

Resources - Alzheimer's, Dementia, Parkinson's

UPDATED AUGUST 14, 2025

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

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

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| Medical | MOLST (Medical Orders for Life Sustaining Treatments) a medical order form (similar to a prescription) that relays instructions between health professionals about a patient's care. MOLST is based on an individual's right to accept or refuse medical treatment, including treatments that might extend life. |  A small image of the Massachusetts Medical Order for Life-Sustaining Treatment (MOLST) form. The form is white with black text and includes fields for patient information, medical history, and treatment preferences. It features the Massachusetts seal and a QR code. | In MA, patients of any age with a serious advanced illness may discuss filling out a MOLST form with their clinician. | | | | MOLST | Requires conversation with your doctor and doctor's signature |
| Memory Screening | cognitive health screening across Cape Cod. Screens serve to help ascertain normalcy in age-related cognitive decline versus the need for further clinical assessment. | | | free | Alzheimer's Family Support Center | 508-896-5170 | Alzheimer's Family Support | |

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

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

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

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

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

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