship. In addition, personal care such as bathing and toileting, assistance with ambulation and physical therapy routines is offered. Visit times are flexible and range from 3hrs to 24hrs a day.

FIHC offers a Hospital to Home service. The program is designed the program to help seniors return home safely after being hospitalized. They can accommodate both planned and unplanned hospitalizations and will tailor your care needs to your individual requirements. Our staff will be happy to meet you at the hospital, provide transportation home, make any stops necessary such as picking up prescriptions, grocery shopping and anything else you may need. Once arriving at your home, we can help get you settled, prepare food, tidy up make sure you’re comfortable. From that point we can schedule staff to stay with you for as long as you like or return for follow up visits.

Please call with questions or for more information.

Home Instead Senior Care: Cumberland County

Contact:          Phones:   (207) 405-2590 [Business]*
Last Updated:    08/16/2022  9:30:58AM
Last Reviewed:   04/29/2022

Address:         Web Site:   www.homeinstead.com/321
[Business]*
502 Main Street
Gorham, ME 04038 (Cumberland county)

Eligibility:

Notes:  
Home Instead Senior Care provides non-medical services to clients in Cumberland County. They require 8 hours a week minimum. Care is provided in their homes, independent living, assisted living and nursing facilities. Services include personal care, companionship, meal preparation, medication reminders, light housekeeping, transportation errands, shopping, and respite care.

HFC® (formerly Hilarity for Charity) and the Home Instead® network are working together to award home care grants to those providing care to their loved ones living with Alzheimer’s disease or other dementias. The HFC Alzheimer’s and Dementia Care Grants are awarded across the United States and Canada. The goal of the grant program is to provide exceptional home care to families affected by this disease, and to give these families support and rest. These grants are facilitated by Home Instead, where available. These grants are for respite care hours, there is no cash value.

Please call office to discuss your needs or to arrange a free no-obligation in-home assessment.
Provider List - Home Care (non-medical) - Cumberland County

Home Support Services & Helpline

Contact: [Business]
Last Updated: 03/25/2022 2:27:37PM
Last Reviewed: 03/25/2022

Address: 110 A Tandberg Trail
Windham, ME 04062 (Cumberland county)

Phones: (207) 892-1454 [Business]*,
(207) 892-1452 [Fax]

Web Site: www.callhomesupport.com

Eligibility:

Notes: Home Support Services offers homemaker/chore services and personal care including assistance with ADLs and medication reminders. Other services may be arranged by mutual agreement.

They also offer Helpline, an emergency response system that uses a wristband or pendant transmitter that, when pushed, alerts the 24/7 monitoring center where trained personnel contact the subscriber to determine nature of the call and then will contact local emergency personnel, a family member or friend per instructions given during the sign-up process.

Please call or visit the website for more information, current fees, and to arrange for services.

In-Home Senior Services

Contact: [Business]*
Last Updated: 05/16/2022 1:07:36PM
Last Reviewed: 05/16/2022

Address: 20 Mechanic St.
Gorham, ME 04038 (Cumberland county)

Phones: (800) 689-4311 [Toll-Free],
(207) 222-0740 [Business]*,
(207) 222-0742 [Fax]

Web Site: www.inhomeseniorservices.com

Eligibility:

Notes: Services are customized to meet client needs, and can be arranged hourly, daily, weekly or twenty four hours a day - whatever it takes to keep one secure and safe at home. Services offered include personal care, companionship, homemaking services and transportation for appointments, shopping and errands. Respite care can be arranged as well.

Please call for more information or to set up an in-home appointment to discuss service needs.
MAS Home Care of Maine

Contact: [Business]*
Last Updated: 03/29/2023  2:36:11PM
Last Reviewed: 03/29/2023

Phones: (207) 591-4457 [Business]*,
         (207) 591-4450 [Fax]

Address: 21 Saco Street
           Westbrook, ME 04092 (Cumberland county),
           1190 Lisbon St
           Lewiston, ME 04240 (Androscoggin county)

Web Site: www.mashomecare.com

Eligibility: Accepts Mainecare/Medicaid

Notes: Provides PCA care, either short or long term ranging from 2 hours up to 24 hours. Provide PSS, CNA/HHA, LPN, RPT, OT, ST, RT services to clients in a home care setting. Provide lab services such as blood draws etc and IV Therapy to clients. Hours: Mon-Fri 8a-4p; on call available after hours 7 days a week.

