Making a Difference in our Community

www.coabc.org
Making a Difference
in our Community

Trust the Council on Aging of Buncombe County to provide personal, caring support and to assist you with the challenges of growing older. At the Council on Aging of Buncombe County you will find referrals and help. Whether you are learning the Medicare system, looking for services to help you stay healthy and independent at home, or need support in taking care of others, the Council on Aging of Buncombe County can help you to make the right connections.

The Council on Aging of Buncombe County, Inc. is a charitable 501(c)(3) organization registered with the North Carolina Secretary of State. You can find out more about our organization at the Secretary of State of North Carolina website and click on Search Our Registry to look up the Council on Aging of Buncombe County, Inc.

Diversity and Inclusion
Council on Aging of Buncombe County (COABC) is committed to a culture of diversity and inclusion. For over 50 years, our organization has recognized the value of equity and anti-discrimination in the health and well-being of our community. Our mission to promote the independence, dignity and well-being of adults through service, education, and advocacy describes our investment in Buncombe County and the tremendous impact that we believe unbiased access to support has on the individuals and families we serve.

If you need information about senior or community services, you may call the 2-1-1 hotline, or contact Council on Aging for information and assistance at 828-277-8288.

For additional information for services outside of Buncombe County, you may use the Elder Locator at 1-800-677-1116.

Trust.

Our Mission
Promote the independence, dignity, and well-being of adults through service, education, and advocacy.

Our Vision
A community where everyone has the opportunity to age successfully.
Resource Coordination

Individual support begins with a phone call to Council on Aging. Information about resources by phone may be enough, or a visit from a Service Coordinator to your home for a comprehensive consultation may be needed. Making informed decisions, whether for yourself or someone else, is the first step in aging with health and choice. We work closely with many community partners to help older adults access services such as food assistance, home repairs, transportation, and much more. We are focused on helping you find, navigate, and access services to meet your needs.

- Information & Assistance
- Aide Services
- Housing & Home Improvement
- Caregiver Support
- Elder Justice
- Service Coordination
- Care Management

Senior Dining & Wellness/
Congregate Nutrition:
Buncombe County

The Senior Dining and Wellness program offers eligible adults the opportunity to enjoy free hot meals from Moose Cafe throughout the week, opportunities to connect with others, and includes educational and fitness programming geared toward health and wellness. Council on Aging works with partnered meal sites at the Weaverville First Baptist Church, Senior Opportunity Center, Shiloh

COA Services
www.coabc.org/programs/

Whether you are learning the Medicare system, looking for services to help you stay healthy and independent at home, or need support in taking care of others, the Council on Aging of Buncombe County can help you to make the right connections.

Council on Aging of Buncombe County offers a variety of services to support the aging population. While many of our services are available for individuals in Buncombe County age 60 and over, we also offer a variety of programs in other counties, serve adult caregivers under 60, provide health insurance help to all eligible adults through the Affordable Care Act as well as providing assistance to adults with dual eligibility through Medicare/Medicaid services.
Community Center, and the Lakeview Center for Active Aging to meet nutritional and social needs of our community with food, fun and friendship.

**Medicare Services**

Are you new to Medicare? Are you confused about which benefits are right for you? Do you need more information? We offer individual Medicare Counseling sessions in Buncombe and Henderson County. To help answer some of your Medicare questions, join us for one of our free Introduction to Medicare classes. If you are a low-income Medicare beneficiary, you may qualify for benefits, such as SNAP, Medicaid, energy assistance and other savings programs.

- **Individual Counseling:** Buncombe and Henderson Counties
- **Introduction to Medicare classes**
- **Benefits Enrollment Center:** eight counties

**Affordable Care Act Navigation**

The Council on Aging of Buncombe County is a designated Navigator agency regarding the Marketplace options for health insurance coverage. Staff and volunteers assist community members with education and purchasing health insurance through the Affordable Care Act.

