Provider List - Independent Housing with Services - Cumberland County

Ashton Gardens Gracious Retirement Living

Contact:
Last Updated: 11/27/2024 11:05:56AM
Last Reviewed: 11/27/2024

Phones: (207) 541-3999 [Business]*

Address: [Residence]*
830 Ocean Avenue
Portland, ME 04103 (Cumberland county)

Web Site: www.seniorlivinginstyle.com

Eligibility: Age 55 or older

Notes: Ashton Gardens Gracious Retirement Living - monthly rent provides three meals every day, prepared by a trained chef and served restaurant style to your table; activities; weekly housekeeping and linen service; scheduled transportation; cable TV service; a fitness center; and all utilities except your personal phone. If you need some basic help such as medication reminders, you can utilize a third party home health care provider who already tenc to a number of our residents. This allows you to only pay for the services you need.

Avesta: Iris Park Apartments

Contact:
Last Updated: 11/06/2024 12:43:31PM
Last Reviewed: 11/06/2024

Phones: (207) 553-7777 [Business]*,
(800) 339-6516 [Toll-Free]

Address: [Business]*
201 Park Avenue
Portland, ME 04102 (Cumberland county)

Web Site: www.avestahousing.org

Eligibility: Income and/or Asset Level

Notes: Iris Park Apartments is a low-income housing facility located on the Portland campus of the IRIS Network. The facility has 30 1BR/2BR independent living apartments with a menu of optional services including meals and housekeeping. Apartments and common areas have many accessibility features and vision rehabilitation and othe supportive services for tenants.

Preference Blind of visually impaired; HUD Income limit for Tax credit units is =/< 60% of Portland MFI (Median Family Income). Please call or look on application for current tax credit rents; Heat, Hot water & Lights included.

Please call for an application or download one from the website. You may apply for multiple properties on one application form.

This resource information is provided as a service of AgeMaine, 30 Barra Road, Biddeford, ME 04005, 1-800-427-7411. AgeMaine does not licence, endorse or recommend any specific provider, nor can we guarantee the quality of service from providers .

Provider List - Independent Housing with Services - Cumberland County

Coastal Manor

Contact:
Last Updated: 04/04/2024 3:51:08PM
Last Reviewed: 04/04/2024

Phones: (207) 846-2250 [Business]*

Address: [Business]*
20 West Main Street
Yarmouth, ME 04096 (Cumberland county)

Web Site: www.coastalmanornursinghome.com

Eligibility: Accepts Mainecare/Medicaid

Notes: Coastal Manor has 39 dually certified beds and provides long term nursing care and skilled rehabilitation nursing care. Respite care is available and generally can be arranged/reserved a couple of weeks in advance. Our facility serves as a licensed health care provider with nurses on duty around the clock. In addition, we provide support services that include: Skilled Nursing, Rehabilitation, Visits from Medical Professionals—Physical, Occupational, & Speech Therapists, & a Psychiatrist.

Coastal Manor also has a Food and Lodging license and operates an independent living with services facility with room for 6 people. Services included in the daily room rate include a private room, 3 meals/day and snacks, laund and housekeeping services, and cable television. Residents are welcome to join in activities and programs offered through the nursing facility. Eligibility - Seniors who are ambulatory, able to manage any medications

Call for more information and/or to arrange a visit and apply. Private pay and Mainecare accepted.

Provider List - Independent Housing with Services - Cumberland County

Gorham House: SeniorLifestyle

Contact:
Last Updated: 11/14/2024 11:02:17AM
Last Reviewed: 04/23/2024

Phones: (207) 839-5757 [Business]*,
(207) 839-8263 [Fax]

Address: [Business]*
50 New Portland Road
Gorham, ME 04038 (Cumberland county)

Web Site: www.seniorlifestyle.com/property/maine/gorham-house/

Eligibility: Accepts Mainecare/Medicaid

Notes: Gorham House offers Independent Living, Assisted Living, Nursing Services (Skilled/Rehabilitation, Nursing Home Care, Comfort Care) and Memory Impaired care options.
**Not all communities at Gorham House accept Mainecare, see each community for more information.

