



CHECK OUT WHAT WE HAVE TO OFFER

Central Massachusetts Agency on Aging has created [SeniorConnection](#) and [Connection for Caregivers](#) to help seniors and caregivers help themselves. Below see the important FREE services we have to offer.



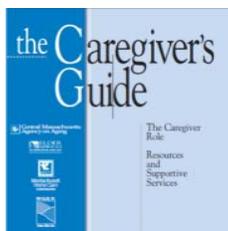
- [Search Our Database](#): The Guide to Elder Services has over 2,000 programs and agencies in our area that may help you in your search for services.



- [Online Support Groups & Chats](#): Register and participate in:
 - Facilitated chats regarding legal, health insurance, prescription drugs and reverse mortgage issues.
 - Caregiver Support Group facilitated by a licensed social worker.
 - 24/7 Ongoing Peer to Peer Chat.



- [Four Corners Articles](#): Four new articles written monthly by community experts on medical and legislative issues, ways to maintain your well-being, plus a spotlight on resources available for seniors and caregivers. Previous months' articles are archived for easy searching.



- [The Caregivers Guide](#) : An extensive resource guide for seniors, caregivers and professionals who are trying to navigate the often complex aging and caregiving networks. Includes; advice, checklists, tips, specific agency contact information, etc...



- [The Glossary of Terms](#): An alphabetical listing of terms dealing with aging and caregiving networks.



- [The Calendar of Events](#): A listing of community education events and health fairs that are happening in Central Massachusetts for seniors and caregivers.



- [Caregiver videos](#): Informational videos and accompanying handouts.



- [Volunteer & Intern Opportunities](#): We welcome the time and skills of volunteers and interns who help us in the office and at community events.



- [Weekly Electronic E-news](#): Sign up to receive weekly emails with news that is important for seniors and caregivers.



- [Contact us](#): Let us know your senior, caregiver or volunteer needs. We have Information Specialists to help answer any questions you may have.

[Donations:](#)

Your voluntary tax-deductible contribution will help enhance Central Massachusetts Agency on Aging and these important services for you and others in the future.