- **Eligibility and Enrollment Services**
- **Certified Navigation:** eight counties

**Volunteer Services**

Help your neighbors, learn new skills, and make a difference in someone’s life by volunteering through the Council on Aging of Buncombe County. We value volunteerism as part of the workforce continuum and are committed to providing all volunteers with the best possible experience in service, education and advocacy for aging adults and their families.

- **Homebound Food Delivery:** Buncombe County
- **Commodity Supplemental Food Program (CSFP):** Buncombe County
- **Call A Ride:** Buncombe County
- **Administrative/Special Event:** Buncombe County
- **Insurance Services (see ACA and Medicare Services)**
- **Community Placements**
The Council on Aging of Buncombe County provides more than 10,000 services a year to individuals.

The Aging Services Directory is maintained to enhance public access to information about aging service resources available to Buncombe County residents. While every effort is made to ensure the accuracy of the information, we make no guarantees. The inclusion of an organization or service does not imply an endorsement of the organization or service, nor does exclusion imply disapproval.

Under no circumstances shall Council on Aging of Buncombe County or its employees be liable for any direct, indirect, incidental, special, punitive, or consequential damages which may result in any way from your use of the information included in the Aging Service Directory.

www.coabc.org
Thank you to the following organizations for their generous support in the production of our Aging Services Directory.

WNC Bridge Foundation
A PARTNERSHIP FOR HEALTH

AARP
Real Possibilities

Humana

McGUIRE WOOD & BISSETTE
LAW FIRM

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46 Sheffield Circle
Asheville, NC 28803
828-277-8288
info@coabc.org

www.coabc.org
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General Information

NC 2-1-1-Asheville Center
2-1-1 or 828-252-4357 | www.nc211.org
Free, 24/7 health and human service information and referral line. Trained referral specialists listen to callers, assess needs, identify appropriate resources and provide detailed information to connect people with services to meet their needs. Online database of community resources is also available.

Adult Day Services

DayStay Adult Day Services
828-665-1575
www.daystayasheville.com
DayStay is an adult day program located in Candler. The small group setting provides socialization and companionship for seniors and impaired adults. DayStay is open weekdays from 9 AM-4 PM.

Elder Club - Jewish Family Services
828-253-2900 | www.jfswnc.org
A group respite program at Jewish Family Services of WNC (53 S. French Broad Ave, Suite 100, Asheville). Group meets Tuesdays, Wednesdays and Thursdays 11 AM-2 PM, for adults 55+, open to all ethnicities and faiths. The group includes social enrichment, companionship, exercise, structured activities and a nutritious kosher-style lunch prepared on-site. For more information, contact JFS and ask to speak with the Elder Club Program Manager.

Irene Wortham Center
828-274-7518 | www.iwcnc.org
Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level.
MountainCare Adult Day Services  
828-277-3399  
www.mountaincareservices.org  
MountainCare’s state certified, non-profit program offers a safe and enjoyable place for staying engaged during the day, developing friendships, stimulating activities, personal care, skilled nursing care, and nutritious meals and snacks. Open Monday through Friday.

PACE – Program of All-Inclusive Care for the Elderly  
828-213-8442  
www.missionhealth.org/services-treatments/adult-care/pace

Alzheimer’s, Dementia and Memory Impairment

Alzheimer’s Association Western Carolina Chapter  
800-272-3900  
www.alz.org/northcarolina/  
Education and support group services-24/7 caregiver hotline.

Dementia Friendly WNC  
www.dementiafriendly.org  
A group of community members and organizations committed to the well-being of people living with dementia and their families. People living with dementia can continue to live a full life for years following their diagnosis. The entire community benefits when all members contribute.

MemoryCare  
828-771-2219  |  www.memorycare.org  
A nonprofit, outpatient organization that serves Western North Carolina families affected by Alzheimer’s and other types of dementia by providing specialized medical care to older adults with cognitive impairment; supporting caregivers with education, counseling and improved access to services; and providing community education. Clinical services, a resource library, educational programs, and peer support groups are available to all with need.

Project C.A.R.E. (Caregiver Alternatives to Running on Empty)  
828-251-7432  
www.landofsky.org/projectcare.html  
Provides information, assistance, referrals, respite funding, and care management for caregivers of persons with Alzheimer’s disease or other dementias.

