

MASS OPTIONS

Your connection to local aging and disability services



Let us help you find the care you are looking for!

- Are you an older adult living at home?
- Are you caring for a person with a disability?
- Do you need help finding local services in the community?

MassOptions, a free referral service, can help.

When you call 1-800-243-4636 a call center member will give you information about programs that support older adults and people with disabilities.

[MassOptions.org](https://www.massoptions.org)

TOLL-FREE

1-800-243-4636



IN-HOME SUPPORTS



FOOD & NUTRITION SERVICES



EQUIPMENT & SUPPLIES



BEHAVIORAL HEALTH SERVICES



HOUSING



TRANSPORTATION



CAREGIVER SUPPORTS



INSURANCE

MassOptions can provide free referrals that best fit your individual needs, by phone or online chat 5 days a week 9 a.m.–5 p.m.

TOLL-FREE

1-800-243-4636

OR VISIT

MassOptions.org



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Massachusetts Executive Office of Health and Human Services