The Independent Living communities at The Gorham House are apartment homes with access to professional team members, dining services, and other convenient amenities.
**PRIVATE PAY only, please call for current fee structure.

Assisted Living at the Gorham House for older adults with a need for assistance with daily activities, who want freedom from difficult home maintenance and chores, want more opportunities to enjoy life, socialize, and learn. Older adults who need daily assistance with household chores or personal care can benefit from the servic offered in the Assisted Living communities.
**PRIVATE PAY only, please call for rates.

Memory Care, 8 private and 20 semi-private apartments for people who have Alzheimer's or other related dementia. It is a totally secure unit that is carefully monitored by fully trained licensed staff. Therapeutic activities for the memory impaired are part of the program. Eligibility: Diagnosis of dementia and in need of a secured unit; must qualify for assisted living.
Please call for more information and current costs.
**Private pay required for 2 years before MaineCare accepted.

Windsor Common is a Skilled Rehab unit (20 beds) and fully Licensed Nursing Home (32 beds). Residents of Gorham House get priority placement in the skilled unit when needed. The focus is on short term rehabilitation. In addition to Occupational, Speech and Physical therapy services, the skilled unit also provides terminal care, pain management, wound care, oxygen therapy, diabetic training, and assistance with discharge planning. Nursing Home Care is provided in fully furnished private and double rooms. This unit is designed to care for people with limited physical mobility.
**Accepts Mainecare.

Gorham House also has a 17 bed geropsychiatric nursing facility, with both skilled nursing and intermediate care beds. The facility specializes in caring for patients who have a second diagnosis of mental illness. This nursing facility is specifically for individuals who have been diagnosed with a psychiatric illness.
**Referrals must be from Maine DHHS.

For more information call or visit https://www.seniorlifestyle.com/property/maine/gorham-house/

Provider List - Independent Housing with Services - Cumberland County

Kaler-Vaill

Contact:
Last Updated: 11/27/2024 11:26:47AM
Last Reviewed: 11/27/2024

Phones: (207) 883-4787 [Business]*

Address: [Business]*
382 Black Point Road
Scarborough, ME 04074 (Cumberland county)

Web Site: www.kaler-vaill.com

Eligibility:

Notes: Kaler-Vaill offers private rooms, beautiful common rooms, a twenty-four hour on-duty staff provides a safe and secure environment, 3 meals a day, housekeeping, laundry, a variety of social, educational and recreational activities are available for residents as part of an organized Activities Program. The Kaler-Vaill library is supported by regular visits from Scarborough Public Library volunteers. A computer dedicated to residents' use offers interne and e-mail capability. Parking for residents who wish to keep their automobiles is provided. Basic Cable and WiFi provided. Residents pay for their own phone, hairdresser and transportation as needed.

Eligibility: Women 65 years and older who are ambulatory, able to manage any medicatons independently, and ta care of their own personal needs.

Intake procedure: Please call for more information and/or to arrange for a personal tour.

Provider List - Independent Housing with Services - Cumberland County

Oceanview at Falmouth

Contact:
Last Updated: 04/03/2024 10:25:25AM
Last Reviewed: 03/26/2024

Phones: (207) 781-4460 [Business]*,
(207) 781-4621 [Business]

Address: [Business]*
20 Blueberry Lane
Falmouth, ME 04105 (Cumberland county)

Web Site: www.oceanviewrc.com

Eligibility:

Notes: The OceanView campus for ages 55+ includes Independent Living options in cottage residences or apartments, a well as Assisted living and Memory Care. Please call for more information and the application process details including current fee structure. For independent community please call 207-781-4460 and for assisted living or memory care residence, please call 207-781-4621. Respite/short-term stays may be available on Memory Care an Assisted Living, contact facility directly for more information and details.

Falmouth House offers a vibrant community to help seniors live life to the fullest, while providing daily assistance. Residents of OceanView have priority access to Falmouth House, where each individual is actively involved in thei own personalized care plan, delivered by certified staff and supervised by licensed professional nurses 24-hours a day. Private apartments, sitting areas, libraries, dining and activity rooms with access to gardens. The Life Enrichment Program offers a wide variety of stimulating options. Designed to increase each resident's intellectual, physical, spiritual and social well-being, Chef-prepared meals are provided each day, along with medication management and discreet personal assistance with activities of daily living, as needed.

