

## Provider List - Adult Day Centers - Cumberland & York Counties

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### Avita of Stroudwater

**Contact:**

**Last Updated:** 11/06/2024 1:06:45PM

**Last Reviewed:** 03/21/2024

**Phones:** (207) 857-9007 [Business]\*

**Address:** [Business]\*

Avita Of Stroudwater  
113 Landing Rd  
Westbrook, ME 04092 (Cumberland county)

**Web Site:** [www.northbridgecommunities.com/avita-of-stroudwater/](http://www.northbridgecommunities.com/avita-of-stroudwater/)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:**

Avita of Stroudwater is a 60 unit community that offers assisted living services in private and semi-private apartments for people age 62 and older in need of memory care.  
Please call for current fee structure and more information about admission procedure. Private pay required for an initial period before Mainecare accepted after 2 years of private pay.  
Avita also has an adult day program for seniors with memory issues. They require a 3 day minimum and can go up to 5 days a week. Hours are from 9 a.m. to 4 p.m. Call Avita for more information. Respite may be available, contact facility directly for more information and details.

### Avita of Wells

**Contact:**

**Last Updated:** 11/06/2024 1:07:17PM

**Last Reviewed:** 03/21/2024

**Phones:** (207) 646-5444 [Fax],  
(207) 646-3444 [Business]\*

**Address:** [Business]\*

86 Sanford Rd.  
Wells, ME 04090 (York county)

**Web Site:** [www.northbridgecommunities.com/avita-of-wells/](http://www.northbridgecommunities.com/avita-of-wells/)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:**

Private and semi-private apartments in a separate and secure environment to support residents with Alzheimer's and other memory impairments. \*\*\*\*\* Mainecare possibly after a period of private pay. Call for more information.

Avita's surroundings are thoughtfully designed to be homelike and familiar. Apartments are clustered in small neighborhoods to minimize confusion and agitation and maximize the sense of freedom and comfort.

At Avita, they believe nature plays an important role in the health and happiness of their residents. Each neighborhood is designed with a safe and secure outdoor garden area with pathways for wandering, opportunities for gardening and various seating areas to soak in the sights and sounds of nature.

Avita of Wells also has an adult day center that is open Monday through Friday, 9 a.m. to 4 p.m. Open to anyone needing care. Please call for pricing.

## Provider List - Adult Day Centers - Cumberland & York Counties

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### Barron Center Adult Day Services

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**Contact:**

**Last Updated:** 11/22/2024 10:10:45AM

**Last Reviewed:** 11/22/2024

**Phones:** (207) 541-6623 [Business Fax],  
(207) 541-6619 [Business]\*

**Address:** [Business]\*  
1145 Brighton Avenue  
Portland, ME 04102 (Cumberland county)

**Web Site:** <http://www.portlandmaine.gov/300/Adult-Day-Services>

**Eligibility:**

**Notes:** The City of Portland Adult Day Services Program is designed to offer supportive, daytime care that enables individuals living alone or with family to remain at home; help individual clients rediscover and expand their abilities, friendships, and interests; Provide a specialized program for clients with Alzheimer's disease or related dementia; provide much-needed respite for caregivers.  
Services include: light breakfast and hearty noon meal, health and medication monitoring by an R.N., therapeutic activities such as music, art, exercise, and much more. For more information or to schedule a visit, call 207-541-619.

### Bay Square Harbor Adult Day Program

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**Contact:**

**Last Updated:** 12/11/2024 11:21:50AM

**Last Reviewed:** 12/11/2024

**Phones:** (207) 447-9075 [Business]\*

**Address:** [Business]\*  
Bay Square At Yarmouth  
27 Forest Hills Drive  
Yarmouth, ME 04096 (Cumberland county)

**Web Site:** [www.benchmarkseniorliving.com](http://www.benchmarkseniorliving.com)

**Eligibility:**

**Notes:** The Harbor Adult Day Program in Yarmouth is designed for people diagnosed with Alzheimer's Disease or a related dementia. The program provides a full day of activities, 2 nutritious meals per day, and minimum to moderate assistance with daily living activities. Harbor Day Program participants are provided with all the memory care and programs Bay Square at Yarmouth provides, but they then return to their own homes at night. The Harbor Day Program does not offer assistance with medications, medical oversight, and transportation to or from the Program or assistance that requires the aid of two caregivers.

Day Program operates Monday-Thursday from 9am-4pm; Age 65 and older with memory impairment.

