



agewellvt.org  
Helpline: 1-800-642-5119  
P 802-865-0360  
F 802-865-0363  
76 Pearl Street, Ste. 201  
Essex Junction, VT 05452

## DONATE TODAY

Help Age Well continue to provide services.  
Donations can be mailed or visit:

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## STAYING HOME

*Making it possible*

Northwestern Vermont Caregiver Resources

### *Introduction*

Age Well offers a growing number of programs to provide support for caregivers. Taking care of a loved or client can be hard work—we come to this process with expertise, resources, and a commitment to serve those who give so much to the aging population.

### *Information and community resources*

The Helpline at Age Well is for family caregivers as well as seniors, health care professionals, and anyone concerned about a senior. Calls are answered by one of our friendly, professional and certified staff who can find the answers, when you need them. Just call: 1-800-642-5119

### *Alzheimer's association*

- Alzheimer's Association 24/7 Hotline: 1-800-272-3900, [www.alz.org](http://www.alz.org)
- Alzheimer's and Dementia Caregiver Center: [www.alz.org/care](http://www.alz.org/care)
- Alzheimer's Association/ Vermont Chapter: 802-316-3839, [www.alz.org/vermont](http://www.alz.org/vermont)

### *Support / social groups & education*

- Online support groups: <https://www.alzconnected.org/>
- Telephone support group for people living with dementia— for information call the Alzheimer's Association/VT Chapter: 802-316-3839 or the 24/7 Helpline: 1-800-272-3900
- Telephone support group for caregivers of persons with dementia—for information call the Alzheimer's Association 24/7 Helpline, 1-800-272-3900
- Early stage telephone support group: 1-800-272-3900
- “Know the 10 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's Association: 1-800-272-3900, [www.alz.org/vermont](http://www.alz.org/vermont) for details about free education classes
- Powerful Tools for Caregivers: A six-week series of classes for family caregivers designed to help restore the balance between caring for others and caring for oneself. For more information, call the Helpline: 1-800-642-5119
- Queen City Memory Café A social time and place for people with dementia and their support partners to laugh, learn, socialize, share concerns, and celebrate feeling understood and connected. Meets the 3<sup>rd</sup> Saturday of each month, 10:00am – 11:30am.



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Location: Thayer House Garden Commons Room, 1197 North Ave., Burlington, VT 05408

Visit: [www.queencitymemorycafe.com](http://www.queencitymemorycafe.com)

- **Otter Creek Memory Café**  
Meets the 3<sup>rd</sup> Saturday of each month at 10:00 a.m. Location: The Residences at Otter Creek, 350 Lodge Road, Middlebury, VT 05753.  
Contact: Suzanne Bennett, 802-377-3393 / [sbennett@residenceottercreek.com](mailto:sbennett@residenceottercreek.com)

### *Alzheimer's Caregiver Support Group*

- **South Burlington**  
Alzheimer's Association Vermont Chapter  
Meets the 3<sup>rd</sup> Saturday of each month, 10:00 am  
Location: The Residence at Quarry Hill Rd, 465 Quarry Hill Rd  
Contact: 802-652-4114
- **Williston**  
Alzheimer's Association Vermont Chapter  
Meets the 3<sup>rd</sup> Wednesday of each month, 5:00 pm  
Location: 300 Cornerstone Drive, Ste. 130  
Contact: Kat Ryan, 978-996-2593 / [kat.ry623@gmail.com](mailto:kat.ry623@gmail.com)
- **St. Albans**  
Alzheimer's Association Vermont Chapter  
Meets the last Tuesday of each month, 6:00 pm  
Location: 133 Fairfield Street, Green Mountain Room  
Contact: Amanda Wilson, 802-527-7531
- **St. Albans**  
Alzheimer's Association Vermont Chapter  
Meets the 2<sup>nd</sup> Saturday of each month, 10:00 am  
Location: 133 Fairfield Street, Green Mountain Room  
Contact: Ann Hawksby, 802-999-5578

### *Dementia support groups*

Please call to confirm meeting time and space availability

- **Burlington**  
Meets the last Tuesday of each month, 5:30pm  
Location: Birchwood Terrace Healthcare, 43 Starr Farm Road  
Contact: Kristin Kaigle, 802-863-6384
- **Essex Junction**





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“In Harmony” A group for the newly diagnosed and their support person