Legacy Memory Care at OceanView provides a uniquely designed, secure community for individuals with memory loss and dementia. Our person-centered focus ensures that every resident enjoys meaningful life experiences and the feeling of success every day. With 29 private apartments, this secure, state-of-the-art memory care residence designed to provide implicit cues to areas of activity through the special use of architecture and color. Habilitatio Therapy Programming enriches the quality of life of our residents.

Provider List - Independent Housing with Services - Cumberland County

Piper Shores

Contact:
Last Updated: 04/03/2024 10:27:20AM
Last Reviewed: 03/26/2024

Phones: (207) 883-8700 [Main]*,
(888) 333-8711 [Toll-Free]

Address: [Business]*
15 Piper Road
Scarborough, ME 04074 (Cumberland county)

Web Site: www.pipershores.org

Eligibility:

Notes: Piper Shores is a lifecare retirement community that provides residents with the peace of mind knowing that lifecare combines all the advantages of independent living plus priority access to onsite assisted living and skilled nursing care, if needed. Lifecare at Piper Shores also means that you will always have a predictable monthly payment for assisted living and nursing home care.

Independent living apartments located in the Oceanside Campus overlooking Casco Bay offers a café, dining room health clinic, library, convenience store, or cocktail lounge. Features sixteen different styles to fit any residents' needs. Ranging from studios and one-bedrooms units to two- bedroom units with a den.

The Meadows independent living cottages at Piper Shores' are ideal for those transitioning from private homes to life in an active retirement community. Privately situated in a lovely wooded grove a short stroll from Oceanside's main building. Features full kitchens, vaulted ceilings, fireplace, garage, ample storage space, sunrooms, private terraces, and daylight basements.

Assisted living residences at Holbrook feature private one-bedroom apartments. Personal care, therapy coordinati , transportation scheduling, housekeeping and laundry services are all provided. Respite may be available, contac facility directly for more information and details.

Holbrook's Wayland House Memory Care offers the secure environment. Our PersonFirst® approach to memory care focuses attention on the individual needs, personality, and desires of each of our residents. Respite currently not available on Memory Care.

Holbrook Skilled Nursing offers private rooms for short-term rehabilitation, respite care and long-term nursing car All rooms are presently available on a first come, first served basis, with Piper Shores residents receiving first priority. Dually certified by the State of Maine, Holbrook welcomes both private pay and Medicare patients, accept direct admissions, and offers competitive rates.

Please call for more information about Piper Shores, current availability and fee structure.

Provider List - Independent Housing with Services - Cumberland County

Plummer Senior Living

Contact:
Last Updated: 12/13/2024 12:57:43PM
Last Reviewed: 12/13/2024

Phones: (207) 772-3225 [Business]*

Address: [Business]*
192 Middle Road
Falmouth, ME 04105 (Cumberland county)

Web Site: www.Plummerseniorliving.com

Eligibility: Age 55 or older

Notes: Plummer Senior Living offers affordable independent living for Maine seniors. To provide quality housing for our middle-income seniors, rents range from $1,225 to $2,450. Residents will have access to our on-site resident concierge, robust activity programming, 24 hour on call emergency line and a variety of additional services to enhance your day to day life. Heat, hot water and A/C are included. Resident is responsible for electricity and any supplemental utilities.

Seventy Five State Street

Contact:
Last Updated: 03/26/2024 12:21:58PM
Last Reviewed: 03/26/2024

Phones: (207) 618-8775 [Business Fax],
(207) 775-7775 x 2224 [Business]*

Address: [Business]*
75 State Street
Portland, ME 04101 (Cumberland county)

Web Site: www.75statestreet.org

Eligibility: Accepts Mainecare/Medicaid

Notes: 75 State Street is a nonprofit senior community offering a continuum of care that includes Independent Living and Assisted Living. Our mission is to promote the independence, dignity, and individuality of older people of all financ abilities by offering supportive programs and services in an urban, residential setting. We provide a wide variety c amenities and services tailored for residents living independently and residents needing additional assistance.