Animal Services

Asheville Humane Society  
828-761-2001  |  www.ashevillehumane.org  
Animal shelter and pet adoption center.

Asheville Kennel Club  
828-258-4833  
www.ashevillekennelclub.com  
Offers spay/neuter coupons.
ASPCA
855-434-9285
www.aspca.org/animal-protection/
spayneuter-services/
aspca-spay-neuter-alliance
The ASPCA Spay/Neuter Alliance offers high-quality, low-cost spay/neuter services to WNC communities at its state-of-the-art Asheville clinic. ASPCA is the nation’s leading training and education facility focusing on high-quality spay/neuter.

Brother Wolf Animal Rescue
828-505-3440 | www.bwar.org
Fosters clients’ pets during periods of hospitalization.

Canine Companions for Independence
(800) 572-2275 | www.cci.org
Provides trained assistance dogs and ongoing support for disabled individuals.

Humane Alliance Spay/Neuter Clinic
828-252-2079 | www.humanealliance.org
www.aspca.org/aspca-spay-neuter-alliance
Provides affordable sterilization services on-site.

Arthritis and Osteoporosis

Mission Hospitals
828-213-1111 | www.missionhospitals.org
Wellness Resource Center – offers free bone densitometry.

Assisted Living Centers
(see Long-Term Care)

Asthma (see Lung)

Attorneys - Elder Law Issues (see Legal)

Bereavement Services
(see Mental Health)

Blind Services
(see Vision Services)

Cancer

American Cancer Society
800-277-2345 | www.cancer.org
Volunteer and support group.

Buncombe County Department of Health
828-250-6006
www.buncombecounty.org/pink
Breast and cervical cancer programs for uninsured persons.

Leukemia and Lymphoma Society
800-955-4572 | www.lls.org
Information and referrals.
Mission Hospitals
828-213-4655
www.missionhospitals.org

• Breast Cancer Support
  Comprehensive program for mastectomy; support group.

• Cancer Connection 828-213-2500
  Information for people with cancer.

Prostate Cancer Support Group
(800) 422-6237 | www.pccnc.org
“Man to Man” meeting.

Caregiver Respite Providers (also see In-Home Aide Services)

DayStay Adult Day Services
828-665-1575
www.daystayasheville.com
DayStay is an adult day program located in Candler. The small group setting provides socialization and companionship for seniors and impaired adults. Open weekdays 9 AM-4 PM.

Elder Club - Jewish Family Services
828-253-2900 | www.jfswnc.org
A group respite program at Jewish Family Services of WNC (53 S. French Broad Ave, Suite 100, Asheville). Group meets Tuesdays, Wednesdays and Thursdays, 11 AM-2 PM, for adults 55+ open to all ethnicities and faiths. Includes social enrichment, companionship, exercise, structured activities and a nutritious kosher-style lunch, prepared on-site. For more information, contact JFS and ask to speak with the Elder Club Program Manager.

Irene Wortham Center
828-274-7518 | www.iwcnc.org
Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level.

Land of Sky Regional Council Family Caregiver Support Program
828-251-7441
www.landofsky.org/fcsp.html
Provides information to family caregivers of older adults of any age providing unpaid care for an older adult age 60 or older about available services. Provides assistance to caregivers in gaining access to services. Individual counseling, organization of support groups, and training to assist caregivers in the areas of health, nutrition, and financial literacy, and in making decisions and solving problems about their caregiving roles.

MountainCare Adult Day Services
828-277-3399
www.mountaincareservices.org
MountainCare’s state certified, non-profit program offers a safe and enjoyable place for staying engaged during the day, developing friendships, stimulating activities, personal care, skilled nursing care, and nutritious meals and snacks. Open Monday through Friday for adults 18 and up.
Mountain Explorers - MountainCare  
828-277-4791  
www.mountaincareservices.org  
For adults with mild impairments, offering a structured program for social opportunities, mental stimulation, exercise, and enrichment. Meets on Mondays, Wednesdays, and Fridays, 10 AM-3 PM.

