

CVCOA Caregiver Resources

Lamoille, Orange & Washington Counties

Please note that program availability can change over time. While we do our best to keep our listings up to date, we encourage you to use the contact information provided to double check the current status of the services you are interested in. Thank you!

Area Agency on Aging & CVCOA Helpline

- **Central Vermont Council on Aging (CVCOA)**, 59 N. Main Street, Barre, VT 05641
Phone: 802-479-0531 / Toll Free: 877-379-2600 / Fax: 802-479-4235
Email: info@cvcoa.org / Website: www.cvcoa.org
- **CVCOA Helpline** provides information and assistance to help you learn about services and identify options that may fit your needs. In-depth options counseling visits are also free and can be held at your home, at CVCOA offices, or by phone. Call the CVCOA Helpline for more information: toll-free 1-800-642-5119 or 1-802-477-1364.

Alzheimer's Association

- Alzheimer's Association 24/7 Helpline: 800-272-3900 / www.alz.org
- Alzheimer's and Dementia Caregiver Center: www.alz.org/care/overview.asp
- Alzheimer's Association, VT Chapter: 802-316-3839 / www.alz.org/vermont/

Education and Support/Social Groups

- **Powerful Tools for Caregivers** is an evidence-based, six-week series of classes for family caregivers designed to help restore the balance between caring for others and caring for yourself. For more information contact caregiversupport@cvcoa.org or 802-476-2661.
- **Memorable Times Café (Memory Café) and Memorable Times Online:** Music, Stories, Memories, Community. Memorable Times programs are relaxed social gatherings for older adults, especially welcoming of people experiencing memory loss and their care partners. At times in-person "socials" are held locally. Online groups meet on Zoom every Wednesday morning and are jointly held with a similar group in Scotland. These dementia-friendly programs are offered in partnership with the ABLE Library of the VT Department of Libraries. For more information contact caregiversupport@cvcoa.org or 802-476-2681.
- **Caregiver Tea** is an in-person social gathering for family caregivers. Participants can enjoy a break from caregiving and share in conversation with other caregivers. A brief wellness or arts activity is offered each time. Contact caregiversupport@cvcoa.org or 802-476-2661.
- **Alzheimer's Association Education Programs** such as "New Advances in Alzheimer's Treatments," and "Managing Money: A Caregiver's Guide to Finances." Call 1-802-316-3839 or visit <https://www.alz.org/vermont/education-programs> for info & schedule.
- **ALZConnected** offers an online social networking community for people with Alzheimer's disease and their caregivers. Ask questions and give input among peers, join public and private groups, and participate in topical message boards at alzconnected.org.
- **DHMC Aging Resource Center** hosts free events, support groups and classes for older adults, families and community members both online and in person. See their seasonal offerings at <https://www.dartmouth-health.org/events/topics/dementia-education-and-caregiving> or call 603-653-3460.
- **Dementia Family Caregiver Center** of UVMHC offers short-term, evidence-based therapeutic groups for family caregivers online. Ask about CARERS and TEACH groups at 802-847-4589.

- **Trualta** is an online resource created specifically for family caregivers and offers a variety of formats for quick, easy to follow practical tips and information. It offers webinars, articles, toolkits, online support groups, and other forums to learn and connect. Anyone can register for a free Trualta account at <https://www.vermont-caregivers.com>.
- **Other Support Groups**
 - **Alzheimer's & AARP Support Group Search Tool** – Find different options of in-person, telephone and online support groups:
<https://www.communityresourcefinder.org/ProviderSearch/Search?ProfileDefinitionId=91&location=barre%2C+vt>
 - **Randolph Area Caregiver Support Group** – Gifford Health/Kingwood Health Center, 2nd Wednesday of every month, 2:00 - 3:30 p.m. For information, please contact Kayla Thibault at 802-728-7781.
 - **UCM Caregiver Support Group** – Online but based out of Montpelier. For info, please contact Hugo Liepmann 802-565-0059, Gale Pekar 856-986-3477 or UCM 802-223-7861.
 - **End of Life / Bereavement / Grief Support Groups**
Berlin/Online: Central VT Home Health & Hospice, 802-224-2241 for information.
Morrisville: Lamoille Home Health & Hospice, 802-888-4651 for information.
Dartmouth Hitchcock Aging Resource Center/Online: 603-653-3460 for information.

Care Provider Agencies & Respite

- **Medicare Certified Home Health Agencies**
 - **Central Vermont Home Health and Hospice (CVHHH):** www.cvhhh.org, 802-223-1878
 - **Lamoille Home Health & Hospice:** www.lhha.org, 802-888-4651
 - **Visiting Nurse & Hospice for VT and NH:** www.vnhcare.org, 888-300-8853
 - **Bayada Nurses** (South Burlington): www.bayada.com, 802-655-7111; 800-466-8773
- **In-Home Care, Homemaking and Respite Services**
Private “fee-for-service” help provided in the home is available from licensed agencies. Services may include personal care, bathing, toileting, meal preparation, light housekeeping, shopping, respite and more. For a comprehensive listing of home care provider agencies and their service areas, contact the CVCOA Helpline at 802-477-1364.
- **Dementia Respite Programs**
CVCOA offers respite funds to family members and other unpaid primary caregivers who are providing or managing day-to-day care in the home for a person who has been diagnosed with Alzheimer's disease or another type of irreversible dementia and who meets certain financial criteria. These funds can be used to provide in-home respite services (personal care, companion services) or out-of-home respite services (adult day programs, short-term residential stays), along with some additional “supplemental” items such as incontinence supplies and assistive technology. Call 802-477-1364 for more information.
- **Respite Funds** for caregivers of individuals with other conditions may be available on a limited basis. Contact caregiversupport@cvcoa.org or 802-477-1364 for information.
- **A Kinship Respite Program** is available to grandparent or other kinship (relative/close relationship) caregivers 55 years and older who are the primary guardians for a minor in their care. Funds may be used for expenses such as child care in/outside the home, youth activities, summer camp, or extracurricular program equipment. Contact caregiversupport@cvcoa.org or 802-477-1364 for information.