Independent Living offers a safe, supportive environment where you can age in place. Offers: Varied rental units ranging from studios to spacious 1,300 square feet two-bedroom apartments; Designated parking spaces; Daily activities, fitness, and wellness programs; 24-hour emergency response.

The Assisted Living service package is all-inclusive, with all the needed care for one set price. Our medical staff ca be involved in all aspects of your health and well being, while our care team can assist you with all of your activiti of daily living. 75 State Street is a MaineCare eligible community. Offering: Private studios, suites and one bedroo rental units; 24-hour healthcare staff for assistance and emergency response; Three restaurant-style meals per da ; Daily community engagement activities.

Call for more information and rates.

Provider List - Independent Housing with Services - Cumberland County

SPHA: Betsy Ross House

Contact:
Last Updated: 12/03/2024 3:05:27PM
Last Reviewed: 12/03/2024

Phones: (207) 773-4006 [Fax],
(207) 773-4140 [Business],
(207) 767-4955 [Business]*

Address: [Business]*
99 Preble St. Ext.
South Portland, ME 04106 (Cumberland county)

Web Site: www.spha.net

Eligibility: Age 62 & older or declared disabled, Income and/or Asset Level

Notes: The Betsy Ross House is a 123-unit independent living complex of 1BR apartments for seniors age 62 and over. There is a mix of market (26 units) and affordable rents. The facility includes a dining room - A congregate noon meal is included in the market rents, and is a flexible option for affordable units. There is also a hair salon and library, and the Visiting Nurse Association has an on-site office with weekly hours. The Betsy Ross House is only a short walk from Spring Point Lighthouse and Bug Light Park along the Greenbelt walkway with easy access to financial, medical and retail services, public transportation and in-town Portland.

62 years or older; for fixed rent options HUD Income limit is = or < 80% of Portland HMFA; no income limit for market rents.

Please call for current fixed and market-rate rents. rates are listed on this website - http://betsyrosshouse.homest ad.com/

Stroudwater Lodge

Contact:
Last Updated: 12/17/2024 2:42:35PM
Last Reviewed: 12/17/2024

Phones: (207) 854-8333 [Business]*

Address: [Business]*
116 Landing Road
Westbrook, ME 04092 (Cumberland county)

Web Site: www.northbridgecommunities.com/stroudwater-l dge/

Eligibility:

Notes: Specializing in Independent and Assisted Living, Stroudwater Lodge provides an exceptional lifestyle experience – one where you will find secure, supportive services and the social atmosphere you need and want without giving the traditions and independence you cherish.

Provider List - Independent Housing with Services - Cumberland County

The Cedars

Contact:
Last Updated: 03/26/2024 12:22:48PM
Last Reviewed: 03/26/2024

Phones: (207) 221-7000 [Main]*,
(207) 772-6038 [Fax],
(207) 772-5456 [Business]

Address: [Business]*
620 - 640 Ocean Avenue
Portland, ME 04103 (Cumberland county)

Web Site: www.thecedarsportland.org

Eligibility: Accepts Mainecare/Medicaid

Notes: The Cedars offers independent living, assisted living, Memory Care, rehabilitation and Nursing/skilled care options ***Long Term Care Mainecare is ONLY accepted at the Nursing/skilled care level.

The Atrium is the 61 unit independent living community. Housekeeping, linen service, maintenance, choice of mea plan, and optional social, and recreational programs are included in the monthly fee. Pets, including indoor cats a small dogs, are allowed with permission. **Private pay, please call FMI and for current fee structure - independer living requires an entrance fee.

Assisted living at The Osher offers the privacy of your own apartment while providing personal support when you need it. Our staff will help you with activities like bathing, dressing and taking your medications – all under the supervision of a registered nurse. With three nutritious meals daily, a calendar of programs and events, housekeeping and laundry services. **Assisted Living is private pay, please call FMI and for current fee structure.

On-site nursing is available at the Rehabilitation Center and the Skilled Care Center at the Cedars. Mainecare is accepted in the Skilled Care Center.

The Sam L. Cohen Households at The Cedars, offering Memory Care Assisted Living and Long-term, Skilled Nursin Care are like nothing Maine's older adults have seen before. Welcoming private rooms and baths. Cozy and comfortable common spaces. Innovative programs and therapies. **Private pay, please call FMI and for current f structure.

