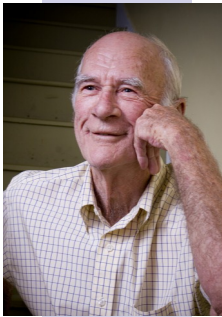


We are dedicated to:

- Supporting our community elders to remain in their homes as long as they are able.
- Engaging with existing community organizations, businesses and services to support this goal.
- Encouraging the growth of local services to fill the demands of the at home population
- Respecting the independence of our elders by offering services and support necessary to stay at home.



While it is not a requirement, members are encouraged to join our list of volunteers who help with a variety of tasks and services, thus encouraging community involvement and reducing costs.

Our Mission

At Home Downeast is a non-profit, member-based organization designed to provide residents of the nine-town Peninsula community (**Surry, Blue Hill, Brooklin, Deer Isle, Stonington, Sedgwick, Brooksville, Penobscot, and Castine**) with essential services, enabling them to continue to live independently in their homes as they age.

Version 9, May 4, 2011



**Washington
Hancock
Community
Agency**
*Helping People.
Changing Lives.*

at Home
D o w n e a s t

Support for Aging in Place



*Whether you live in
**Surry, Blue Hill,
Brooksville, Castine,
Brooklin, Penobscot,
Sedgwick, Deer Isle,
or Stonington**
we deliver the services you need
to keep you at Home!*

118 Ellsworth Rd.
P.O.Box 1107
Blue Hill, Maine 04614
207-374-5852
www.athomedowneast.org

Because you want to stay in your home, have you had these concerns?

- Who can I call to take me to my doctor appointments?
- Who could check on me, so my children will not worry so much?
- Who can I call if I need some help; someone I can trust?
- How can I remain an active part of my community and in control of my life?

If you have asked these questions or others like them, you are not alone. Whether it is arranging for a ride to the doctor, a friendly visit from someone to check on you, or help in finding a trustworthy worker to service your furnace, **At Home Downeast** will take the worry away so you can stay where you are today, tomorrow, and for as long as you are able.



At Home Downeast membership provides these core services:

- 4 rides per month to medical appointments within a 50 mile radius
- Weekly grocery and prescription delivery from participating local merchants
- Initial health and home safety assessment by a licensed healthcare professional
- Access to a licensed healthcare professional for check-in and help with filling pill boxes twice a month
- Information on local resources

In addition, your membership gives you access to vetted volunteers and paid providers who can help you with:

- Home maintenance and repair
- Friendly phone call check-ins
- Companionship
- Occasional meal preparation
- Technological assistance
- Occasional help with your pets
- Rides to community events
- Help with errands

Let **At Home Downeast** be the one call you make to answer your questions and assist you in finding the local support you need!



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FEES

Annual fees and fee assistance are still in the process of being determined. Our intent is to make this service available to area residents of all income levels.