

What can social services do for you?

During Older Americans Month we would like to tell you some of the things that social services at the Department of Senior Services can do to help you. Social services is a place where you can receive support and access resources. We provide individual, couple, family and group counseling to explore retirement, transitions, stress, family relationships, issues of aging, illness and bereavement. We can help you talk with your family about hard decisions such as moving, end of life choices and financial long term planning. We can help you maintain your independence by doing comprehensive social work assessments; providing outreach; and finding resources to meet your needs.

During the first 9 months of this fiscal year social services provided assistance to over 250 individuals. We helped seniors secure public benefits such as food stamps, fuel assistance, health insurance, SSI and The RIDE. We helped seniors obtain public and private home care, transportation, housing rehabilitation, nutritional services, personal emergency response system, employment counseling, and specialized mental health services. We helped prevent seniors from becoming homeless by assisting with applications for subsidized housing and prevented termination of electric and gas service. We provided counseling to help decrease feelings of depression and anxiety; improve emotional functioning; and increase a senior's ability to solve interpersonal problems. We provided groups which increase a senior's knowledge about psychosocial issues; decrease a sense of isolation; and improve a sense of coping with problems and stress. In addition, we provided 66 pieces of used durable medical equipment free to seniors in Newton. This included wheelchairs, walkers, canes, commodes and shower chairs. We have also provided adult incontinence products and nutritional drinks. We are available to meet with you at the senior center or in your home. For more information on how we might be able to assist you, please call Kathy Laufer (617-796-1663) or Lindsay Carlson (617-796-1672).