

Options for Seniors and Caregivers
Central Vermont Council on Aging
59 N. Main Street, Suite 200
Barre, VT 05641-4121

with offices in Morrisville, Randolph,
South Royalton, & Rochester



Monday - Friday
8:30 am - 4:30 pm

Phone: 802-479-0531
Toll-free: 1-877-379-2600
Fax: 802-479-4235

E-mail: info@cvcoa.org
Website: www.cvcoa.org



Central Vermont Council on Aging
does not charge for services provided.

Donations are gratefully accepted
and help maintain services to
elders and their families.

To make your tax deductible donation,
go to WWW.CVCOA.ORG/Donate

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

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A World Where Aging is Honored



*Supporting Central Vermonters
to Age with
Dignity and Choice*

Call the CVCOA Helpline at
1-800-642-5119 or visit
WWW.CVCOA.ORG

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*CVCOA serves adults 60+ as well as
family members and caregivers.*

We serve 54 towns in central Vermont:
Lamoille, Orange, and Washington counties,
as well as the towns of Bethel, Granville,
Hancock, Pittsfield, Rochester, Royalton,
Sharon and Stockbridge.

CVCOA supports independence,
self-choice and security
for all older adults.

We assist older persons and family
members caring for aging relatives
through the following programs
and services:

- ◆ Information & Assistance
- ◆ Options Counseling
- ◆ Case Management
- ◆ Health Insurance Counseling
- ◆ Nutrition Services & Wellness Programs
- ◆ Transportation
- ◆ Family Caregiver Support & Respite Grants
- ◆ Mental Health Services
- ◆ Legal Services
- ◆ Volunteer Services, including Senior Companions and RSVP
- ◆ Supports for Veterans

Options for Older Persons and Caregivers



Where do you want to live as you age? How can we help you make this possible?

In the privacy of your home or in our office, Information & Assistance staff can provide options counseling about a wide range of services including:

- ◆ housing
- ◆ fuel assistance
- ◆ in-home help
- ◆ transportation
- ◆ food assistance
- ◆ Meals on Wheels
- ◆ health insurance
- ◆ legal services
- ◆ and more



Case Managers work with elders and family members in their homes, coordinating services to help them remain as independent as possible.

One call to the CVCOA Helpline at 1-800-642-5119 or a visit to our website at WWW.CVCOA.ORG connects you to services that support your independence!

The Family Caregiver Support Program promotes the health and well-being of family members who help make it possible for older Vermonters to remain at home. CVCOA provides respite grants, educational classes, and support services such as Caregiver Teas.

Our Nutrition Program supports nutritious home delivered and community meals through local meal sites and senior centers.

Elder Care Clinicians provide private counseling with issues of depression, grief, anxiety, adjustment, substance abuse, dementia and other mental health concerns.

The State Health Insurance Program (SHIP) counselors provide unbiased education and counseling to Medicare beneficiaries of all ages and their families, including assistance with Part D enrollment.

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

The Senior Citizens Law Project provides direct legal services concerning issues of housing, health care, public benefits, consumer law, guardianship, exploitation and other concerns.



Photo by A. Perry Heller

Volunteer Services

Did you know reducing loneliness and isolation improves the health of aging persons?

Volunteers of all ages provide companionship, help with household chores, assist with grocery shopping and more. “Seniors helping Seniors” programs are also available : Senior Companions – stipended volunteers 55+ who provide companionship, assist with grocery shopping, light housekeeping and chores and RSVP – Volunteers 55+ help deliver Meals on Wheels, provide transportation, offer companionship, lead wellness programs and more. Go to WWW.CVCOA.ORG/Volunteer for information and to apply.