Please call for current rates and/or to discuss admission to the program or respite care options

## Provider List - Adult Day Centers - Cumberland & York Counties

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### DHHS Residential Care/ALF/ADS Search

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**Contact:**

**Last Updated:** 11/19/2024 2:48:52PM

**Last Reviewed:** 05/16/2024

**Phones:**

**Address:**

**Web Site:** [www1.maine.gov/dhhs/dlc/licensing-certification/ssisted-housing](http://www1.maine.gov/dhhs/dlc/licensing-certification/ssisted-housing)

**Eligibility:**

**Notes:** NOTE \_ at the search screen be sure to select the "Business Type" and narrow the search to State of Maine and t county you want. Business Type includes:

This database can be searched by County, Town or type of facility including:

- Adult Day Services Facilities
- Assisted Living Facilities
- Level I Residential Care Facility: A Level I RCF is a 1 or 2 bed facility where residents receive room and board and services as needed.
- Level II Residential Care Facility: A Level II RCF is a 3 to 6 bed facility (family operated) where residents receive room and board and services as needed.
- Level III Residential Care Facility: A Level III RCF is a 3 to 6 bed facility (agency operated) where residents receive room and board and services as needed.
- Level IV Residential Care Facility: A Level IV RCF is a facility with more than 7 beds. They also provide room and board and services as needed.

### Golden Years Adult Day Services

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**Contact:**

**Last Updated:** 05/16/2024 12:42:40PM

**Last Reviewed:** 05/16/2024

**Phones:** (207) 850-4793 [Business]\*

**Address:** [Residence]\*  
24 Hoyt St.  
Springvale, ME 04083 (York county)

**Web Site:** [www.goldenyearsads.com](http://www.goldenyearsads.com)

**Eligibility:** Disability / Health Condition

**Notes:** The Golden Years Adult Day Care is a licensed home based handicapped accessible adult daycare that helps families care for older adults and adults with disabilities. They offer structured weekday supervision and care designed to enhance their well-being. They provide a safe and supportive environment, a needed break for caregivers, and can delay premature nursing home placement.

Person-centered activities are designed to engage the individual in ways that will be fun, stimulating, and interest. Each participant's interests and abilities are assessed when they enroll and the therapeutic activities are developed for each participant. Provides personal care assistance when needed, assistance with medication administration, therapeutic activities, breakfast, lunch, a.m. and p.m. snacks, monthly Vitals including weight checks, service plans are evaluated frequently to address your loved ones level of care.

## Provider List - Adult Day Centers - Cumberland & York Counties

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### Island Commons Assisted Living

**Contact:**

**Last Updated:** 03/22/2024 9:31:17AM

**Last Reviewed:** 03/22/2024

**Phones:** (207) 846-5610 [Business]\*,  
(207) 846-9706 [Business Fax],  
(207) 846-4456 [Other]

**Address:** [Business]\*  
132 Littlefield Road  
Chebeague Island, ME 04017 (Cumberland county)

**Web Site:** [www.islandcommons.com](http://www.islandcommons.com)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Island Commons is Chebeague Island's 7-bed Assisted Living Home providing Residential Care, Respite Care, and Adult Day Care. The Chebeague Cares program provides in-home assistance with tasks of daily living. Through Island Commons Resource Center (ICRC), they also provide an equipment loan closet designed to serve the Island community. We are a MaineCare provider.

Adult Day Services - Island Commons can accomodate two additional adults each day for health monitoring, rest and personal care services in addition to a group program of meals, therapeutic activities, medication administration, supervision, and companionship. This valuable program is available to any elder on Chebeague who wishes to spend a day with others, share a meal and participate in group or individual activities.

RESPITE CARE - 24-hour care is available for short term on a space available basis to provide rest for family members caring for their elders at home. Respite care recipients are provided with meals, assistance with activities or daily living, medication administration, group activities, on-island transportation, individual activities, supervision and companionship. As with long-term residents, skilled nursing, physical therapy, occupational therapy and speech therapy services can be provided at the Island Commons by mainland home health agencies. Respite care can be from one 24-hour day to weeks at a time.

## Provider List - Adult Day Centers - Cumberland & York Counties

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### Mount Washington Valley Adult Day Center

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**Contact:**

**Last Updated:** 05/16/2024 12:44:33PM

**Last Reviewed:** 05/16/2024

**Phones:**

(603) 452-0780 [Fax],

(603) 356-4980 [Business]\*

**Address:** [Business]\*

987 East Main St, Rte. 113

Center Conway, NH 03813 (Carroll county),

[Mailing]

987 East Main St, Rte. 113

Center Conway, NH 03813 (Carroll county)

**Web Site:** <https://www.mwvadultdaycenter.org/>

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:**

Mount Washington Vally Adult Day Center provides a full range of daily social and therapeutic activities, includes but is not limited to: OMA Therapeutic Art Program, gardening, floral and crafts, simple baking, poetry, outdoor healing garden, community education, music programs, game room, gentle exercise, yoga and dance. MWV Adult Day Center provides healthy meals and snacks, individualized plan of care, medication administration, health care navigation, assistance with activities of daily living as needed, on going multidisciplinary care planning, Caregiver support and counseling, guidance in determining and accessing financial assistance programs. Spa services (hair, nails, bathing) and transportation offered for additional fees.