Meets the 2<sup>nd</sup> Tuesday of each month, 5:30pm

Location: Age Well, 76 Pearl Street, Suite 201

Contact: Samantha Wendel, 802-489-5682 / [samantha@armisteadinc.com](mailto:samantha@armisteadinc.com) or

Jamie Beaulieu, [jamie@armisteadinc.com](mailto:jamie@armisteadinc.com)

- Middlebury

Meets the 3<sup>rd</sup> Friday of each month, 12:00pm

Location: Elderly Services, 112 Exchange Street, P.O. Box 581

Contact: 802-388-3983 / [mail@elderlyservices.org](mailto:mail@elderlyservices.org)

Meets the 2<sup>nd</sup> Wednesday of each month, 7:00pm

Location: The Residence at Otter Creek, 350 Lodge Road

Contact: Judy English, 802-388-1220 / [cleach@residenceottercreek.com](mailto:cleach@residenceottercreek.com)

- Shelburne

“A Walk in Their Shoes” Meets the 3<sup>rd</sup> Tuesday of each month, 5:30pm

Location: The Residence at Shelburne Bay, 185 Pine Haven Shores Road, West Building  
Vermont Room

Contact: Alicia Buston, 802-923-2513

***Other support groups***

- Grief and Recovery

Meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month, 7:00pm

Location: 3 Home Health Cir, St Albans City, VT 05478

Contact: Lori Wright, 802-527-7531

- Vermont American Parkinson’s Association: 802-847-3366, 1-888-763-3366,

[www.parkinsonsvt.org](http://www.parkinsonsvt.org), [Patrica\\_rugg18@comcast.net](mailto:Patrica_rugg18@comcast.net)

St. Albans

Franklin County, VT Parkinson’s Support Group,

Meets the 2<sup>nd</sup> Tuesday of each month, 10:00am - 11:30am

Location: Pillsbury Manor, 3 Harborview Drive, St. Albans, VT 05478

Contact: Pat Rug, 802-524-5520

Shelburne

Meets the 2<sup>nd</sup> Wednesday of each month, 1:00pm

Location: The Residence at Shelburne Bay, 185 Pine Haven Shores Rd. Shelburne, East  
Building Theater Room

Contact: 802-847-3366



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- Brain Injury Association of Vermont: 1-877-856-1772, [www.biavt.org](http://www.biavt.org)
  - Burlington  
Meets the last Friday of each month, 11:00am  
Location: Dept. of Labor, 63 Pearl Street, Conference Rm A., Courtney Blasius  
  
Meets the 1<sup>st</sup> Wednesday of each month, 5:30pm – 7:30pm  
Location: Fanny Allen Hospital, 790 College Parkway (Route 15) Colchester  
Contacts: Barbara Winters and Diane Wheaton
  - Middlebury  
Meets 1<sup>st</sup> Monday of each month, 5:00pm – 6:30pm (No meetings May – September)  
Location: Isley Library, 75 Main Street  
Contacts: Lisa Bernardin and Debbie Tracht
  - Waterbury  
Meets 2<sup>nd</sup> Wednesday of each month, 6:15pm – 7:30pm  
Location: Waterbury Library, 29 North Main Street, Maggie Allen
- Huntington's Disease, New England Region Chapter: 1-978-256-0811, 1-888-554-8102, [www.hdsa.org](http://www.hdsa.org)  
Meets the 4<sup>th</sup> Tuesday of each month, 5:30pm  
Location: Fanny Allen Hospital, 790 College Parkway, Dunbar Room  
Contact: 802- 922-5292 / [lmarti4068@aol.com](mailto:lmarti4068@aol.com)

### Care provider agencies, caregiver registry & respite

#### *Medicare certified home health agencies*

- County Home Health and Hospice (ACHHH), Middlebury: 802-388-7259, 1-800-639-1521, [www.achhh.org](http://www.achhh.org)
- Bayada Home Health Care, Essex Junction: 1-888-422-9232, [www.bayada.com](http://www.bayada.com)
- Franklin County Home Health Agency (FCHHA), St. Albans: 802-527-7531, [www.fchha.org](http://www.fchha.org)
- Visiting Nurse Association of Chittenden-Grand Isle Counties (VNA), Colchester: 802-658-1900, 1-800-427-1908, [www.vnacares.org](http://www.vnacares.org)

