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RHODE ISLAND GUIDE TO SERVICES  
**FOR OLDER ADULTS AND  
ADULTS WITH DISABILITIES**

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POCKET GUIDE  
**2023**



**The Office of Healthy Aging (OHA)** is Rhode Island's designated state unit on aging. We empower older Rhode Islanders (age 55+) and adults living with disabilities to age strong. Along with many community and government partners, we connect you to information and resources in the community to support your goals for how you want to live as you age. We advocate for laws, policies and investments that allow for personal centered-care and protect your rights and agency. And, we engage and support caregivers to maintain strong, healthy relationships and build communities of support.

Our global community is rapidly aging. For the first time in recorded history, there are more people over age 64 in the world than children under five. In Rhode Island, over 31 percent of residents are age 55 or older, compared to 28 percent nationally. By 2030, it is estimated that one in four Rhode Islanders will be 65 or older, while adults living with disabilities in Rhode Island account for 13 percent of the total state population, versus 12 percent nationally.

Older Rhode Islanders and adults living with disabilities continue to shape our state's rich social, cultural, and economic tapestry. We strive to deepen and celebrate these contributions through our work while connecting older adults and adults with disabilities to opportunities to enrich their lives. Importantly, use data to tackle pressing issues facing our constituency.

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## RHODE ISLAND'S AGING AND DISABILITY RESOURCE CENTER

The Office of Healthy Aging (OHA) is responsible for the development of community-based services and programs that encourage independence and preserve the dignity of older Rhode Islanders (age 55+), adults living with disabilities, and their caregivers.

Main Telephone Number:	401-462-3000
Rhode Island Relay (TTY):	711
Administration:	401-462-0501
Adult Protective Services:	401-462-0555
Health Insurance Counseling:	1-888-884-8721
At Home Supports:	401-462-4444
Media & Communications:	401-462-0526
Volunteer Guardianship Program:	401 -462-3293



The Point: Rhode Island's Aging & Disability  
Resource Center (ADRC): **401-462-4444**

Follow us on

**Twitter:** [www.twitter.com/HealthyAgingRI](https://www.twitter.com/HealthyAgingRI)

**Facebook:** [www.facebook.com/HealthyAgingRI](https://www.facebook.com/HealthyAgingRI)

Visit us at [oha.ri.gov](http://oha.ri.gov)

## Other sources for information and referrals include:

The **Aldersbridge Health Navigator**, 30 Alexander Avenue, East Providence, RI 02914, is a professional education and referral resource for the community. They work with providers, including doctors, hospitals, nursing homes, human service agencies, and others to make sure seniors get the medical, healthcare, and community-based services needed, as efficiently and inexpensively as possible. 401-654-4006..... [www.health-navigator.org](http://www.health-navigator.org) [[health-navigator.org](http://health-navigator.org)]

The **Eldercare Locator** is a nationwide service to help families and friends find information about community services for older people anywhere in the United States and its territories. Information is available in 150 languages. 401-800-677-1116..... [www.eldercare.gov](http://www.eldercare.gov)

The **George Wiley Center**, 32 East Avenue, Pawtucket, RI 02860, is a statewide group actively committed to local community organizing to create social and economic justice through changes in public policy. Specifically, they work on issues such as hunger, utility shut-offs, and jobs. They are concerned with issues related to children, families, seniors, and adults with disabilities. 401-728-5555..... [www.georgewileycenter.org](http://www.georgewileycenter.org)

**Rhode Island Elder Info (RI Elder Info)**, 175 Danielson Pike, #223, North Scituate, RI 02857 RI, is an elderly support resource website that provides an easy one-stop access to information and resources for services related to older adults, their families, and caregivers. 401-585-0509..... [www.rielderinfo.com](http://www.rielderinfo.com)

**Rhode Island Office of Healthy Aging (OHA)** 25 Howard Avenue, Cranston, RI 02920, is the designated state unit on aging, they empower older Rhode Islanders (age 55+) and adults living with disabilities to age strong. Along with many partners, OHA can connect you to information and resources in the community to help you live happily and healthfully. They also advocate for laws, policies and investments that protect the rights and agency of aging Rhode Islanders. 401-270-0101..... [www.oha.ri.gov](http://www.oha.ri.gov)

**Rhode Island Parent Information Network (RIPIN)**, 300 Jefferson Blvd Suite 300, Warwick, RI 02888, provides information, support, and training to empower parents, families, individuals, and family-serving professionals to become effective advocates for themselves and the people in their care. 401-270-0101..... [www.ripin.org](http://www.ripin.org)

**United Way of Rhode Island/211** is a statewide free, confidential service agency that connects you with the appropriate resources you need in your community such as food, housing, job trainings, and more. 2-1-1..... [www.unitedwayri.org](http://www.unitedwayri.org)

## **ADDICTION/ RECOVERY RESOURCES**

### **Alcoholics Anonymous**

401-438-8860.....[www.rhodeisland-aa.org](http://www.rhodeisland-aa.org)

The **Anchor Recovery Community** Center Provides a safe place for people in to share their journey of recovery from addiction. Anchor also sponsors a Telephone Recovery Support Program.

Anchor Recovery offices are located at:  
310 Reservoir Avenue, Providence, RI 02907  
Providence ..... 401-889-5570

890 Centerville Road, Warwick, RI 02886  
Warwick: 401-615-994..... [www.anchorrecovery.org](http://www.anchorrecovery.org)

**CODAC**, provides treatment, recovery and prevention services for persons struggling with substance abuse, gambling disorders, or other behavioral healthcare issues. With locations in Providence, Newport, South County, East Bay, Cranston, and Pawtucket.

401-275-5039..... [www.codacinc.org](http://www.codacinc.org)

**BH Link**, 975 Waterman Avenue, East Providence, RI 02914, provides immediate, innovative crisis intervention services, connecting you to ongoing treatment and care.  
401-414-5456..... [www.bhlink.org](http://www.bhlink.org)

**Rhode Island Department of Behavioral Health Care, Developmental Disabilities and Hospitals (BHDDH)** 14 Harrington Road, Cranston, RI 02920  
401-462-3421 ..... [www.bhddh.ri.gov](http://www.bhddh.ri.gov)

**Rhode Island Department of Health (RIDOH)**  
3 Capitol Hill, Providence, RI 02908  
401-222-5960..... [www.health.ri.gov](http://www.health.ri.gov)  
401-606-5456..... RI Buprenorphine Hotline

## **ADDICTION/ RECOVERY RESOURCES**

### **Gamblers Anonymous**

855-222-5542..... RI Hotline  
213-386-8789 .....[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

### **Problem Gambling Services**

401-449-2472 ..... [www.problemgamblingservices.com](http://www.problemgamblingservices.com)

### **Rhode Island Council on Problem Gambling**

1425 Pontiac Avenue Cranston, RI 02920  
401-354-2877 ..... [www.ricpg.com](http://www.ricpg.com)

### **National Problem Gambling Helpline**

1-800-522-4700 ..... [www.ncpgambling.org/chat](http://www.ncpgambling.org/chat)

### **Narcotics Anonymous**

818-773-9999 ..... [www.na.org](http://www.na.org)

### **The Greater Providence Area of Narcotics Anonymous**

818-773-9999 ..... [www.gpana.org](http://www.gpana.org)

### **Rhode Island Nicotine Helpline**

800-784-8669 ..... [www.riprc.org](http://www.riprc.org)

**Rhode Island Recovery Support Phone Line** connects Rhode Islanders with treatment and recovery supports at any time, day or night, 365 days a year. The phone line is part of the statewide, multimedia public education campaign to promote treatment and recovery and reduce the stigma of substance use disorders. The phone line is staffed by licensed chemical dependence counselors and connects individuals in crisis with treatment and recovery supports.

401-942-STOP (7867) ..... [www.preventoverdoseri.org](http://www.preventoverdoseri.org)



## **ADULT DAY HEALTH SERVICES**

Licensed adult day health centers provide a comprehensive, non-residential program designed to address the health, safety and psychological needs of adults through individual plans of care that may include a provision of medication administration, health monitoring and oversight, personal care, maintenance therapies and care coordination.

For a complete listing of Adult Day Health Centers, please call the Rhode Island Department of Health at 401-222-5960.

Listing of licensed Adult Day Health Centers can also be found at:  
[www.health.ri.gov/lists/licensees/](http://www.health.ri.gov/lists/licensees/)

## **ADULT PROTECTIVE SERVICES**

The Office of Healthy Aging (OHA) Adult Protective Services (APS) Unit is responsible for is responsible for receiving and investigating reports of abuse, neglect, exploitation and self-neglect of Rhode Islanders 60 and older by a family member, caregiver, or person with duty of care.

RI law requires any person who has reasonable cause to believe that an older person has been abused, neglected, exploited or is self-neglecting, should make an immediate report it to OHA. Failure to report can result in a fine of up to \$1,000.

Adult Protective Service reports can be filed 24 hours a day, seven days a week, and on nights, weekends, and holidays, by calling 401-462-0555 or on our website at [oha.ri.gov](http://oha.ri.gov).

The OHA APS Unit coordinates protective services with case management agencies who can provide assessment and care-planning, when needed or requested.

Under Rhode Island law (R.I.G.L 42-66-10), OHA records pertaining to a person reported to be abused, neglected, exploited, or self-neglecting, are confidential and are not deemed public records.

## ADULT PROTECTIVE SERVICES

**Rhode Island Office of the Attorney General/Elder Abuse Unit**, investigates and prosecutes crimes committed against persons 60 and older.

150 South Main Street, Providence, RI 02903

401-274-4400..... [www.riag.ri.gov](http://www.riag.ri.gov)

**Rhode Island Coalition Against Domestic Violence**, works to eliminate domestic violence in Rhode Island.

22 Post Road, Suite 102, Warwick, RI 02888,

24/7 Helpline:1-800-494-8100....[www.ricadv.org](http://www.ricadv.org)

**Rhode Island Bar Association:** 401-421-5740 ..... [www.ribar.com](http://www.ribar.com)

**Elizabeth Buffum Chace Center** serves individuals and families affected by domestic violence and sexual assault.

24 Hour Hotline:1-800-494-8100 ..... [www.ebccenter.org](http://www.ebccenter.org)

**Rhode Island Legal Services, Elder Protection Project** helps older adults facing physical and mental abuse, abandonment and neglect and financial exploitation. 401-274-2652..... [www.rils.org](http://www.rils.org)

**Sojourner House** serves victims and survivors of domestic abuse, sexual violence, and human trafficking. They offer wraparound services such as support groups, emergency shelter, transitional and permanent supportive housing, sexual health advocacy, and emotional support.

386 Smith Street, Providence, RI 02908

401-861-6191 .....[www.sojournerri.org](http://www.sojournerri.org)

## ADVOCACY

**AARP-Rhode Island**, 10 Orms Street, Suite 200, Providence, RI 02904, is a non-profit, non-partisan organization for persons 50 and older. AARP lobbies on behalf of the 50+ population at both the state and federal levels of government for programs and services that enhance their lives.

866-542-8170 ..... [www.aarp.org/RI](http://www.aarp.org/RI)

**Age-Friendly RI (AFRI)**, Rhode Island College, Alger Hall, 600 Mt Pleasant Avenue, Providence, RI 02908, is a non-profit coalition of stakeholders dedicated to meeting the needs and preferences of Rhode Islanders as they age. Its mission is to ensure the best quality of life for older adults to help them stay healthy, active & engaged in their communities.

401-456-2781 ..... <https://agefriendlyri.org>

**Alliance for Better Long Term Care**, 422 Post Road, Warwick, RI 02888, works to resolve problems related to the health, safety, welfare, and rights of individuals who live in Long-Term Care facilities, such as nursing homes, board and care and assisted living facilities, and other residential care communities. Ombudsman programs promote policies and consumer protections to improve long-term services and supports at the facility, local, state, and national levels. All reports of abuse and neglect are confidential.

401-785-3340 ..... [www.alliancebltc.org](http://www.alliancebltc.org)

**Disability Rights Rhode Island**, 33 Broad Street, Suite 601 Providence, RI 02903, assist Rhode Islanders with differing abilities in their efforts to achieve full inclusion in society and to exercise their civil and human rights through legal advocacy.

