

# Northampton Senior Services Resource Guide

## Caregiver Support, Companion Service & Family Care-giving

### Caregiver Support Line

U.S. Department of Veterans Affairs  
855-260-3274  
[caregiver.va.gov](http://caregiver.va.gov)

### Community forums for caregivers

[caregiveraction.org](http://caregiveraction.org)  
[caregiver.org](http://caregiver.org)  
[caregiving.com](http://caregiving.com)  
[agingcare.com](http://agingcare.com)

### Highland Valley Elder Services

Family caregiver Program  
320 Riverside Dr, Suite B  
Florence MA 01062  
413-586-2000  
800-922-2275  
[highlandvalley.org/services/family-caregiver-program](http://highlandvalley.org/services/family-caregiver-program)

### Jewish Family Services of Western Mass (JFS)

16 Lenox St  
Springfield, MA 01108  
413-737-2601  
[jfswm.org](http://jfswm.org)

JFS offers the following services to older adults and their families and/or caregivers:  
Counseling for individuals and families either in our offices or in your home

### Mass 211

Mass Options  
A Service of the Massachusetts Executive Office of Health and Human Services  
800-243-4636  
[massoptions.org/massoptions/](http://massoptions.org/massoptions/)

### Northampton Neighbors

PO Box 231  
Northampton, MA 01060  
413-341-0160  
[northamptonneighbors.org](http://northamptonneighbors.org)  
We help older adults in our community create and maintain connection, independence, dignity, and joy as we all age and engage in place

### Stavros for Independent Living

210 Old Farm Rd  
Amherst, MA 01002  
413- 256-0473  
[stavros.org/pca](http://stavros.org/pca)