PACE – Program of All-Inclusive Care for the Elderly  
828-213-8442  
www.missionhealth.org/services-treatments/adult-care/pace

Caregiver Support

AARP, Mountain Region, NC  
828-380-6242  
www.aarp.org/mountainnc  
AARP empowers people to choose how they live as they age, striving to understand local community needs and provide support and assistance, via initiatives, programs, partnerships and advocacy efforts to improve quality of life and promote livability, equity and justice for all ages.

Alzheimer’s Association Western Carolina Chapter  
800-272-3900  
www.alz.org/northcarolina  
Support groups meet regularly around the county, education, caregiver hotline.

Caregiver Wellness Program at Park Ridge Health  
855-646-1390  
www.caregiverwellness.org  
Education and support for caregivers.

Caring for Aging People Education & Support (CAPES)  
828-277-8288  
www.coabc.org/programs/caregiver-support/  
Monthly education and support group for those caring for or concerned about an aging loved one. Virtual and in person options.

• Education: Session topics include dementia, legal issues, coping with stress, self-care, community resources, and making difficult life choices.

• Support: Share and listen to others navigating the caregiving journey, together!

Charles George VAMC  
855-260-3274 | www.caregiver.va.gov  
The Department of Veterans Affairs (VHA) Caregiver Support Program (CSP) provides support and services for family caregivers of Veterans. The mission of the CSP is to promote the health and well-being of family caregivers who care for our nation’s Veterans, through education, resources, support and services.

Council on Aging Caregiver Support Program  
828-277-8288  
www.coabc.org/programs/caregiver-support/  
Caregiver respite funding and case assistance.
Jewish Family Services of WNC (JFS)
828-253-2900 | www.jfswnc.org
Individual caregiver support as needed provided by a social worker and LCSW Caregiver services include depression screening, targeted mental health and case management resources and consultation for older adult and caregiver issues; open to all ethnicities and faiths.

Land of Sky Regional Council Family Caregiver Support Program
828-251-7441
www.landofsky.org/fcsp.html
Provides information to family caregivers of older adults of any age providing unpaid care for an older adult age 60 or older about available services. Provides assistance to caregivers in gaining access to services. Individual counseling, organization of support groups, and training to assist caregivers in the areas of health, nutrition, and financial literacy, and in making decisions and solving problems about their caregiving roles.

MountaingCare Caregiver Support Program
828-277-3399
www.mountaingcareservices.org
Provides education, support, and counseling to caregivers in addition to the respite offered through Adult Day Services. Support groups meet regularly for anyone caring for an aging or impaired loved one. Open to the public.

PACE – Program of All-Inclusive Care for the Elderly
828-213-8442
www.missionhealth.org/services-treatments/adult-care/pace
Case Management and Care Management

CaseReach
828-348-4838 | www.carereachnc.org
Care management and linkage to care for individuals with a Hepatitis C diagnosis, regardless of insurance status.

Council on Aging of Buncombe County, Inc.
828-277-8288 | www.coabc.org
Care management and case coordination for persons aged 60 and older, and caregivers of older persons.

Four Seasons Compassion for Life
828-692-6178
www.fourseasons.teleioscn.org/
what-we-offer/care-navigation/
The Four Seasons Care Navigation team provides peace of mind and a level of confidence to you and your family by building a support system specific to your care needs. Four Seasons educates you and your loved ones on available care choices, collaborate with you, your family and your providers to arrange and attend visits and manage care. Most importantly a Four Seasons Care Navigator serves as a trusted advocate to help you understand life choices.

Jewish Family Services of WNC (JFS)
828-253-2900 | www.jfswnc.org
JFS social worker provides resources and consultation for older adult issues; case management; open to people of all ethnicities and faiths.

MemoryCare
828-771-2219 | www.memorycare.org
Counseling, education and support to caregivers.

