

Where can I get more information?

If you have any questions about the program, please contact:

Personal Care Attendant Program
Greater Lynn Senior Services

781-599-0110
Toll free 1-800-594-5164
TDD 781-477-9632

E-mail: info@glss.net
Web site: www.glss.net

800AgeInfo

For Massachusetts Elders
& Their Families



Call Now!
(800) 243-4636
TTY: (800) 872-0166

We are ready to help

GLSS values diversity and provides services or employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Elder Affairs and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders.

Services available through GLSS:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at a number of Community Cafés or delivered to your home by Meals on Wheels.
- **Transportation.** Rides door-to-door, to medical appointments for people 60 and older; or to anywhere for anyone with a disability.
- **Housing.** Each year, GLSS finds safe and affordable housing for elders, including many who have lost their homes.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home.

One number for everything:
Call GLSS at 781-599-0110

We'll listen. We'll help.

Credits
Personal Care Attendant is a special program funded through Mass Health.

If you need help with things like dressing, bathing, exercise, taking medicine, toileting, shopping, laundry, meals, etc.



Self-managed personal care for people with disabilities

Personal Care Attendant
Program

Serving Communities on the North Shore

GLSS

GREATER LYNN SENIOR SERVICES
Lynn, Lynnfield, Nahant, Saugus, and Swampscott

GLSS

GREATER LYNN SENIOR SERVICES
8 Silsbee Street, Lynn, MA 01901

GLSS

GREATER LYNN SENIOR SERVICES
(781) 599-0110



If you have a permanent or chronic disability, we can help you maintain your independence by managing your own care at home.

What a personal care attendant can do for you

A disability doesn't have to mean the loss of your independence. This program was created to promote independence and self-managed care at home for individuals of all ages with permanent, chronic disabilities. A personal care attendant can simplify your life by helping you:

- Get dressed
- Bathe
- Take your medication
- Eat
- Get around
- Transfer in and out of bed
- Use the toilet
- Maintain your medical equipment
- Exercise.

And, may also be able to help you with:

- Housekeeping
- Laundry
- Shopping
- Meal preparation.

Who pays for a personal care attendant?

Medicaid pays. A fiscal intermediary manages timesheets, taxes, and checks.

Do you qualify for a personal care attendant?

You may be eligible if you have:

- MassHealth
- CommonHealth

AND

- Because of a chronic or permanent disability or illness, you need physical help with two or more "Activities of Daily Living"
- Your doctor or nurse practitioner prescribes personal care attendant services for you
- Your care needs can be met at home with a personal care attendant.

How do you find a personal care attendant?

We'll train and support you in developing the skills needed to manage and maintain your own care by teaching you how to hire and work with your personal care attendant.

Who can be your personal care attendant?

You can decide whom to hire to help you. Your personal care attendant could be your child, a family member, a neighbor, a friend, or someone you recruit. By law, you can hire anyone except your spouse, parent (if you are a minor), surrogate, foster parent, or any legally responsible relative.

A personal care attendant does not need to have any special license or certification. He or she must be legally eligible for employment in Massachusetts.

What if I need help managing the Personal Care Attendant program?

You can designate a responsible adult to manage any aspect of the program that you can't manage alone. This Surrogate must be available to participate in your care management, and cannot be your Personal Care Attendant.

How we help

John is a 40-year-old man with Muscular Dystrophy living in supportive housing. He is wheelchair-bound, with limited upper body strength. As his physical condition declined, he needed more care than was available through the supportive housing program. His support system within the community was minimal. A nursing home placement seemed like the next step, but he desperately wanted to remain at home. John was referred to the Personal Care Attendant Program and approved for a range of services. He now receives care from two attendants on a daily basis, and he has remained independent, living in supportive housing.

