

Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
Caregiver	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	Center for Active Living	Space is limited. Registration required.
Caregiver Respite	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	Alzheimer's Family Support	Space is limited. Pre-registration required.
Care Consultant	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	Center for Active Living	Call for Appointment
Finance	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	Center for Active Living	Call for Appointment
Finance	short consultation for retirement & estate planning	3rd Tuesday 9:00-10:30	Center for Active Living	free	SHP Financial Advisors	508-830-4230	Center for Active Living	Call for Appointment

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Insurance	SHINE - helps you navigate Medicare & other insurance options & costs	by appointment	Center for Active Living	free	Center for Active Living	508-830-4230	Center for Active Living	
Insurance	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	Alzheimer's Family Support	
Legal	Notary Services	by appointment	Center for Active Living	free	Center for Active Living	508-830-4230	Center for Active Living	Call for Appointment
Legal	short consultation	2nd & 3rd Thursdays 2:00-4:00	Center for Active Living	free		508-830-4230	Center for Active Living	Call for Appointment
Lewy Body Dementia	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	Lewy Body Dementia Association	

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Medical	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.	 A small image of the Massachusetts Medical Order for Life-Sustaining Treatment (MOLST) form. The form is white with black text and includes fields for patient information, medical history, and treatment preferences. It features the Massachusetts seal and a QR code.	In MA, patients of any age with a serious advanced illness may discuss filling out a MOLST form with their clinician.				MOLST	Requires conversation with your doctor and doctor's signature
Memory Screening	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	Alzheimer's Family Support	

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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		Nursing Homes Consumer Information	
Safety	File of Life - important medical information forms for wallet and refrigerator			free	Plymouth District Attorney	508-584-8120	File of Life	
Safety	Safety Net Tracking - wrist band with tracking			\$	Plymouth County Sheriff's Department	877-434-6384	Safety Net	
Safety	Dispose of unused or expired prescription drugs				Plymouth County Sheriff's Department		Plymouth County Sheriff's Dept - TRIAD	scroll down to resources
Safety	Safety Assurance Call - computerized telephone system for prearranged daily call			free	Plymouth County Sheriff's Department	508-830-6256	Plymouth County Sheriff's Dept	Apply online here

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CATEGORY	DESCRIPTION	WHEN	WHERE	COST	ORGANIZATION	PHONE #	WEBSITE	NOTES
Support/ Comfort	Plymouth Police Department Comfort Dog Pet Therapy - furry friend Sasha	intermittent visits	Center for Active Living	free	Plymouth Police Department	508-830-4230	Center for Active Living	
Support/ Let's Talk About Death	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	Center for Active Living	
Support/ Socializing	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)		Memory Cafe Directory	Check out the DFA resources
Support Groups - in person	Alzheimer's Caregivers Support	3rd Wednesday 2:00 - 3:00	Center for Active Living	free	Stafford Hill - Jillian Spinale	508-830-4230		
Support Groups - in person	Alzheimer's Caregivers Support	1st & 3rd Wednesdays 10:30 - 12:00	Laurelwood	free	Alzheimer's Family Support Center	508-896-5170	Alzheimer's Family Support	
Support Groups- in person	Caregiver	2nd Thursdays 1:00	Salvation Army	free		508-728-2088		

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Support Groups - in person	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	Alzheimer's Family Support	Plymouth Public Library
Support Groups - Virtual - ZOOM	AD/dementia caregiver support	1st Tuesday 1:00 - 12:00		free	Alzheimer's Family Support Center	508-896-5170	Alzheimer's Family Support	no advanced registration necessary
Transportation	CAL Rides to medical appointments - volunteer medical transportation program, No Rides to Boston	by appointment 7-10 day notice required		free	Center for Active Living volunteers	508-830-4230 Ext 13114		can't guarantee a ride will be provided
Transportation	GATRA Info Session 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	GATRA	Information sheet at the CAL

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Transportation	GATRA Dial-A-Ride: Curb-to-curb transport within Plymouth - 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	Dial-A-Ride	Reserve no later than 5 pm the day before the appointment. On a Sunday must book by Thursday before 4 pm
Transportation	GATRA Go Coastline: 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	GATRA GO	Booking by new GATRA App available; Rider must be traveling to/from shaded area of map
Transportation	Senior Charlie Card - 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		Senior Charlie Card	Covers beyond Plymouth; apply on-line

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Transportation	GATRA - Med Wheel Rides - Available as "last resort"; Only 1 ride per month; Must be registered for Dial-A-Ride or ADA Paratransit; Suggested donation of \$15 within 19 miles from home or \$30 beyond 19 miles				GATRA using grants	508-823-8828 ext. 252	GATRA Med Wheels	Will schedule 3-14 days in advance of your appointment. Allow 24 hrs. for your call to be returned.
Transportation	GATRA ADA Paratransit - those with disability who are unable to ride the GATRA fixed route bus			one way option; 10-ride pass option	GATRA	508-823-8828	ADA Paratransit	Application signed by doctor is required plus GATRA approval

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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		MassHealth PT-1 Rides	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	Boston Hospitals	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	Veterans Care for Dementia	Local resources in Brockton, West Roxbury, & Jamaica Plains

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Acronyms:								
CARE - Community Alzheimer's Respite and Engagement Program								
CCRTA - Cape Cod Regional Transit Authority								
GATRA - Greater Attleboro and Taunton Regional Transit Authority								
SHINE - Serving Health Insurance Needs of Everyone								