#### *In-home care, homemaking & respite services*

Private “fee-for-service” help provided in the home may include personal care, bathing, toileting, meal preparation, light housekeeping, shopping, respite and more. For more information, contact the Helpline: 1-800-642-5119 or go to [www.agewellvt.org](http://www.agewellvt.org)

- Addison County Home Health and Hospice: 802-388-7259, [www.achhh.org](http://www.achhh.org)
- TLC Nursing Associates, Inc. and TLC HomeCare Services: 802-735-1123, 1-888-414-0703 [www.tlcnursing.com](http://www.tlcnursing.com)



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- Armistead Senior Care: 802-489-5682, 1-866-284-1912, [www.armisteadinc.com](http://www.armisteadinc.com)
- At Home Senior Care: 802-388-7555, 1-866-747-7168, [www.athomeseniors.net](http://www.athomeseniors.net)
- Babies to Boomers: 802-540-0433, [www.babiestoboomersvt.com](http://www.babiestoboomersvt.com)
- Bayada Home Health Care: 802-448-1610, 1-888-422-9232, [www.bayada.com](http://www.bayada.com)
- Carenet Private Duty Registry, Franklin County Home Health: 802-527-7531, [www.fchha.org](http://www.fchha.org)
- Griswold Home Care: 802-862-7200, [www.griswoldhomecare.com](http://www.griswoldhomecare.com)
- Happy Hearts Home Care: 802-352-9838, [www.happyheartshomecare.com](http://www.happyheartshomecare.com)
- Home Instead Senior Care: 802-318-4008, [www.homeinstead.com](http://www.homeinstead.com)
- Silver Leaf In-Home Care: 802-355-3790 (cell), [www.silverleafcare.info](http://www.silverleafcare.info)
- VNA Private Care Services: 802-860-4400, 1-800-427-1908, 802-658-1900, [www.vnacares.org](http://www.vnacares.org)
- Synergy Home Care: 802-399-2142, 1-877-432-2692 (24/7 line), [www.synergyhomecare.com](http://www.synergyhomecare.com)

### *Caregiver Registry*

- Vermont Direct Care Registry: 866-212-9675, [www.rewardingwork.org/vt](http://www.rewardingwork.org/vt), use code 346341

### *Dementia respite grants*

- Age Well offers respite grants to family members and other unpaid primary caregivers who provide in-home, day-to-day care for a person who has been diagnosed with Alzheimer's disease or another memory disorder and who meets certain financial criteria. These funds can be used to provide in-home respite services (home care or chore services, personal care, companion services) or out-of-home respite services (adult day programs and short-term stays in residential care facilities or nursing homes). Call the Helpline: 1-800-642-5119 for more information.
- Home Instead and the Hilarity for Charity Foundation also have a Dementia Care Relief Grant program. This provides three grant levels of in-home care through local Home Instead offices: 25 hours per week for a year, 15 hours per week for a year or a one-time 25 hour grant. For further information and to apply, call 1-888-734-8645 or visit [www.helpforalzheimersfamilies.com](http://www.helpforalzheimersfamilies.com)



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### *Adult Day Programs*

Daytime care can foster independence and well-being while providing caregivers with needed respite. Services include supervision, personal care, nursing services, socialization, nutritious meals and snacks, and recreation.

- Visiting Nurse Association of Chittenden and Grand Isle, 1110 Prim Rd., Colchester, VT Serves Chittenden and Grand Isle Counties. Programs in Colchester, Essex Junction and South Burlington (dementia care specialty in Essex and South Burlington) 802-860-4407; [info@vna-cares.org](mailto:info@vna-cares.org), [www.vna-cares.org](http://www.vna-cares.org)
- Elderly Services, 112 Exchange St., Middlebury, VT Serves Addison County 802-388-3983 / [mail@elderlyservices.org](mailto:mail@elderlyservices.org), [www.elderlyservices.org](http://www.elderlyservices.org)
- CarePartners Adult Day Center, 34 Franklin Park West, St. Albans, VT Serves Franklin and Grand Isle Counties. 802-527-0548, [info@carepartnersvt.org](mailto:info@carepartnersvt.org), [www.carepartnersvt.org](http://www.carepartnersvt.org)
- The Arbors at Shelburne, 687 Harbor Road, Shelburne, VT 05482, 802-318-4445 [www.benchmarkseniorliving.com/vt/shelburne](http://www.benchmarkseniorliving.com/vt/shelburne)

### *Memory Centers*

These centers diagnose age-related memory & thinking disorders and provide treatment, including drug therapies.

