

## Provider List - Assisted Living - Cumberland County

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### Avita of Stroudwater

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**Contact:**

**Last Updated:** 07/29/2025 1:16:55PM

**Last Reviewed:** 07/29/2025

**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.

### Bay Square at Yarmouth

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**Contact:**

**Last Updated:** 12/11/2024 11:23:00AM

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

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

**Address:** [Business]\*

27 Forest Falls Drive  
Yarmouth, ME 04096 (Cumberland county)

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

**Eligibility:**

**Notes:**

Bay Square is a licensed Assisted Living Program with studio, 1BR and 2BR apartments. The monthly fee includes rent, utilities (except phone and cable television), use of common areas and a base package of personal care, 3 meals a day, housekeeping, transportation. They also offer social, educational, and cultural activities. Additional services are available for a fee. Bay Square provides enhanced care and 2 person assist if needed.

Bay Square at Yarmouth is also a memory care community designed to fit the needs of residents with Alzheimer's memory loss, or other forms of dementia.

Respite Care is also available.

## Provider List - Assisted Living - Cumberland County

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### Bella Point Bridgton

**Contact:**

**Last Updated:** 04/04/2024 3:39:59PM

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

**Phones:** (207) 647-8821 [Business]

**Address:** [Business]\*  
186 Portland Road  
Bridgton, ME 04009 (Cumberland county)

**Web Site:** [www.dltchealthcare.com/bella-point-bridgton/](http://www.dltchealthcare.com/bella-point-bridgton/)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Bella Point Bridgton is a residential care facility in a beautiful country like setting. 57 residents can reside in this spacious home-like setting with a fish tank, large dining room, several outdoor spaces and many living rooms. Most of the double rooms are quite large and allow for residents bringing their personal belongings from home. Provide Local transportation; Dietary services; Housekeeping; Laundry; Activities.

### Bella Point Freeport

**Contact:**

**Last Updated:** 03/21/2024 3:05:29PM

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

**Phones:** (207) 865-4713 [Business]\*

**Address:** [Business]\*  
3 East Street  
Freeport, ME 04032 (Cumberland county)

**Web Site:** [www.dltchealthcare.com/bella-point-freeport/](http://www.dltchealthcare.com/bella-point-freeport/)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Nestled in a quaint wooded area in picturesque Freeport, Maine, we offer a peaceful setting perfect for seniors. Our three-level facility consists of 60 Assisted Living beds. There are 8 private rooms and 26 double rooms, they are nicely decorated and very comfortable.

## Provider List - Assisted Living - Cumberland County

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### Birchwoods at Canco

**Contact:**

**Phones:** (207) 772-1080 [Business]\*

**Last Updated:** 11/06/2024 1:17:30PM

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

**Address:** [Business]\*  
86 Holiday Drive  
Portland, ME 04103 (Cumberland county)

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

**Eligibility:**

**Notes:** At Birchwoods at Canco Senior Living we acknowledge that every individual requires different levels of care at varying points of their lives. We are dedicated to providing specialized care specifically tailored to each resident's unique needs throughout the aging experience. Our levels of care include assisted living, and Respite Care.

Activities include shopping trips, sightseeing drives and dining at favorite restaurants. Friends and family are a part of our community and are always welcome. Everyday living is made easier, so residents will enjoy a life full of recreation, fine dining, and friends in a relaxing and carefree environment.

Sinceri Senior Living communities offer engaging and personalized care focused on the uniqueness of each resident and provide services best suited to their individual needs. We offer assistance with activities of daily living such as bathing, dressing and supervision of personal medications. Offers a full range of opportunities for socializing and companionship on a daily basis. Our activities and amenities include: Licensed nurse on site; 24-hour licensed supervision; Guest services; Medication services; Balanced Meals and Special Diets; Snacks Included; All utilities other than phone; Leisure activities 7 days a week; Full-service beauty salon.

## Provider List - Assisted Living - Cumberland County

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### Cape Memory Care

**Contact:**

**Phones:** (207) 553-9616 [Business]\*

**Last Updated:** 11/14/2024 10:59:51AM

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

**Address:** [Business]\*

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

126 Scott Dyer Road

Cape Elizabeth, ME 04107 (Cumberland county)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:**

Cape Memory Care was constructed in 2010 to meet the growing need for high-quality memory care in the greater Portland area. Located in the beautiful and historic town of Cape Elizabeth, this gracious and comfortable environment for living was designed specifically for individuals living with Alzheimer's disease, dementia or other related memory impairments.

Thoughtfully designed, our memory care community offers family members peace of mind that their loved one is in a secure and comforting environment. Cape Memory Care features elegant architecture, interior decoration, and furnishings unmatched by other senior care communities in the area. We have drawn from our own experience and incorporated the most successful concepts in memory loss care to create the physical environment, services, amenities, and activities program.

Features: 72-bed memory care community featuring both private and shared rooms; Private pay or MaineCare accepted; Secured environment for living; Personalized plans of care; Specially trained and carefully selected staff available 24/7.

