

Local Help Directory – Lawrence & the Merrimack Valley

Free and public resources for older adults, people with disabilities and family caregivers in Lawrence, Methuen, Andover, Haverhill and nearby communities.

Regional aging services

Organization	Phone	Website / address
AgeSpan (regional Aging Services Access Point)	800-892-0890 · 978-683-7747 · TTY 800-924-4222	agespan.org 280 Merrimack St, Suite 400, Lawrence, MA 01843

Councils on Aging / senior centers

Organization	Phone	Website / address
Lawrence Council on Aging & Senior Center	978-620-3550	www.cityoflawrence.com/265/Council-on-Aging-Senior-Center 155 Haverhill St, Lawrence, MA 01840
Methuen Senior Activity Center (Council on Aging)	978-983-8825	www.methuen.gov/286/Senior-Center 77 Lowell St, Methuen, MA 01844
Andover Elder Services – The Robb Center	978-623-8320	andoverma.gov/227/Elder-Services 30 Whittier Ct, Andover, MA 01810
Haverhill Council on Aging – Citizen Center	978-374-2390	www.haverhillma.gov/parks-recreation-culture/council-on-aging 10 Welcome St, Haverhill, MA 01830

Caregiver support

Organization	Phone	Website / address
AgeSpan Family Caregiver Support Program	800-892-0890	agespan.org/solutions/caregiver-support
Alzheimer's Association Helpline	800-272-3900	www.alz.org/help-support/resources/helpline

Food assistance

Organization	Phone	Website / address
Merrimack Valley Food Bank	978-454-7272	www.mvfb.org

Organization	Phone	Website / address
Project Bread – FoodSource Hotline	800-645-8333	www.projectbread.org/get-help

MassHealth & Medicare (official)

Organization	Phone	Website / address
MassHealth Customer Service	800-841-2900 · TTY 711	www.mass.gov/info-details/contact-masshealth-information-for-members
Medicare (1-800-MEDICARE)	800-633-4227 · TTY 877-486-2048	www.medicare.gov
SHINE – free Medicare counseling (via MassOptions)	800-243-4636	massoptions.org/en/resources/health-insurance-counseling

All-purpose help line

Organization	Phone	Website / address
Mass 211 – help finding local services	Dial 2-1-1 or 877-211-6277	mass211.org

In an emergency, call 911.

Questions about care at home? Contact Right Care Services Inc

599 Canal St, 1st Floor, Suite 14, Lawrence, MA 01840 · (978) 641-6909 · info@rightcare.me · rightcarehc.com
 Personal Care · Companion Care · CNA · Home Health Aides · Physical Therapy · Occupational Therapy · Skilled Nursing. Caregivers speak English and Spanish.

This is general information, not medical advice. Always talk with your doctor, nurse or pharmacist about your own health and care. Right Care Services Inc is not affiliated with these organizations. Phone numbers and links were checked October 22, 2026 and may change; please confirm with each organization.
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