MWV Adult Day Center is open Monday through Friday, 8am-5pm, with guest services available 8:30-4:30. Drop in Hours available upon request for all enrolled guests. Eligibility requirements for participants: Up to date vaccination, including both doses of Covid-19, medical records received, completion of all enrollment forms, Power of Attorney documents, participant will not require 1:1 staff to maintain their safety or safety of others, participant in care plan reviews every 6 months. Handicapped accessible.

Please call the center for more information.

## Provider List - Adult Day Centers - Cumberland & York Counties

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### Port Resources

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**Contact:**

**Last Updated:** 11/19/2024 12:29:28PM

**Last Reviewed:** 05/16/2024

**Phones:** (207) 828-0048 [Business]\*,  
(207) 772-3743 [Fax]

**Address:** [Business]\*  
280B Gannett Drive  
South Portland, ME 04106 (Cumberland county)

**Web Site:** [www.portresources.org](http://www.portresources.org)

### Eligibility:

**Notes:** Port Resources provides support for individuals with intellectual disabilities, autism, and behavioral health challenges. We provide an array of services, including residential group homes, independent living outreach, day program, shared living quality oversight, outpatient mental health services and professional development services

Port Place is an adult day program that operates out of Port Resources' Central Office at 280B Gannett Drive. Our goal is to integrate our clients into their community. We do this through planned daily activities that are person-centered, spontaneous community outings that are person-driven and through inviting community members to our program to assist our clients with various activities that they are interested in such as, gardening, baking, cooking and creating artwork. We are open Monday through Friday from 9:00 am to 3:30 pm. Some clients come for the full day and others prefer half days. Port Resources accepts MaineCare (Section 21 and Section 29 Waiver Fundin and private pay for this service. The hourly rate is based on the current MaineCare rate allowance as published in MaineCare Benefits Manual Chapter 101, III, Sections 21 and 29.

Outpatient Therapy for Adults and children with intellectual disabilities and their families. They will receive a Bio-ychosocial assessment and therapy by a licensed Therapist. Our mental and Behavioral Health practices specialize in: Dual Diagnosis—mental health and developmental and intellectual disabilities.

Area Served: Cumberland, York counties. Please call for more information. Intake procedure varies by program. Please call or visit their website for more information.

## Provider List - Adult Day Centers - Cumberland & York Counties

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### SMAA Adult Day Program at Anderson Learning Center in Springvale

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**Contact:**

**Phones:** (207) 396-6500 [Business]\*

**Last Updated:** 11/14/2024 10:40:20AM

**Last Reviewed:** 11/05/2024

**Address:** [Business]\*

**Web Site:** <http://www.smaaa.org/adultdaycenters>

SMAA Anderson Learning Center  
15 Bradeen St  
Springvale, ME 04083 (York county)

#### Eligibility:

#### Notes:

We recognize that every Adult Day Program member is a unique individual. That is why our person-centered activities are designed to honor and engage every member in ways that are physically and cognitively stimulating and fun. SMAA's Adult Day Programs – located at the Sam L. Cohen Center in Biddeford and in Springvale at the Anderson Learning Center – are geared toward older adults with Alzheimer's and other dementias. We foster close personal relationships with and between members which stimulates the brain, effectively slowing down the memory loss process while combating depression and isolation.

While their loved ones enjoy this home away from home, caregivers receive several hours of much needed respite. Many members pay with private funds or long term care insurance. In some instances state funds are available. The Veterans' Administration offers a program that pays for day center hours. Staff can assist with locating subsidies for care.

Activities offered during a typical day at the Adult Day Program might include: Active games, including Ladderball, Bocceball, and Baggo; Baking; Bird watching; Exercise programs; Gardening; Music programs; Reminisce program; Various art projects; Word-based games. Don't see your favorite activity on our list? Ask us!

Family Caregivers- In addition to respite, we provide support for care partners helping them address behavioral challenges and the social isolation and loneliness that can accompany caring for a person with dementia. Southern Maine Agency on Aging Family Caregiver specialists offer educational classes, forums, and group and individual sessions for care partners.

