



LIVING WELL WITH

Independence

AT HOME



Mystic Valley
Elder Services



A close-up portrait of an elderly woman with short, curly grey hair. She is looking slightly to the right with a gentle, thoughtful expression. She is wearing a white top and a thin gold chain necklace with a circular pendant. The background is softly blurred, showing what appears to be a window with light coming through.

Our Mission

To support the right of older adults and adults living with disabilities to live independently with dignity in a setting of their choice by providing them and their caregivers with information, advice and access to quality services and resources.



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A GUIDE TO THE PROGRAMS AND SERVICES AT MYSTIC VALLEY ELDER SERVICES

INFORMATION & OPTIONS COUNSELING

Our information specialists and options counselors can answer your questions and give you valuable information. They offer free advice and referrals from our extensive database of local, state, and national resources and can connect individuals and caregivers to the best available resources to meet their needs. Options counseling is a free interactive process to help individuals make informed choices about the settings and services that best meet their needs to help them remain independent in the community. These services are offered in-person (at the office or the individual's home), by telephone, video conferencing and via the website. Just think of these services as a one-stop resource.



CARE COORDINATION

Care managers and nurses develop a care plan in partnership with you/your family and then continue to work together over time to monitor the care plan, adjust it as needed, and secure the services agreed upon and modify them over time as needed. We also work with you if you transfer home from a hospital, skilled nursing or rehabilitation facility.

HOME CARE

The program provides access to a variety of consumer-centered services for older adults and adults living with disabilities who wish to remain in their own homes. Services include in-home assessment, and delivery of at-home and community-based services based on your care plan such as personal care assistance, nutrition, transportation, homemaking, laundry, grocery shopping, mental health and social support.

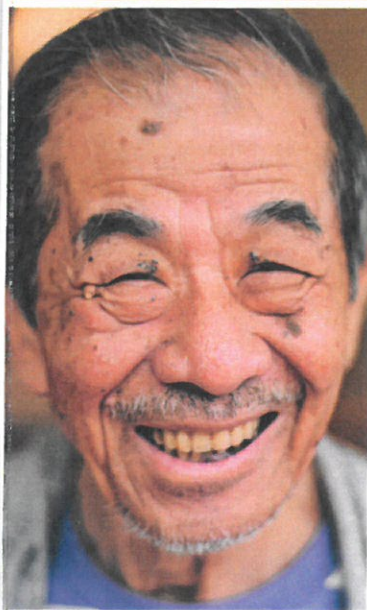


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NUTRITION

Healthy, satisfying meal services such as home-delivered meals that include therapeutic and various ethnic meals, nutritional supplements, nutrition counseling to support a quality life, and dining programs where older adults can access a nutritious lunch in a community setting.



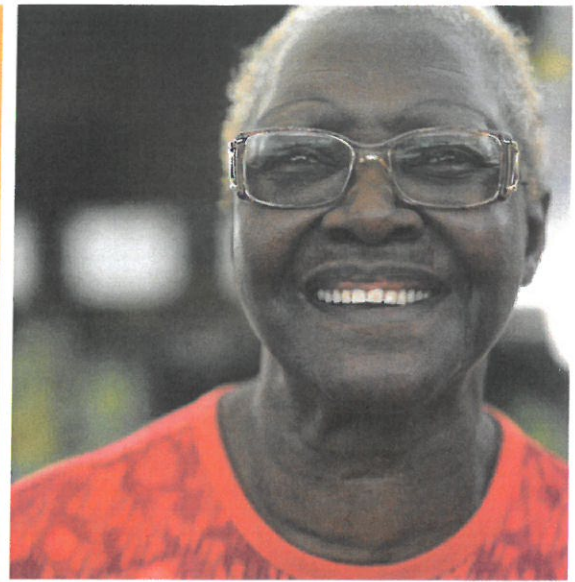
CAREGIVER SUPPORT

The program provides information, support and guidance to help caregivers address their specific caregiving needs. A highly-trained caregiver specialist will work with you one-on-one to offer guidance and support with the extra time and attention you deserve. Resources designed for caregivers include in-home assessments, support groups, and caregiver education in areas such as memory loss and home safety. Relief from caregiving duties are available such as companions, adult day health and other supportive services. Access to services in Home Care are also available to caregivers.