Adult Day Programs

Daytime care in a social club atmosphere to foster independence & well-being while providing caregivers with needed respite. Services include supervision, personal care, nursing services, socialization, and recreation.

- **Lamoille Area Adult Day Services** (Morrisville): 11 Court Street, 802-888-7045.
- **Gifford Adult Day Program** (Bethel): 802-234-2165
<https://giffordhealthcare.org/location/gifford-adult-day/>

Memory Centers

These centers diagnose age-related memory & thinking disorders and provide treatment including drug therapies, family/patient support & counseling, and referrals to appropriate service agencies.

- **Lebanon Neurology Memory Clinic**, Dartmouth Hitchcock Medical Center
Hanover, NH. 603-650-5104, <https://www.dartmouth-hitchcock.org/neurology-memory-clinic>
- **UVM Memory Program**, University of Vermont Medical Center, Colchester, Vermont.
802-847-1111, <https://www.uvmhealth.org/locations/memory-program-university-of-vermont-medical-center>

Long-Term Care

Frail or disabled adults who medically and financially qualify for nursing home level of care may be eligible for Choices for Care, Vermont's Long-Term Care Medicaid Program. This program provides individuals with a choice of settings in which to receive care: a nursing home, residential care home or in-home support. In-home supports include case management, personal care (e.g., help with bathing or dressing), respite care, adult day health center services, assistive devices and home modification. Choices for Care - Moderate Needs can provide assistance with adult day and some homemaker services. For more information about these programs contact the CVCOA Helpline at 802-477-1364, your local home health agency, or visit the state's Adult Services Division website at <https://asd.vermont.gov/tags/cfc>

Veteran-Directed Care Program

This program is designed for military veterans seeking an alternative to nursing home care and helps provide in-home assistance and support so they can remain in their homes. It is a statewide collaboration between the Veterans Administration and Area Agencies on Aging. There is no income eligibility, but veterans must need a specified level of care. For information, call the CVCOA Helpline at 802-477-1364 or visit www.va.gov/GERIATRICS/Guide/LongTermCare/Veteran-Directed_Care.asp#

Out of Home Placement and Respite Care

There are many residential care facilities in our service area, both large and small. Some of them may also provide short-term out of home respite, depending on bed availability. Contact the CVCOA Helpline at 802-477-1364 for information.

Legal Assistance

Consulting with an attorney may be helpful as you and your family face a memory or cognitive impairment. Several organizations can help you locate a lawyer who specializes in your area of need.

- If you need help locating an attorney, contact the **Vermont Bar Association Lawyer Referral Service** at 800-639-7036 or www.vtbar.org

- The **National Academy of Elder Law Attorneys** has a member directory which you can search for individuals who work with older clients, people with special needs and their families. Contact them at 703-942-5711 or www.naela.org
- For information about putting **legal/estate and financial plans** in place visit www.alz.org/care/alzheimers-dementia-financial-legal-planning.asp
- **Vermont Legal Aid's Elder Law Project** provides free legal advice and representation to persons over 60 in a broad range of civil legal areas (not criminal), including housing, healthcare, public benefits, abuse, and exploitation cases, planning for incapacity, residential care issues, guardianship, veterans' issues. Call 800-889-2047 or see <https://vtlawhelp.org/>

Additional Resources

- CVCOA Caregiver Resources Webpage: <https://cvcoa.org/caregiver-resources>
- Suicide Prevention Resources: <https://mentalhealth.vermont.gov/community-resources/suicide-prevention>
- Dementia Map – Free online guide to the resources needed by those diagnosed with a form of dementia, family members, and professionals providing care or services. www.dementiamap.com
- Alzheimer's Speaks – radio/podcasts with diverse guests; quick tips, blog, dementia chat webinars, dementia-supportive products and services: www.alzheimersspeaks.com
- Happy Healthy Caregiver Podcast - show “where *real* family caregivers share how to be happy and healthy while caring for others.” <https://happyhealthycaregiver.com/podcast/>
- Maria's Place – Free engaging activities for older adults and caregivers, mariasplace.com
- Eldercare Locator, www.eldercare.gov
- Family Caregiver Alliance / National Center on Caregiving, www.caregiver.org
- National Institute on Aging, www.nia.nih.gov/HealthInformation
- VT Kin as Parents (VKAP), www.vermontkinasparents.org
- Safe Return and Personal Emergency Response Systems - Please contact the CVCOA Helpline at 802-477-1364, or toll-free at 1-800-642-5119.
- GMT Community Rides, www.ridegmt.com/ or 802-223-7287 (Berlin office).
- ABLE Library (Audio, Braille, Large Print and Electronic Books), <https://able.vermont.gov/> 802-636-0020, or toll-free, 800-479-1711
- American Parkinson's Disease Assn. – VT Chapter, 802-847-3366 or <https://www.apdaparkinson.org/community/vermont/>
- Brain Injury Agency of Vermont (BIA-VT), www.biavt.org or 877-856-1772
- Vermont Assistive Technology Program, <https://vt.at4all.com/>

There are many more resources that can be shared and explored on our website at www.cvcoa.org. If you need help accessing any of these services, please call our Helpline at 802-477-1364.

If you have additions, updates, or corrections to information on these pages, please contact caregiversupport@cvcoa.org.

Thank you!