

R U O.K.?

A Free Service that could SAVE your LIFE!



Hampden County TRIAD Program

The “R U O.K.?” program is a free daily telephone reassurance program offered by the Hampden County Sheriff’s Office in a partnership with your local police, ambulance services and the Council on Aging. This service is provided free for seniors and or people with disabilities.

How it Works: Each morning, the Hampden County Sheriff’s Department will call seniors enrolled in the program to check on their well-being.

If no one answers, a second call will be placed a short time later.

If no one answers the second time, their designated First Responder will be called immediately to check on their status.

R U Ok? Calls are placed daily with the time of the call being chosen by the individual, can specify how many days a week the call is placed & may suspend calls when they know they will be away from home.

This program is a great tool to provide peace of mind to the individual & their loved ones while allowing those living alone maintain their independence!