

Caregiver Resources for Dementia Care and Respite Lamoille, Orange & Washington Counties Revised July 2017

Area Agency on Aging & Senior HelpLine

- **Central Vermont Council on Aging (CVCOA)**, 59 N. Main Street, Barre, VT 05641
Phone: 802-479-0531 / Toll Free: 877-379-2600 / Fax: 802-479-4235
Email: info@cvcoa.org / Website: www.cvcoa.org
- **Senior HelpLine** 1-800-642-5119 -- The Senior HelpLine provides information and assistance to help you learn about services and identify options that may fit your needs. In-depth options counseling visits are also free and can be held at your home, at CVCOA offices, or by phone; call the HelpLine for more information.

Alzheimer's Association

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

Education and Support/Social Groups

- **“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. For information contact Barb Asen, Family Caregiver Support Coordinator at CVCOA: 802-476-2681 / basen@cvcoa.org
- **Montpelier Memory Café**
A social gathering where people experiencing memory loss and their care partners come together to connect and support one another in a relaxed, non-judgmental atmosphere. Programs include music, movement and other interactive activities, with refreshments provided. Free admission, donations accepted. Montpelier Memory Café meets on the second Saturday of every month from 10-11:30 a.m. at the Montpelier Senior Activity Center, 58 Barre Street. For information contact Liz Dodd at 802-229-9630 or visit www.MontpelierMemoryCafe.net.
- **Caregiver Tea** is a social gathering for family caregivers. Participants can enjoy a break from caregiving and share in conversation with other caregivers. A brief wellness or arts activity is offered each time, along with refreshments. This free event is held from 2 to 3 p.m. on the first Friday of “even” months (February, April, June, August, October and December) at CVCOA in Barre. RSVP to Barb Asen at 802-476-2681 or basen@cvcoa.org before each Tea one wishes to attend.
- **Alzheimer's Association education programs: “Know the Ten Signs”; “The Basics: Memory Loss, Dementia and Alzheimer's Disease”; “Living with Alzheimer's”; and “Legal and Financial Planning for Alzheimer's Disease”.** Contact the Alzheimer's Association at 1-802-316-3839 or www.alz.org/vermont for information and schedule.
- **ALZConnected** online social networking community for people with Alzheimer's disease and their caregivers: questions and input among peers; public and private groups; topical message boards / www.alzconnected.org

- **Support groups**
 - **Alzheimer’s Telephone Caregiver Support Group**
2nd Tuesday of the month, 4:00 – 5:30 p.m.
Contact 802-316-3839 x8011 or pbeidler@alz.org for information
 - **Alzheimer’s Online Message Board and Chat Rooms** at
http://www.alz.org/apps/we_can_help/support_groups.asp
 - **Caregiver Support Group – Barre**
Project Independence, 81 N. Main Street
1st Wednesday of every month from 4:30 - 6:00 p.m.
Contact Sue Catto at 802-476-3630 or mcatto@pibarre.giffordhealthcare.org
 - **Caregiver Support Group – Berlin**
Woodridge Rehabilitation and Nursing, Woodridge Drive, CVMC Campus
Last Wednesday of every month from 11 a.m. to noon; RSVP to Sheryl Walsh at 802-371-4705 or Sheryl.Walsh@cvmc.org
 - **Bereavement / Grief Support Groups**
Morrisville: Lamoille Home Health & Hospice, 802-888-4651 for information
Berlin: Central VT Home Health & Hospice, 802-223-1878 for information