401-831-3150 ..... [www.drri.org](http://www.drri.org)

**Paul V. Sherlock Center on Disabilities at Rhode Island College**, partners with State and national agencies, education and community providers to offer interdisciplinary pre-service and community education, technical assistance, service, research and information to promote membership of individuals with disabilities in school, work and the community.

401-456-8072 ..... [www.ric.edu/sherlockcenter](http://www.ric.edu/sherlockcenter)

RI Relay: 711 or (800) 745-6575

Spanish via RI Relay: 711 or (866) 355-9241

## ADVOCACY

**Parents, Families and Friends of Lesbians and Gay (PFLAG)** is a support organization that helps parents of gays and lesbians to understand and accept their children. The Greater Providence Chapter meets monthly.  
401-307-1802 ..... [www.pflagprovidence.org](http://www.pflagprovidence.org)

**Pride in Aging RI** is an all-volunteer non-profit organization founded in 1975 that is dedicated to helping LGBTQ+ seniors achieve a high quality of life through education, advocacy, social activities and services.  
[info@prideinagingri.org](mailto:info@prideinagingri.org) ..... [www.prideinagingri.org](http://www.prideinagingri.org)

**Services & Advocacy for LGBT Elders (SAGE)**, promotes, empowers, and contributes to the quality of life for its constituents through service, advocacy, and education.

SAGE National Headquarters  
305 7th Avenue 15th Floor New York, NY 10001  
212-741-2247 ..... [www.sageusa.org](http://www.sageusa.org)

**Senior Agenda Coalition of Rhode Island**, 70 Bath Street, Providence, RI 02908, is a diverse group of activists and organizations that educate the community to improve the quality of life for older Rhode Islanders, focusing on issues, legislation, and policies of public and private institutions that affect RI seniors.  
401-440-4165 ..... [www.senioragendari.org](http://www.senioragendari.org)

## ALZHEIMER'S DISEASE

More than 25,000 Rhode Island residents are living with Alzheimer's disease and other related dementia. Alzheimer's robs the individual of memory, basic functions, and ultimately life. Alzheimer's disease also takes a toll on family caregivers as they deal with the consequences of dementia, in terms of lost or less productive work time, damage to their physical and emotional health, a threat to their financial security, and constant stress. The Long-Term Care Coordinating Council has developed a State Plan for Alzheimer's disease and related disorders.

The plan is available at [www.ltgov.ri.gov](http://www.ltgov.ri.gov).

**Alzheimer's Association, Rhode Island Chapter**, 245 Waterman Avenue, Providence, RI 02906, is a non-profit organization whose Mission is to coordinate resources for caregivers, educate health professionals and the public, and advocate for improved public policy.

401-421-0008..... [www.alz.org/ri](http://www.alz.org/ri)

1-800-272-3900..... 24 Hour/7 Day Helpline

**Memory & Aging Program (MAP)**, 345 Blackstone Boulevard, 1st Floor Weld Building, Providence, RI 02906, is a worldwide leader in Alzheimer's disease research. MAP has a 20+ year history in clinical care, training, and cutting-edge research aimed at developing new and better ways to detect, treat, and someday even prevent Alzheimer's.

401-455-6402..... [www.butler.org/memory](http://www.butler.org/memory)

OHA administers the **Volunteer Guardianship Program**, work with the probates courts to match people age 60 years or older, living in care facilities to volunteer guardians. Those in need of a volunteer Guardian are individuals who have certain cognitive conditions and a need for an alternate decision maker for health care related matters.

401-462-3293..... [oha.ri.gov/what-we-do/protect/volunteers](http://oha.ri.gov/what-we-do/protect/volunteers)

## CAREGIVER SUPPORT PROGRAMS

**Caregiver Action Network (CAN)**, is a national organization that works to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. They provide free education, peer support, and resources to family caregivers across the country.

Caregiver Help Desk: 855-227-3640..... [www.caregiveraction.org](http://www.caregiveraction.org)

**CareBreaks Respite Program**, assists caregivers taking care of family members. Services are coordinated through qualified home healthcare providers, adult day centers, assisted living and nursing home facilities. Volunteer nursing students may also provide respites services. CareBreaks may also help to pay part of the cost for respite provided by approved agencies.

401-421-7833..... [dioceseofprovidence.org/elder-services](http://dioceseofprovidence.org/elder-services)

**Powerful Tools for Caregivers**, is an evidenced based self-care education program for family caregivers that provides tools and strategies to better handle unique caregiver challenges. This program is free of charge and offered virtually.

401-278-2502..... [dioceseofprovidence.org/elder-services](http://dioceseofprovidence.org/elder-services)

**Family Caregivers Alliance of Rhode Island**, advocates and provides resources to meet the needs of caregivers who are providing long-term in-home care for family and friends, including children and youth with special needs, adults with disabilities and seniors.

401-462-4444..... <https://fcari.org>

**MyOptionsRI**, offers person-centered options counseling to help Rhode Islanders understand the choices they have for long-term services and supports (LTSS). These services can offer relief to caregivers who provide direct care for their loved ones. To learn about your options, you can call the Point or visit MyOptionsRI on the web.

401-462-4444..... [www.myoptions.ri.gov](http://www.myoptions.ri.gov)

## CAREGIVER SUPPORT PROGRAMS

**National Alliance for Caregiving** is a non-profit coalition of national organizations who share a vision of a society that values, supports and empowers family caregivers to thrive at home, work and life. Its mission is to build partnerships in research, advocacy, and innovation to make life better for family caregivers.

202-918-1013..... [www.caregiving.org/](http://www.caregiving.org/)

**YMCA Grandparents as Caregivers Program** offers assistance with childcare to grandparents or foster grandparents who are the primary caregiver for children under age 18. This program provides after-school care, summer camp scholarships, free YMCA-based programs and more. It is available to families in the greater Providence, Pawtucket, Lincoln, and Woonsocket areas; there are no income restrictions.

401-727-7515.....[ymcagreaterprovidence.org](http://ymcagreaterprovidence.org)

Caregiver Support Groups are facilitated groups that allow caregivers to connect with other caregivers in a setting which is non-threatening and supportive. Information and resources can be shared. For additional information and to be connected with other support groups you can contact the Family Caregivers Alliance of Rhode Island.



## CASE MANAGEMENT

**Case management** programs provide assessment and care planning assisting adults, 60 & older, who meet certain requirements, to remain at home.

### **Child and Family Services of Newport County**

Jamestown, Little Compton, Middletown, Newport, Portsmouth, Tiverton  
31 John Clarke Road, Middletown, RI 02842  
401-849-2300..... [www.childandfamilyri.com](http://www.childandfamilyri.com)

### **Child and Family Services, Providence**

1268 Eddy Street, Providence, RI 02905  
401-781-3669..... [www.childandfamilyri.com](http://www.childandfamilyri.com)

### **East Bay Community Action Agency**

Barrington, Bristol, Central Falls, East Providence, Pawtucket, Warren  
100 Bullocks Point Avenue 02915  
401-437-1000..... [www.ebcap.org](http://www.ebcap.org)

### **Tri-County Community Action Agency**

Block Island, Charlestown, Exeter, Hopkinton, Narragansett, North  
Kingstown, Richmond, South Kingstown, Westerly  
1935 Kingstown Road #204, Wakefield, RI 02879  
401-789-3016..... [www.tricountyri.org](http://www.tricountyri.org)

### **Tri-County Community Action Agency**

Burrillville, Cranston, Cumberland, Foster, Glocester, Johnston,  
Lincoln, North Providence, North Smithfield, Scituate, Smithfield, Woonsocket  
1126 Hartford Avenue, Johnston 02919  
401-351-2750..... [www.tricountyri.org](http://www.tricountyri.org)

### **Westbay Community Action**

Coventry, East Greenwich, Warwick, West Greenwich, West Warwick  
487 Jefferson Blvd, Warwick, RI 02886  
401-732-4660..... [www.westbaycap.org](http://www.westbaycap.org)

## CHRONIC DISEASE MANAGEMENT

**Chronic diseases** have a negative impact on the quality of life for older adults. and adults with disabilities. These organizations help persons affected by these conditions to live a better life.

**Alzheimer's Association, Rhode Island Chapter**, 245 Waterman Avenue, Providence, RI 02906, is a non-profit organization whose mission is to coordinate resources for caregivers, educate health professionals and the general public, and advocate for improved public policy.

401-421-0008..... [www.alz-ri.org](http://www.alz-ri.org)

24/7 Helpline .....1-800-272-3900

**American Cancer Society**, 931 Jefferson Blvd., Suite 3004, Warwick, RI 02886 is a nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem.

800-227-2345..... [www.cancer.org](http://www.cancer.org)

**The American Diabetes Association** seeks to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

New England Office:

617-482-4580..... [www.diabetes.org](http://www.diabetes.org)

**American Heart Association**, 1 State Street, Unit 200, Providence, RI 02908, is a non-profit organization that concentrates its efforts on cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke.

401-228-2320..... [www.heart.org](http://www.heart.org)

**American Parkinson's Disease Association, RI Chapter**, serves the patients and caregivers of Rhode Island and Southeastern Massachusetts through the information and referral center at Kent Hospital, and several support groups across the state.

401-455-6337 ..... [www.apdaparkinson.org](http://www.apdaparkinson.org)

**Arthritis Foundation, Northern & Southern NE Chapter**, seeks to improve the lives of 66 million Americans through prevention, treatment, control and cure of arthritis and related diseases.

1-800-283-7800..... [www.arthritis.org](http://www.arthritis.org)

## CHRONIC DISEASE MANAGEMENT

**Community Health Network Program** connects patients with community-based preventative health programs. In Rhode Island, call the Department of Health Information Line.

401-432-7217 ..... [www.health.ri.gov](http://www.health.ri.gov)

**Down Syndrome Society of Rhode Island**, 100 Washington Street, Unit 325 West Warwick RI, 02893, is dedicated to promoting the rights, dignity, and potential of all individuals with Down Syndrome through advocacy, education, public awareness, and support.

401-463-5751 ..... [www.dssri.org](http://www.dssri.org)

**Mental Health Association of Rhode Island**, 45 Blackstone Blvd, Providence, RI 02906, provides information and referral for mental health services.

401-726-2285 ..... [www.mhari.org](http://www.mhari.org)

**Muscular Dystrophy Association, Rhode Island Chapter**, APC Building 593 Eddy Street 5th Floor, Providence, RI 02903, provides financial assistance to repair durable medical equipment. The agency also runs an equipment loan program, has a medical clinic, sponsors a summer camp for children and provides family-friendly accessible activities

401-444-6447 ..... [www.mda.org/clinic/rhode-island-hospital-adult-care-center](http://www.mda.org/clinic/rhode-island-hospital-adult-care-center)

**National Organization for Rare Disorders, Inc.** works toward the prevention, treatment, and cure of rare diseases. It provides links to resources, information, and programs, including medication assistance programs.

1-800-999-6673 ..... [www.rarediseases.org](http://www.rarediseases.org)

**Rhode Island Council of Community Mental Health Organizations**, 200 Metro Center Blvd. #10, Warwick RI, 02886, represents community mental health sites that assist individuals seeking information and referral about treatment.

401-228-7990 ..... [www.riccmho.org](http://www.riccmho.org)

**Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals (BHDDH)** fights against the stigmatization of people with developmental disabilities, mental illness, and substance use disorders and addictions. For additional information contact the numbers below.

401-462-3421 ..... [www.bhddh.ri.gov](http://www.bhddh.ri.gov)

401-462-3234 ..... Developmental Disabilities

401-462-3291 ..... Mental Health Services

401-462-4680 ..... Substance Abuse

866-252-3784 ..... 24/Hour Helpline

## COMMUNITY ACTION PROGRAMS

**Community Action Programs (CAPs)** are social service agencies working to alleviate the problems of poverty through a positive approach. Programs include consumer education, counseling, health & wellness, home weatherization, & heating assistance, and other programs.

