



MassOptions

A Service of the Massachusetts Executive Office of Health and Human Services

<https://www.massoptions.org/massoptions/>

About MassOptions

- MassOptions is a free service for older adults looking for help, such as in-home care, an individual with a disability seeking help to live independently, or a family member or caregiver trying to locate services for a loved one.
- MassOptions connects older adults, individuals with disabilities and their caregivers with agencies and organizations that can best meet their needs.
- Learn more about MassOptions, the network of partners and State agencies by calling toll-free at 1-800-243-4636, or use the online chat feature.
- Trained specialists are available Monday - Friday from 9:00 AM to 5:00 PM. Specialists provide fast, personalized attention.
- Callers will be requested to share information about themselves or a loved one regarding what is needed to live independently. It is possible to stay on the phone line while the specialist connects you with an appropriate community resource or organization.

Finding Services and Supports

- There is a dedicated section of the website to find information on services and supports available through MassHealth and Massachusetts State Agencies.
- Resources beyond MassHealth and State Agency services such as [Councils on Aging \(COAs\)](#), [Aging Service Access Points \(ASAPs\)](#), and [Independent Living Centers \(ILCs\)](#) can be found under the [Resources](#) section.