



RUOK® Program

The Lincoln County Sheriff's Office and Communications Center are committed to ensuring the well-being all of everyone in our County including persons who, for one reason or another, are concerned about living alone.

Accordingly, our two departments have developed and are operating a Program to regularly contact seniors or other homebound individuals in order to verify their well-being and give them a sense of security. This is known as the RUOK® (Are You OK) Program and *is completely free to anyone who participates*. In addition to assisting seniors and others who may seek a means for their welfare to be regularly checked, this Program eases the concerns of friends and family who may find it difficult to maintain regular, consistent contact with loved ones. The RUOK® Program allows people who might otherwise be faced with changing their living arrangements to remain in their homes safely and securely.

Individuals who sign up for the service are known as "clients" of the Program.

How it Works

The RUOK® Program works by making telephone calls to clients from the Lincoln County Sheriff's Office at the same time each day. It operates with both cell and landline phones.

When a call is answered by a client indicating that he or she is OK, the Program moves on to the next person on the list.

If a client fails to answer a pre-arranged call, the Program will re-dial that client two more times at 30-minute intervals. If the Program receives a busy signal, three more calls will be placed. If these calls go unanswered, the Communications Center will notify a designated relative or friend, or dispatch a law enforcement officer to verify the client's well-being. Given the workload of the Sheriff's Office, responses may not be immediate.

To avoid the potential for false alarms, clients are requested to remain home during the time they have selected for the receipt of the verification call, and to notify the Sheriff's Office if they will be absent from home for any reason when a call is scheduled.

It is recommended that RUOK® telephone calls be scheduled for first thing in the morning before clients engage in activities that might take them out of the house or away from the telephone even temporarily.

Program Enrollment Criteria

The following individuals are eligible for the RUOK® Program –

1. Senior citizens or people concerned about living alone; and
2. Individuals with disabilities that render them unable to leave home independently.

The RUOK® Program enrollment form is printed on the other side of this brochure. Individuals who meet the above criteria and wish to enroll in the Program should complete the form by printing it as legibly as possible and mailing or taking it to:

Lincoln County Sheriff's Office
42 Bath Road
P.O. Box 622
Wiscasset, Maine 04578

There is no charge for participating in the RUOK® Program. All information will be considered "Law Enforcement Sensitive" and held in strict confidence.

We encourage all persons eligible for this Program to consider enrolling. By doing so, you will feel more secure in your home and give your family and friends peace of mind.

Todd Brackett,
Sheriff,
Lincoln County

Tom Nelson,
Director
Lincoln County
Communications
Center