Aquidneck Island/Newport: **East Bay CAP:**

19 Broadway, Newport, RI 02840

Newport, Portsmouth, Tiverton, Middletown, Jamestown, Little Compton

401-847-7821..... [www.ebcap.org](http://www.ebcap.org)

Blackstone Valley: **Blackstone Valley CAP:**

32 Goff Avenue, Pawtucket, RI 02860

Central Falls, Cumberland, Lincoln, Pawtucket

401-723-4520..... [www.bvcap.org](http://www.bvcap.org)

Cranston: **Comprehensive CAP:**

311 Doric Avenue, Cranston, RI 02910 Cranston, Foster,

Scituate, Coventry

401-467-9610..... [www.comcap.org](http://www.comcap.org)

East Bay: **East Bay CAP:**

100 Bullocks Point Avenue, East Providence, RI 02915

Barrington, Bristol, East Providence, Warren

401-437-1000..... [www.ebcap.org](http://www.ebcap.org)

Greater Providence: **Community Action Partnership of Providence:**

518 Hartford Avenue, Providence, RI 02909

401-273-2000..... [www.cappri.org](http://www.cappri.org)

Greater Woonsocket: **Community Care Alliance**

800 Clinton Street, Woonsocket, RI 02895

401-235-7000..... [www.communitycareri.org](http://www.communitycareri.org)

## COMMUNITY ACTION PROGRAMS

Kent County: **Westbay Community Action:**

224 Buttonwoods Avenue, Warwick, RI 02886 Warwick, West  
Warwick, East Greenwich  
401-732-4660..... [www.westbaycap.org](http://www.westbaycap.org)

Northwest: **Tri-County Community Action, Inc.**

1126 Hartford Avenue, Johnston RI 02919  
Burrillville, Glocester, Johnston, North Providence, North Smithfield, Smithfield 401-  
351-2750..... [www.tricountyri.org/](http://www.tricountyri.org/)

South County: **Tri-County Community Action, Inc.**

1935 Kingstown Road, Wakefield, RI 02879  
Charlestown, Exeter, Hopkinton, Narragansett, New Shoreham (Block Island),  
North Kingstown, Richmond, South Kingstown, West Greenwich, Westerly 401-  
789-3016..... [www.tricountyri.org/](http://www.tricountyri.org/)

## CONSUMER PROTECTION PROGRAMS

**Scams, frauds, and schemes** cost seniors, adults with disabilities, and the federal government millions of dollars each year. The organizations listed below can help consumers avoid being victimized, preserve valuable assets and resources, and provide ways to report scams and questionable business practices. If you feel that you have been victimized by a fraud, scam or scheme, contact your local police department and the agencies listed in this section.

**Better Business Bureau** tracks information on many businesses throughout the United States and Canada. **BBB** may also help resolve consumer complaints against businesses.

800-422-2881..... [www.bbb.org](http://www.bbb.org)

**Consumer Financial Protection Bureau** is a U.S. government agency dedicated to making sure you are treated fairly by banks, lenders and other financial institutions.

855-411-2372..... [www.consumerfinance.gov](http://www.consumerfinance.gov)

**Federal Trade Commission** works to prevent fraudulent, deceptive, and unfair business practices. They also provide information to help consumers spot, stop, and avoid scams and fraud.

202-326-2222..... [www.ftc.gov](http://www.ftc.gov)

**Internet Crimes Complaint Center (IC3)** allows individuals to report instances of online fraud or scams from either the actual victim or from a third party to the complainant..... [www.ic3.gov](http://www.ic3.gov)

**National Do Not Call Registry** allows individuals to limit the number of telemarketing calls they receive.

888-382-1222..... [www.donotcall.gov](http://www.donotcall.gov)

**Rhode Island Attorney General's Consumer Protection Unit**, 150 South Main Street, Providence, RI 02903, provides assistance to consumers with complaints against businesses.

401-274-4400..... [www.riag.ri.gov](http://www.riag.ri.gov)

**Rhode Island State Medicare Patrol (SMP)** helps persons to recognize and report Medicare and Medicaid fraud, waste, and abuse, and to get the most out of their health care.

888-884-8721..... [www.oha.ri.gov](http://www.oha.ri.gov)

**U.S. Postal Inspection Service** accepts reports and investigates claims of mail fraud.

877-876-2455..... [www.uspis.gov](http://www.uspis.gov)

## DENTAL SERVICES

**Dental services for limited-income persons may be available under the following programs:**

The **Donated Dental** program offers free or reduced-cost dental services to income-eligible seniors. Call 1-866-572-9390.

**Blackstone Valley:** Thundermist Health Center  
450 Clinton Street, Woonsocket, RI 02895  
401-767-4100 ..[www.thundermisthealth.org](http://www.thundermisthealth.org)

**Kent County:** Thundermist Health Center  
186 Providence Street, West Warwick, RI 02893  
401-615-2800      [www.thundermisthealth.org](http://www.thundermisthealth.org)

**South County:** Thundermist Health Center:  
One River Street, Wakefield, RI 02879  
401-783-0523 . [www.thundermisthealth.org](http://www.thundermisthealth.org)

**East Bay Dental Center**  
19 Broadway, Newport, RI 02840  
401-845-0564 ..... [www.ebcap.org](http://www.ebcap.org)

**Tri-County Community Action Agency** offers affordable dental services to residents of Johnston, North Providence, Smithfield, and North Smithfield.  
1126 Hartford Avenue, Johnston  
401-519-1940..... [www.tricountyri.org](http://www.tricountyri.org)

## DENTAL SERVICES

**WellOne-Primary Medical and Dental Care**, Provides comprehensive dental services to patients both young and old. Accepts most insurance plans, including Medicaid. Sliding fee scale program.

### **Foster**

142A Danielson Pike, Foster, RI 02825  
401-647-3702 ..... [www.welloneri.org](http://www.welloneri.org)

### **North Kingstown**

308 Callahan Road, North Kingstown, RI 02852  
401-295-9706.....[www.welloneri.org](http://www.welloneri.org)

### **Pascoag**

36 Bridge Way, Pascoag, RI 02859  
401-567-0800 .....[www.welloneri.org](http://www.welloneri.org)

### **Scituate**

35 Village Plaza Way, Scituate, RI 02857  
401-647-6262.....[www.welloneri.org](http://www.welloneri.org)

The **Everett C. Wilcox Family Health Center**, 226 Buttonwoods Avenue, Warwick RI 02886, offers services based on a sliding fee scale.  
401-732-9090..... [www.comcap.org](http://www.comcap.org)

**Wood River Health Services**, 823 Main Street, Hope Valley, RI 02832, offers limited dental services.  
401-539-2461 ..... [www.woodriverhealthservices.org](http://www.woodriverhealthservices.org)



## DISABILITY RESOURCES

There are a number of organizations in Rhode Island that can help older adults and adults with disabilities enhance their quality of life.

The **Rhode Island Adaptive Telephone Equipment Loan Program (ATEL)**, Office of Rehabilitative Services, provides demonstrations, training, and long-term loan and device re-utilization services of specialized telephone equipment to qualified individuals who are deaf, hard of hearing, have a speech impairment, who suffer from neuromuscular damage, or any disease that hinders them from using a standard telephone.

40 Fountain Street, Providence, RI 02903

401-486-3325..... [www.atel.ri.gov](http://www.atel.ri.gov)

The **Assistive Technology Access Partnership (ATAP)**, Office of Rehabilitative Services, is a group of agencies that work together to reduce or eliminate barriers to access and funding for assistive technology devices and services for individuals with disabilities of all ages.

40 Fountain Street, Providence, RI 02903

401-332-9018..... [www.atap.ri.gov](http://www.atap.ri.gov)

Persons who have incurred a significant disability before age 22 should call the **Division of Developmental Disabilities** at the Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals (BHDDH) about options for various services.

401-462-3421..... [www.bhddh.ri.gov](http://www.bhddh.ri.gov)

The Rhode Island **Commission on the Deaf and Hard of Hearing** administers sign language interpreter services, information, and referral.

One Capitol Hill, Providence, RI 02908

401-256-5511..... [www.cdhh.ri.gov](http://www.cdhh.ri.gov)

The **Governor's Commission on Disabilities** ensures that people with disabilities are afforded opportunities to exercise all rights and responsibilities provided to citizens of the state and that each person with a disability can reach his/her maximum degree of independence, development, productivity, and self-sufficiency.

401-462-0100..... [www.gcd.ri.gov](http://www.gcd.ri.gov)

The **EyeCare America Seniors Program** serves persons who are 65 and older who do not have an ophthalmologist. They can receive no-cost medical eye care services.  
877-887-6327.....[www.eyecareamerica.org](http://www.eyecareamerica.org)

## DISABILITY RESOURCES

**IN-SIGHT** provides services for people living with vision loss including low vision exams, independent living training, diabetes counseling and a radio reading service.  
43 Jefferson Boulevard, Warwick, RI 02888  
401-941-3322..... [www.in-sight-ri.org](http://www.in-sight-ri.org)

**Living in Fulfilling Environments, Inc. (LIFE)**, provides a wide range of community-based experiences and supports to individuals with developmental disabilities.  
490 Metacom Avenue, Bristol, RI 02809,  
401-254-2910..... [www.lifeincnri.org](http://www.lifeincnri.org)

**Ocean State Center for Independent Living (OSCIL)** is a non-residential, consumer-driven, community-based, cross-disability, nonprofit organization providing a range of independent living services. These services include individual and community advocacy, information and referral, basic independent living skills training, peer support, community outreach, disability awareness, assistance with nursing home transition, a youth transition program, and assistance in the attainment of assistive devices and home modifications necessary for increased independence.

OSCIL has 3 locations throughout Rhode Island:  
1944 Warwick Avenue, Warwick, RI 02889  
1800 Post Road, Warwick, RI 02886  
175 Main Street, Pawtucket, RI 02860

401-738-1013..... [www.oscil.org](http://www.oscil.org)

**Opportunities Unlimited for People with Differing Abilities, Inc.**, provides support services for adults with disabilities.  
401-942-9044..... [www.oppunlim.com](http://www.oppunlim.com)

**Real Access Motivates Progress (RAMP)** is a non-profit organization that advocates and supports people with disabilities, their family and allies.  
[RAMPTina@yahoo.com](mailto:RAMPTina@yahoo.com) ..... [www.RAMPisInclusion.com](http://www.RAMPisInclusion.com)

**The Office of Rehabilitation Services**, administers Disability Determination Services for the Social Security Administration. The agency determines the medical eligibility of individuals with disabilities applying for cash benefits.  
40 Fountain Street, Providence, RI 02903  
401-421-7005..... [www.ors.ri.gov](http://www.ors.ri.gov)

## DISABILITY RESOURCES

**Rhode Island Relay/711** is a no-cost service that enables people who are Deaf, Hard of Hearing, DeafBlind or those with a Speech Disability to place and receive phone calls.

dial 711

1-800-745-5555 (English)

1-866-355-9214 (Spanish)

**Rhode Island State Services for the Blind and Visually Impaired**, provides vocational rehabilitation, counseling, medical evaluation, home teaching, and other services.

40 Fountain Street, Providence, RI 02903

401-465-0572..... [www.ors.ri.gov](http://www.ors.ri.gov)

**Talking Books Plus** serves persons who have a visual impairment or physical disability that hinders them from using a traditional library. They can borrow books and magazines in large print, braille, or talking books on cassette or disc, free of charge. Machines and materials are shipped free directly through the U.S. mail. One Capitol Hill, Providence, RI 02908

401-574-9310 ..... [www.olis.ri.gov/tbl](http://www.olis.ri.gov/tbl)

**TechACCESS of Rhode Island**, works towards assuring that persons of all ages and disabilities will have access to technologies and technology services to encourage and support their full participation in all aspects of life.

61 Comstock Parkway Cranston, RI 02921

401-463-0202..... [www.techaccess-ri.org](http://www.techaccess-ri.org)

These centers diagnose and treat hearing, speech, language, and swallowing problems:

### **Rhode Island Hospital**

593 Eddy Street, Providence, RI 02903

401-444-5485..... [www.rhodeislandhospital.org](http://www.rhodeislandhospital.org)

**University of Rhode Island Speech and Hearing Centers:**  
[www.uri.edu](http://www.uri.edu)

**Kingston:** 25 Independence Way, Kingston, RI 02881

401 874-5969, or 401-874-4292

**Pawtucket:** 500 Prospect Street, Pawtucket, RI 02860

401-721-0734

## EDUCATIONAL OPPORTUNITIES

Qualifying Rhode Island residents 60 and older may take courses at state colleges, on a space-available basis, without paying tuition. Contact your local college or university for eligibility and fees, if applicable. Contact your local school department, civic organization, or church, for information on other types of learning opportunities.