- The Memory Center, University of Vermont Medical Center, 792 College Parkway, Colchester, VT 802-847-1111, 1-888-362-3242, [www.uvmhealth.org](http://www.uvmhealth.org), [referralcenter@uvmhealth.org](mailto:referralcenter@uvmhealth.org) to refer a patient
- Dartmouth Geropsychiatry & Memory Clinic, Dartmouth-Hitchcock Medical Center Hanover, NH, Main office: 1-603-650-2887, [geriatric@dartmouth.edu](mailto:geriatric@dartmouth.edu) <http://www.dartmouth-hitchcock.org/psychiatry.html>

### *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 care & service coordination, 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 Helpline: 1-800-642-5119, your local home health agency, or <http://dcf.vermont.gov>.





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### *Veterans Directed Program*

This 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. For more information, call the Helpline: 1-800-642-5119

### *Out-of-Home Respite Care Providers*

These nursing homes and residential care homes can provide short-term out-of-home respite, depending on bed availability.

- Ave Maria Community Care Home, Richford: 802-848-7106, [www.avemariacare.com](http://www.avemariacare.com)
- Birchwood Terrace Healthcare, Burlington: 802-863-6384, [www.birchwoodterrace.com](http://www.birchwoodterrace.com)
- Burlington Health and Rehabilitation Center, Burlington: 802-658-4200, [www.genesishcc.com/burlington](http://www.genesishcc.com/burlington)
- Converse Home, Burlington, 272 Church Street, Burlington, VT  
Kandace Benedini, 802-862-0401, [www.conversehome.com](http://www.conversehome.com)
- Franklin County Rehabilitation Center, St. Albans: 802-752-1600, [www.franklincountyrehab.com](http://www.franklincountyrehab.com)
- Green Mountain Nursing Home, Colchester: 802-655-1025, [www.dlp.vermont.gov/nursing-list/green](http://www.dlp.vermont.gov/nursing-list/green)
- Helen Porter Healthcare and Rehabilitation Center, Middlebury: 802-388-4001, [info@helenporter.org](mailto:info@helenporter.org), [www.helenporter.org](http://www.helenporter.org)
- Our Lady of the Meadows, Richford: 802-848-7106, [www.avemariacare.com](http://www.avemariacare.com)
- Pillsbury Manor South, Allenwood, Pillsbury Manor North, all in South Burlington: Michael Garris: 802-861-3751 or Erin Knox: 802-861-3750, [pillsburyseniorcommunities.com](http://pillsburyseniorcommunities.com)
- Redstone Villa, St. Albans, 802-524-3498, [www.villarehab.com](http://www.villarehab.com)
- St. Albans Healthcare and Rehabilitation Center, St. Albans: 802-524-6534, [www.genesishcc.com](http://www.genesishcc.com)
- Starr Farm Nursing Center, 802-658-6717, [www.starrfarmnc.com](http://www.starrfarmnc.com)
- The Arbors at Shelburne, 802-985-8600, [www.arborsatshelburne.com](http://www.arborsatshelburne.com)
- Vermont Respite House, Colchester, 802-879-0943, 802-860-4410, [www.vnacares.org](http://www.vnacares.org)

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





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### *Housing for Individuals with Dementia*

The following facilities provide a range of specialized assisted living, licensed residential care and nursing home care for individuals with Alzheimer's disease or other types of dementia.\

#### Assisted Living

- Converse Home, 272 Church Street, Burlington: Kandace Benedini, 802-862-0401, [www.conversehome.com](http://www.conversehome.com)
- Mansfield Place, 18 Carmichael Street, Essex Junction: Laurie Malensant, 802-871-5808, [lmalensant@mansfieldplace.vt.com](mailto:lmalensant@mansfieldplace.vt.com), [www.mansfieldplacevt.com](http://www.mansfieldplacevt.com)
- The Residence at Quarry Hill, 465 Quarry Hill Road, South Burlington: Cathy Stroutsos, 802-652-4114, [cstroutsos@residencequarryhill.com](mailto:cstroutsos@residencequarryhill.com), [www.residencequarryhill.com](http://www.residencequarryhill.com)
- Spring Village at Essex, 6 Freeman Woods, Essex: - Carrie Rae Shamel, 802-872-1700, [carrie.shamel@springvillageessex.com](mailto:carrie.shamel@springvillageessex.com), [www.springvillageessex.com](http://www.springvillageessex.com)