PACE – Program of All-Inclusive Care for the Elderly
828-213-8442
www.missionhealth.org/
services-treatments/adult-care/pace

Premier Care Navigation
828-772-0002
www.premiercarenavigation.com

RN Patient Advocacy NC, PLLC
828-778-8882
www.rnpatientadvocacync.com
Helping patients and loved ones navigate the dysfunctional, silo-driven, technologically difficult healthcare system with less stress and more peace of mind.

Veteran's Administration Medical Center (Charles George Department of Veterans Affairs Medical Center)
828-298-7911 | www.asheville.va.gov
Case management and social work services for veterans.
Age-Friendly Buncombe County

Age-friendly Buncombe was established in 2017 when the County joined the World Health Organization and AARP’s Network of Age-friendly Communities. This action was a major step toward the Aging Plan goal of increasing the age-friendly capability of Buncombe County.

Age-friendly Buncombe is a big tent, bringing together community collaborations, committees, and working groups committed to the following Common Agenda: Older Adults in Buncombe County are Safe, Well, and Engaged in their Community.

Over sixty nonprofit organizations, business, governmental departments and other partners, as well as many older adult volunteers, participate in the committees and working groups affiliated with Age-friendly Buncombe.

> For more information on Age-Friendly Buncombe County, please turn to page 54.

Care Management (Individuals)

Karen Wolfrom, Holistic Elder Services
828-595-9271, 484-459-3118
www.holisticelderservices.com

Aging Life Care Consultant/geriatric care management.

Kathey Avery, RN, BSN
828-768-2369 | www.ifpha.org

Founder & Co-Chair, Institute for Preventive HealthCare and Advocacy (IFPHA).

Cleaning Assistance (see In-Home Aide Services)

Consumer Information

Asheville Police Department
828-252-1110 | www.ashevillenc.gov

Fraud information for victims of privacy or credit fraud.
Better Business Bureau of Western North Carolina
828-253-2392  |  www.bbb.org/asheville
For more than 100 years, the Better Business Bureau has helped people find businesses, brands and charities they can trust. The BBB offers free business reviews, complaint resolution services, mediation, arbitration, Auto Line, and many other programs and services. Monday-Friday, 9 AM-12 PM and 1-5 PM.

NC Attorney General’s Office
919-716-6000
www.ncdoj.gov/protecting-consumers
Consumer Protection Division.

NC Senior Medicare Patrol Program
800-443-9354, 828-318-0250
www.ncdoi.gov/consumers/medicare-senior-health-insurance-information-program-shiip
Addresses Medicare/Medicaid error, fraud and abuse.

Crisis Intervention
Buncombe County Health and Human Services Social Services Adult Service Line
828-250-5800
www.buncombecounty.org/Governing/Depts/Dss/Adults/adult-protective-services.aspx
Offers disabled adults protection from abuse, neglect and exploitation; available 24/7 for emergencies.

Helpmate
828-254-0516  |  www.helpmateonline.org
24-hour crisis services for victims of domestic violence.

Our VOICE
828-255-7576  |  www.ourvoicenc.org
Counseling, advocacy and education for those affected by sexual assault and abuse; includes 24/7 crisis line.

NC 2-1-1 Asheville Center 2-1-1
828-252-4357, 828-255-0696
www.nc211.org

Deaf Services
(see Hearing Services)

Dental Services
ABCCM Dental Clinic
828-259-5339  |  www.abccm.org
Limited services and availability.

A-B Tech Community College Dental Clinic
828-398-7255
www.abtech.edu/programs/academic/dental-hygiene/dental-clinic-information
Low-cost hygiene and dental work on a limited basis.

Mountain Area Health Education Center (MAHEC)
828-257-4400  |  www.mahec.net
Preventative, restorative and major dental care with the exception of oral surgery and orthodontics.
WNC Community Health Services
Minnie Jones Health Clinic
828-285-0622 | www.wncchs.org
Community health clinic providing low cost dental care.

Depression
(see Mental Health)

Diabetes

Mission Hospitals Health Education Center
828-257-4400
www.missionhospitals.org
Education and support regarding diabetes, hypertension, cholesterol, and weight management.

