



# Service & Support Programs for Adults In Maine

**Homemaker Program**

**Adults with Intellectual Disabilities  
or Autism Spectrum Disorders**

**Older Adults and  
Adults with Disabilities**

**Adults with Brain Injury**

**Adults with Other Related  
Conditions**



*Aging and Disability  
Services*

*An Office of the  
Department of Health and Human Services*

*Paul R. LePage, Governor*

*Mary C. Mayhew, Commissioner*





# Service & Support Programs for Adults in Maine

See back for more services.

## Older Adults and Adults with Disabilities

The program for older adults and adults with disabilities provides personal care, nursing care and other services needed to help them remain in their own homes rather than receive care in a nursing facility.

To be eligible, a person must:

- Be age eighteen (18) or older
- Have a permanent or chronic disability
- Meet medical and financial eligibility requirements

Services include:

- Personal Care Services
- Home Health Services
- Adult Day Health Services
- Assistive Technology
- Care Coordination Services
- Environmental Modifications
- Personal Emergency Response Systems
- Respite Services
- Attendant Services for those who direct their own services

## Homemaker Services Program

The Homemaker Program helps older adults and adults with disabilities with household and personal care activities.

To be eligible, a person must:

- Be age eighteen (18) or older
- Live independently in the community
- Meet medical and financial eligibility requirements

Services include:

- Household cleaning (e.g., sweeping, vacuuming, dusting, cleaning, laundry)
- Shopping, meal planning and preparation
- Assistance with personal hygiene (e.g., bathing, washing hair, shaving, dressing, brushing teeth)

## Adults with Intellectual Disabilities and Autism Spectrum Disorders

Adults with intellectual disabilities or autism spectrum disorders may be eligible for one of two home and community-based “waiver” programs.

**The Section 21 “Comprehensive”** Home and Community-Based waiver program is for adults who live in their own home or in another home in the community.

**The Section 29 “Support Services”** Home and Community-based waiver program is for adults who live with their families or on their own.

To be eligible, a person must:

- Be age eighteen (18) or older
- Have an intellectual disability or autism spectrum disorder
- Meet medical and financial eligibility requirements

Services include:

- Home Support
- Community Support
- Work Support
- Employment Specialist Services
- Career Planning
- Home Accessibility Adaptations
- Assistive Technology
- Medical Equipment and Supplies (Section 21)
- Occupational, Physical and/or Speech Therapy (Section 21)
- Transportation
- Respite Services (Section 29)



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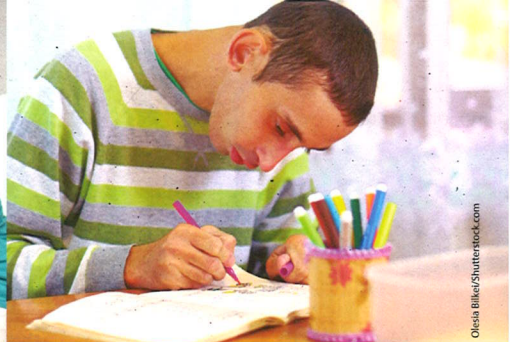
**For more information contact the Office of Aging and Disability Services at 1-800-262-2232**

## Personal Plan or Care Plan

**Many support services require a Personal Plan or Care Plan.**

A person's preferences and service needs are identified and documented in the Plan. Services are subject to availability and must be authorized by the Department of Health and Human Services.





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## Adults with Brain Injury

Adults with acquired brain injuries who meet the criteria for care in a nursing facility or another facility may be eligible to receive home and community-based services under this program.

An individual's service needs are identified through a person-centered planning process and a Care Plan is developed to meet those needs. All services in the Plan require prior approval and are subject to availability.

### To be eligible, a person must:

- Be age eighteen (18) or older
- Have a diagnosis of acquired brain injury
- Meet medical and financial eligibility requirements

### Services include:

- Care Coordination Services
- Home Support Services
- Community /Work Re-integration
- Self-Care /Home Management
- Assistive Technology
- Career Planning
- Employment Specialist Services
- Work Support
- Transportation Services

## Adults with Other Related Conditions

Adults with cerebral palsy, epilepsy and other related conditions who choose to live and work in the community may be eligible for services that help them be as independent and self-sufficient as possible.

### To be eligible, a person must:

- Be age twenty-one (21) or older
- Have cerebral palsy, epilepsy or a related condition
- Meet medical and financial eligibility requirements

### Services include:

- Personal Care Services
- Care Coordination Services
- Home and Work Support Services
- Community Support Services
- Occupational, Physical, Speech Therapy
- Assistive Technology
- Specialized Medical Equipment
- Communication Aids
- Home Accessibility Adaptations
- Employment Specialist Services

## Personal Plan or Care Plan

### Many support services require a Personal Plan or Care Plan.

A person's preferences and service needs are identified and documented in the Plan. Services are subject to availability and must be authorized by the Department of Health and Human Services.

For more information, contact the Office of Aging and Disability Services at 1-800-262-2232