OHA administered, **DigiAGE Collaborative**, through a partnership of industry, government, and community, digiAGE aims to bridge this digital divide for older adults, linking them to the technology and virtual opportunities that underpin modern life. Through this initiative many partners are able to provide devices, Internet connectivity, and training programs.

401-462-3000.....[www.oha.ri.gov/digiAGE](http://www.oha.ri.gov/digiAGE)

**Engaging Generations: Cyber-Seniors** is a local intergenerational program that connects college students with older adults so that older Rhode Islanders can get help with technology and ask questions about their own devices and apps & programs they want to learn.

401-208-2740.....[www.cyberseniors.org/uri](http://www.cyberseniors.org/uri)

**GetSetUp**, is an online learning community for older adults'. Courses are taught live on the platform by older adult peers to individuals who want to learn new skills, connect with others and unlock new life experiences.

888-559-1614..... [www.getsetup.io](http://www.getsetup.io)

The **Lifelong Learning Collaborative** is an independent, non-profit, peer-run organization that provides mature adults with varied opportunities for lifelong learning.

401-270-2556..... [www.lifelonglearningcollaborative.org](http://www.lifelonglearningcollaborative.org)

The **Osher Lifelong Learning Institute (OLLI)** at the University of Rhode Island is a learning community for active adults, starting at age 50, who wish to explore a wide variety of subjects and programs without worry of exams, grades, or academic requirements.

401-874-4194.....[www.uri.edu/olli](http://www.uri.edu/olli)

## EMERGENCY PREPAREDNESS

One of the keys to surviving a disaster, either man-made or natural, is preparation. The **Rhode Island Emergency Management Agency** has information and resources to help seniors and adults with disabilities prepare for natural or man-made disaster situations.

645 New London Avenue, Cranston, RI 02920  
401-946-9996     [www.riema.ri.gov](http://www.riema.ri.gov)

The **Rhode Island Emergency Management Agency** and the **Rhode Island Department of Health** urge anyone with a chronic disability, health condition, limited mobility, or special health care need(s) to enroll in the **Rhode Island Special Needs Emergency Registry**. The registry was developed to make sure that there is a system to identify Rhode Islanders who require special assistance during emergencies.

Rhode Island Department of Health:  
401-222-5960 ..... [www.health.ri.gov](http://www.health.ri.gov)

Rhode Island Emergency Management Agency:  
401-946-9996 ..... [www.riema.ri.gov](http://www.riema.ri.gov)

**United Way of Rhode Island/211** is a statewide free, confidential service agency that connects you with the appropriate resources you need in your community such as food, housing, job trainings, and more.  
2-1-1 ..... [www.unitedwayri.org](http://www.unitedwayri.org)

## FINANCIAL MANAGEMENT/ DEBT COUNSELING

**Money Management International**, 501 Centreville Road, 2nd. Floor Warwick, RI 02886, is a non-profit organization that provides full service financial counseling, financial education, debt management programs, and housing counseling. Services are provided either in person or over the Internet. All information is confidential. Money Management International helps clients resolve financial difficulties and achieve long-term financial well-being and lifelong financial management skills.  
1-888-8598475..... [www.moneymanagement.org](http://www.moneymanagement.org)

## FOOD ASSISTANCE

The statewide Senior Nutrition Programs are known as the Cafés.

Each Café will offer at least two of the three meal choices daily. The “spa option,” for the health conscious, features lighter fare such as a main course salad. The “pub option” offers a sandwich for those who want a traditional, wholesome lunch. And the “hearty option” provides a full, hot lunch for those who prefer their main meal at midday. The Cafés welcome all diners 60 and over (in the case of a married couple, only one spouse must be over 60). There is a suggested donation of \$3 per meal. No one is turned away if they cannot donate.

SNAP beneficiaries may use their Electronic Benefits Cards (EBTs) at Cafés. Reservations are required 24 hours in advance.

To locate a Café location near you, call:

**Blackstone Cafés:** Blackstone Health, Inc.  
401-728-5480..... [www.carene.org](http://www.carene.org)

**Capital Cities Cafés:** Meals on Wheels of RI, Inc.  
401-351-6700..... [www.rimeals.org](http://www.rimeals.org)

**East Bay Cafés:** East Bay CAP  
401-437-1000, ext. 1121... [www.ebcap.org](http://www.ebcap.org)

**Narragansett Indian Tribe Café**  
401 213-6880, X 13

**Northern Rhode Island Cafés:** Aging Well, Inc.  
401-766-3734..... [www.seniorservicesri.org](http://www.seniorservicesri.org)

**Westbay Cafés:** Westbay CAP  
401-732-4660 X325 ..... [www.westbaycap.org](http://www.westbaycap.org)

**Meals on Wheels of Rhode Island**, 70 Bath Street, Providence, RI 02908, provides home-delivered meals to frail, homebound seniors and qualified disabled persons, five days per week. To qualify, seniors must be 60 years or older, live alone, have no one to help them, and be unable to shop, cook, or drive. Donations are accepted but are not mandatory.  
401-351-6700..... [www.rimeals.org](http://www.rimeals.org)

## FOOD ASSISTANCE

Additional resources are also available to older Rhode Islanders who need emergency food assistance.

The **Commodity Supplemental Food Program (CSFP)** is the only USDA nutrition program that provides monthly food assistance specifically targeted at low-income seniors. The CSFP is designated to meet the unique nutritional needs of seniors by supplementing diets with a monthly package of healthy, nutritious food provided by the USDA.....401-230-1700

**Comprehensive Community Action Plan (CCAP)**, 311 Doric Avenue, Cranston, RI 02910, provides emergency food assistance to residents of Cranston, Coventry, Scituate, and Foster.  
401-943-1981..... [www.comcap.org](http://www.comcap.org)

The **Rhode Island Community Food Bank**, 200 Niantic Avenue, Providence, RI 02907, provides support and distributes food to dozens of food pantries and meal sites throughout RI. An up-to-date Food Assistance List is always available on their website.  
401-942-6325..... [www.rifoodbank.org](http://www.rifoodbank.org)

**The Supplemental Nutrition Assistance Program (SNAP)**, formerly known as the Food Stamp Program, provides low-income individuals and families with benefits to purchase food.

*\*Income Eligibility For Seniors & Adults with Disabilities:*

One person .....\$2,266 per month

Two persons ..... \$3,052 per month

Income thresholds above are for the time period of October 1, 2023-September 30, 2024. Seniors and adults with disabilities with incomes above those amounts may still be eligible. For more information about SNAP or help applying, you can get help through a SNAP Outreach Provider. Providers are listed on the DHS website, <https://dhs.ri.gov/programs-and-services/supplemental-nutrition-assistance-program-snap>

In addition to these agencies, many local churches have food pantries or emergency assistance food programs.



## GERIATRIC ASSESSMENT CLINICS

Seniors who have shown recent changes in their physical, psychological, or social functioning are candidates for assessment. These organizations offer geriatric assessments:

**Rhode Island Mood and Memory Research Institute**

401-435-8950..... [www.rimmri.com](http://www.rimmri.com)

**Roger Williams Geriatric Assessment Program**

401-456-2000..... [www.rwmc.org](http://www.rwmc.org)

**Geriatrics & Palliative Medicine at Brown Medicine**

401-649-4010..... [www.brownmed.org/geriatrics](http://www.brownmed.org/geriatrics)

**Alzheimer's Disease & Memory Disorders Center at Rhode Island Hospital**

401-444-6440..... [www.rhodeislandhospital.org](http://www.rhodeislandhospital.org)

**Butler Hospital Memory and Aging Program**

401-455-6403..... [www.butler.org](http://www.butler.org)

401-455-6402. Clinical Trials Research Line

**RI & Miriam Hospital Geriatric Neuropsychological Program**

401-444-4500..... [www.lifespan.org](http://www.lifespan.org)

## HEALTH CENTERS

Community health centers provide many health services for low-income persons, including seniors. Payment is based on a sliding scale.

**Block Island:** Block Island Health Services  
6 Payne Road, New Shoreham, RI 02807  
401-466-2974..... [www.rihca.org](http://www.rihca.org)

**Central Falls:** Blackstone Valley Community Health Center  
9 Chestnut Street, Central Falls, RI 02863  
401-722-0081 ..... [www.blackstonechc.org](http://www.blackstonechc.org)

**Charlestown:** Narragansett Indian Health Center  
51 Old Mill Road, Charlestown, RI 02813  
401-364-1265..... [www.narragansett-tribe.org](http://www.narragansett-tribe.org)

**Coventry:** Family Health Services of Coventry  
191 MacArthur Blvd, Coventry, RI 02816  
401-828-5335..... [www.comcap.org](http://www.comcap.org)

**Cranston:** CCAP Health Services  
1090 Cranston Street Cranston, RI 02920  
401-943-1981..... [www.comcap.org](http://www.comcap.org)

**East Providence:** East Bay Family Health Center  
100 Bullocks Point Avenue, Riverside, RI 02915  
401-437-1008..... [www.ebcap.org](http://www.ebcap.org)

Community health centers provide many health services for low-income persons, including seniors. Payment is based on a sliding scale.

**Foster:** WellOne Primary Care Medical & Dental Care  
142A Danielson Pike Foster, RI 02825  
401-647-3702..... [www.welloneri.org](http://www.welloneri.org)

**Johnston:** Tri-Town Health Center  
1126 Hartford Avenue, Johnston, RI 02919  
401-351-2750..... [www.tricountyri.org](http://www.tricountyri.org)

**Newport:** East Bay Family Health Care  
6 John H Chafee Blvd, Newport, RI 02840  
401-848-2160..... [www.ebcap.org](http://www.ebcap.org)

## HEALTH CENTERS

**North Kingstown:** WellOne Primary Care Medical  
308 Callahan Road North Kingstown, RI 02852  
401-295-9706.....[www.welloneri.org](http://www.welloneri.org)

**Pawtucket:** Blackstone Valley Community Health Center  
1145 Main Street, Pawtucket, RI, 02860  
401- 729-5239..... [www.bvchc.org](http://www.bvchc.org)

Blackstone Valley Community Health Center  
39 East Avenue, Pawtucket, RI, 02860  
401- 772-0081..... [www.bvchc.org](http://www.bvchc.org)

**Pascoag:** WellOne Primary Care Medical & Dental Care  
36 Bridge Way, Pascoag, RI 02859  
401-567-0800..... [www.welloneri.org](http://www.welloneri.org)

**Providence:** Providence Community Health Center, Capitol Hill  
40 Candace Street, Providence, Rhode Island 02908  
401-444-0550.....[www.providencechc.org](http://www.providencechc.org)

Chafee Health Center  
1 Warren Way, Providence, RI 02905  
401-444-0530..... [www.providencechc.org](http://www.providencechc.org)

Clínica Esperanza / Hope Clinic  
60 Valley Street, #104, Providence, RI 02909  
401-649-9683 .....[www.aplacetobehealthy.org](http://www.aplacetobehealthy.org)

Crossroads Rhode Island  
160 Broad St, Providence, RI 02903  
401-861-2403..... [www.providencechc.org](http://www.providencechc.org)

Met School Health Clinic  
325 Public Street, Providence, RI, 02905  
401-752-2693..... [www.providencechc.org](http://www.providencechc.org)

North Main Street Clinic  
530 North Main Street, Providence, RI, 02904  
401-415-9500.....[www.providencechc.org](http://www.providencechc.org)

## HEALTH CENTERS

### **Providence (continued):**

Olneyville Health Center  
100 Curtis Street, Providence, RI 02909  
401-444-0540.....[www.providencechc.org](http://www.providencechc.org)

Prairie Avenue Health Center  
355 Prairie Avenue, Providence, RI 02905  
401-444-0570.....[www.providencechc.org](http://www.providencechc.org)

Rhode Island Free Clinic  
655 Broad Street, Providence, RI 02907  
401-274-6347..... [www.rifreeclinic.org](http://www.rifreeclinic.org)

St Joseph Hospital For Specialty Care  
21 Peace Street, Providence, RI 02907  
401-456-3000

**Richmond:** Wood River Health Services  
823 Main Street, Hope Valley  
401-539-246..... [www.woodriverhealthservices.org](http://www.woodriverhealthservices.org)

**Scituate:** WellOne-Scituate Neighborhood Health Station  
35 Village Plaza Way, Scituate, RI 02857  
401-647-6262..... [www.welloneri.org](http://www.welloneri.org)