YWCA
828-254-7206 x212
www.ywcaofasheville.org

• Diabetes Wellness & Prevention Program
Empower individuals with diabetes or those at risk of diabetes to develop the habit of exercise. Reduce the incidence of diabetes, through exercise and education that supports healthy eating. Promote healthy lifestyle changes for the entire family. The program is available on a sliding scale and is open to anyone who has two of the four main risk factors for diabetes: diagnosed pre-diabetes, family history of diabetes, a sedentary lifestyle, or obesity.

Disability Services

The Arc
828-253-1255
www.thearc.org/chapter/the-arc-of-buncombe-county
Empowers persons with intellectual/developmental disabilities to realize their highest potential through advocacy, family support, case management, education and development of programs.

Canine Companions for Independence
800-572-2275 | www.cci.org
Provides trained assistance dogs and ongoing support for disabled individuals

Disability Partners
828-298-1977
www.disabilitypartners.org
A non-profit, consumer-controlled, community-based organization providing services by and for persons with all types of disabilities with the goal of maintaining their civil rights options, controlling choices in their lives and the freedom to participate fully in their communities.

Goodwill Industries
828-298-9023 | www.goodwillnwncc.org
www.JobsAtGoodwill.com
Job training and workforce development for people of all abilities.
The Council on Aging of Buncombe County, Inc. is a charitable 501(c)(3) organization registered with the North Carolina Secretary of State. To add or update your listing, contact info@coabc.org

NC Division of Independent Living Services
828-670-3377
Home accessibility modifications provided to individuals who meet income guidelines.

Irene Wortham Center
828-274-7518 | www.iwcnc.org
Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level.

WNC Community Health Services/Minnie Jones Health Clinic
828-285-0622 | www.wncchs.org

Little Cooki and I... we had an instant connection. Animals have an unconditional love – something we all need in this time of crisis.
—Mary Ann, pet therapy service coordination participant

Drug Dependency
(see Substance Abuse Treatment and Counseling)

Education

AARP, Mountain Region, NC
828-380-6242
www.aarp.org/mountainnc
AARP empowers people to choose how they live as they age, striving to understand local community needs and providing support and assistance via initiatives, programs, partnerships and advocacy efforts to improve quality of life and promote livability, equity and justice for all ages.
**A-B Tech Community College**  
828-254-1921 | www.abtech.edu  
Academic and continuing education programs.

**Avery Health**  
www.averyhec.com/talks-and-workshops  
Education and Consulting Founder and long time oncology nurse Kathey Avery offers educational talks and workshops on health topics for employers, churches, civic organizations, resident associations, sororities, and community groups of all kinds.

**Buncombe County Public Libraries**  
828-250-4700  
www.buncombecounty.org/library  
Free continuing education programs, laptop & hotspot loans, outreach programs

**MemoryCare**  
828-771-2219  
www.memorycare.org/news-events  
Lectures designed to improve understanding of various aspects of dementia care. Open to the public.

**Mountain Area Workforce Development Board**  
828-251-6622  
www.mountainareaworks.org  
Career, education, and training services are available at the region’s NCWorks Career Centers at no cost to the individual.

**OLLI at UNC Asheville**  
828-251-6140  
www.olliasheville.unca.edu  
OLLI provides both remote and face-to-face non-credit classes in a range of subjects, workshops to help navigate the transitions in life’s second half, and one-time lectures and programs on a wide range of subjects. OLLI members design and deliver the courses that create a community of teachers and learners and engage participants through a range of volunteer opportunities.

**NC Cooperative Extension**  
828-255-5522  
www.buncombe.ces.ncsu.edu/  
Education on aging and other issues.

**National Alliance on Mental Health (NAMI)**  
828-505-7353 | www.namiwnc.org  
Located at 356 Biltmore Ave. #207, Asheville, in the RHA Building. Monday, Tuesday, and Thursday, 10 AM-2 PM.

