

TRANSPORTATION

The Groton Council on Aging provides transportation to meet your medical, social, shopping, and educational needs. Our local van will transport within Groton and surrounding towns. We also provide transportation to medical appointments in Boston, the VA, Emerson Hospital, Lahey Clinic, etc. Please call, 978- 448-1170, for more information.

SAFELINK WIRELESS FREE CELL PHONES

Safelink is a government program that gives free cell phones and minutes to people who have low income. The government pays for the phones and the minutes and there are no contract fees or monthly charges. We have applications at The Groton Center and are happy to help complete the applications.

COA MOBILE LIBRARY PROGRAM

In collaboration with the Groton Public Library, we will pick up books, tapes, DVDs, etc., and deliver them to homebound older adults and to those needing this service on a temporary basis. We will also pick up and return items you borrowed from the library as your due date nears. Please call us for more information.

HOUSING OPTIONS

If you are looking for housing, whether it be low income, independent, or assisted living, we can work with you and help research different options that will best meet your needs. Please call for an appointment with the COA Outreach Coordinator.

To meet or speak with the COA Outreach Coordinator with your concerns or questions, please call 978-448-1170.

MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM

If you, or if you know of someone who has a hearing, speech, motion, vision, or cognitive disability, MassEDP may be able to provide specialized equipment for little or no cost. To be eligible, you must be a MA resident, you must have a licensed MA physician verify your permanent disability, and you must have a land-line home phone. Please stop in if you would like an application.

YELLOW DOT PROGRAM

The Yellow Dot Program is designed to provide first responders with an individual’s medical information in the event of an emergency on the roadways. The information can mean the difference between life and death immediately following a serious incident. Medical information is kept in the car’s glove compartment with a “Yellow Dot” on the lower rear windshield to indicate the information is in the car. For your Yellow Dot packet, call the Groton Center, 978-448-1170.

PHONE WELLNESS

We are available to reach out to our older adults who may need a friendly voice of reassurance. They may be experiencing a loss, illness, or any other circumstance and could use a friendly call.

MEDICAL EQUIPMENT DISTRIBUTION

The Council on Aging maintains a limited supply of used medical equipment available for loan or for permanent usage. Should we not have the equipment you need, we can refer you to other sources.

The Groton Center

Groton Council on Aging
The Center That Builds Community



The Groton Council on Aging
163 West Main Street
Groton, Ma 01450
978-448-1170
gcoa@grotonma.gov

You're Not Alone. Your Council on Aging . . . Your Support.



We understand that there are situations in which seniors cannot come to The Groton Center. If you would like us to make a home visit for any reason, please call us. We will come to you!



HOME VISITS

SNAP

Supplemental Nutrition Assistance Program SNAP is a government assistance program to help low-income households pay for food. The amount of support depends on the household's size, income, and expenses. For current eligibility requirements and application assistance, please call for an appointment.

EMERGENCY PREPAREDNESS

In collaboration with the Groton Police, Fire, and Emergency Services, the COA maintains a database to support our older residents in need during times of crisis. In the event of a severe weather or other emergency, we call those registered to ensure that they are safe and their needs are being met. All information provided on this form remains confidential. These forms are available at The Groton Center and are mailed out in the town census once a year. To maintain up-to-date information, please return the form annually.

THE CATHOLIC HEART WORK CAMP

The Catholic Heart Work Camp is a youth organization that comes to Groton annually to provide repair work at the homes of Groton's older residents. These repairs range from washing windows, painting, yard work, small construction projects, basement and/or attic clean outs, etc. The resident only has to pay for and provide the materials. This is a wonderful intergenerational program for older residents as well as campers! Please call the Council on Aging in the spring to see when the applications will be available.

“BENEFITS CHECK UP”

Benefits Check Up is a free service of the National Council on Aging (NCOA). Through a series of questions, it identifies public programs that could save seniors money and cover the costs of everyday expenses. For assistance with the Benefits Check Up, please call for an appointment or you may find the service at the NCOA website: www.ncoa.org

INFORMATION AND REFERRAL

The Groton Council on Aging has working relationships with many agencies serving our senior community. We are your first stop to answer questions, access services, and to make referrals relating to your concerns. Our services include but are not limited to respite care, long-term care, legal, caretaker, financial, health services, and transportation.

MASSHEALTH

Massachusetts provides access to integrated health care services through MASSHEALTH. We have the current applications on file. A senior resident can stop by to get an application or call to have one mailed to him or her. We can also help with the application process.

RMV DISABLED PLACARD APPLICATIONS

Current RMV Disabled Placard applications are available at the COA. Placards are for medically disabled drivers and passengers. Please stop by and see us or call for an application.

FARMER'S MARKET COUPONS

Montachusett Opportunity Council distributes the coupons through the COA for distribution to low-income older adults for use at the Groton Farmer's Market as well as surrounding towns. Please call us in June if you would like to be on the distribution list.

SHINE

(Serving Health Information Needs of Everyone)

SHINE is a public program to support those new to Medicare or needing to make a change during open enrollment. A trained volunteer SHINE Counselor provides free health insurance information, counseling, and assistance to Massachusetts residents and their caregivers. If you need to speak or meet with our SHINE Counselor, please call The Groton Center, 978-448-1170.

FUEL ASSISTANCE

Also known as LIHEAP Fuel Assistance is supported and distributed through Community Teamwork of Lowell. This program supports eligible households challenged by the high cost of home heating fuel. Eligibility is based on household size and the combined gross annual income of household members. Homeowners and renters, including those whose heat is included in their rent, can apply for fuel assistance. The fuel assistance season is from November 1st to April 30th and can be used for oil, electricity, natural gas, and propane. If you are a resident who is 60+ and would like support completing a fuel assistance application, please call 978-448-1170.

FILE OF LIFE

The File of Life is a miniature medical history that is kept in a protective sleeve which hangs on your refrigerator with a condensed form to carry in your wallet. It enables emergency personnel to obtain a quick medical history when a patient is unable to give one, which enables swifter medical care. For a File of Life, please stop by The Groton Center or the Groton Central Fire Department.