Care Provider Agencies, Caregiver Registry & Respite

- **Medicare Certified Home Health Agencies**
 - **Central Vermont Home Health and Hospice (CVHHH):** www.cvhhh.org, 802-223-1878
 - **Lamoille Home Health & Hospice:** www.lhha.org, 802-888-4651
 - **Visiting Nurse & Hospice for VT and NH:** www.vnhcare.org, 888-300-8853
 - **Bayada Nurses** (South Burlington): www.bayada.com, 802-655-7111, 800-466-8773
- **In-Home Care, Homemaking and Respite Services**
Private “fee-for-service” help provided in the home is available. Services may include personal care, bathing, toileting, meal preparation, light housekeeping, shopping, respite and more. For a comprehensive listing of home care provider agencies and their service areas, contact the **Senior HelpLine** at 800-642-5119 or email basen@cvcoa.org.
- **Vermont Direct Care Registry – “Rewarding Work”.** Rewarding Work is a web-based service at www.RewardingWork.org designed to assist Vermont elders, residents with disabilities of all ages, their families, and parents of children with disabilities to hire their own staff. Through the combination of the Internet and a toll-free telephone number (1-866-9675), Rewarding Work allows consumers to access a comprehensive database of qualified care providers.
To set up a free account, visit www.rewardingwork.org/State-Resources/Vermont/Helpful-resources/FAQs.aspx, identify CVCOA as the sponsoring area agency, and use access code 346341. Or, call the **Senior HelpLine** for assistance at 800-642-5119.
- **Dementia Respite Grants**
Central Vermont Council on Aging offers respite grants to family members and other unpaid primary caregivers who are providing day-to-day care in the home 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 home.) Call the **Senior Helpline** at 800-642-5119 for more information.

Adult Day Programs

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

- **Project Independence** (Barre): 802-476-3630/ <https://giffordhealthcare.org/location/project-independence-2/>
- **Lamoille Area Adult Day Services** (Morrisville): 11 Court Street, 802-888-7045
- **Gifford Adult Day Program** (Bethel): 802-234-2165 / <https://giffordhealthcare.org/service/senior-services/>
- **Oxbow Senior Independence Program** (Newbury): 802-866-5465 / www.osipads.org

Memory Centers

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 Geropsychiatry & Memory Clinic**, Dartmouth-Hitchcock Medical Center Hanover, NH 603-650-7075 for Intake and Appointments; 603-650-4725 for General Information; Information about dementia and assessment (see FAQs – “Being Diagnosed”): <https://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>

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 case management, 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 **Senior HelpLine** at 800-642-5119, your local home health agency, or visit the state’s Adult Services Division website at http://asd.vermont.gov/sites/asd/files/documents/Choices_for_Care_Options_At_A_Glance_o.pdf

Veteran-Directed Care 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 specified level of care. For information, call the **Senior HelpLine** at 800-642-5119 or visit www.va.gov/GERIATRICAL/Guide/LongTermCare/Veteran-Directed_Care.asp#

Out of Home Placement and Respite Care

There are many residential care facilities in our service area, both large and small. Some of them may also provide short-term out of home respite, depending on bed availability. Contact the **Senior HelpLine** at 800-642-5119 for information.

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 area of need.

- If you need help locating an attorney, contact the **Vermont Bar Association Lawyer Referral Service** at 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. Contact them at 703-942-5711 or 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. Call 800-889-2047 or email www.vtlegalaid.org.

Additional Resources

- Eldercare Locator, www.eldercare.gov
- Family Caregiver Alliance, www.caregiver.org
- National Institute on Aging, www.nia.nih.gov/HealthInformation
- National Alliance for Caregiving, www.caregiving.org
- Community of Vermont Elders (COVE), www.vermontelders.org
- VT Kin as Parents (VKAP), www.vermontkinasparents.org
- Safe Return Online, www.medicalert.org/safereturn or 888-572-8566
- GMT Community Rides: 802-223-7287
- American Parkinson's Disease Assn. – VT Chapter, www.parkinsonsvt.org 802-847-3366
- Wayward Wheels – Assistive Technology Exchange, Montpelier: 802-229-0093
- E-Caregiver Diary, <https://www.ecarediary.com/> (includes podcasts with caregiving topics and elder care experts)

Tips for Caregivers

- Plan ahead
- Take one day at a time
- Accept help (and ask for it!)
- Get exercise and good nutrition
- Be good to yourself
- Learn about available resources
- Develop contingency plans
- Make YOUR health a priority
- Make time for leisure, additional rest, and relaxation
- Share your feelings with others
- (Add more tips that work for you!)

For corrections/updates, please contact:
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