### Casco Inn Residential Care Facility

**Contact:**

**Phones:** (207) 627-6054 [Fax],

**Last Updated:** 03/21/2024 3:25:15PM

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

**Address:** [Business]\*

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

434 Roosevelt Trail

Casco, ME 04015 (Cumberland county)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:**

The Casco Inn is a 39 resident assisted living facility for the elderly. Our goal is to provide our residents with a comfortable home environment where they can be as independent and active as possible.

At The Casco Inn, beautiful outdoor areas abound. Sit and visit with friends, read a book, or simply enjoy the fresh air and sounds of nature. Our facility has private and semi-private rooms, a lovely screened in porch as well as two outdoor patios furnished for your comfort. Our Activity Program is active 6 days a week. Common activities include bingo, pet therapy, karaoke, cooking, musical entertainment and a daily exercise program.

The Casco Inn is visited weekly by Dr. Carl Schuler and podiatrist Robert Taylor. There is also a on-site beauty parlor and barber shop.

## Provider List - Assisted Living - Cumberland County

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### Country Village Assisted Living

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**Contact:**

**Last Updated:** 04/03/2024 10:17:55AM

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

**Phones:** (207) 627-7111 [Business]\*,  
(207) 627-7505 [Fax]

**Address:** [Business]\*  
960 Meadow Road  
Route 121  
Casco, ME 04015 (Cumberland county)

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

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Country Village Assisted Living has been established for over 30 years with the mission of providing high quality, person-centered care for our residents in a homelike environment. We are proud to be a Maine-based, family owned and operated residential care home providing various levels of assistance to the senior citizens in our community.

Programs and Services: ?Private and Semi-Private Rooms; Medicaid beds available; Licensed nursing personnel available 24 hours; Qualified staffing 24 hours per day, 7 days a week; Medical, Physical, and Social resources; "Home-cooked" meals, alternatives available to personal preference; Daily calendar/activity schedule posted monthly; Social outings and special events; Beauty and styling salon in house, beautician available weekly; Stair chair; Housekeeping and laundry service by staff; Adult daycare/Respite care; Living areas with cable TV, telephones, and WIFI; Private cable/phones available at own cost. Respite may be available, contact facility directly for more information and details.

Physical Disability Support - Arthritis, physical disabilities, and age-related conditions are some of the few circumstances that prevent individuals from caring for themselves. Our caregivers can assist you with daily tasks such as mobility, eating, exercising, and grooming.

Care for Dementia Patients - Our experienced and highly trained caregivers provide the highest quality of care to both patients and their families. Our goal is to help individuals and their loved ones live happy and fulfilling lives. In a secure facility but have access to a wander guard system.

## Provider List - Assisted Living - Cumberland County

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### Fallbrook Woods

**Contact:**

**Last Updated:** 04/03/2024 10:21:47AM

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

**Phones:** (207) 878-0788 [Business]\*,  
(207) 878-7734 [Fax]

**Address:** [Business]  
60 Merrymeeting Drive  
Portland, ME 04103 (Cumberland county)

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

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Fallbrook Woods provides individuals in need of memory support a life-enriching, secured environment, surrounded by compassionate and dedicated health-care professionals. All staff — including those in housekeeping, maintenance and dietary — are trained in how to relate to those with memory impairment. This training includes how to engage, redirect and nurture in a positive direction.

A Life Enrichment program, specialized for those with memory impairment, runs seven days a week, and into the evening. The program focuses on enabling the resident to be and feel successful by setting reachable goals and allowing them to lend a helping hand, if they choose. Each activity is specifically planned for the enjoyment of people living with dementia, we create our programs with a "failure-free" philosophy that respects each person's interests and abilities. In addition to scheduled activities, our staff provides a variety of small group and one-on-one Life Enrichment support throughout the day and often into the evening hours.

Short-Term Stays - Fallbrook Woods is pleased to offer the same top-notch care and amenities we have for permanent residents to those who just need a place to stay for the short-term. We charge a single daily rate, and provide all meals, laundry, housekeeping and care. A minimum of 3 week stay required. Contact facility directly for more information and details.

## Provider List - Assisted Living - Cumberland County

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### First Atlantic: Freeport Place

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**Contact:**

**Phones:** (207) 865-3500 [Business]\*

**Last Updated:** 03/22/2024 9:05:49AM

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

**Address:** [Business]\*  
4 Old County Road  
Freeport, ME 04032 (Cumberland county)

**Web Site:** [www.freeport-place.com/](http://www.freeport-place.com/)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Freeport Place is an assisted living facility for 30 residents and provides an environment that allows each resident achieve their highest level of independence. All the routines and comforts of home are in place with professional support available 24 hours a day. Our team works with you and your family to develop individualized goals and treatment programs appropriate to your care needs. Professional rehabilitation services can also be made available. Care plans are developed which monitor progress and measure outcomes for clinical care and socialization.

