

Addressing Elder Abuse

Elder abuse includes physical abuse, emotional abuse, sexual abuse, neglect, and financial exploitation of an older adult. Elder abuse affects older people across all socioeconomic groups, cultures, and races. It can occur anywhere: in the home, in nursing homes, or in other institutions.

In cases of immediate danger, call 911. Call the toll-free CVCOA Helpline at **1-800-642-5119** to learn more about resources for addressing elder abuse.

“ I cannot thank your organization enough for your professional, kind, respectful way your office processed everything. Marianne, thank you for your continuous calls, visits and support you provided me during these difficult days, and Barb, for your assistance in processing the dementia care respite grant program. I don't know how I would have gotten there without your generous help... I shall be forever grateful for each and every one.”

- Vera

CVCOA Helpline: 1-800-642-5119



Did You Know?

Central Vermont Council on Aging (CVCOA) provides programs and services to support you to age at home, remain healthy, and stay active and connected to the community you know and love.

We serve the 54 towns of Central Vermont: all towns in Washington, Lamoille, and Orange Counties (except Thetford), as well as the towns of Bethel, Hancock, Granville, Pittsfield, Rochester, Royalton, Sharon, and Stockbridge.

CVCOA does not charge for services. Donations are gratefully accepted to help maintain services and programs for older adults, caregivers, and their families.

Give online by visiting www.cvcoa.org/ways-to-give, mail a check directly to the CVCOA office in Barre, or call **802-476-2662** to discuss legacy giving options.

CVCOA is a 501(c)(3) private nonprofit organization.



Central Vermont Council on Aging
59 N. Main Street, Suite 200
Barre, VT 05641-4121

with offices in Morrisville
and Randolph

Office Hours:
Monday through Friday
8:30 a.m. to 4:30 p.m.

Office Phone: **1-802-479-0531**
Local Helpline: **1-802-477-1364**
Toll Free Helpline: **1-800-642-5119**
Fax: **1-802-479-4235**

Email: **info@cvcoa.org**
Website: **www.cvcoa.org**

Learn more about
CVCOA services and programs
online at **www.cvcoa.org**



Our work begins with respect for you

to age at home



to remain healthy



to stay active and connected to the community you know and love

CVCOA Helpline
1-800-642-5119

Supporting Central Vermonters
to age with dignity and choice.

www.cvcoa.org

Age at Home

Information and Assistance: Ask questions and get answers

Expert guidance on services and resources to support you and your loved ones.

Information and assistance staff can provide options counseling via home or office visits, telephone calls or virtual meetings. Topics may include:

- food and fuel assistance
- in-home care support
- assistive devices and home modification
- housing application assistance
- mental health services
- transportation
- legal services

Options counselors receive specialized training to help you think creatively in supporting your unique situation and to make choices that best meet your needs.

Transportation arrangements are available on a limited basis for shopping, visits to meal sites, and medical trips not covered by Medicaid.

Case Management: Support to have a plan

Are you in need of long-term care in your home? Case managers work with older adults and family members in their homes to develop a comprehensive personalized care plan.

Services are coordinated to help you remain as independent as possible in your setting of choice.

Veterans can receive services and support in their homes through the Veteran-Directed Care Program.

Caregiver Support: Receive support and resources

We provide information and training for caregivers to help manage stress, respite grants to support taking breaks, and social activities for relaxation, creative enjoyment, and peer support. We have special resources for dementia care and kinship care.



Stay Healthy

Nutrition and Wellness: Home-delivered and community meals, nutrition education, and exercise classes

We support nutritious home-delivered and community meals through local meal sites and senior centers. Our nutrition education opportunities can help you maintain health and manage chronic conditions. Trained volunteers provide evidence-based exercise classes offered free of charge in the community.

State Health Insurance Program (SHIP): Review your needs and coverage

Our SHIP Coordinator provides unbiased education and counseling to Medicare beneficiaries of all ages and their families, including assistance with Medicare Part D enrollment. You can schedule a one-on-one appointment to review your needs and coverage.

Individuals who are new to Medicare can enroll in a free New to Medicare Workshop on Zoom (offered monthly).

Remain Active and Connected

Technology: Access information online

We connect you with technology training and resources to help you get and stay safely connected online.

Creativity: Express yourself and make social connections

We offer creative opportunities to practice skills, make social connections, and express yourself.

Volunteer Programs: Give and get back

Doing good is good for you! Stay engaged in your community by delivering meals, leading an evidence-based wellness class, providing companionship to a neighbor, assisting with grocery shopping or organization, offering technology support, and more! We have opportunities to fit your interests and availability.

