



BRIDGES HOME SERVICES

a division of Spectrum Generations



GROW AND MAINTAIN

Our programs strive to restore and maintain participants' independence through coordination with medical and social service providers to ensure individualized, comprehensive, and therapeutic care plans.

REAL PEOPLE. REMARKABLE CARE.

Adult Day and Community Support Services (ADCSS) program is designed to provide care and companionship for older adults and/or adults with disabilities who need assistance and supervision during the day. The program also offers much needed respite to family members and caregivers, allowing them to work, handle personal business, or relax, knowing their relative is well cared for and safe.

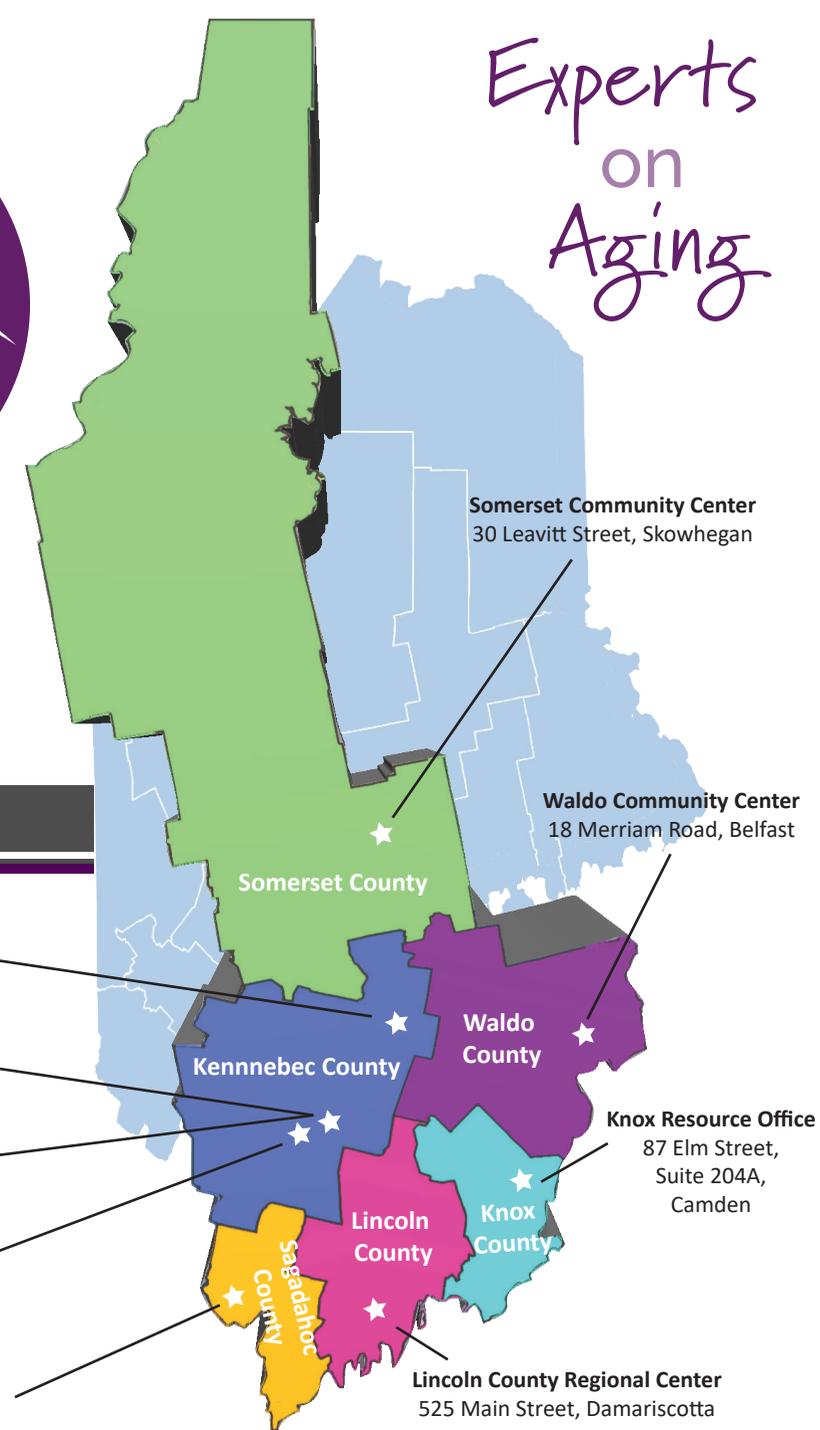
ADCSS is a licensed alternative to more expensive assisted living settings, and offers health, therapeutic, and social services for individuals with serious medical conditions. Anyone disabled or cognitively impaired may attend one of our four locations in Belfast, Hallowell, Skowhegan, and Waterville.

Personal Support Specialists are caring, attentive, and fully trained professionals who can be an invaluable in-home service for those persons who may be challenged with daily tasks.

Life Care Consulting is concentrated around an in-home face-to-face clinical assessment to determine what steps need to be taken to enhance a loved one's safety and quality of life as they Age in Place.



Central Maine Area Agency on Aging & Aging and Disability Resource Center



Experts
on
Aging



NUTRITION

For over four decades, Spectrum Generations has been serving the nutritional needs of people in Maine's central and midcoast communities. We believe good nutrition is the first step to remaining healthy. We offer in-home delivered meals through **Meals on Wheels** for those who qualify, or Maine-ly Delivered Meals for private pay consumers. **Community Dining** options at our local centers also offer a nutritious meal in a social atmosphere. We also distribute food through the **USDA Food Commodities Supplemental Program**.



HEALTH & WELLNESS

We offer a variety of classes and programs designed to help participants **Age in Place**:

- Living Well for Better Health
- Living Well with Diabetes
- Living Well with Chronic Pain
- A Matter of Balance
- Enhance®Fitness
- Tai Chi for Health & Balance

Additionally, each of our community centers either directly offer or have information on local health and wellness activities such as: yoga, foot clinics, Tai Chi, table tennis, and other types of fitness classes, screenings, or clinics.



COMMUNITY CASE MANAGEMENT

Spectrum Generations' Community Case Management team specializes in navigating a complicated system to link adults with intellectual disabilities, and their families, with needed supports and services that enhance independence in the community, at home, and in the workplace. Our well-trained staff identifies available supports, services and resources in the community, and advocate for the services that meet the consumer's personal desires for their life. This plan is referred to as a **Person Centered Plan**. Support strategies incorporate principles of: empowerment, health, safety, social, recreation, networking, housing, and employment.



AGING AND DISABILITY RESOURCE CENTER (ADRC)

We pride ourselves on being a resource that can not only point you in the right direction, but one that is committed to helping you find the right answers. Some areas we can be of assistance include Medicare and insurance plans, Money Minders program, Advance Directives long-term care planning, and Savvy Caregiver support groups for individuals and families working with a memory disorder diagnosis.