



*Homeward Bound is a program that helps older and disabled adults transition from nursing homes or hospitals to community living.*

**Who can participate?**

You must be 18 or older, qualify for MaineCare, have lived in a nursing home and/or hospital for at least 90\* days, and have a desire to move back to the community.

**What kinds of services and supports are available?**

A Transition Coordinator will help pull together a team of people that are involved with your care and support (nursing home/hospital and community providers, family and friends, etc.) You get to determine who is on your team.

Your care needs will be identified, you will be asked about what is most important to you, and your team will help put together the plan. The Transition Coordinator will help you access services and supports that will meet your needs and assist with arrangements for you move into your own place (home, apartment or group setting).

In addition to MaineCare funded Home and Community Based Services available (based on eligibility), for up to six months after the transition takes place, Homeward Bound offers other services and supports to help, such as:

- ✓ Help finding a place to live and assistance with home modifications, adaptive equipment and or assistive technology devices.
- ✓ Assessments and consultation with specialists prior to and/or after the transition to help identify and address your unique needs.
- ✓ Household essentials including furniture, kitchen items and pantry essentials.

**For more information or to make a referral, contact:**

The Maine Long Term Care Ombudsman Program  
(800) 499-0229 or (207)621-1079, [www.maineombudsman.org](http://www.maineombudsman.org)

OR

The Office of Aging and Disability Services, (207) 287-9200,  
<http://www.maine.gov/dhhs/oads/trainings-resources/initiatives/homeward-bound.html>

\*We will however begin working with you prior to the 90 day mark.