

MassOptions can help!

We're a free resource that links elders, family members, caregivers, and individuals with disabilities to services throughout the state to help you or a loved one live independently in the setting of your choice.

TOLL-FREE

1-844-422-6277 1-844-422-MASS

OR VISIT

MassOptions.org

Aging and Disability Resource Consortia (ADRC)

The ADRCs serve as an essential partner to MassOptions in accessing long-term services and supports.

Organized into 11 geographical regions throughout the state, each ADRC partners with a variety of local organizations, including Aging Service Access Points (ASAPs), Area Agencies on Aging (AAAs), and Independent Living Centers (ILCs), as well as state agencies.

Through these partnerships, ADRCs simplify and streamline access to community services and supports. Working in collaboration, they address each individual's unique needs, goals, and choices for living independently in the setting of their choice, regardless of age, disability, or income.



Your link to community services

**Right here when
you don't know
where to turn.**

Trained specialists at **MassOptions** provide referrals that best fit your individual needs, by phone or online chat **7 days a week – 8am to 8pm.**

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 Like us on Facebook

Massachusetts Executive Office of Health and Human Services



Your link to community services



**Are you or a loved one an elder
or an individual with a disability?**

ADRCs organize regional networks of local providers that offer a broad range of services, including:



DAY SERVICES



PERSONAL CARE SERVICES



HEALTH & THERAPEUTIC SERVICES



EQUIPMENT & SUPPLIES



MENTAL HEALTH SERVICES



IN-HOME SUPPORTS

Aging and Disability Resource Consortia (ADRC)

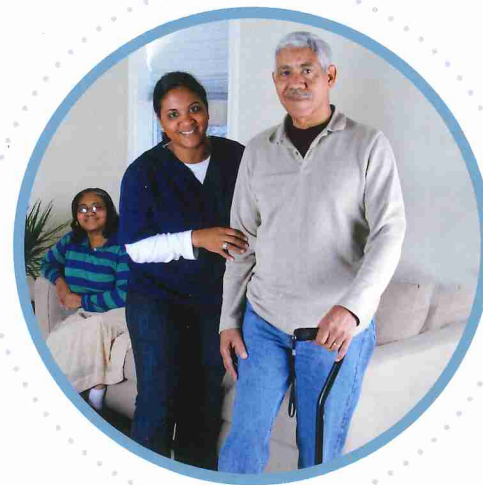
1. ADRC of Berkshire County
2. ADRC of Cape Cod and the Islands
3. ADRC of Central Massachusetts
4. ADRC of Pioneer Valley
5. ADRC of Southeastern Massachusetts
6. ADRC of the Greater North Shore
7. ADRC of the Merrimack Valley
8. Metro Boston ADRC
9. MetroWest ADRC
10. Southern Massachusetts ADRC
11. Suffolk County ADRC

Executive Office of Health & Human Services

- Department of Developmental Services
- Department of Mental Health
- Department of Public Health
- Department of Transitional Assistance
- Department of Veteran Services
- Executive Office of Elder Affairs
- MassHealth
- Massachusetts Commission for the Blind
- Massachusetts Commission for the Deaf and Hard of Hearing
- Massachusetts Rehabilitation Commission



Your access to a strong statewide network of long term services and supports.



"MassOptions linked me to the services I need to stay in my home."