Professional Services include: Primary Nursing – Consistent Assignment; Resident Care Director; Patient/Family Support and Education; Registered Nurse Consultant; Meals Customized for Needs/Preferences; Personal Care Attendants; Medication Supervision and Management;

Routine Health Status Assessments by Registered Nurses; Individualized Care Planning; Transportation Arranged for Outside Physician Visits; Optional Vegetarian Menu; Physician Oversight; Pharmacy Services.

## Provider List - Assisted Living - Cumberland County

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### First Atlantic: Hawthorne House

**Contact:**

**Phones:** (207) 865-4782 [Business]\*

**Last Updated:** 04/05/2024 11:26:59AM

**Last Reviewed:** 04/05/2024

**Address:** [Business]\*  
6 Old County Road  
Freeport, ME 04032 (Cumberland county)

**Web Site:** [www.hawthorne-healthcare.com/](http://www.hawthorne-healthcare.com/)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Hawthorne House provides Skilled Nursing Care, Skilled Rehabilitation, Memory-impaired Living and Assisted Living

Nursing Care - Hawthorne House has designed an environment that allows each person the ability to be as independent as possible. All the routines and comforts of daily living are in place, with professional nursing support 24 hours a day. Our professional staff include the following: Licensed Administrator; On-call Medical Director; Licensed Social Worker; 24 Hour Licensed Nursing Staff; Certified Nursing Assistants; Certified Activities Director; Certified Food Service Director; Registered Dietician Consultant; Consultant Pharmacist.

Rehabilitation Services -Hawthorne House's rehabilitation services are coordinated with your physician and our therapists. Every recovery program is specific to each person and designed to meet their unique and individual goals.

Special Care Unit: Memory Care offers Family style dining; Enclosed and secure courtyard with gardens; Music & Memory Program Therapy; Reminiscence therapy; Specialized trained staff; Specialized activities.

Specialty Care Unit: Geri-psych; Private rooms; Activities; NAPPI trained staff; Cooking groups; Secure and enclosed courtyard; Psychiatric care team.

Other Services offered: Respite care; Hospice care; Spiritual services; Beautician and barbering services; Podiatry services; Wound care services. Plus a special wandering monitoring system provided for the safety of our residents.



## Provider List - Assisted Living - Cumberland County

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### Gorham House: SeniorLifestyle

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**Contact:**

**Last Updated:** 11/14/2024 11:02:17AM

**Last Reviewed:** 04/23/2024

**Phones:** (207) 839-5757 [Business]\*,  
(207) 839-8263 [Fax]

**Address:** [Business]\*  
50 New Portland Road  
Gorham, ME 04038 (Cumberland county)

**Web Site:** [www.seniorlifestyle.com/property/maine/gorham-house/](http://www.seniorlifestyle.com/property/maine/gorham-house/)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Gorham House offers Independent Living, Assisted Living, Nursing Services (Skilled/Rehabilitation, Nursing Home Care, Comfort Care) and Memory Impaired care options.

\*\*Not all communities at Gorham House accept Mainecare, see each community for more information.

The Independent Living communities at The Gorham House are apartment homes with access to professional team members, dining services, and other convenient amenities.

\*\*PRIVATE PAY only, please call for current fee structure.

Assisted Living at the Gorham House for older adults with a need for assistance with daily activities, who want freedom from difficult home maintenance and chores, want more opportunities to enjoy life, socialize, and learn. Older adults who need daily assistance with household chores or personal care can benefit from the service offered in the Assisted Living communities.

\*\*PRIVATE PAY only, please call for rates.

Memory Care, 8 private and 20 semi-private apartments for people who have Alzheimer's or other related dementia. It is a totally secure unit that is carefully monitored by fully trained licensed staff. Therapeutic activities for the memory impaired are part of the program. Eligibility: Diagnosis of dementia and in need of a secured unit; must qualify for assisted living.

Please call for more information and current costs.

\*\*Private pay required for 2 years before MaineCare accepted.

Windsor Common is a Skilled Rehab unit (20 beds) and fully Licensed Nursing Home (32 beds).

Residents of Gorham House get priority placement in the skilled unit when needed. The focus is on short term rehabilitation. In addition to Occupational, Speech and Physical therapy services, the skilled unit also provides terminal care, pain management, wound care, oxygen therapy, diabetic training, and assistance with discharge planning. Nursing Home Care is provided in fully furnished private and double rooms. This unit is designed to care for people with limited physical mobility.

\*\*Accepts Mainecare.

Gorham House also has a 17 bed geropsychiatric nursing facility, with both skilled nursing and intermediate care beds. The facility specializes in caring for patients who have a second diagnosis of mental illness. This nursing facility is specifically for individuals who have been diagnosed with a psychiatric illness.

\*\*Referrals must be from Maine DHHS.