CONTACT US TODAY FOR A FREE CONSULTATION! WE ARE HERE TO HELP.

HEALTHY AGING PROGRAMS

Healthy Aging Programs that provide evidence-based workshops to teach individuals about the prevention and management of chronic diseases and other health and wellness concerns. Programs are offered both virtually and in person.



HEALTH BENEFITS COUNSELING (SHINE)

Trained SHINE (Serving the Health Insurance Needs of Everyone) counselors provide individuals with no-cost, confidential counseling and unbiased information regarding Medicare, Medicaid, health insurance, and prescription drug options.



PROTECTIVE SERVICES

This program helps protect the health, safety and legal rights of individuals 60 years and older who have been abused, neglected, financially exploited, or are at risk of harm due to self-neglect.
Statewide Elder Abuse
Hotline: 800-922-2275



Please Help Us

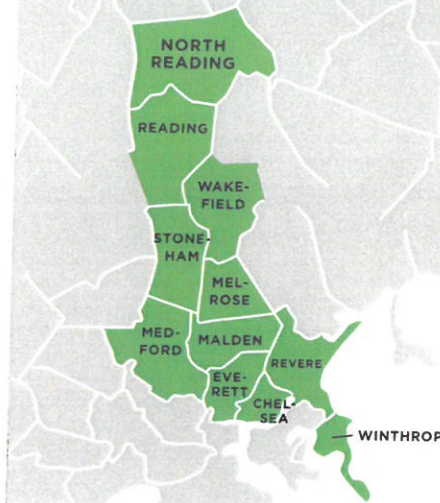
HELP OTHERS

As a non-profit, we depend on the generosity of individuals and private funding to achieve our mission and provide high-quality services. Some of our most critical programs do not receive sufficient government funding. You can help us by making a donation, remembering us in your future gift planning, and/or becoming a volunteer. Through giving the gift of your time by volunteering, you help enhance our services by offering a connection for many individuals.

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COMMUNITIES SERVED BY MYSTIC VALLEY ELDER SERVICES:



CHELSEA	READING
EVERETT	REVERE
MALDEN	STONEHAM
MEDFORD	WAKEFIELD
MELROSE	WINTHROP
NORTH READING	

ABOUT US

Mystic Valley Elder Services promotes the health and independence of older adults, adults living with disabilities, and caregivers residing in 11 communities north of Boston. Through our direct services, care coordination, and network of business partners, our team can help you access the support you need to live the life you want.

Since 1975, Mystic Valley Elder Services has partnered with individuals and caregivers across Massachusetts' Mystic Valley region to ensure that older adults (age 60 and older) and adults living with disabilities have the support they need to live independently and with dignity. With a staff of more than 300 as well as over 400 volunteers, we are the region's leader in affordable home- and community-based services.

Our services are either free or are offered at a sliding fee scale. We serve people of all races, ethnicities, cultures, and sexual orientations. Our staff can respond to calls in many different languages and connect callers to critical services.

Mystic Valley Elder Services programs are funded in part by the Executive Office of Elder Affairs.

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OUR Core Values

Empowering people by
providing quality choices

Encouraging excellence
and innovation

Recruiting, supporting,
and retaining the best
staff and volunteers

Offering professional,
compassionate care

Embracing diversity
and inclusion

Collaborating with
consumers, professionals,
and organizations

Expecting individual responsibility
within a team environment

TO LEARN HOW MYSTIC VALLEY ELDER SERVICES CAN
HELP YOU OR A FAMILY MEMBER LIVE WELL AND
INDEPENDENTLY AT HOME, PLEASE CALL **781-324-7705**
OR VISIT **WWW.MVES.ORG/LIVING**



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Malden MA 02148
TEL: 781-324-7705
TTY: 781-281-8880
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For statewide resources: www.massoptions.org | 800-243-4636