

## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
<b>Caregiver</b>	Relaxation & Caring for the Caregiver - acupressure massage, reiki, hand & Foot massages, and back massages	3rd Tuesday 10:30 - 12:00	Center for Active Living	free	Susan Lee of Peaceful Pursuits	508-830-4230	<a href="#">Center for Active Living</a>	<b>Space is limited. Registration required.</b>
<b>Caregiver Respite</b>	CARE - enriching activity-based program with lunch for people with cognitive loss	Tuesdays 10:00 - 1:00	Center for Active Living	free	Alzheimer's Family Support Center	508-896-5170	<a href="#">Alzheimer's Family Support</a>	<b>Space is limited. Pre-registration required.</b>
<b>Care Consultant</b>	explanations of care management services for aging family member	3rd Wednesday 2:00 - 3:00	Center for Active Living	free	Center for Active Living - Barbara Cannon, Answers for Elders	508-830-4230	<a href="#">Center for Active Living</a>	<b>Call for Appointment</b>
<b>Finance</b>	short consultation for retirement & estate planning	1st Thursday 2:00-4:00	Center for Active Living	free	Sandy Childs of Edward Jones	508-830-4230	<a href="#">Center for Active Living</a>	<b>Call for Appointment</b>
<b>Finance</b>	short consultation for retirement & estate planning	3rd Tuesday 9:00-10:30	Center for Active Living	free	SHP Financial Advisors	508-830-4230	<a href="#">Center for Active Living</a>	<b>Call for Appointment</b>


## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
<b>Insurance</b>	SHINE - helps you navigate Medicare & other insurance options & costs	by appointment	Center for Active Living	free	Center for Active Living	508-830-4230	<a href="#">Center for Active Living</a>	
<b>Insurance</b>	SHINE - helps you navigate Medicare & other insurance options & costs	by appointment	Alzheimer's Family Support Center	free	Alzheimer's Family Support Center	508-896-5170	<a href="#">Alzheimer's Family Support</a>	
<b>Legal</b>	Notary Services	by appointment	Center for Active Living	free	Center for Active Living	508-830-4230	<a href="#">Center for Active Living</a>	<b>Call for Appointment</b>
<b>Legal</b>	short consultation	2nd & 3rd Thursdays 2:00-4:00	Center for Active Living	free		508-830-4230	<a href="#">Center for Active Living</a>	<b>Call for Appointment</b>
<b>Lewy Body Dementia</b>	Lewy body dementia is the second most common type of dementia after Alzheimer's disease. Protein deposits called Lewy bodies develop in nerve cells in the brain. The protein deposits affect brain regions involved in thinking, memory and movement.				Lewy Body Dementia Association	800-539-9767	<a href="#">Lewy Body Dementia Association</a>	





## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
<b>Medical</b>	MOLST (Medical Orders for Life Sustaining Treatments) a medical order form (similar to a prescription) that relays instructions between health professionals about a patient's care. MOLST is based on an individual's right to accept or refuse medical treatment, including treatments that might extend life.		In MA, patients of any age with a serious advanced illness may discuss filling out a MOLST form with their clinician.				<a href="#">MOLST</a>	Requires conversation with your doctor and doctor's signature
<b>Memory Screening</b>	cognitive health screening across Cape Cod. Screens serve to help ascertain normalcy in age-related cognitive decline versus the need for further clinical assessment.			free	Alzheimer's Family Support Center	508-896-5170	<a href="#">Alzheimer's Family Support</a>	

## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
Nursing Homes	information about the available resources, including understanding your long term care options, how to find information about individual nursing homes, and your rights as a resident living in a long-term care facility.				State of MA		<a href="#">Nursing Homes Consumer Information</a>	
Safety	File of Life - important medical information forms for wallet and refrigerator			free	Plymouth District Attorney	508-584-8120	<a href="#">File of Life</a>	
Safety	Safety Net Tracking - wrist band with tracking			\$	Plymouth County Sheriff's Department	877-434-6384	<a href="#">Safety Net</a>	
Safety	Dispose of unused or expired prescription drugs				Plymouth County Sheriff's Department		<a href="#">Plymouth County Sheriff's Dept - TRIAD</a>	scroll down to resources
Safety	Safety Assurance Call - computerized telephone system for prearranged daily call			free	Plymouth County Sheriff's Department	508-830-6256	<a href="#">Plymouth County Sheriff's Dept</a>	<a href="#">Apply online here</a>

## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
<b>Support/ Comfort</b>	Plymouth Police Department Comfort Dog Pet Therapy - furry friend Sasha	intermittent visits	Center for Active Living	free	Plymouth Police Department	508-830-4230	<a href="#">Center for Active Living</a>	
<b>Support/ Let's Talk About Death</b>	Based on book - discussions on different topics to make end-of-life conversations and planning easier for you and your loved ones	monthly, last Tuesday, 1:30-2:30	Center for Active Living	free	Cheryl Botieri	508-830-4230	<a href="#">Center for Active Living</a>	
<b>Support/ Socializing</b>	Memory Café - a place where people experiencing cognitive challenges along with caring family members, friends and professional caregivers can find meaningful programming, friendship, and acceptance	monthly, times vary depending on location	six cafes within 25 miles of Plymouth		Dementia Friendly America (DFA)		<a href="#">Memory Cafe Directory</a>	<b>Check out the DFA resources</b>
<b>Support Groups - in person</b>	Alzheimer's Caregivers Support	3rd Wednesday 2:00 - 3:00	Center for Active Living	free	Stafford Hill - Jillian Spinale	508-830-4230		
<b>Support Groups - in person</b>	Alzheimer's Caregivers Support	1st & 3rd Wednesdays 10:30 - 12:00	Laurelwood	free	Alzheimer's Family Support Center	508-896-5170	<a href="#">Alzheimer's Family Support</a>	
<b>Support Groups- in person</b>	Caregiver	2nd Thursdays 1:00	Salvation Army	free		508-728-2088		


## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
<b>Support Groups - in person</b>	Parkinson's, dementia, or movement disorder support group	1st Friday 1:30 - 3:30	Plymouth Public Library	free	American Parkinson's Association South Shore	508-830-4250 Plymouth Public Library	<a href="#">Alzheimer's Family Support</a>	<a href="#">Plymouth Public Library</a>
<b>Support Groups - Virtual - ZOOM</b>	AD/dementia caregiver support	1st Tuesday 1:00 - 12:00		free	Alzheimer's Family Support Center	508-896-5170	<a href="#">Alzheimer's Family Support</a>	no advanced registration necessary
<b>Transportation</b>	<b>CAL Rides</b> to medical appointments - volunteer medical transportation program, <b>No Rides to Boston</b>	by appointment <b>7-10 day notice required</b>		free	Center for Active Living volunteers	508-830-4230 Ext 13114		<b>can't guarantee a ride will be provided</b>
<b>Transportation</b>	<b>GATRA Info Session</b> explaining Senior ID, Dial-A-Ride, Dial-A-Pass options & benefits; covers Plymouth	2nd Tuesday 10:30 - 11:30	Center for Active Living	free info session	Kerri Victorio, GATRA Outreach Coordinator	800-483-2500	<a href="#">GATRA</a>	<b>Information sheet at the CAL</b>

## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
Transportation	<b>GATRA Dial-A-Ride:</b> <b>Curb-to-curb transport within Plymouth</b> - medical appointments, shopping, friends, restaurants, etc.	7 days a week	does not go to Sagamore Park & Ride; Limited to town borders of Plymouth	one way option; 10-ride pass option	GATRA	978-795-4404	<a href="#">Dial-A-Ride</a>	<b>Reserve no later than 5 pm the day before the appointment. On a Sunday must book by Thursday before 4 pm</b>
Transportation	<b>GATRA Go Coastline:</b> on demand, same day service for South Plymouth; Goes to Sagamore Park & Ride.	Mon-Fri 7am-7pm; Sat 7:30am-5pm;	Rider can request a vehicle to pick up and drop off where needed		GATRA	508-301-7200	<a href="#">GATRA GO</a>	<b>Booking by new GATRA App available; Rider must be traveling to/from shaded area of map</b>
Transportation	<b>Senior Charlie Card</b> - People 65 and older are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years.		7-Day LinkPasses; monthly LinkPasses; Your card can also be used to purchase reduced monthly passes for Commuter Rail, Ferry, and Express Bus.		Massachusetts Bay Transportation Authority		<a href="#">Senior Charlie Card</a>	Covers beyond Plymouth; apply on-line

## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
Transportation	<b>GATRA - Med Wheel Rides -</b> Available as "last resort"; <b>Only 1 ride per month; Must be registered for Dial-A-Ride or ADA Paratransit;</b> Suggested donation of \$15 within 19 miles from home or \$30 beyond 19 miles	Provides non emergency long distance transportation for seniors (60+) and people with disabilities in any of GATRA's 30 communities.			GATRA using grants	508-823-8828 ext. 252	<a href="#">GATRA Med Wheels</a>	Will schedule 3-14 days in advance of your appointment. Allow 24 hrs. for your call to be returned.
Transportation	<b>GATRA ADA Paratransit -</b> those with disability who are unable to ride the GATRA fixed route bus			one way option; 10-ride pass option	GATRA	508-823-8828	<a href="#">ADA Paratransit</a>	Application signed by doctor is required plus GATRA approval



## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
Transportation	GATRA - MassHealth & PT-1 rides	These services include, but are not limited to, medical, dental, mental health, and substance use disorder appointments, as well as transportation to and from Day Habilitation programs.			GATRA		<a href="#">MassHealth PT-1 Rides</a>	MassHealth members with an eligibility category that includes transportation coverage (Standard, CommonHealth, CarePlus) may qualify.
Transportation	CCRTA operates Boston Hospital Transportation by reservation Monday thru Thursday	Schedule your appointment between 10:00 - 2:00	Pickup is at Park & Ride at the Sagamore Bridge	\$15 one way	CCRTA	800-352-7155	<a href="#">Boston Hospitals</a>	Pick up @ 8 and return @ 4
Veterans	Veterans - Dementia Care - Care for Veterans with Alzheimer's or dementia is provided throughout the full range of VA health care services. Depending on the Veteran's needs, services may include Home Based Primary Care, Homemaker and Home Health Aide, Respite Care, Adult Day Health Care, outpatient clinic, inpatient hospital, Nursing Home, Palliative Care, or Hospice Care. Caregiver Support is also an essential part of these services.				Veteran's Administration	Contact Plymouth Director of VA for local phone numbers 508-747-1620 x10173	<a href="#">Veterans Care for Dementia</a>	Local resources in Brockton, West Roxbury, & Jamaica Plains

## Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
<b>Acronyms:</b>								
<b>CARE - Community Alzheimer's Respite and Engagement Program</b>								
<b>CCRTA - Cape Cod Regional Transit Authority</b>								
<b>GATRA - Greater Attleboro and Taunton Regional Transit Authority</b>								
<b>SHINE - Serving Health Insurance Needs of Everyone</b>								