Enrollment at the Adult Day Program begins with a complimentary trial visit so that you and your loved one can decide if this will be a supportive environment for them. The best way to get a feeling of the Adult Day Program is to connect with us directly. Complete our online form, email Leah D'Amour, Family Caregiver Resource Specialist [dultday@smaaa.org](mailto:dultday@smaaa.org), or call Leah at 207-396-6552.

## Provider List - Adult Day Centers - Cumberland & York Counties

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### SMAA Adult Day Program at the Sam L. Cohen Center

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**Contact:**

**Last Updated:** 11/05/2024 4:22:33PM

**Last Reviewed:** 11/05/2024

**Phones:** (800) 427-7411 [Toll free in state]\*,  
(207) 396-6500 [Business]

**Address:** [Business]\*

SMAA Adult Day Program At The Sam L. Cohen  
Center  
30 Barra Rd  
Biddeford, ME 04005 (York county)

**Web Site:** <http://www.smaaa.org/adulthoodcenters>

**Eligibility:** Disability / Health Condition

**Notes:**

We recognize that every Adult Day Program member is a unique individual. That is why our person-centered activities are designed to honor and engage every member in ways that are physically and cognitively stimulating and fun. SMAA's Adult Day Programs – located at the Sam L. Cohen Center in Biddeford and in Springvale at the Anderson Learning Center – are geared toward older adults with Alzheimer's and other dementias. We foster close personal relationships with and between members which stimulates the brain, effectively slowing down the memory loss process while combating depression and isolation.

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## Provider List - Adult Day Centers - Cumberland & York Counties

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### The Cedars Mindful Connections

**Contact:**

**Phones:** (207) 221-7000 x 1456 [Business]\*

**Last Updated:** 03/21/2024 10:49:51AM

**Last Reviewed:** 03/21/2024

**Address:** [Business]\*  
620 - 640 Ocean Avenue  
Portland, ME 04103 (Cumberland county)

**Web Site:** [www.thecedarsportland.org](http://www.thecedarsportland.org)

**Eligibility:**

**Notes:** At The Cedars, we believe that people with memory loss have the ability to lead rich lives and make meaningful contributions to their community. Mindful Connections can help. Our active, forward-thinking therapies, rooted in latest cognitive scientific research and customized for unique life experiences and personal preferences, support individuals as they learn ways to live safely at home and make the most of every moment.

Our Specialized Services: Each Mindful Connections participant receives a thorough evaluation from an experienced Occupational Therapist with a strong background in working with people who are living with dementia. The Occupational Therapists at The Cedars practice the Teepa Snow Positive Approach to Care, and the coordinator of the program is a certified Dementia Care Practitioner. Assessments include in-depth interviews with family members and caregivers, standard evaluation tools, and skilled personal observation to determine the level of assistance each participant will need to live productively in their community.

Wellness Group: A gathering of a small group of seniors and their Certified Dementia Practitioner with expertise in therapeutic recreation takes place three days per week from for four hours each day. Participants join together for specialized exercise, engage in activities to preserve cognition and spark purpose and pleasure, and social interactions that forge real friendships.

Active Rehabilitation: In some cases, short term rehabilitation with certified occupational, physical or speech therapists may be recommended to provide strategies for increased engagement in daily activities and physical rehabilitation.

Now accepting new participants for the Monday, Wednesday, Friday session from 10AM – 2 PM, lunch included. For more information, call 221-7000, extension #1456.

## Provider List - Adult Day Centers - Cumberland & York Counties

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### The Gathering Place

**Contact:**

**Phones:** (207) 439-6111 [Business]\*

**Last Updated:** 05/16/2024 1:13:49PM

**Last Reviewed:** 05/16/2024

**Address:** [Business]\*  
518 Route One  
Kittery, ME 03904 (York county)

**Web Site:**

**Eligibility:**

**Notes:**

The Gathering Place is an adult social day center where members have the opportunity to socialize, make new friends, enjoy peer support and do activities, in a stimulating and supportive environment that promotes better physical and mental health. Dedicated to serving seniors who need assistance with daily living while enjoying the company of peers and enriching activities. Members regularly enjoy music, arts and entertainment, and are quick make friends. The Gathering place offers socializing over a cup of tea, exercise classes, outings, and more. Our caring staff is dedicated to making your time with us enjoyable while assisting to your daily care needs that may arise. The Gathering Place provides a comfortable, home-like atmosphere which is relaxing, welcoming, and social and intellectually enriching. The number of days chosen for your loved one is as open as you need it to be. Monday through Friday from 10:00 am to 3:00 pm. Members may come any number of days per week.

Please call for current fees and more information and or to arrange a tour of the facility.