**South Kingstown:** Thundermist Health Center  
1 River Street, Wakefield, RI 02879  
401-783-0523..... [www.thundermisthealth.org](http://www.thundermisthealth.org)

**Warwick:** Everett C. Wilcox Family Health Center  
226 Buttonwoods Avenue, Warwick, RI 02886  
401-732-9090..... [www.comcap.org](http://www.comcap.org)

**West Warwick:** Thundermist Health Center  
1219 Main Street, West Warwick, RI 02893  
401-615-2800..... [www.thundermisthealth.org](http://www.thundermisthealth.org)

**Woonsocket:** Thundermist Health Center  
450 Clinton Street, Woonsocket, RI 02895  
401-767-4100..... [www.thundermisthealth.org](http://www.thundermisthealth.org)

## HEATING ASSISTANCE, WEATHERIZATION, WATER ASSISTANCE

The **Low-Income Home Energy Assistance Program (LIHEAP)** aids income- eligible consumers in meeting the costs of heating their homes. The amount of assistance provided is based on household size and income level. Current (FY2022) annual income guidelines are:

- 1- person household ..... \$33,645
- 2- person household ..... \$43,997
- 3- person household ..... \$54,350
- 4- person household ..... \$64,702
- 5- person household ..... \$75,054

Apply for heating assistance at these local agencies:

### **Blackstone Valley Community Action Program**

32 Goff Avenue, Pawtucket, RI 02860

Central Falls, Cumberland, Lincoln, North Smithfield, Pawtucket, Woonsocket

401-723-0227 ..... [www.bvcap.org](http://www.bvcap.org)

### **Comprehensive Community Action Programs**

311 Doric Avenue, Cranston, RI 02910

Cranston, Foster, Scituate

401- 467-9610.....[www.comcap.org](http://www.comcap.org)

### **East Bay Community Action Agency**

100 Bullocks Point Avenue, East Providence, RI 02915

Barrington, Bristol, East Providence, Jamestown, Little Compton, Middletown,

Newport, Portsmouth, Tiverton, Warren

401-437-1000.....[www.ebcap.org](http://www.ebcap.org)

### **Community Action Partnership of Providence**

518 Hartford Avenue, Providence, RI 02909

401-273-0882 .....[www.cappri.org](http://www.cappri.org)

### **Tri-County Community Action Agency**

1935 Kingstown Road #204, Wakefield, RI 02879

Charlestown, Exeter, Hopkinton, Narragansett, New Shoreham, North

Kingstown, Richmond, South Kingstown, West Greenwich, Westerly

401-789-3016..... [www.tricountyri.org](http://www.tricountyri.org)

## HEATING ASSISTANCE, WEATHERIZATION, WATER ASSISTANCE

Apply for heating assistance at these local agencies (continued)

### **Tri-County Community Action Agency**

33 Maple Avenue, North Providence, RI 02911  
Burrillville, Glocester, Johnston, North Providence, Smithfield  
401-519-1940..... [www.tricountyri.org](http://www.tricountyri.org)

### **West Bay Community Action Program**

487 Jefferson Blvd, Warwick, RI 02886  
Coventry, East Greenwich, Warwick, West Warwick  
401-732-4660..... [www.westbaycap.org](http://www.westbaycap.org)

Information about heating assistance is also available from these agencies/organizations:

### **Citizens Energy Corporation**

617-338-6300 [www.citizensenergy.com](http://www.citizensenergy.com)

### **Diocese of Providence: Keep the Heat On**

1 Cathedral Square, Providence, RI 02903  
401-421-7833, Ext. 207. [www.heatri.com](http://www.heatri.com)

### **RI Office of Energy Resources**

One Capitol Hill, Providence, RI 02908  
401-574-9100..... [www.energy.ri.gov](http://www.energy.ri.gov)

## HOSPICE CARE

**Hospice care** focuses on the social, spiritual, and emotional needs of terminally ill patients and their loved ones. A hospice team usually includes a medical director, nurses, clergy, and other health care professionals. Medicare covers hospice services if the providing agency is a certified Medicare provider. Medical Assistance and most private insurance plans also cover hospice services.

For a listing of licensed hospice providers operating in Rhode Island, contact the Rhode Island Department of Health, 401-222-5960, or visit [www.health.ri.gov/lifestages/death/about/hospicecare](http://www.health.ri.gov/lifestages/death/about/hospicecare)

## HOUSING PROGRAMS

**Assisted living** residences are a special combination of housing, meals and personal assistance designed to meet the needs of those who require help with activities of daily living. Services include meals, housekeeping, transportation, personal care services, 24 hour staffing, medication management, social and recreational activities and more.

Assisted living facilities are licensed by the Rhode Island Department of Health. To get a copy of the licensed assisted living residences in RI visit:  
[www.health.ri.gov/find/assistedliving](http://www.health.ri.gov/find/assistedliving)

Additional information can also be found through:

**Rhode Island Assisted Living Association (RIALA)**

401- 435-8888 .....[www.riala.org](http://www.riala.org)

**LeadingAge Rhode Island (LARI)**

401-490-7612 .....[www.leadingageri.org](http://www.leadingageri.org)



## HOUSING PROGRAMS

The **Rhode Island Coalition to End Homelessness**, (RICH), is a statewide advocacy organization to end homelessness in Rhode Island. RICH offers a legal clinic for individuals experiencing homelessness and publishes the “Street Sheet,” a listing of emergency shelters, food pantries, and other helpful resources.

401-721-5685      [www.rihomeless.org](http://www.rihomeless.org)

**Crossroads Rhode Island**, 160 Broad Street, RI 02903, provides information and referral for the homeless and those in transition.

401-521-2255..... [www.crossroadsri.org](http://www.crossroadsri.org)

Almost all cities and towns in Rhode Island participate in the centralized Wait List for Housing Choice Vouchers. Learn more and add your name at [waitlist-centralri.com](http://waitlist-centralri.com). You may also contact your local city or town hall to learn of other opportunities.

Some **Community Action Programs (CAPS)** provide housing assistance and may have funding assistance for home repair services. Please refer to the list of Community Action Programs in this publication.

**Home Equity Conversion Mortgages (HECM)**, often referred to as **Reverse Mortgages**, allow seniors to borrow against the equity in their homes. The loan is repaid when the house is sold or when the owner/borrower ceases to live in it. Interest rates and loan limits vary from lending institution to lending institution. Under **HECM**, borrowers must be 62 or older and meet annual income limits. For more information, contact your local bank, credit union, or other financial institution.

**Housing Network of Rhode Island**, 1070 Main Street, Pawtucket, RI 02860, is a state association of non-profit community development corporations. Members of the **Housing Network of Rhode Island** have developed thousands of affordable housing options in Rhode Island and promote public awareness regarding the state’s housing and economic needs.

401-721-5680      [housingnetworkri.org](http://housingnetworkri.org)

## HOUSING PROGRAMS

The **Rhode Island Department of Human Services (DHS)** coordinates various government assistance programs. DHS can assist SSI beneficiaries with moving costs or other expenses due to an emergency, such as a fire or natural disaster. To apply and learn more about this assistance, call the RI Department of Human Services 1-888-MYRI-DHS.

**Rhode Island Housing**, 44 Washington Street, Providence, RI 02903, oversees the management of 20,000 apartments for low-income seniors, families, and persons with disabilities. Approximately 15,000 of these apartments are Section 8. Under this category, tenants pay 30 percent of their income for rent. The remaining 5,000 apartments have a variety of subsidies that keep the rents affordable for low-income households. Generally, residents of Section 8 apartments must earn no more than 50 percent of the Housing and Urban Development (HUD) median family income for their community and household size. Applicants can apply for housing in any community in which they would like to live. Most communities have a waiting list.  
844-459-3600    [www.rihousing.com](http://www.rihousing.com)

The **RI Housing Help Center**, 44 Washington Street, Providence, RI 02903, offers seniors a safe place to receive help with their mortgages, and avoid foreclosure. Seniors who have received a notice of a tax sale for their home may contact the **Rhode Island Housing Help Center** or the **Rhode Island Bar Association** for legal assistance. Seniors can also contact the local tax assessor to inquire about a payment plan, or other arrangements.

RI Housing: 401-457-1130 ..... [www.rihousing.com](http://www.rihousing.com)

RI Bar Association: 401-421-5740        [www.ribar.com](http://www.ribar.com)

**Operation Stand Down Rhode Island** serves homeless and disabled veterans.

1010 Hartford Avenue, Unit #1 Johnston, RI 02919

401-383-4730....[www.osdri.org](http://www.osdri.org)

The **Rhode Island Housing's Home Improvement & Lead Abatement Programs** can assist qualified residents in obtaining grants or low-interest home repair and improvement loans.

401-457-1127 (Home Improvement)

401-450-1350 (Lead Abatement)..... [www.rihousing.com](http://www.rihousing.com)

The **U.S.D.A. Rural Development**, 60 Quaker Lane, Suite 44, Warwick, RI 02886, provides grants and loans for home repairs and improvements to qualified homeowners.

401-826-0842, ext.2.....[www.rurdev.usda.gov](http://www.rurdev.usda.gov)

## LEGAL SERVICES

**Advance health care directives** are written instructions indicating what type of medical intervention you choose during a time when you may become incapacitated. The durable power of attorney for health care permits you to appoint an agent, or agents, to make health care decisions on your behalf, if you are unable to communicate your wishes. A living will direct your physicians, in advance, to withhold or withdraw life-sustaining procedures, if those are your wishes. Advance health care directive forms available from the **Rhode Island Department of Health** 401-222-5960

The **Rhode Island Bar Association's Legal Information and Referral Service for the Elderly**, 115 Cedar Street, Providence, RI 02903, helps anyone 60 and older obtain legal services and advice. Seniors may receive a free initial consultation of up to 30 minutes.  
401-521-5040.....[www.ribar.com](http://www.ribar.com)

The **Rhode Island Disability Law Center**, 275 Westminster Street, Suite 401, Providence, RI 02903, provides free legal assistance to persons with disabilities. Services include individual representation to protect rights or to secure benefits and services, and administrative and legislative advocacy.  
401-831-3150..... [www.ridlc.org](http://www.ridlc.org)

**Rhode Island Legal Services Senior Citizens Program**, 56 Pine Street, Providence, RI 02903, helps low-income persons 60 and older with legal advice and assistance. This program assists seniors with problems related to housing and public assistance programs, including Social Security and Social Security Disability Income (SSDI) programs.  
401-274-2652..... [www.rils.org](http://www.rils.org)

## LONG TERM CARE OMBUDSMAN

The **Alliance for Better Long-Term Care**, 422 Post Road, Warwick, RI 02888, works to resolve problems related to the health, safety, welfare, and rights of individuals who live in Long-Term Care facilities, such as nursing homes, board and care and assisted living facilities, and other residential care communities. Ombudsman programs promote policies and consumer protections to improve long-term services and supports at the facility, local, state, and national levels. All reports of abuse and neglect are confidential.

401-785-3340.....[www.alliancebltc.org](http://www.alliancebltc.org)

## LONG TERM SERVICES AND SUPPORTS

Long-Term Services and Supports are a variety of services utilized by individuals of all ages with functional mental and physical limitations and chronic illness who need assistance with activities of daily living, including but not limited to preparing meals, managing medications and housekeeping. Long Term Services and Supports are delivered in both institutional and home and community-based settings.

**Medicaid Long Term Services and Supports (LTSS)** are available for individuals over age 65 and for adults with disabilities. Services include **nursing home care or home and community-based supports (HCBS)**, such as homemaker/CNA services, special medical equipment, Meals on Wheels, personal emergency response systems, case management, , assisted living, or minor home modifications. Individuals must meet financial guidelines and be assessed to have a need for services. Only individuals who qualify for the highest level of care are eligible for nursing facility care.

To get more information about your options call the Point at 401-462-4444 to speak with a MyoptionsRI counselor or visit the [myoptionsri.gov](http://myoptionsri.gov) website.

For persons who may not meet the guidelines for Medicaid, The **OHA At Home Cost Share Program** may be able to provide Home and Community Based Services (HCBS) at a reduced rate. Co-share amounts are determined by income, these guidelines are updated annually & do not exceed 250% of the Federal Poverty Limit. OHA works with a network of regional case management agencies to develop care plans to help individuals remain in the least restrictive and safest environment.