Please Call for more information and/or to schedule services

Pine Tree Home Health Care

Contact: [Mailing]
Last Updated: 05/16/2022  1:16:23PM
Last Reviewed: 05/16/2022

Phones: (207) 926-6190 [Business]*,
         (877) 580-6754 [Business]

Address: Po Box 88
          New Gloucester, ME 04260 (Cumberland county),
          21 Upper Village Street
          New Gloucester, ME 04260 (Cumberland county)

Web Site: www.pinetreehomehealth.com

Eligibility:

Notes: Pine Tree Home Health Care provides personal care and homemaker services including light housekeeping and errand running.


Please call FMI or to discuss services needed; expect a prompt response - will try to accommodate emergency situations.
Right at Home: Home Care and Assistance

Contact: [Service Area Placeholder]
Last Updated: 04/07/2023 12:04:44PM
Last Reviewed: 03/29/2023

Phones: (207) 707-6011 [Business]*,
(207) 430-9955 [Fax]

Address: Biddeford, ME 04005 (York county),
51 US Route One
Scarborough, ME 04074 (Cumberland county),
51 US Route One
Scarborough, ME 04074 (Cumberland county)

Web Site: www.rightathome.net/greater-portland-me

Eligibility:

Notes: Right at Home Maine provides supportive care to seniors from York to Brunswick. We are a family owned agency with over 20 years of experience in senior home care. Right at Home supports older Mainers in their desire to be independent at home. Call today to discuss care options for how your loved one can stay in their home and Right Home will match you with a caregiver that will support you or your family members independence.

Spectrum Staffing & Home Care

Contact: [Business]*
Last Updated: 03/29/2023 2:50:03PM
Last Reviewed: 03/29/2023

Phones: (207) 854-2581 [Business]*,
(207) 854-4711 [Business Fax]

Address: 92 US Route 1
Cumberland Foreside, ME 04110 (Cumberland county)

Web Site: www.spectrummaine.com

Eligibility:

Notes: Spectrum Staffing & Home Care is a licensed home health agency. Whether we’re assisting you or your loved one with their daily responsibilities or supporting their transition back home from a hospital stay, we want to help you make it work. We offer non-medical care and companionship from the comfort of home.

Dementia Support- In a world where everything seems to become unfamiliar and uncertain, let us be the peace of mind. We'll help to better equip you with tips and tools to more effectively and purposefully communicate. We're here for your support.

End Of Life Care - You don't need to navigate this alone. We're right here to offer support and guidance as you pl and approach end of life decisions. Spectrum Staffing & Home care can help you and your loved ones find peace and purpose during end of life. With us, you are never alone during this difficult time.

We're here to help. Submit a request by emailing us at spectrum@spectrummaine.com, or click the button below to be directed to our office line.
Provider List - Home Care (non-medical) - Cumberland County

### The Opportunity Alliance Senior Companions

<table>
<thead>
<tr>
<th>Contact:</th>
<th>Phones:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Updated: 05/16/2022 1:20:20PM</td>
<td>(800) 698-4959 [Toll-Free],</td>
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<tr>
<td>Last Reviewed: 05/16/2022</td>
<td>(207) 773-0202 [Business]*</td>
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<thead>
<tr>
<th>Address:</th>
<th>Web Site:</th>
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<tbody>
<tr>
<td>[Business]*</td>
<td><a href="http://www.opportunityalliance.org/senior-companion-program">http://www.opportunityalliance.org/senior-companion-program</a></td>
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<tr>
<td>50 Lydia Lane</td>
<td></td>
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<tr>
<td>South Portland, ME 04106 (Cumberland county),</td>
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<tr>
<td>[Mailing]</td>
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<tr>
<td>Senior Volunteer Programs</td>
<td></td>
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<tr>
<td>222 St. John St., Suite 302B</td>
<td></td>
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<tr>
<td>Portland, ME 04102 (Cumberland county)</td>
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</tbody>
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### Eligibility:

Income and/or Asset Level

### Notes:

The Senior Companions Program supports the independence of seniors by assisting leisure activities, shopping for groceries, providing support and transportation for medical appointments, as well as company and companionship. Senior Companion volunteers who are income eligible receive a stipend that does not count as income or affect other benefits. They also receive mileage reimbursement, are covered by accident/liability insurance, and receive pre-service and in-service training.

Volunteers must be age 55+, commit to 20 hours a week and to get stipend income = or < 200% of FPL per week.

Volunteers and recipients - please call or email for more information; recipients must have an agency, caregiver or family member available as a program contact.

Serves York and Cumberland counties.