For more information call or visit <https://www.seniorlifestyle.com/property/maine/gorham-house/>

## Provider List - Assisted Living - Cumberland County

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### Inn at Village Square

**Contact:**

**Last Updated:** 03/22/2024 9:20:38AM

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

**Phones:** (207) 839-5101 [Business]\*

**Address:** [Business]\*  
123 School Street  
Gorham, ME 04038 (Cumberland county)

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

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Inn at Village Square, managed by Avesta Housing, has been providing Assisted Living services since 1999. The Inn is licensed for 37 residents, ensures that seniors 62 and older who find it difficult to live unassisted in their own residence can enjoy their independence while also being afforded the luxury of individual attention, incredible meals, and engaging activities in a safe, secure, and friendly environment. There is a dining room, activity room for social functions, comfortably furnished common areas, an on-site salon/barbershop, and outdoor patios and a garden. Services included in the rates are 3 meals daily, medication administration, personal care assistance, housekeeping and laundry, 24-hour staffing with RN supervision, an emergency call system, and transportation for medical appointments. Inn at Village Square is not licensed for dementia care. Short term respite care can be arranged depending upon bed availability. Please call to confirm daily rate, for more information, and/or an application.

### Island Commons Assisted Living

**Contact:**

**Last Updated:** 05/16/2025 11:32:29AM

**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 accommodate two additional adults each day for health monitoring, respite 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 - Assisted Living - Cumberland County

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### Maine Veterans Home: Scarborough

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**Contact:**

**Last Updated:** 11/14/2024 11:09:11AM

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

**Phones:** (207) 883-7184 [Business],  
(800) 278-9494 [Toll-Free]\*

**Address:** [Business]\*  
290 US Route 1  
Scarborough, ME 04074 (Cumberland county)

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

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** The Maine Veterans' Home in Scarborough have 120 beds providing long term care, short term skilled nursing care, memory care, rehabilitation and therapy services. 30 beds for assisted living residential care for those in the early stages of dementia; Respite care; On-site Medical Director and Physician Services; 24-hour RN coverage; Clinical site for educational and training programs. MVH has a team of highly skilled healthcare professionals, trained specifically to care for the physical and emotional needs of Veterans. Offer individualized care plans for each resident integrating nursing care, rehab & therapies, and recreational activities.

### Oceanview at Falmouth

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**Contact:**

**Last Updated:** 04/03/2024 10:25:25AM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 781-4460 [Business]\*,  
(207) 781-4621 [Business]

**Address:** [Business]\*  
20 Blueberry Lane  
Falmouth, ME 04105 (Cumberland county)

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

**Eligibility:**

**Notes:** The OceanView campus for ages 55+ includes Independent Living options in cottage residences or apartments, as well as Assisted living and Memory Care. Please call for more information and the application process details including current fee structure. For independent community please call 207-781-4460 and for assisted living or memory care residence, please call 207-781-4621. Respite/short-term stays may be available on Memory Care and Assisted Living, contact facility directly for more information and details.

Falmouth House offers a vibrant community to help seniors live life to the fullest, while providing daily assistance. Residents of OceanView have priority access to Falmouth House, where each individual is actively involved in their own personalized care plan, delivered by certified staff and supervised by licensed professional nurses 24-hours a day. Private apartments, sitting areas, libraries, dining and activity rooms with access to gardens. The Life Enrichment Program offers a wide variety of stimulating options. Designed to increase each resident's intellectual, physical, spiritual and social well-being, Chef-prepared meals are provided each day, along with medication management and discreet personal assistance with activities of daily living, as needed.

Legacy Memory Care at OceanView provides a uniquely designed, secure community for individuals with memory loss and dementia. Our person-centered focus ensures that every resident enjoys meaningful life experiences and the feeling of success every day. With 29 private apartments, this secure, state-of-the-art memory care residence designed to provide implicit cues to areas of activity through the special use of architecture and color. Habilitation Therapy Programming enriches the quality of life of our residents.

## Provider List - Assisted Living - Cumberland County

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### One Willow Manor Assisted Living Facility

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**Contact:**

**Phones:** (207) 799-2615 [Business]\*

**Last Updated:** 03/26/2024 11:57:57AM

**Last Reviewed:** 03/26/2024

**Address:** [Business]\*  
97 School Street  
South Portland, ME 04106 (Cumberland county)

**Web Site:**

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** One Willow Manor is a small, family operated assisted living facility with 6 beds. Services include 24 hour supervision, 3 meals/day, personal care assistance, laundry, housekeeping, and medication dispensing. The facility strives to maintain a home-like atmosphere. They cannot accommodate residents with wheelchairs. Please call for more information, a tour, or an appointment ask for Cindy.

## Provider List - Assisted Living - Cumberland County

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### Piper Shores

**Contact:**

**Last Updated:** 04/03/2024 10:27:20AM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 883-8700 [Main]\*,  
(888) 333-8711 [Toll-Free]

**Address:** [Business]\*  
15 Piper Road  
Scarborough, ME 04074 (Cumberland county)

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

### Eligibility:

**Notes:**

Piper Shores is a lifecare retirement community that provides residents with the peace of mind knowing that lifecare combines all the advantages of independent living plus priority access to onsite assisted living and skilled nursing care, if needed. Lifecare at Piper Shores also means that you will always have a predictable monthly payment for assisted living and nursing home care.

