

Commonwealth of Massachusetts Executive Office of Aging & Independence

Please use the link below for an ASAP Directory:

[Find Your Regional Aging Services Access Point \(ASAP\) | Mass.gov](#)

What is an Aging Services Access Point?

There are 23 ASAPs across the Commonwealth, all contracted with the Executive Office of Aging & Independence, that provide programs and services designed specifically to support adults aged 60 and older, and their caregivers. From exploring care options and assistance with nutrition and food security, to support with housing, health, financial wellness, transportation, and safety, ASAPs are there to help.

ASAPs provide the following services:

- [Home care program](#) - Helping older adults to age in their own homes, safely, independently, and comfortably.
- [Senior nutrition program](#) – Providing healthy home delivered and community group meals for older adults.
- [Options Counseling](#) – Connecting older adults in need of short-term advice and guidance to available services in their community.
- [Family caregiver support program](#)– Offering programs to help people navigate the challenges of being a caregiver.
- [Community Transition Liaison Program](#) – Helping adults ages 22 and older who are in a nursing facility transition back into their community.
- [Supportive](#) and [congregate](#) housing – Helping program residents with managing issues and social engagement.
- Information & Resources (I&R) – This is a free program that helps older adults, and their families, find the right services and support they need. A trained, I&R Specialist will listen to your questions, help you understand your options, and connect you to programs in your community. These services can include help at home, health care, food, transportation, and much more. If you don't find the answers you need on our website, call us at 800-243-4636, Monday through Friday, 8:30 AM - 5:00 PM, or fill out our online form at www.massoptions.org.

[Protective services](#) – In addition to the above services, 19 ASAPs also function as Protective Services Agencies working to help respond to and eliminate or alleviate the abuse, neglect, or self-neglect of an older adult. Note the service areas mapped below may differ for protective services.