

*“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

Visit us online at

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



Community Partner

 **Catholic Charities
Independent
Support Services**

1/2026

Independent Support Services



**Statewide
Independent Support
Services Program**

 **Catholic Charities
Independent
Support Services**



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



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.