Independent living apartments located in the Oceanside Campus overlooking Casco Bay offers a café, dining room health clinic, library, convenience store, or cocktail lounge. Features sixteen different styles to fit any residents' needs. Ranging from studios and one-bedrooms units to two- bedroom units with a den.

The Meadows independent living cottages at Piper Shores' are ideal for those transitioning from private homes to life in an active retirement community. Privately situated in a lovely wooded grove a short stroll from Oceanside's main building. Features full kitchens, vaulted ceilings, fireplace, garage, ample storage space, sunrooms, private terraces, and daylight basements.

Assisted living residences at Holbrook feature private one-bedroom apartments. Personal care, therapy coordination, transportation scheduling, housekeeping and laundry services are all provided. Respite may be available, contact facility directly for more information and details.

Holbrook's Wayland House Memory Care offers the secure environment. Our PersonFirst® approach to memory care focuses attention on the individual needs, personality, and desires of each of our residents. Respite currently not available on Memory Care.

Holbrook Skilled Nursing offers private rooms for short-term rehabilitation, respite care and long-term nursing care. All rooms are presently available on a first come, first served basis, with Piper Shores residents receiving first priority. Dually certified by the State of Maine, Holbrook welcomes both private pay and Medicare patients, accept direct admissions, and offers competitive rates.

Please call for more information about Piper Shores, current availability and fee structure.

## Provider List - Assisted Living - Cumberland County

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### Portland Center for Assisted Living

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**Contact:**

**Last Updated:** 03/26/2024 12:08:49PM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 772-3230 [Fax],  
(207) 772-2893 [Business]\*

**Address:** [Business]\*  
68 Devonshire Street  
Portland, ME 04103 (Cumberland county)

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

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Located in the heart of Maine's largest city, Portland Center for Assisted Living provides accommodations for 170 Residents, including 28 secure living spaces for those who are memory impaired. Devonshire Place at PCAL recognizes the unique needs of individuals with memory loss. We believe in the dignity of those we serve by recognizing their physical, emotional and spiritual needs. We strive to assist every individual to achieve their highest level of well being with a tailored atmosphere allowing them to flourish.

The rooms are fully furnished, but residents are welcome to bring personal belongings. Services included in the rates are housekeeping, laundry services, medication administration, 3 meals/day, snacks available anytime, limited assistance with bathing and dressing, and transportation to medical appointments and recreational activities. Please call for an informational packet and/or a tour of the facility. Mainecare accepted.

### Prince Point

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**Contact:**

**Last Updated:** 04/04/2024 9:20:06AM

**Last Reviewed:** 04/04/2024

**Phones:** (207) 781-4714 [Business]\*,  
(207) 781-8201 [Other]

**Address:** [Residence]\*  
191 Foreside Rd  
Falmouth, ME 04105 (Cumberland county)

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

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Prince Point is an 84 bed residential care facility in Falmouth, Maine. Prince Point is located just minutes from downtown Falmouth, Portland and surrounding suburbs. Provides assisted living, with medical care under the direction of the resident's attending physician. We provide: 24-hour staffing, Medication Administration, care planning, local transportation, Dietary services, Housekeeping, Laundry, Activities. They do not offer Memory care or respite at this time. They will accept Mainecare with no private pay requirement.

## Provider List - Assisted Living - Cumberland County

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### Scarborough Terrace

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**Contact:**

**Phones:** (207) 503-4133 [Business]\*

**Last Updated:** 03/26/2024 12:15:36PM

**Last Reviewed:** 03/26/2024

**Address:** [Business]\*

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

600 Commerce Drive

Scarborough, ME 04074 (Cumberland county)

**Eligibility:**

**Notes:**

Scarborough, Terrace is a senior living community offers a range of living options to provide as much or as little assistance as you need. Choose from Assisted Living, Memory Care, and Respite Care, to get the right level of support from our caring, expert team. We are committed to serving our residents in a way that provides comfort and fulfillment.

Scarborough Terrace offers studio, 1BR and 2BR suites and offers residents a full complement of supportive services and amenities including social, cultural, and educational activities. Services include 3 meals/day, transportation for medical appointments, laundry, housekeeping and emergency response systems.

There is a 24/7 staff of nursing assistants, coordinated by a registered nurse, to help with personal care and medication management. Respite care is available (reservations are accepted) for seniors when their families are away or they need a break from their routine. Scarborough Terrace also provides accommodations on a short-term basis for seniors requiring recovery time from a fall, surgery or an illness. Please call to arrange a tour, interview for admission, and/or to discuss respite suite availability.

