

Care Needs Resource Guide

Start with CHA – your care team is here to help you get the equipment and supports that you need. If you have questions or need help, call your CHA Primary Care Center and ask for your team nurse.



Need help getting medical equipment?

- If your insurance won't pay for medical equipment, there are many types of equipment you can get on loan, for free from **Hospital Equipment Loan Program (HELP)**. Contact HELP at **781-322-1052** – Saturdays only between 9:00 a.m. and noon.



Need help with your sight?

- Contact the **Massachusetts Commission for the Blind at 617-727-5550** or go to <https://www.mass.gov/orgs/massachusetts-commission-for-the-blind>. Services include job training, social support, help accessing government programs and more.



Need help with your hearing?

- Contact the **Massachusetts Commission for the Deaf & Hard of Hearing at 617-740-1600** (Voice) or **617-740-1700** (TTY) or visit the website at <http://www.mass.gov/eohhs/gov/departments/mcdhh/>. Services include daily living support, interpreter services, assistive technology, case management and more.



Need help with daily activities?

If you're 55+, living with a frailty or disability, need help with chores, personal care, getting to medical appointments and/or are having difficulty paying for medications or co-pays, you may be eligible for services through **CHA's Elder Service Plan (ESP)**.

- Call **617-575-5850** or find out more at <https://www.challiance.org/esp/elder-service-plan>

If you're 60+, or living with a disability, and need assistance caring for yourself, help is available through your local **Ageing Access Service Points (ASAPs)**.

- Call **800-243-4636** or find your local agency online at <https://contactus.800ageinfo.com/FindAgency.aspx>.
- For a list of in-home services and income guidelines go to <https://www.mass.gov/in-home-services>.



Need help living with a disability?

- Contact the **Boston Center for Independent Living at 617-338-6665** (Voice) or **617-338-6662** (TTY). Visit <https://bostoncil.org> for more information. Services include peer mentoring, skills training, advocacy, help accessing government and other programs.