

# The Council on Aging & Human Services (COA&HS)

March 2024

In 2023, attendance at COA&HS programs increased by 1,534 people over 2022 – 11,440 program attendees in total in 2023 (up 15%). Social service usage at COA&HS increased by 468 people (up 11%). COA&HS provided 4,629 units of social service support to 1,044 individuals (up 16%).

The Council on Aging & Human Services (COA&HS) is a welcoming organization that provides social services, wellness and mental health services, transportation, nutrition, and educational, social, and recreational programs primarily for those aged 60+. These programs enrich people's lives and allow older residents to remain safely and independently in our community. Most COA&HS educational, social, and recreational activities are open to people of all ages. COA&HS also provides services to residents of all ages who are in financial crisis, want mental health services, or need help caring for elders.

COA&HS has administrative offices and programming space at Bemis Hall. COA&HS also manages programs in many other locations including the Lincoln Trail System, Lincoln Woods, Hartwell, The Commons, Pierce House and Pierce Park, and senior trips to various locations. COA&HS has 9 full and part-time staff and many volunteers.



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- Mental Health – *weekly Adolescent and Adult Mental Health Clinics, regular Support Groups (e.g. caregiver, bereavement, clutterbug)*
  - Public Health – *Vaccination Clinics, hearing screenings, blood pressure/wellness clinics, podiatry, home checks, home safety evaluation, medical equipment loans*
  - Nutrition – *weekly congregate dining, home delivered meals*
  - Transportation – *free local transportation and mobility support*
  - Social services – *free legal clinics, Veterans, AARP tax, SHINE medical insurance counseling, property tax relief, benefits assistance*
  - Programming, Physical Wellness – *fitness, exercise, trail walks, community education, etc.*
  - Programming, Social Wellness – *trips, Lincoln Academy, foreign language conversation, mahjong, etc.*
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COA&HS programs and events serve seniors aged 60+, 35% of Lincoln's total population/n=1,697 (source: census ACS 2020 5yr). In addition, COA&HS helps residents of any age who are caregiving for a senior, veterans of any age in need of benefits assistance, children of any age in need of mental health counseling, renters and homeowners of any age in need of assistance with housing costs, and Hanscom residents of any age in need of social services, mental health assistance or crisis intervention.