## Provider List - Assisted Living - Cumberland County

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### Scarborough Terrace Memory Program

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**Contact:**

**Phones:** (207) 503-4133 [Business]\*

**Last Updated:** 03/26/2024 12:15:17PM

**Last Reviewed:** 03/26/2024

**Address:** [Business]\*  
600 Commerce Drive  
Scarborough, ME 04074 (Cumberland county)

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

**Eligibility:** Other - See Notes

**Notes:** The Rose Garden—with its cozy, light-filled and intimate setting—is home to our specialized memory care program available to residents with Alzheimer's, dementia, and other forms of memory loss. Every resident is cared for by our compassionate, skilled team of professionals with many years of knowledge and experience. Our memory care program is much smaller than others in the area, so our residents receive very personalized attention and enjoy home-like intimacy.

At Scarborough Terrace, our program of dedicated life-enhancing support for memory care residents includes: A team of care professionals devoted to providing 24-hour resident assistance; A higher staff to resident ratio ensuring individualized care; A calming environment, using validation techniques and established routines; Activities designed to stimulate memory and the senses, and to foster enjoyment of life; Life skill activities to encourage involvement in daily living tasks; Individualized programs to stimulate previous interests and promote wellbeing; Wellness and exercise programs to maintain physical abilities; Nutritious meals catering to individual needs and choices; Secure indoor and outdoor environments that protect against wander risk, while also allowing for supervised access to the property's other services and amenities as appropriate; Ongoing communication with residents, families, and professional team members to carry out an individualized plan of care.



## Provider List - Assisted Living - Cumberland County

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### Seventy Five State Street

**Contact:**

**Last Updated:** 03/26/2024 12:21:58PM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 618-8775 [Business Fax],  
(207) 775-7775 x 2224 [Business]\*

**Address:** [Business]\*  
75 State Street  
Portland, ME 04101 (Cumberland county)

**Web Site:** [www.75statestreet.org](http://www.75statestreet.org)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** 75 State Street is a nonprofit senior community offering a continuum of care that includes Independent Living and Assisted Living. Our mission is to promote the independence, dignity, and individuality of older people of all financial abilities by offering supportive programs and services in an urban, residential setting. We provide a wide variety of amenities and services tailored for residents living independently and residents needing additional assistance.

Independent Living offers a safe, supportive environment where you can age in place. Offers: Varied rental units ranging from studios to spacious 1,300 square foot two-bedroom apartments; Designated parking spaces; Daily activities, fitness, and wellness programs; 24-hour emergency response.

The Assisted Living service package is all-inclusive, with all the needed care for one set price. Our medical staff can be involved in all aspects of your health and well being, while our care team can assist you with all of your activities of daily living. 75 State Street is a MaineCare eligible community. Offering: Private studios, suites and one bedroom rental units; 24-hour healthcare staff for assistance and emergency response; Three restaurant-style meals per day; Daily community engagement activities.

Call for more information and rates.

### Stroudwater Lodge

**Contact:**

**Last Updated:** 12/17/2024 2:42:35PM

**Last Reviewed:** 12/17/2024

**Phones:** (207) 854-8333 [Business]\*

**Address:** [Business]\*  
116 Landing Road  
Westbrook, ME 04092 (Cumberland county)

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

**Eligibility:**

**Notes:** Specializing in Independent and Assisted Living, Stroudwater Lodge provides an exceptional lifestyle experience – one where you will find secure, supportive services and the social atmosphere you need and want without giving up the traditions and independence you cherish.

## Provider List - Assisted Living - Cumberland County

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### The Cedars

**Contact:**

**Last Updated:** 03/26/2024 12:22:48PM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 221-7000 [Main]\*,  
(207) 772-6038 [Fax],  
(207) 772-5456 [Business]

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

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

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** The Cedars offers independent living, assisted living, Memory Care, rehabilitation and Nursing/skilled care options  
\*\*\*Long Term Care Mainecare is ONLY accepted at the Nursing/skilled care level.

The Atrium is the 61 unit independent living community. Housekeeping, linen service, maintenance, choice of meal plan, and optional social, and recreational programs are included in the monthly fee. Pets, including indoor cats and small dogs, are allowed with permission. \*\*Private pay, please call FMI and for current fee structure - independent living requires an entrance fee.

Assisted living at The Osher offers the privacy of your own apartment while providing personal support when you need it. Our staff will help you with activities like bathing, dressing and taking your medications – all under the supervision of a registered nurse. With three nutritious meals daily, a calendar of programs and events, housekeeping and laundry services. \*\*Assisted Living is private pay, please call FMI and for current fee structure.

On-site nursing is available at the Rehabilitation Center and the Skilled Care Center at the Cedars. Mainecare is accepted in the Skilled Care Center.

The Sam L. Cohen Households at The Cedars, offering Memory Care Assisted Living and Long-term, Skilled Nursing Care are like nothing Maine's older adults have seen before. Welcoming private rooms and baths. Cozy and comfortable common spaces. Innovative programs and therapies. \*\*Private pay, please call FMI and for current fee structure.

