

## What services does H.E.L.P. provide?

Services provided by H.E.L.P. include:

- Light housekeeping
- Laundry
- Meal preparation & light cooking
- Grocery shopping
- Errands
- Medical escort
- Companionship/Respite care
- Odd jobs/Organizing

It is important to note that workers hired through H.E.L.P. **do not** provide personal care, however the program staff will assist seniors and their families with information and referral to agencies that provide this service.

The Brookline Council on Aging, a town department, is responsible for planning, coordinating, and providing comprehensive services for Brookline residents over the age of 60.



Brookline Council on Aging

93 Winchester Street  
Brookline, MA 02446

Phone: 617-730-2777

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[www.brooklinema.gov](http://www.brooklinema.gov)



# H.E.L.P.

## Home and Escort Linkage Program

at the Brookline Council on Aging

\*Providing Brookline older adults  
with innovative home care services  
for over 30 years!

617-730-2752

## Home Care Services...

The Home and Escort Linkage Program (H.E.L.P.) is a home care service designed and sponsored by the Brookline Council on Aging. For over 30 years, the goal of this program is to provide affordable, reliable, and flexible home care services to older adults living in Brookline.

The program provides an alternative or supplement to private home care agencies and state funded home care, and is more secure than hiring a worker on your own. There is no charge for enrollment in the program and there is no financial gain to the program through filling job requests.

### ... at Affordable Prices!

The current rate for home care services is \$20 per hour.

## Getting Started

In order to receive service from H.E.L.P. participants must meet the following criteria:

- Brookline resident
- Age 60 and above

Enrollment in the program is free of charge! An initial home visit with a H.E.L.P. staff person is required to gather information and sign enrollment material.

## H.E.L.P. Home Care Workers

The H.E.L.P. Program takes pride in the diversity of age, ethnicity, and background of our home care workers. All workers are recruited, screened, and trained by the program staff. Although home care workers are considered self-employed, the H.E.L.P. staff provides continuous supervision.

**To enroll or learn more,  
please call:  
617-730-2752**

## Who We Are

Two trained and licensed Master's level clinicians staff the program. H.E.L.P. program staff provide a variety of services to all program participants including:

- Ongoing assessment
- Support
- Case management
- Service coordination

Staff is available during regular business hours, Mondays – Fridays, 8:30am—5:00pm.

Katie McClean, LICSW  
H.E.L.P. Coordinator



Anne Essaran, LICSW  
H.E.L.P. Counselor