

Resources for Family Caregivers And for Persons Living with Memory/Cognitive Problems Caledonia, Essex and Orleans Counties of Vermont

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For corrections/updates contact Nancy Oakes at (802) 751-0435 or email noakes@nekcouncil.org

Senior HelpLine and the NEK Council on Aging

- Senior HelpLine: 1-800-642-5119 or / www.NEKCouncil.org

Alzheimer's Association

- Alzheimer's Association 24/7 Helpline: 1-800-272-3900
- 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 of Month, 6 p.m. For info call Pam 751-0427
Newport at North Country Hospital Rm. 220, 4th Tues. each Mo., 6:30 – 8 p.m. 802-673-9499
Vermont Telephone Support Group for Caregivers of Persons with Dementia, For information call Pamela Beidler at the VT Chapter of the Alzheimer's Association, 802-316-3839
- **Bereavement Support Groups:**
St. Johnsbury at Caledonia Home Health and Hospice, 3rd Monday from 6-7:30
Morrisville at Lamoille Home Health and Hospice, 802-888-4651 for information
- **Newport Grandparents 'n Kin Raising "Grand" Kids at N. Country Career Center, 2nd Weds. 5:30-7:30 p.m.,** Contact Sandi for information at 802-578-9518.
- **Kinship Care Support Group, NEK Council on Aging Offices in St J, 1st Monday, 5:30-7 p.m.**, Contact Nancy at 802-751-0435 for information
- **Parkinson's Support Group: NVRH** (check monitor for where), 3rd Friday, 10:30-Noon
- **St J Traumatic Brain Injury Support Group, St Johnsbury at Grace United Methodist Church, 36 Central St., 3rd Weds., 1 p.m.** For info call Tom at 888-2180
- **"Know the 10 Signs, Early Detection Matters;" "The Basics: Memory Loss, Dementia and Alzheimer's Disease;" "Conversations about Dementia;" "Effective Communication Strategies;" "Understanding and Responding to Dementia-related Behaviors;" "Healthy Living for the Brain and Body;" "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 the Northeast Kingdom. Call Nancy at 751-0435 or Pam at 751-0427 for information and schedule of classes or to request a class in your area.

Diagnosis and Treatment Centers for Individuals with Memory/cognitive Problems

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

- **Dartmouth Memory Clinic**, Dartmouth-Hitchcock Medical Center
Hanover, New Hampshire 1-603-650-5804
<http://www.dartmouth-hitchcock.org/neurology/dementia.html>
- **The Memory Program**, University of Vermont Medical Center
Colchester, Vermont 1-800-358-1144
<https://www.uvmhealth.org/medcenter/Pages/Departments-and-Programs/Memory-Program.aspx>

Legal Assistance

- For 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. 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 like 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** or Caledonia Home Health & Hospice at **748-8116** or Orleans/Essex VNA and Hospice at **334-5213**.

Veterans Directed 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 <https://www.dav.org/caregiver/veteran-home-service-program/>

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. These include a dementia respite grant, a kinship caregiver grant for grandparents and other relatives raising children who are kin, and a family caregiver respite grant. Call the Senior HelpLine at the NEK Council on Aging at **1-800-642-5119** for information or to find out if you might qualify for one of these grants.

In-Home Nursing & Homemaking Services

Medicare Certified Home Health Agencies

- **Caledonia Home Health Care:** 748-8116 / www.nchcvt.org/locationsproviders/chhc-hospice/
- **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 Northeast Kingdom Council on Aging at 748-5182 or 1-800-642-5119.

- **Bayada Nurses:** 802-655-7111 / www.bayada.com
- **Caledonia Home Health Care:** 748-8116 / www.nchcvt.org/locationsproviders/chhc-hospice/
- **Griswold Special Care:** 802-424-3002 / www.GriswoldSpecialCare.com
- **Love is...LLC:** 802-586-9133 / <http://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.

Adult Day Health Service Programs

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 - <http://www.nekhc.com>
- **Green Mountain Adult Day Services:** (802) 334-3188, Newport, VT
- **Lamoille Day Health Services:** 802-888-7045, Morrisville, VT
- **Oxbow Senior Independence Program:** 802-866-5465, Newbury, VT- www.osipads.org

Out of Home Placement and Care

For a comprehensive listing 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 www.dlp.vt.gov
- hold your cursor over survey and certification to see choices
- click on Information for Consumers, Families and Caregivers or Find a Facility or Provider.