

“They help me  
live in *my* home  
rather than *a* home.”

—K., Portland



As with all Catholic Charities Maine programs, services are extended to all eligible persons of all faiths and beliefs.

For more information or to  
find out if you are eligible for services,  
please contact:

**1-888-ISS-CCME (1-888-477-2263)**

**TTY: Maine Relay 711**

**Fax (207) 299-1930**

**Provider referrals: [ccmaine.org/ISS/referrals](http://ccmaine.org/ISS/referrals)**

**Visit us online at  
[www.ccmaine.org/ISS](http://www.ccmaine.org/ISS)**

### Funding

Our services have the generous support of the Maine Department of Health and Human Services, the United Way, county and municipal governments, businesses, friends and concerned citizens.

### Main Office

307 Congress St.

PO Box 10660

Portland, ME 04104

TTY: (207) 781-8551



1/2026

## Independent Support Services



## Statewide Independent Support Services Program





## *A helping hand...at home*

For seniors and people with disabilities, especially those on a limited income, being able to live at home is not only a blessing, but also a challenge when it comes to the tasks of daily living. The Independent Support Services program helps people who are physically unable to complete their own homemaking tasks, to live independently in their own homes. We provide 2 hours per week of homemaking services on a long-term basis to more than 2,000 consumers state-wide.

### **Our Services**

Do you have difficulty with these household tasks because of physical limitations?

- ☐ Light housekeeping
- ☐ Laundry
- ☐ Meal planning/preparation
- ☐ Grocery shopping and other essential errands
- ☐ Limited assistance with personal care

## *Flexibility to meet your needs...*

### *Option #1:* **Self-Direct Workers**

Do you already know someone you would like to have work for you? Then our Self-Direct Worker option may be the solution!

With our Self-Direct Worker option, you may hire someone you know and trust: a family member, friend or acquaintance — someone who does not live with you.

You also have the convenience of scheduling your Self-Direct Worker for weekends or evenings, outside of our usual Agency Homemaker hours.

With Self-Direct, Catholic Charities will reimburse you for all or a portion of Worker services.

### *Option #2:* **Agency Independent Support Workers**

Let us match you with a caring, dedicated Independent Support Worker to help you stay independent in your own home. Our Independent Support Workers are fully-screened and professionally supervised to ensure your needs are met.



To request assistance, please call:  
1-888-ISS-CCME

Provider referrals: [ccmaine.org/ISS/referrals](http://ccmaine.org/ISS/referrals)



## *How do I get started?*

Anyone can request assistance — clients, family members, friends, neighbors, caregivers or social service agencies.

When calling **1-888-477-2263**, please provide consumer's:

- 1) Name
- 2) Address
- 3) Phone Number

### **Cost for Services**

Co-payment is required for services; however, Independent Support Services may be available at no charge for people who meet eligibility guidelines.