Cedars also offers fine dining take-out Kosher meals. Meal items available correspond with the menu items available to Cedars' Nursing Home residents. Please call dietary department 772-5456 to order meal(s) 2 days in advance, FMI, and to confirm costs. Meals are picked up at the reception desk and are paid for when picked up.

## Provider List - Assisted Living - Cumberland County

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### The Enclave of Scarborough

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**Contact:**

**Phones:** (888) 240-7198 [Business]

**Last Updated:** 11/14/2024 10:45:35AM

**Last Reviewed:** 11/14/2024

**Address:** [Business]\*  
18 Black Point Rd  
Scarborough, ME 04074 (Cumberland county)

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

**Eligibility:**

**Notes:** The Enclave of Scarborough is a stately senior living community offering assisted living and memory care.

Lilac Trace Memory Care Neighborhoods- daily acuity programs are personalized to your loved one's cognitive and physical abilities, helping them flourish in our Lilac Trace Neighborhood. They will maintain their sense of self, contribute actively, and engage in meaningful social roles. Building from research-backed care philosophies, we help residents with cognitive and memory conditions like Alzheimer's disease and other forms of dementia live life with dignity and a sense of belonging. Each Lilac Trace team is led by Certified Dementia Practitioners (CDP).

Respite care, also known as short-term stays, is a period of temporary accommodation that offers a relief to caregivers. Respite care is tailored to individual needs, providing a unique opportunity for short-term visitors to receive the same high-quality care as our permanent residents. Contact facility directly for more information and details.

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**Provider List - Assisted Living - Cumberland County**

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**The Grande at South Portland**

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**Contact:****Last Updated:** 11/14/2024 10:41:26AM**Last Reviewed:** 03/21/2024**Phones:**(207) 900-1067 [Business]\*,  
(888) 202-0640 [Toll free out]**Address:**[Residence]\*  
25 Country Club Rd  
South Portland, ME 04106 (Cumberland county)**Web Site:**[www.grandeatsouthportland.com](http://www.grandeatsouthportland.com)**Eligibility:****Notes:**

Bridge Senior Living has been proudly serving the residents of South Portland at their sister community, The Enclave at Scarborough, since 2019.

Offers Assisted living and personal care are for those who need extra help managing day-to-day living. Highly professional, highly compassionate, certified care. Their Wellness Impact program showcases their commitment to care, collaboration, and technology. It starts with a personal care plan and provides comprehensive care with the type of features you want and deserve: Assistance with personal needs: dressing, bathing, and personal care, Medication management, In-house pharmacy, In-house therapy, Health care coordination with your personal health care providers, Electronic medication administration and electronic health records.

Lilac Trace Memory Care Neighborhoods: Each Lilac Trace team is led by Certified Dementia Practitioners (CDP) who go above and beyond to make every moment special for our residents. They offer daily acuity programs personalized to your loved one's cognitive and physical abilities, helping them flourish in our Lilac Trace Neighborhood. They will maintain their sense of self, contribute actively, and engage in meaningful social roles. With a diverse calendar of events, we promote a psychosocial and active lifestyles, incorporating social, education, nutritional, emotional, and spiritual expressions. Building from research-backed care philosophies, we help residents with cognitive and memory conditions like Alzheimer's disease and other forms of dementia live life with dignity and a sense of belonging.

**The Heron House**

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**Contact:****Last Updated:** 03/26/2024 11:15:19AM**Last Reviewed:** 03/26/2024**Phones:**

(207) 781-2408 [Business]\*

**Address:**[Business]\*  
92 US Route 1  
Cumberland Foreside, ME 04110 (Cumberland county)**Web Site:**[www.heronhousemaine.com](http://www.heronhousemaine.com)**Eligibility:****Notes:**

The Heron House is family owned and operated. The Heron House has 23 private rooms, each with its own 1/2 bathroom; the facility is all on a single level. Services offered: 24/7 care support; Home cooked meals; Medication and treatment management; Memory care; Daily social programs; Daily housekeeping; Laundry services; Household maintenance; In-home physician services; In-home rehab services; On-site beauty salon; End of life care. Respite care can be arranged if there are vacant beds. Please call for more information about admission, including respite care; may tour the facility any at time.

## Provider List - Assisted Living - Cumberland County

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### The Landing at Cape Elizabeth

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**Contact:**

**Last Updated:** 07/29/2025 1:20:20PM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 799-7332 [Business]\*,  
(207) 799-7334 [Business Fax]

**Address:** [Business]\*  
78 Scott Dyer Road  
Cape Elizabeth, ME 04107 (Cumberland county)

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

**Eligibility:**

**Notes:** The Landing offers independent and assisted living services. Services offered: Three Delicious Meals served in the Marshview Dining Room; Social Engagement Programming 7 Days a Week; Housekeeping and Linen Services; Scheduled Transportation; Short-Stay Respite Program.