#### Licensed Residential Care Homes

- The Arbors at Shelburne, 687 Harbor Road, Shelburne: Cathy Michaels, 802-985-8600, [www.benchmarkseniorliving.com](http://www.benchmarkseniorliving.com)
- Eastview at Middlebury, 100 Eastview Terrace, Middlebury: Brenda Schill, 802-989-7500, [www.eastviewatmiddlebury.com](http://www.eastviewatmiddlebury.com)
- Our Lady of the Meadows, 1 Pinnacle Meadows, Richford, Claire Doe, 802-848-7106, [www.avemariacare.com](http://www.avemariacare.com)
- The Residence at Otter Creek, 350 Lodge Road, Middlebury, Timothy Ryan 802-388-1220, [www.residenceottercreek.com](http://www.residenceottercreek.com)
- The Residence at Shelburne Bay West, 185 Pine Haven Shore Road, Shelburne, Cathy Stroutsos, 802-985-9847, [www.residenceshelburnebay.com](http://www.residenceshelburnebay.com)
- Spring Village at Essex, 6 Freeman Woods, Essex: Carrie Rae Shamel, 802-872-1700, [carrie.shamel@springvillageessex.com](mailto:carrie.shamel@springvillageessex.com), [www.springvillageessex.com](http://www.springvillageessex.com)

#### Nursing Homes

- The Arbors at Shelburne, 687 Harbor Road, Shelburne: Cathy Michaels, 802-985-8600, [www.benchmarkseniorliving.com](http://www.benchmarkseniorliving.com)
- Birchwood Terrace Healthcare, 43 Starr Farm Road, Burlington: Abilene Smith, 802-734-8244, [www.birchwoodterrace.com](http://www.birchwoodterrace.com)
- Helen Porter Healthcare & Rehab Center, 30 Porter Dr., Middlebury: Jessica Goodrich, 802-388-4001, [info@helenporter.org](mailto:info@helenporter.org), [www.helenporter.org](http://www.helenporter.org)
- St. Albans Healthcare and Rehab Center, 596 Sheldon Road, St. Albans: Alan Shannon, 802-524-6534, [www.genesishcc.com/SaintAlbans](http://www.genesishcc.com/SaintAlbans)







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### *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 need.

- If you need help locating an attorney, contact the Vermont Bar Association Lawyer Referral Service: 802-223-202, [www.vtbar.org](http://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. 1-703-942-5711, [www.naela.org](http://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](http://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](http://www.vtlegalaid.org)

### *Additional Resources*

- Eldercare Locator, [www.eldercare.gov](http://www.eldercare.gov)
- Caregiver Resource Directory, [www.netofcare.org](http://www.netofcare.org)
- Family Caregiver Alliance, [www.caregiver.org](http://www.caregiver.org)
- National Institute on Aging, <https://www.nia.nih.gov/health/caregiving>
- National Family Caregivers Association, [www.caregiveraction.org](http://www.caregiveraction.org)
- National Alliance for Caregiving, [www.caregiving.org](http://www.caregiving.org)
- Vermont Department of Disability, Aging and Independent Living, <http://dail.vermont.gov/>
- Vermont Direct Care Worker Registry, [www.rewardingwork.org](http://www.rewardingwork.org)
- Committee of Vermont Elders, [www.vermontelders.org](http://www.vermontelders.org)
- VT Kin as Parents, [www.vermontkinasparents.org](http://www.vermontkinasparents.org)





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### *Tips for caregivers*

- Plan ahead
- Accept help
- Take one day at a time
- Get enough rest
- Be good to yourself
- Develop contingency plans
- Make your health a priority
- Make time for leisure and rest
- Share your feelings with others
- Learn about available resources

For corrections/updates contact the Helpline: 1-800-642-5119.

*To learn more about services available for people 60+ years of age living in Northwestern Vermont, contact the Helpline at Age Well: 1-800-642-5119 or visit [agewellvt.org](http://agewellvt.org).*