Cedars also offers fine dining take-out Kosher meals. Meal items available correspond with the menu items available to Cedars' Nursing Home residents. Please call dietary department 772-5456 to order meal (s) 2 days in advance, FMI, and to confirm costs. Meals are picked up at the reception desk and are paid for when picked up.

Provider List - Independent Housing with Services - Cumberland County

The Park Danforth

Contact:
Last Updated: 03/26/2024 12:25:56PM
Last Reviewed: 03/26/2024

Phones: (207) 797-7710 [Business]*

Address: [Business]*
777 Stevens Avenue
Portland, ME 04103 (Cumberland county)

Web Site: www.parkdanforth.com

Eligibility: Accepts Mainecare/Medicaid, Age 62 & older or declared disabled, Income and/or Asset Level

Notes: The Park Danforth has 70 federally-assisted studio and one-bedroom apartments and 110 market rate, one-bedro m, deluxe one-bedroom and two-bedroom apartments.

Each apartment features a fully-applianced kitchen, dining area, living room, private bath and bedroom. Deluxe apartments offer more spacious accommodations, with some featuring a balcony, a second bedroom or den. All a equipped with an emergency call system and are wired for cable and telephone.

The standard services package includes social activities program, 24-hour emergency staff, nutritional counseling, exercise/fitness program, all utilities (except phone and cable) and, for a fee, transportation to grocer and one m a day. Required participation in meals program is an additional charge per month, please call for more informatio A Resident Service Coordinator assists residents access resource that are available in the community.

Age 62 & over or disabled; for subsidized rents, HUD income limit is =/< 50% of Portland MFI (Median Family Income). Subsidized Rent is 30% of adjusted income; Please call or visit the website for current market rates.

Please call for more information and an application.

The Woods at Canco

Contact:
Last Updated: 12/18/2024 10:39:15AM
Last Reviewed: 12/18/2024

Phones: (207) 618-6797 [Business]*,
(802) 962-6949 [Toll-Free]

Address: [Business]*
257 Canco Road
Portland, ME 04103 (Cumberland county)

Web Site: www.thewoodsatcanco.com

Eligibility:

Notes: The Woods at Canco offers studio, 1BR/2BR apartments, garden suites, and cottages with month-to-month rents Rent includes 3 meals/day, local transportation, housekeeping and linen service, planned activities, free on-site laundry facilities, a party room and full kitchen, individual thermostat controls, and utilities. Resident managers an co-managers live on-site with additional security features. Recreational options include group activities and classe exercise equipment, TV lounges, a billiards room, shopping trips, day trips, a beauty salon, and a barber shop. Resident pets, including cats and dogs are welcome.

Please call for more information and/or an appointment.

Provider List - Independent Housing with Services - Cumberland County

WHA: Larrabee Village

Contact:
Last Updated: 12/03/2024 3:31:36PM
Last Reviewed: 12/03/2024

Phones: (207) 854-9779 [Business]*,
(207) 854-6829 [Other]

Address: [Residence]*
30 Liza Harmon Drive
Westbrook, ME 04092 (Cumberland county)

Web Site: www.westbrookhousing.org

Eligibility: Age 62 & older or declared disabled, Income and/or Asset Level

Notes: Larrabee Village offers 150 one-bedroom subsidized apartments with kitchenettes that are ideal for those age 62 and older. The "Village" has a large community room that hosts meetings, billiards, exercise classes, potluck suppers, concerts, and parties. Meal options are available for an additional cost and our spacious dining room features breakfast (M-F) and lunch daily. Additional services such as light housekeeping, laundry services, and tra removal are available for an additional cost. In addition, there is also a Resident Support Professional available during day and evening shifts. Rent is subsidized at 30 percent of household annual adjusted gross income..

Rent is subsidized at 30% of household annual adjusted gross income.
Applicant must be 62 or older
Annual income cannot exceed $41,450 for one person or $47,350 for two people
Applicant may require assistance with a service need; including help with meals, housekeeping, laundry, and/or personal care
Rent is 30% of your annual adjusted gross income
Cats and small dogs are accepted – one per apartment

Please call or visit the website for more information and an application; for info about applying for support service please call.

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