

Do You Know...



NILP offers many programs for the communities we serve. Our programs can be combined to offer the best possible range of services. Our services are free with the exception of our Education Division.

Community Support Services (CS)

Long Term Services & Supports (LTSS)

NILP's Education Division

Nursing Home Transition Services

Personal Care Assistance Program

The Merrimack Valley Aging & Disability Resource Consortium (ADRC)

- Options Counseling (OC)

The Northeast Recovery Learning Community (NERLC)

Youth Services Program (YSP)

Our daily work is guided by **Our Vision Statement:**

Northeast Independent Living Program is known throughout the state for helping individuals regain and retain their independence and equality in the community through Information & Referral, Advocacy, Skills Training, Peer Counseling and Transitions.

We are a community of people who open doors to create an all-inclusive community free of communication, attitudinal, economic and architectural barriers for all people with disabilities.

For more information, please
visit www.nilp.org



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We Are connecting people with possibilities.



Older Adult Peer Services (OAPS)

How Can NILP Help YOU. **CALL US AND FIND OUT**
978.687.4288

What is **Older Adult Peer Services?**

Older Adult Peer Services (OAPS) is the newest department at NILP; offering support to older adults 55+ to support their wellness and independence. Certified Older Adult Peer Specialists are specially trained to offer compassionate, non-judgemental listening and problem-solving support to older adults who may be experiencing social isolation, loneliness and/or related challenges. These services are paid for through the Medicaid 1115 Frail Elder Waiver (FEW).



We believe in consumer control and self-direction, with the knowledge that persons with disabilities are the best determinants of their needs.

Our Mission

To enhance the lives of older adults who have experienced trauma, mental health challenges and/or substance abuse by offering companionship and community experiences to foster healthy social interaction and personal growth.

Who are **Certified Older Adult Peer Specialists?**

A Certified Older Adult Peer Specialist (COAPS) is a man or woman who is 55+ years old with lived experience of mental health challenges. COAPS Specialists have received certification as a MA Certified Peer Specialist and completed evidence-based training designed by the University of PA on healthy aging, wellness strategies for older adults and how to effectively support people through the normal aging process. The impact of trauma on older adults is also discussed.

Peer Workforce Training

If you would like to become a Certified Older Adult Peer Specialist, NILP offers COAPS training. To be eligible for this training, you must first complete Certified Peer Specialist (CPS) training. For more information, please contact Amanda Orfanos at aorfanos@nilp.org.



NILP's Older Adult Peer Services Include:

- Individual Meetings
- Support Groups
- Addiction Recovery Support
- Older Adult Specific Trainings
- Daily Coping Skills
- Assistance Accessing Community Resources
- Encouragement for Independent Living
- Emotional Support
- Problem-Solving Skills