



INFORMATION & REFERRAL CENTER

Our Information & Referral (I&R) team can help you navigate what services and supports may be available for you or your loved one now, or help you plan for the future. Programs include:

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|-----------------|-------------------------|-------------------|------------------------|
| Adult Day Care | Grocery Shopping | Laundry Services | Medication Reminders |
| Case Management | Home Health Aide | Meal Preparation | Personal Care |
| Chore Services | Homemaking | Meals-on-Wheels | Respite Care |
| Companionship | Home Safety Evaluations | Medical Equipment | Transportation Support |

How It Works

Our I&R center is staffed with highly trained bilingual Community Resource Specialists who offer free, personalized information about services and programs for older adults, caregivers, and individuals living with disabilities. Whether you need assistance accessing GSSSI programs or need help finding other community resources, we are here to guide you in the right direction.

How to Contact Us

We are available by phone Monday through Friday from 8:00 am to 5:00 pm.

- Phone: 413-781-8800
- Toll Free: 800-649-3641

To learn more about our programs or to make a referral 24/7, please visit our website at www.gsssi.org

Cities and Towns We Service

Agawam, Brimfield, East Longmeadow, Hampden, Holland, Longmeadow, Monson, Palmer, Springfield, Wales, West Springfield and Wilbraham.

Don't see your town? Call us today and we can connect you to the agency that serves you!



“The Information & Referral person I spoke with was patient and I felt understood and was provided the assistance for caregiver services I was seeking.”

Scan for more information