To be eligible for the **At Home Cost Share Program**, a person must be a Rhode Island resident aged 65 or older, be ineligible for Medicaid, unable to leave home without considerable assistance, and need help with the tasks of daily living. For more information on how to apply, call the Point at 401-462-4444.

## LONG TERM SERVICES AND SUPPORTS

For **Nursing Home application** call:

**Long Term Care Medicaid – Providence Regional Family Center**

1 Reservoir Avenue Providence RI 02907 ..... 855-697-4347

For a complete list of **Nursing Homes** call the **Rhode Island Department of Health (RDOH)** at 401-222-5960

### **Nursing Home Transition**

Persons eligible for Medicaid and who are in a nursing home but would like to live at home or in the community, may be able to participate in the **Nursing Home Transition Program** through the **Executive Office of Health and Human Services, Office of Community Programs**. The program provides support and services to help make this transition possible.

401-462-5274..... [www.eohhs.ri.gov](http://www.eohhs.ri.gov)

**Skilled Nursing Agencies** provide home health care, as ordered by a physician, which may include nursing care, physical therapy, occupational therapy, hospice care, speech therapy, and other services. For a listing of these agencies, call the Point at 401-462-4444.

The **Program for the All-Inclusive Care of the Elderly (PACE)**, 10 Tripps Lane, Riverside, RI 02915, provides individuals with an alternative to nursing home care. To be eligible for **PACE**, a person must be 55 or older, live in RI, and meet the clinical level of care requirements. To enroll in **PACE**, the client must agree to get their care from a network of doctors and providers who participate in the program. **PACE** coordinates all care to meet the daily needs of the client with a team of caregivers that includes social workers, nurses, and other professional staff. **PACE** is also a licensed **adult day service program**.

401-434-1400..... [www.pace-ri.org](http://www.pace-ri.org)

Persons who had a significant disability before age 22 should call the **Department of Behavioral Healthcare Developmental Disabilities and Hospitals (BHDDH)** about options for home and community care.

401-462-3421 ..... [www.bhddh.ri.gov](http://www.bhddh.ri.gov)

## MEDICAID

**Medicaid** is a Federal and state funded program that provides health care coverage for eligible Rhode Islanders. There are multiple ways to apply.

Apply on-line at: [www.healthsourceri.com](http://www.healthsourceri.com)

Health Source, RI is available to answer health coverage questions Monday- Friday 8AM to 6PM through their contact center 1-855-840-4774

Apply by Mail: The **Application for Assistance** can be found on [dhs.ri.gov/apply-now](http://dhs.ri.gov/apply-now) and can be mailed to DHS at:

RI Department of Human Services  
P.O. Box 8709  
Cranston, RI 02920-8787

Apply in-person: Paper applications can be dropped off in a secure drop boxes at all [DHS regional centers](#). To find a location near you visit: [dhs.ri.gov/apply-now](http://dhs.ri.gov/apply-now)

Also, see the “LONG TERM SERVICES AND SUPPORTS” section of this manual.

## MEDICARE

**Medicare** is the nation's health insurance program for people 65 and older, and younger people who are disabled for 24 months, or who have end stage renal disease. Medicare consists of four parts—**Part A (Hospital Insurance)**, **Part B (Medical Insurance)**, **Part C (Medicare Advantage Insurance Plans)**, and **Medicare Part D (Medicare Prescription Drug Plans)**. Persons over age 65 are automatically entitled to Medicare Part A if they or their spouse are eligible for Social Security or Railroad Retirement.

Part A covers a portion of inpatient hospital, skilled nursing facility, home health, and hospice care. Part B is Medical coverage Part A coverage. Part B covers a portion of medical and physician services, outpatient hospital, home health, durable medical equipment, laboratory and x-ray, ambulance, and other services. Apply for Medicare at Social Security, or online three months before turning age 65.

1-800-MEDICARE .....[www.medicare.gov](http://www.medicare.gov)



## STATE HEALTH INSURANCE PROGRAM (SHIP)

The **Rhode Island State Health Insurance Program (SHIP)** is part of a national partnership to help consumers make informed health care choices. SHIP counselors provide one-on-one, unbiased counseling to older adults, adults with disabilities, families, and caregivers. The program is designed to help older adults and adults with disabilities understand health care cost and coverage. SHIP counselors can discuss Medicare, Medicare Part D, supplemental insurance, Medicare Advantage plans, and other health insurance options. SHIP counselors assist beneficiaries in making the most appropriate choice for their health care needs.

1-888-884-8721..... [www.oha.ri.gov](http://www.oha.ri.gov)

You can also find your closest agency at the following sites:

SHIP AGENCIES	LOCATIONS	PHONE NUMBER
Tri-County Community Action Agency - North	33 Maple Ave, North Providence, RI 02911	401-349-5760
Johnston Senior Center	1291 Hartford Ave, Johnston, RI 02919	401-944-3343
Westbay Community Action Agency	487 Jefferson Blvd, Warwick, RI 02886	401-732-4660
South Kingstown Senior Center	25 St Dominic Rd, Wakefield, RI 02879	401-789-0268
Westerly Senior Center	39 State St, Westerly, RI 02891	401-596-2404
The POINT	50 Valley St, Providence, RI 02909	401-462-4444
East Bay Community Action Agency	100 Bullocks Point Ave, East Providence, RI 02915	401-435-7876
Leon Mathieu Senior Center	420 Main St, Pawtucket, RI 02860	401-728-7582
Progreso Latino	626 Broad St, Central Falls, RI 02863	401-728-5920
Child & Family Services of Newport County	31 John Clarke Rd, Middletown, RI 02842	401-848-4185
Edward King House	35 King St, Newport, RI 02840	401-846-7426
RI SHIP Line	Louis Pasteur Building, 57 Howard Avenue, 2nd Floor, Cranston, RI 02920	1-888-884-8721

## MEDICARE PREMIUM PAYMENT PROGRAMS

**Medicare Premium Payment (MPP)** programs help Medicare beneficiaries pay some or all the cost of their Medicare Part A and Medicare Part B premiums, deductibles, and co-insurances.

For the **Qualified Medicare Beneficiary (QMB)** program, the **Department of Human Services (DHS) Medicaid Division** will pay both the Medicare Part A, if applicable, and Medicare Part B premiums, deductibles, and co-insurance for persons over 65, and adults with disabilities, if their income does not exceed 100% of FPL.

For the **Specified Low-Income Medicare Beneficiary program (SLMB)**, Medicaid will pay the Medicare Part B premium if the beneficiary's income does not exceed 120% of FPL.

For the **Qualified Individual (QI1)** program, Medicaid will pay the Medicare Part B premium, subject to availability of state funds, if the beneficiary's income does not exceed 135% of FPL.

For more information about **MPP programs**, contact the RI Department of Human Services. 1-855-697-4347 ..... [www.eohhs.ri.gov](http://www.eohhs.ri.gov)

## MEDICATION ASSISTANCE PROGRAMS

**Medicare Prescription Drug Plans (Medicare Part D)** help Medicare beneficiaries pay for prescription drugs. Coverage is available for both generic and brand name medications. Premiums, deductibles, and co-payments may apply.

**Assistance in paying for Medicare Part D plan premiums** and other expenses (**Low-Income Subsidy-LIS, or “Extra Help”**) may be available for beneficiaries who have limited income and resources. For more information, contact Social Security at: [www.ssa.gov](http://www.ssa.gov).....1-800-772-1213 (Voice)....1-800-325-0778 (TTY)

Medicare beneficiaries can get **one-to-one, unbiased, and confidential counseling for Medicare Part D** by contacting any of the regional **State Health Insurance Program (SHIP)** partner agencies listed in this guide.

Many pharmaceutical manufacturers make some of their drugs available, free of charge, to patients who have difficulty paying for them.

**Pharmaceutical Research and Manufacturers of America**

1-877-743-6779..... [www.RxforRI.org](http://www.RxforRI.org)

**Partnership for Prescription Assistance:**

1-888-4PPA-NOW..... [www.pparx.org](http://www.pparx.org)

The **Rhode Island Pharmaceutical Assistance to the Elderly (RIPAE)** program pays some of the cost of RIPAE-approved prescription medications during the deductible phase and offers partial reimbursement for RIPAE-approved medications to enrollees who enter the “donut hole” of their Medicare Part D plans, or if a medication is not covered by a Part D plan and is on the RIPAE formulary. Rhode Island residents 65 and older who meet certain income limits and provide proof of Medicare Part D coverage, and adults aged 55 to 64 receiving Social Security Disability (SSDI) payments, may be eligible.

*Income guidelines are adjusted in each July, based on the annual Social Security Cost of Living Adjustment (COLA).*

401-462-0560..... [www.oha.ri.gov](http://www.oha.ri.gov)

## MENTAL/BEHAVIORAL HEALTH PROGRAMS

Some **community health centers** provide low-cost or free mental health services for low- income persons, including seniors. Payment is based on a sliding scale. A list of the community mental health agencies can be found in this guide.

**Medical Detoxification Programs** are staffed by professionals who have special skills in helping substance abusers and their families deal with the physical and emotional problems caused by addiction and substance abuse. Treatment is always confidential. The following sites offer medical detoxification:

**The Butler Hospital Alcohol & Drug Inpatient Treatment Center**  
345 Blackstone Boulevard, Providence, RI 02906  
401-455-6214 ..... [www.butler.org](http://www.butler.org)

**Roger Williams Medical Center Behavioral Health**  
825 Chalkstone Avenue, Providence, RI 02908  
401-456-2001 ..... [www.rwmc.org](http://www.rwmc.org)

**SSTAR of Rhode Island Detoxification Services:** 1959 Tower  
Hill Road, North Kingstown, RI 02852  
401-294-6160 ..... [www.sstar.org](http://www.sstar.org)

## MENTAL/BEHAVIORAL HEALTH PROGRAMS

The **National Alliance on Mental Illness (NAMI) Rhode Island**, 154 Waterman Street, Suite 5B, Providence, educates the public about mental illness, and offers resources to provide support to all whose lives are touched by mental illness.  
401-331-3060 or 1-800-749-3197; [www.namirhodeisland.org](http://www.namirhodeisland.org)

The **Mental Health Association of Rhode Island**, 345 Blackstone Boulevard, Sawyer Building Room 310 Providence RI 02906, provides information and referral for mental health services and support group.  
401-726-2285 [www.mhari.org](http://www.mhari.org)

**The National Suicide Prevention Lifeline**  
9-8-8 ..... [www.988lifeline.org](http://www.988lifeline.org)

The **Samaritans of Rhode Island** help people who are at risk of suicide.  
401-753-7936 ..... [www.samaritansri.org](http://www.samaritansri.org)

These hospitals have **geriatric psychiatric units and mental health services**, specifically for seniors:

**The Butler Hospital Senior Treatment Unit** 345 Blackstone Boulevard, Providence, RI 02906  
401-455-6356 ..... [www.butler.org](http://www.butler.org)  
401-455-6214 ..... [www.butler.org](http://www.butler.org)

**Our Lady of Fatima Hospital Geriatric Psychiatric Unit** 200 High Service Avenue, North Providence, RI 02904.  
401-456-3060 ..... [www.fatimahospital.com](http://www.fatimahospital.com)

**Roger Williams Medical Center Geriatric Psychiatric Unit**  
825 Chalkstone Avenue, Providence, RI 02908  
401-456-2363 ..... [www.rwmc.org](http://www.rwmc.org)

The **Rhode Island Council of Community Mental Health Organizations**, 40 Sharpe Drive, Unit 3, Cranston, RI 02920, assists individuals seeking information and referral about treatment. Member organizations offer a wide variety of mental health and substance abuse treatments, including emergency services.  
401-228-7990 ..... [www.riccmho.org](http://www.riccmho.org)

## MENTAL/BEHAVIORAL HEALTH PROGRAMS

The **Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals** is committed to ensuring access to quality services and supports for Rhode Islanders with developmental disabilities, mental health, and substance abuse issues, and chronic long- term medical and psychiatric conditions; and to erase the stigma attached to these disabilities.

