



They depend on you. You can depend on us.

CAREGIVER SOLUTIONS

Caregiving Support You Can Depend On

Caring for a parent, spouse, child with disabilities, or grandchild can be a deeply rewarding experience. However, providing around-the-clock care when balancing a job, family, and other responsibilities can be a challenge.

Caregiver Solutions is available at no charge to qualified caregivers. Designed to support your unique caregiving journey, the program empowers you with valuable information, resources, services and supports to help you provide exceptional care while taking care of your own needs and wellbeing.

How Does Caregiver Solutions Work?

Call 617-292-6211 (TTY: 617-451-6404) or visit bshcinfo.org. Our Caregiver Advisors will help you enroll in Caregiver Solutions and provide a thorough needs assessment and person-centered care plan based on your individual caregiving journey, preferences and goals.

Caregiving Guidance and Support

Our Caregiver Advisors are experienced in navigating the caregiving and social services system. They can connect you to the services and supports that will enable you to provide optimal care and overcome caregiving challenges. They can provide you with a holistic approach to caregiving, which focuses on physical, emotional and spiritual wellbeing.

Caregiving Services and Resources

Caregiver Solutions provides a wide range of services and supports to caregivers and their care partners at no charge, including:

- Supportive counseling
- Respite care, adult day care, and companion services
- In-home supports (such as housekeeping, meal preparation and delivery, and more)
- Guidance and assistance to long-distance caregivers on remote care planning options
- Caregiver support groups (now available online) to promote emotional wellbeing
- Caregiving education and training on in-home safety and social engagement strategies
- Referrals to legal services or behavioral health and/or substance use disorder counseling
- Evidence-based, chronic disease management programs
- Education and coaching on caring for an older adult with dementia and/or Alzheimer's Disease
- Guidance on end-of-life discussions and planning
- Scholarships for after-school programs and summer camps
- Assistive technology and adaptive equipment

Adult Foster Care (AFC)

If you provide full-time care to someone who is unable to live alone due to a chronic illness or disability and receives MassHealth, you may be eligible to participate in our AFC program and obtain financial assistance to pay for living expenses. Our dedicated AFC nurses and case managers provide in-home education and training as well as social services and supports to help you and your care partner thrive together in a shared living environment. To be eligible, a caregiver in our AFC program cannot be a spouse or legal guardian to their care partner. Our Options Counselor can review program requirements and assist with the application process.

About Boston Senior Home Care

Boston Senior Home Care is a private, nonprofit human services agency dedicated to ensuring that older adults, individuals with disabilities and caregivers have equitable access to social services and supports and independent living resources. Since 1974, we have provided affordable in-home care and community-based services that enable older adults and people with disabilities to live in their place of choice for as long as possible. Today, we also offer long-term services and supports, evidence-based programs, as well as caregiving supports and resources.

To learn more, visit bshcinfo.org or call 617-292-6211 (TTY: 617-451-6404).



BOSTON SENIOR
HOME CARE