



# MIST PROGRAM

## Maintaining Independence and Safety Through Technology

### HOW WE CAN HELP:

- Connection to community programs/resources
- Home safety assessments and resources
- Behavioral health support
- Peer support and check-ins
- Technology support
- Guidance for you and your loved ones on aging in place

What is aging in place?  
The practice of staying  
in one's own home  
maintaining safety and  
independence

For individuals  
ages 60+

MIST is a time-  
limited  
program

Each participant begins  
with an initial evaluation  
to determine eligibility

**Free • Confidential • Community-Based**

**For more information:**

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