Developmental Disabilities..... 401-462-3234

Mental Health.....401-462-3291

Substance Abuse.....401-462-4680

### **Eleanor Slater Hospital**

111 Howard Avenue, Cranston, RI 02920 ..... 401-462-3085

### **Zambarano Hospital**

2090 Wallum Lake, Burrillville, RI 02859..... 401-567-5400

The **Rhode Island Office of the Mental Health Advocate**, 57 Howard Avenue, Cranston, RI 02920, is an independent state agency that provides free legal, investigative, and advocacy services to individuals to prevent inappropriate admissions to psychiatric facilities, and to protect the rights of persons in mental health and inpatient substance abuse treatment.

401-462-2003..... 1-800-346-2282

**WellOne-Primary Medical and Dental Care** provide help to older adults coping with issues such as depression, substance abuse, anxiety, and relationships. Accepts most insurance plans, including Medicaid. Sliding fee scale program.

### **Foster**

142A Danielson Pike, Foster, RI 02825

401-647-3702 ..... [www.welloneri.org](http://www.welloneri.org)

### **North Kingstown**

308 Callahan Road, North Kingstown, RI 02852

401-295-9706.....[www.welloneri.org](http://www.welloneri.org)

### **Pascoag**

36 Bridge Way, Pascoag, RI 02859

401-567-0800 .....[www.welloneri.org](http://www.welloneri.org)

### **Scituate**

35 Village Plaza Way, Scituate, RI 02857

401-647-6262.....[www.welloneri.org](http://www.welloneri.org)

## PENSION ASSISTANCE PROGRAMS

For many older adults, **pensions** are a significant part of their retirement income. **Pensions, Social Security benefits, savings, and investments all contribute to financial security in the post-employment world.** With the shifting of pensions from defined benefits to 401 (k), 403 (b), and other plans, company mergers, business bankruptcies, and the introduction of hybrid pension plans, it can be difficult to determine if you are entitled to a benefit, what that benefit is, and how to apply for benefits.

The **New England Pension Assistance Project (NEPAP)**, affiliated with the **Gerontology Institute at the University of Massachusetts in Boston**, offers free pension counseling services to Rhode Islanders to help them find lost pensions, correct pension errors, and answer questions about pension laws. The service can include tracing pension benefits from companies that have been merged or have gone bankrupt, researching, and filing for spousal or survival benefits, and answering pension eligibility questions.

1-888-420-6550... [www.pensionhelp.org](http://www.pensionhelp.org)

## PHYSICIAN REFERRAL

The **Rhode Island Medical Society**, 235 Promenade Street, Suite 500, Providence, RI 02908, provides information to persons looking for a physician.  
401-331-3207      <https://rimedicalsociety.org>

The **Rhode Island Family Health Care Guide** provides information on healthcare issues, such as child immunizations, nutrition and wellness, health insurance, women's health, and information on the state's network of hospitals.  
[www.rifamilyguide.com](http://www.rifamilyguide.com)

Several of the state's hospitals also have **physician referral services**. Contact the hospital of your choice to inquire about these services.



## SENIOR CENTERS

**Senior centers** offer volunteer opportunities, recreation, group activities, counseling, information and referral, continuing education, and other support services for older adults. Most provide hot lunches, outreach, transportation, and health services.

**Barrington Senior Center** ..... 401-247-1926  
281 County Road Barrington, RI 02806

**Block Island: Senior Services** ..... 401-603-8600

**Bristol: Benjamin Church Center** ..... 401-253-8458  
1020 Hope Street, Bristol, RI 02809

**Charlestown Senior Center** ..... 401-364-9955  
100 Park Lanen, Charlestown, RI 02813

**Coventry Senior Center** ..... 401-822-9175  
50 Wood Street, Coventry, RI 02816

**Cranston Senior Center** ..... 401-780-6000  
1070 Cranston Street, Cranston, RI 02920

**Cumberland Senior Center** ..... 401-334-2555  
1464 Diamond Hill Road #1, Cumberland, RI 02864

**East Greenwich Senior Services** ..... 401-886-8669  
121 Peirce Street, East Greenwich, RI 02818

**East Providence Senior Center...** ..... 401-435-7870  
610 Waterman Avenue, East Providence, RI 02914

**Foster: Foster Senior Services** ..... 401-392-9200  
181 Howard Hill Road, Foster, RI 02825

**Glocester Senior Center** ..... 401-567-4557  
1210 Putnam Pike, Chepachet, RI 02814

**Hopkinton: Crandall House** ..... 401-377-7795  
188 Main Street, Ashaway, RI 02804

## SENIOR CENTERS

**Jamestown Senior Center** ..... 401-423-2658

6 West Street, Jamestown, RI 02835

**Johnston Senior Center**..... 401-944-3343

1291 Hartford Avenue, Johnston, RI 02919

**Lincoln Senior Center** ..... 401-753-7000

150 Jenckes Hill Road, Lincoln, RI

**Middletown Senior Center** ..... 401-849-8823

670 Green End Avenue, Middletown, RI 02842

**Narragansett Senior Association** ..... 401-782-0675

53 Mumford Road, Narragansett, RI 02882

### **Newport:**

**Edward King House**..... 401-846-7426

35 King Street, Newport, RI 02840

**Dr. Martin Luther King, Jr. Community Center** ..... 401-846-4828

20 Dr Marcus Wheatland Blvd, Newport, RI 02840

**North Kingstown Senior Center**..... 401-268-1590

44 Beach Street, North Kingstown, RI 02852

**North Providence: Salvatore Mancini Center** ..... 401-231-0742

2 Atlantic Boulevard, North Providence, RI 02904

**Pawtucket: Leon Mathieu Senior Center** ..... 401-728-7582

420 Main Street, Pawtucket, RI 02860

### **Providence:**

**DaVinci Community Center** ..... 401-272-7474

470 Charles Street, Providence, RI 02904

**Elmwood Community Center** ..... 401-654-4970

807 Broad Street Providence, RI 02907

**Federal Hill House Association** ..... 401-421-4722

9 Courtland Street, Providence, RI 02903

**Fox Point Senior Center**..... 401-751-2217

90 Ives Street, Providence, RI 02906

## SENIOR CENTERS

**Hamilton House**..... 401-831-1800  
276 Angell Street, Providence, RI 02906

**Higher Ground International** .....401-270-3582  
250Prairie Avenue Providence, RI 02903

**Jewish Alliance of Greater Rhode Island** ..... 401-861-8800  
401 Elmgrove Avenue, Providence, RI 02906

**Lillian Feinstein Senior Center** ..... 401-455-3888  
1085 Chalkstone Avenue, Providence, RI 02908

**Silver Lake Community Center**.....401-519-9488  
529 Plainfield Street, Providence, RI 02909  
**Note:** Deaf/hearing-impaired seniors meet Tuesdays  
from 9:00 a.m. to 3:00 p.m.

**St. Martin dePorres Center** ..... 401-274-6783  
160 Cranston Street, Providence, RI 02907

**Washington Park Center**..... 401-461-6650  
42 Jillson Street, Providence, RI 02905

**Portsmouth Senior Center** .....401-683-4106  
110 Bristol Ferry Road, Portsmouth, RI 02871

**Richmond Adult Center** ..... 401-491-9404  
1168 Main Street, Wyoming, RI 02898

**Scituate Senior Center**.....401-647-2662  
1315 Chopmist Hill Road, North Scituate, RI 02857

**Smithfield Senior Center** ..... 401-949-4590  
1 William J Hawkins Jr Trail, Greenville, RI 02828

**South Kingstown Senior Center** ..... 401-789-0268  
25 St Dominic Road, Wakefield, RI 02879

## SENIOR CENTERS

**Tiverton Senior Center**.....401-625-6790

207 Canonicus Street, Tiverton, RI 02878

**Warren Senior Center**.....401-247-1930

20 Libby Lane, Warren, RI 02885

**Warwick: Pilgrim Senior Center** .....401-468-4090

27 Pilgrim Parkway, Warwick, RI 02888

**West Warwick Senior Center** .....401-822-4450

145 Washington Street, West Warwick, RI 02893

**Westerly Senior Center** ..... 401-596-2404

39 State Street, Westerly, RI 02891

**Woonsocket: Aging Well Inc**..... 401-766-3734

84 Social Street, Woonsocket, RI 02895

**Senior Center Month** is observed in September. The celebration recognizes these community centers for their vital role in assisting and supporting older adults, adults with disabilities, families, and caregivers, by helping them access programs and services that preserve their independence and maintain their dignity.

## SENIOR COMPANION PROGRAM

The AmeriCorps **Senior Companion Program (SCP)** trains volunteers to serve isolated older adults in their own homes, adult day centers, and other community sites. Volunteers must be 55 or older and must meet specified income limits. Volunteers receive a tax-free stipend and other benefits while serving clients an average of 20 hours weekly. Senior Companions visit with almost 500 elders weekly. Over the course of more than 40 years of service to Rhode Island's elders, volunteers have dedicated more than one million hours of friendship, compassion, and one-to-one human contact to those in need of a helping hand, socialization, and companionship.

401-462-0569 .. [www.oha.ri.gov](http://www.oha.ri.gov)

## SENIOR/DISABILITY EMPLOYMENT PROGRAMS

**Goodwill Industries of Southern New England** is a comprehensive education and employment center serving the needs of persons with disabilities and other barriers to employment. Services include vocational evaluations, computer training, job development and placement, and job coaching services.

(203) 777-2000 ..... [www.goodwillri.org](http://www.goodwillri.org)

The **Office of Rehabilitation Services-Vocational Rehabilitation**, 40 Fountain Street, Providence, RI 02903, helps individuals with disabilities to choose, prepare for, obtain, and maintain employment.

401-421-7005..... [www.ors.ri.gov](http://www.ors.ri.gov)

**SER-Jobs for Progress, Inc. (SER)**, 100 East Avenue, Pawtucket, RI 02860, (SER) provides job training and job search support to low-income Rhode Islanders, aged 55 and older. People learn new work skills while they train at non-profit agencies.

[Funded by the **US Department of Labor through SER Jobs for Progress National, Inc.** and through the **RI Department of Labor and Training**] to operate the Senior Community Service Employment Program (SCSEP) of Rhode Island.

401-724-1820..... [www.ser-ri.org](http://www.ser-ri.org)

## SOCIAL SECURITY

The **Social Security Administration** is the primary source of information for Social Security, Supplemental Security Income (SSI), and Medicare enrollment. These offices accept walk-ins for applying for Social Security, Supplemental Security Income (SSI), and provides Medicare information, and Medicare enrollment services. You can call ahead for an appointment, which will reduce your wait time in the office. Many Social Security services can now be accessed online at [www.ssa.gov](http://www.ssa.gov) by creating a personalized My Social Security account.

Newport  
130 Bellevue Avenue First Floor  
Newport, Rhode Island 02840 .....866-253-5607

Pawtucket  
4 Pleasant St Pawtucket, RI 02860  
Office Type: Field Office.....866-931-7079

Providence  
155 Westminster Street Providence, RI 02903  
Office Type: ODAR Hearing Office .. 877-583-4082

Warwick  
30 Quaker Lane Warwick, RI 02886  
Office Type: Field Office.....866-964-2038

Diocese of Providence.....401-278-6783

East Bay Community Action Agency. 401-435-7876 Bristol, Barrington, East  
Providence, Warren, Pawtucket, and Central Falls

Child & Family Services of Newport County 401-848-4185 Newport,  
Middletown, Portsmouth, Tiverton, Jamestown, and Little Compton  
RI SHIP Line ..... 1-888-884-8721 Woonsocket  
2168 Diamond Hill Road Pavilion Plaza Woonsocket, RI 02895  
Office Type: Field Office 877-229-3542

Applications for **Social Security Disability Income (SSDI)** are taken at the **Rhode Island Office of Rehabilitation Services**, 40 Fountain Street, Providence, RI 02903. The agency administers the **Disability Determination Services** program for the Social Security Administration and determines medical eligibility of individuals with disabilities applying for cash benefits.  
401-421-7005.....[www.ors.ri.gov](http://www.ors.ri.gov)

## SOCIAL SECURITY

### **Bridge Fund (GPA-Bridge)**

Couples or individuals pending a decision on an SSI application may be eligible for GPA-Bridge. GPA-Bridge provides a small, \$200 cash payment, to individuals unable to work due to disability, who are not eligible for SSDI and have very low incomes. Learn more at: <https://dhs.ri.gov/programs-and-services/general-public-assistance>

The GPA program also funds funeral and burial services for GPA recipients and qualified individuals. The cost of burial services is limited to \$900 and is reduced based on the income and resources of the deceased and any legally liable relatives.

