

Resources for Family Caregivers Caledonia, Orleans and Essex Counties

Last updated 5/14/2015. For corrections/updates contact Nancy Oakes, NEK Council (802) 748-5182.

Senior HelpLine and the NEK Council on Aging

- Senior HelpLine: 1-800-642-5119 or 802-748-5182 or 802-334-2190 / www.NEKCouncil.org

Alzheimer's Association

- Alzheimer's Association 24/7 Helpline: 1-800-272-3900 / www.alz.org
- Alzheimer's and Dementia Caregiver Center: www.alz.org/care
- Alzheimer's Association/Vermont Chapter: 1-802-316-3839 / www.alz.org/vermont/

Education and Support Groups

- **Alzheimer's Support Groups:**
St J at NVRH Conference Rm 224 Last Monday Each Month, 6 p.m. For Info Call Pam 748-5182.
Morrisville at Lamoille Home Health, Third Thursday of Month 2 p.m.
Newport at North Country Hospital Rm. 220, 4th Tues. each Mo., 6:30 – 8 p.m. 315-243-8087
Online Support Groups at <https://www.alzconnected.org/>
Telephone Support Group for People Living with Dementia, For information call Alzheimer's Association/Vermont Chapter at 1-802-316-3839 or 24/7 Helpline 1-800-272-3900.
Telephone Support Group for Caregivers of Persons with Dementia, For information call Alzheimer's Association 24/7 Helpline at 1-800-272-3900.
- **Caregiver Support Group: Littleton at Riverglen House,** First Tuesday of Mo. 9:30 –11 a.m.
- **Kinship Caregiver Support Groups**
Newport Grandparents 'n Kin Raising "Grand" Kids at N Country Career Ctr., 2nd Weds. of Month 5:30-7:30 p.m., Contact Sandi for information at 802-578-9618.
St J Kingdom Kinship Support Group at **Northeast Kingdom Human Services,** 1st & 3rd Weds. of Month, 5-7 p.m. Contact Carolyn Graves for info 748-3181 ext 1171.
- **Parkinson's Support Group: NVRH** (check monitor for where), 3rd Friday of Mo., 10:30-Noon
- **St J Traumatic Brain Injury Support Group, Octagon Complex Rear Building, Suite 9, 107 Eastern Avenue.** 3rd Weds of Each Month, 1 p.m. For info call Tom at 888-2180
- **NEK Council's In-Home Dementia Caregiver Support Program:** An in-home flexible educational program for family caregivers designed to support the caregiver's health and well-being and enhance his or her skills in dealing with the challenges of caring for someone with dementia. Call Pam or Nancy at 802- 748-5182.
- **Best Friends™ Approach to Alzheimer's Care Workshops.** Call Nancy or Pam for info at the NEK Council on Aging at 802- 748-5182
- **"Know the Ten Signs, Early Detection Matters;" "The Basics: Memory Loss, Dementia and Alzheimer's Disease;" "Conversations about Dementia;" "Living with Alzheimer's;" and "Legal and Financial Planning for Alzheimer's Disease."** Contact the Alzheimer Association at 1-800-272-3900 or www.alz.org/vermont for info about free community education.
- **Powerful Tools for Caregivers:** A six-week series of classes for family caregivers designed to help you restore the balance between caring for others and caring for yourself. Offered regularly by the NEK Council on Aging in different locations in the Northeast Kingdom. Call Nancy or Pam at 748-5182 for information and schedule of classes.

Legal Assistance

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 1-800-639-7036 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. 703-942-5711, 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 Senior Citizens 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, nursing home and residential care issues, guardianship, veterans issues. 1-800-889-2047, www.vtlegalaid.org

Choices for Care Program

Frail or disabled adults who qualify for nursing home level of care may be eligible for the Choices for Care 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 services including case management, personal care (for example, help with bathing or dressing), respite care, attendance at an adult day health center, assistive devices and home modification. For more information about the program contact the NEK Council on Aging at 1-800-642-5119 / 748-5182 or

Caledonia Home Health & Hospice at 748-8116 or Orleans/Essex VNA and Hospice at 334-5213 or www.dcf.vermont.gov/esd/health_insurance/ltc_medicaid.

Veterans Independence Program

This new program is designed for military veterans seeking an alternative to nursing home care and helps them receive 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 defined level of care. Call the Senior Helpline at 1-800-642-5119 or 802-748-5182 or 802-334-2190.

Respite Grants

The NEK Council on Aging provides three different respite grants to family members and other unpaid primary caregivers who are providing day-to-day care in the home for a person who meets certain criteria. These include the Dementia Respite Grants, Family Caregiver Respite Grants and Kinship Caregiver Respite Grants. Call the Senior HelpLine at the NEK Council on Aging at 1-800-642-5119 or 748-5182 for more information.

Adult Day Health Service Program

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

Riverside Life Enrichment Center: 802-626-3900, Lyndonville, VT - www.theriversidecenter.org

The Meeting Place: 802-334-7604, Newport, VT-

Green Mountain Adult Day Services: 802-334-3418, Newport, VT

Oxbow Senior Independence Program: 802-866-5465, Newbury, VT

Out and About: 802-888-7045, Morrisville, VT

In-Home Nursing & Homemaking Services

Medicare Certified Home Health Agencies

- Caledonia Home Health Care: 802- 748-8116 / <http://www.nchcvt.org/homehealth.html>
- Orleans Essex VNA and Hospice: 802-334-5213 / www.orleansessexvna.org
- Bayada Nurses: 802-655-7111 / www.bayada.com

Private “fee-for-service” help provided in the home is available via the following organizations. Services include personal care, bathing, toileting, meal preparation, light housekeeping, shopping, respite and more. For a more comprehensive listing, contact the Area Agency on Aging at 748-5182 or 1-800-642-5119.

- Bayada Nurses: 802-655-7111 / www.bayada.com
- Kingdom Caregivers of Caledonia Home Health Care: 802- 748-8116
- Griswold Special Care: 802-424-3002 / www.GriswoldSpecialCare.com
- Love is...LLC: 802-586-9133 / www.loveishomecare.com
- Home First Quality Care of Orleans Essex VNA & Hospice / 802-334-5213
- Northeast Kingdom Homecare, Inc.: 802-334-7604 / <http://www.nekhc.com>
- Northern Family Homecare: 603-259-6048 cell/ www.northernfamilyhc.com
- TLC Nursing Associates, LLC: 802 735-1123 / <http://www.vtnursing.com>

Caregiver Registry

Vermont's Direct Care online registry www.RewardingWork.org/vt provides a free up-to-date listing of direct care workers who are ready and willing to work. The Vermont Direct Care Registry helps by letting you identify the right candidates – quickly. You will need an access code to be able to create an account for the Registry. If you need an access code or assistance using a computer to make use of this site, please call the Senior HelpLine at 1-800-642-5119.

Out of Home Placement and Care

For a comprehensive registry of [nursing homes](#), [residential care settings](#) and other types of [health care providers](#) located in Vermont; consumer guidelines for choosing a nursing home; and more, go to the website of the Department of Licensing and Protection at the Vermont Department of Aging and Independent Living: www.dlp.vt.gov/