

# Get the extra assistance, guidance and support to be as independent as possible



*"I had studied at Maine College of Art, with a goal of being an art teacher. Due to medical issues, I set my dream aside and had started to lose hope that I would ever get there. After three years in a nursing home, Homeward Bound helped me to move back to the community. I am finally able to move forward with my goal!"*

-Tammy

## **Homeward Bound can help you to return to the community**

You may be eligible for assistance through Homeward Bound if you have MaineCare and have lived in a nursing home or hospital for at least 90 days.

## **What is Homeward Bound?**

Homeward Bound is Maine's Money Follows the Person project, a federal demonstration project offered through the Centers for Medicare & Medicaid Services. Homeward Bound is managed through the Department of Health and Human Services, Office of Aging and Disability Services. It is designed to help people with complex needs resettle in the community with home and community based services.

## **What services are available?**

Homeward Bound provides a team of professionals who will work with you to plan your transition back to the community. If you wish, your family and friends can participate in the planning process. Your needs will be carefully evaluated so that a plan for home and community based services can be developed. You will have access to MaineCare funded home care services. Other possible assistance may include: household furnishings and supplies, moving expenses, help with a security deposit or first month's rent, equipment that is not covered by other funding sources and home modifications.

## **A Transition Coordinator will arrange the services you need**

A Transition Coordinator will work with you to develop and coordinate an individualized plan for services and will continue to assist you after your return to the community.

*"I didn't think I would ever be able to leave the nursing home. Homeward Bound is making it possible for me to regain my independence."*

-Pauline



## **An Advocate will help keep the plan on track**

An advocate from the Maine Long-Term Care Ombudsman Program will be the first to see you and will help you enroll in Homeward Bound. The advocate will provide information about Transition Coordination so that you can choose an agency to provide this service. Throughout the transition, you will have the advocacy support you need to help assure that your discharge plan progresses smoothly.

## **Who can participate?**

You must be 18 or older, qualify for MaineCare, have lived in a nursing home and/or hospital for at least 90 days, and have a desire to move back to the community. We will however begin working with you prior to the 90 day mark.



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

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For more information or to make a referral, contact:

**Frances Ryan**  
**Homeward Bound Program Director**  
**Office of Aging and Disability Services**  
[frances.ryan@maine.gov](mailto:frances.ryan@maine.gov)  
**207-287-9233**

OR

**The Maine Long Term Care Ombudsman Program**  
[mltcop@maineombudsman.org](mailto:mltcop@maineombudsman.org)  
**1-800-499-0229**



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## Homeward Bound

*A new program that helps older and disabled adults transition from nursing homes or hospitals to community living.*