For more information call: 1-855-697-4347

**Supplemental Security Income (SSI)** provides cash payments to qualified persons 65 and older, blind, or adults with disabilities. SSI recipients are eligible for medical assistance, homemaker, and other services, such as hearing aids, discounts on telephone and electric bills, and the assistance of a social worker. Apply for SSI at your local Social Security office, as listed in this guide.

Current SSI income and resource limits: In own household:  
\$841/month (S)..\$1,216/month (M)

In another person's household:  
\$560.67/month (S). \$840.67/month (M)  
Assisted Living: .....\$1,082/month Resources:  
\$2,000 (S) ..... \$3,000 (M)

Face value/Life insurance:  
\$1,500/Person

1-800-772-1213  
[www.ssa.gov](http://www.ssa.gov)



## TAX ASSISTANCE

Many Rhode Island cities and towns may offer **property tax abatements** to residents who meet certain requirements. Call your city or town hall.

For information regarding federal taxes, contact the **Internal Revenue Service**, 380 Westminister Street, Providence, RI 02903.

1-800-829-1040 (Voice/TTY).

Forms: 1-844-545-5640.....[www.irs.gov](http://www.irs.gov)

The **Rhode Island Property Tax Relief Program (Form RI1040H)** must be filed with the **Division of Taxation** between January 1 and April 15. State resident homeowners and renters, who live in a dwelling that is subject to property tax, may qualify for a rebate of up to \$350 if their annual household income does not exceed \$30,000.

For information regarding state taxes, contact:

the **Rhode Island Division of Taxation**

One Capitol Hill, Providence, RI 02908. 401-574-8829

Forms: 401-574-8970.. [www.tax.state.ri.us](http://www.tax.state.ri.us)

## TRANSPORTATION

The **Rhode Island Public Transit Authority (RIPTA)**, 705 Elmwood Avenue, Providence, offers people who are low-income and either have a disability or are age 65+ the opportunity to apply for a RIPTA No Fare Photo ID smart card. These cards enable passengers to ride free of charge on fixed-route buses and Flex shuttles for two years. All others aged 65+ or with a disability pay full fare between 7:00 a.m. to 9:00 a.m. and 3:00p.m. to 6:00 p.m. on weekdays, and pay half-price at all other times, with the presentation of a RIPTA Reduced Fare Photo ID smart card or a Medicare ID card. 401-781-9400 ...[www.ripta.com](http://www.ripta.com)

Under the Americans with Disabilities Act (ADA), Rhode Islanders may be eligible for **Rhode Paratransit Program** if they have a disability that prevents them from using regular RIPTA fixed-route bus service. Rhode paratransit service is provided within a 3/4 mile corridor on either side of an existing RIPTA bus route at a fare of \$4 per each one-way trip. (401) 461-9760.... 711 (Relay RI) [www.ripta.com/Rhode](http://www.ripta.com/Rhode)

**Friends in Service to Humanity (FISH)** provides rides for dental, medical, & social service appointments for residents of Exeter & N. Kingstown. 401-295-1121 .....[www.northkingstown.org](http://www.northkingstown.org)

**Southern Rhode Island Volunteers** provides transportation for medical, dental, and therapy appointments, among other services. 401-552-7661 .....[www.southernrivol.org](http://www.southernrivol.org)

NOTE: Some cities and towns offer senior transportation for non-medical destinations. Call your local senior center, or city or town hall.

Non-emergency transportation (NEMT) services for Medicaid eligible individuals is available through Medicaid Participating Provider.

MTM coordinates non-emergency transportation services for Medicaid eligible individuals when the individual has Medicaid and is receiving a Medicaid covered service from a Medicaid- Participating Provider.

Non-Medicaid Elderly Transportation Program (ETP):

MTM coordinates non-emergency transportation for individuals 60 and over who are not Medicaid eligible. ETP provides transportation to and from medical appointments, adult day care, meal sites, dialysis/cancer treatments and the Insight Program.

To schedule a trip with MTM call 1-855-330-9131  
48-hour notice (two business days) to schedule a trip [www.mtm-inc.net/rhode-island/](http://www.mtm-inc.net/rhode-island/)

NOTE: Some cities and towns offer senior transportation for non-medical destinations. Call your local senior center, or city or town hall.

## TRI-CARE HEALTH INSURANCE

**TRICARE** is the health care program for active, National Guard and reserve service men and women, and their families. TRICARE is a major part of the **Military Health System** that combines the resources of military hospitals and clinics with civilian health care networks, provides access to high-quality health care, and supports military operations. TRICARE for Life offers secondary coverage to Medicare for all TRICARE beneficiaries who have both Medicare Parts A and B. TRICARE offers several plan options and special programs for our service members and their families. TRICARE is managed by the Defense Health Agency (DHA) under leadership of the Assistant Secretary of Defense (Health Affairs).

1-866-773-0404... [www.tricare.mil](http://www.tricare.mil)

## VETERANS PROGRAMS

The **Rhode Island Division of Veterans Affairs**, 560 Jefferson Blvd., Warwick, RI 02886, provides many services for Rhode Island veterans and their families.

These services include:

- Benefits counseling.
  - Referral to community support services.
  - Services for homeless veterans.
  - Burial services at the Rhode Island Veterans Cemetery in Exeter.
  - Long term care services at the Rhode Island Veterans Home
- 401-921-2119.....[www.vets.ri.gov](http://www.vets.ri.gov)

The VA Health Care System **Middletown Community Based Outpatient Clinic**, One Corporate Place, Middletown, provides comprehensive primary healthcare to Veterans residing in Newport, Bristol, and Washington counties.

401-847-6239..... [www.providence.va.gov](http://www.providence.va.gov)

**Operation Stand Down Rhode Island**, 1010 Hartford Avenue, Johnston 02919, serves homeless and disabled veterans. Assistance includes social services, counseling, and emergency and permanent housing.

401-383-4730..... [www.osdri.org](http://www.osdri.org)

**Veterans, Inc.**, 860 Waterman Avenue, Suite 6, East Providence, RI, provides supportive services to Veterans and their families, including case management, job training and employment services, health and wellness, transportation and legal advice.

800-482-2565 ..... [www.veteransinc.org](http://www.veteransinc.org)

The **Providence Regional Office of the Veterans Benefits Administration**, 380 Westminster Street, Providence, RI 02903, is responsible for the management of most non-medical benefits provided by the Veterans Benefits Administration, including compensation, pensions, vocational rehabilitation, and counseling. The office coordinates the local benefit activities associated with education, home loan guarantees, and veterans' life insurance.

1-800-827-1000.....[www.va.gov](http://www.va.gov)

**The Providence Veterans Administration Medical Center**, 830 Chalkstone Avenue, Providence, RI 02908, provides comprehensive outpatient and inpatient healthcare to veterans residing in Rhode Island and southeastern Massachusetts.

401-273-7100 ..... 1-866-363-4486

[www.providence.va.gov](http://www.providence.va.gov)

**The Rhode Island Veterans Home**, 480 Metacom Avenue, Bristol, RI 02809, provides quality nursing and residential care to Rhode Island war veterans in need. Social, medical, nursing, and rehabilitative services are also provided to veterans, their survivors, and/or dependents.

401-253-8000 ..... [www.vets.ri.gov](http://www.vets.ri.gov)

## VETERANS PROGRAMS

The **Providence Vet Center**, 2038 Post Road, Warwick, RI 02889, offers information on wellness programs, health care services, , substance abuse and addiction treatment, and other support programs. The Center also provides readjustment counseling and outreach services to all veterans who served in a combat zone. Bereavement counseling and counseling for harassment is available. Family members and/or significant others are eligible for support regarding military-related issues. There is no cost to the veteran or family for these services. The office also hosts the Center for Women Veterans, the Homeless Assistance Program, and other initiatives, to improve the quality of life for those who have served in the armed forces.

401-739-0167.....[www.va.gov](http://www.va.gov)

The Providence VA Medical Center's **Veterans Resource and Recovery Center**, 830 Chalkstone Avenue, Providence, RI 02908, provides vocational and supportive services for veterans with barriers to employment and/or with a disability.

273-7100, X 3413.....[www.providence.va.gov](http://www.providence.va.gov)

VA Crisis Hotline offers 24/7, confidential crisis supports for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

Dial 988 then press 1

Text to 838255

Chat online at [www.veteranscrisisline.net/get-help-now/chat/](http://www.veteranscrisisline.net/get-help-now/chat/)

## VOLUNTEER PROGRAMS

In addition to the volunteer opportunities within OHA as set forth in separate headings in the manual, below are additional volunteer opportunities:

**Foster Grandparent Program of Rhode Island** volunteers serve children in residential and community settings, such as schools, day care centers, and hospitals.

East Bay Foster Grandparent Program  
610 Waterman Avenue, East Providence RI 02914  
401-435-7876..... [www.eastbayrsvp.org](http://www.eastbayrsvp.org)

Foster Grandparent Program of Rhode Island  
145 Washington Street West Warwick, RI 02893  
401-822-4450..... [www.westwarwickri.org](http://www.westwarwickri.org)

Providence Foster Grandparent Program  
9 Courtland Street Providence, RI 02909  
401-421-1095 ..... [www.federalhillhouse.org](http://www.federalhillhouse.org)

The **Visitor Program**, One Cathedral Square, Providence, RI 02903 provides companionship and friendly support to homebound elderly persons across the state. Volunteers visit to read, write letters, and to chat with people who are homebound and need social contact. The program welcomes older adults who wish to volunteer their time for a few hours each week. Homebound seniors may also call to find out about connecting with a visitor.  
401-421-7833.....[www.dioceseofprovidence.org](http://www.dioceseofprovidence.org)

## VOLUNTEER PROGRAMS

The **Retired Senior Volunteer Program (RSVP)** provides opportunities for persons 55 years and older to utilize their enthusiasm, skills, and experience in a volunteer capacity. For information, call these agencies:

Blackstone Valley RSVP  
32 Goff Avenue, Pawtucket RI 0286  
401-723-4520, X 275 ..... [www.bvcap.org](http://www.bvcap.org)

Capitol Region RSVP  
9 Courtland Street, Providence RI, 02909  
401-421-1095 ..... [www.capitolregionrsvp.org](http://www.capitolregionrsvp.org)

Cranston RSVP  
1070 Cranston Street, Cranston, RI 02920  
401-780-6180 ..... [www.cranstonri.com](http://www.cranstonri.com)

East Bay RSVP  
610 Waterman Avenue, East Providence RI 02914  
435-7876 X1137 ..... [www.eastbayrsvp.org](http://www.eastbayrsvp.org)

Westbay RSVP: 224 Buttonwoods Avenue, Warwick  
732-4660, X 354 .... [www.westbaycap.org](http://www.westbaycap.org)

RSVP of Northern Rhode Island  
300 Cumberland Street, Suite 300, Woonsocket RI 02895  
401-766-3734

## VOLUNTEER PROGRAMS

**SCORE Counselors to America's Small Businesses** 380 Westminster Street, Providence, RI 02903, is a non-profit organization of active and retired business executives that offers free, confidential advice for persons who are starting or operating a small business.  
401-528-4561 ..... [www.score.org](http://www.score.org)

The **Southern Rhode Island Volunteers**, 25 Street, Dominic Road, Wakefield, RI 02879, provides transportation and other services to seniors who need community support.  
401-789-2362 ..... [www.southernrivol.org](http://www.southernrivol.org)



## RHODE ISLAND GUIDE TO SERVICES FOR OLDER ADULTS AND ADULTS WITH DISABILITIES

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### **CORRECTIONS:**

Corrections can be made in writing to:  
Nicole Arias, Public Information Officer  
RI Office of Healthy Aging 25 Howard Avenue  
Louis Pasteur Building-2nd Floor Cranston, RI 02920  
Corrections can also be submitted by email to  
[Nicole.Arias@oha.ri.gov](mailto:Nicole.Arias@oha.ri.gov).

**PLEASE NOTE:** All information provided by state  
agencies and community partners is assumed to be  
correct and accurate as of December 30, 2022.  
Please call the appropriate agency to verify accuracy  
as information and guidelines can change.