Additional Assisted Living Services: 24-Hour Personal Care Services; Nursing Services Onsite or On Call 24/7; Medication Administration; Independent & Assisted Living Features; Private Studio, One- and Two-Bedroom Apartments; Sun-Filled Common Areas Throughout the Building; Comfortable Outdoor Spaces Such as Courtyards and Patios; The Salty Dog Pub; The Landing Place Gardens.

Offering Inspired Life which a Lifestyle and Activities Program for our residents at The Landing at Cape Elizabeth. is a signature comprehensive activity program that encompasses new experiences and enriches old favorites. The program is thoughtfully designed to allow our residents to enjoy a full and purposeful life. The goal of Inspired Lif is to provide predictable, balanced programs that incorporate the latest research in holistic living environments an socially purposeful activities to create a feeling of wellbeing in seniors. It is a mix of active and sedentary, familiar and new, comfortable, and challenging. Program.

### The Mooring at the Downs

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**Contact:**

**Last Updated:** 11/14/2024 10:43:17AM

**Last Reviewed:** 11/14/2024

**Phones:** (207) 303-8754 [Business]\*

**Address:** [Residence]\*  
7 Mill Commons Dr  
Scarborough, ME 04074 (Cumberland county)

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

**Eligibility:**

**Notes:** Situated in one of Scarborough's newest neighborhoods, The Mooring at The Downs is at the heart of everything Southern Maine has to offer. Designed to serve the specific needs of individuals living with dementia, Alzheimer's Disease and other forms of progressive memory loss.

The Mooring sets new standards for assisted living – going far beyond traditional institutional care and nursing home models. At The Mooring, housemates experience customized, resident-centric care in a home-like setting – with programming that leverages cognitive strengths, preserves autonomy and respects individuality.

## Provider List - Assisted Living - Cumberland County

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### The Mooring on Foreside

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**Contact:**

**Last Updated:** 11/14/2024 10:44:16AM

**Last Reviewed:** 11/14/2024

**Phones:** (207) 489-9614 [Business]\*

**Address:** [Residence]\*  
301 Route One  
Cumberland Foreside, ME 04110 (Cumberland county)

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

**Eligibility:**

**Notes:** The Mooring on Foreside was designed to serve the specific needs of those suffering with dementia, Alzheimer's Disease and other forms of progressive memory loss. The Mooring transcends traditional institutional care and nursing home models, providing customized resident-centric care, with programming designed to leverage cognitive strengths, preserve autonomy and respect individuality.

The Mooring on Foreside represents the evolution of specialized assisted living: a purpose-designed solution for individuals living with progressive memory loss. Developed over the course of a decade by an experienced team of memory care consultants, every aspect of The Mooring represents a best practice observed or envisioned and tailored to the needs of memory care clients – including those with Alzheimer's disease and other forms of progressive dementia – seeking responsive, specialized care.

### The Park Danforth: Clark's Terrace

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**Contact:**

**Last Updated:** 03/26/2024 12:28:57PM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 797-7710 [Business]\*,  
(207) 878-9543 [Business Fax]

**Address:** [Business]\*  
777 Stevens Avenue  
Portland, ME 04103 (Cumberland county)

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

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Clark's Terrace is an assisted living program with 36 standard and deluxe studio suites, each featuring a kitchenette, private bath, and emergency call system. The standard service package includes: three meals/day, social activity program, service coordination, housekeeping, 24/7 personal care staff, transportation to grocery and medical appointments, nutritional counseling, medication supervision and administration, personal care services, nursing supervision of health issues, personal laundry service. There are daily activities scheduled such as Bingo, bowling, shopping and entertainment trips. Please call or visit the website for current rates, more information, to arrange a tour, and for an application.

Note: Currently there is a short waiting list for private pay applicants. For those applying under the MaineCare long term care program, there is a waiting list of approximately three or more years.

## Provider List - Assisted Living - Cumberland County

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### Woodlands Memory Care of Bridgton

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**Contact:**

**Last Updated:** 03/26/2024 11:44:38AM

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

**Phones:** (207) 803-6615 [Business]\*,  
(207) 544-5144 [Fax]

**Address:** [Residence]\*  
200 North High St  
Bridgton, ME 04009 (Cumberland county)

**Web Site:** [www.woodlandsmaine.com/location/bridgton/](http://www.woodlandsmaine.com/location/bridgton/)

**Eligibility:** Accepts Mainecare/Medicaid

**Notes:** Woodlands Memory Care of Bridgton is the first and only purpose-built senior living community in the Bridgton area designed exclusively to address the unique needs of individuals living with Alzheimer's disease and related memory impairments.

This 24,000 square-foot community features the latest developments for memory care including abundant natural light, home-scaled areas for resident engagement and safety systems. An onsite beauty salon, physical and occupational therapy center, and a large outside courtyard with walking paths, gardens and gazebos are just some of the amenities.

Features: 48-bed memory care community featuring 16 private and 16 shared rooms; Private pay and MaineCare accepted; Secured environment for living; Personalized plans of care; Specially trained and carefully selected staff available 24/7.