**Vaya Health**  
828-225-2785 | www.vayahealth.com  
Geriatric and Adult Mental Health Specialty Team provides evidence-informed free training on mental health (including dementia), substance use, psychiatric medications, and difficult behaviors.
Emergency Assistance

American Red Cross
828-258-3888 | www.redcrosswnc.org
Disaster relief, Vial of Life program

Asheville Buncombe Community Christian Ministries (ABCCM)
www.abccm.org
Crisis Assistance – food, clothing, household, rent, fuel and utilities
  • Crisis Ministries 828-259-5300
  • Hominy Valley (Candler) 828-259-5301
  • ABCCM North (Weaverville & Barnardsville) 828-259-5303
  • ABCCM South (Arden) 828-259-5302

Buncombe County Health and Human Services
828-250-5500
www.buncombecounty.org/governing/depts/dss/
Crisis intervention, utilities assistance, Project Share.

Eblen Charities
828-255-3066 | www.eblencharities.org
Assistance with food, rent, utilities, medication, and medical supplies.

Foster Memorial Seventh Day Adventist Church
828-274-2014 | www.fosterchurch.com
Assistance with food, clothing, household items, and utilities; hot breakfast served on Tuesdays.

Salvation Army
828-253-4723
www.uss.salvationarmy.org
Assistance with food, rent, utilities, and transportation.

St. Vincent de Paul Society
Provides food and limited utility and rent assistance to Buncombe County residents.
  • East Buncombe 828-236-8555
  • North, West and Central Buncombe 828-775-1933
  • South Buncombe 828-684-6098 x308

Swannanoa Community Council
828-775-5595
Emergency utility and fuel assistance for Swannanoa residents.

Swannanoa Valley Christian Ministries
828-669-9404
www.svcmblackmountain.org
Emergency assistance for transients and Swannanoa residents.

Emergency Response Systems
(see Safety)

Employment

Foothills Regional Commission
828-287-2281
www.foothillsregion.org/area-agency-on-aging
The Senior Community Service Employment Program provides paid employment skills training for low income individuals age 55 and older.

**Goodwill Industries**
828-298-9023 | www.goodwillnwwnc.org
www.jobsAtGoodwill.com
Job training and workforce development for people of all abilities.

**Mountain Area Workforce Development Board**
828-251-6622
www.mountainareaworks.org
Career, education, and training services are available at the region’s NCWorks Career Centers at no cost to the individual.

**NCWorks-Asheville Career Center**
828-251-6200
www.ncworksasheville.com
NCWorks Career Center Asheville’s goal is to help you get the tools and skills you need for success in every step of the job search. Services are free to the public, supported with funding provided through the Workforce Innovation & Opportunity Act (WIOA). An Equal Opportunity/Affirmative Action Employer/Program. Auxiliary aids and services available upon request to individuals with disabilities. As the designated workforce system for the state of North Carolina, NCWorks offers a wide variety of free services for jobseekers. These include career assessment and counseling, resume and cover letter preparation, job search assistance, and interview practice and preparation. Also available are job-seeking skills workshops in a variety of topics, job fairs, and computer labs with the latest technology to conduct your job search. The Back to Work 50+ program is well-regarded in NC and offers free coaching and resources that can help you compete in today’s fast-changing workplace.

¶ **End-of-Life Care**
(see Hospice and Palliative Care)

¶ **End-of-Life Planning**

**CarePartners Hospice and Palliative Care**
828-255-0231 | www.missionhealth.org
Quarterly “Making Choices” Advance Care Planning presentations; free and open to the public.
Funeral Consumer Alliance  
984-464-1021 | www.funeralsnc.org  
Education and outreach help with making funeral arrangements.

LifeShare of the Carolinas  
828-665-0107  
www.lifesharecarolinlas.org  
Organ and tissue transplant information and services.

NC Advance Health Care Directive Registry  
www.sosnc.gov/divisions/advance-healthcare-directives

Pisgah Legal Services  
253-0406 | www.pisgahlegal.org  
Elder Law Project; no cost legal assistance with living wills, advanced directives, and end of life planning for low-income seniors.

Financial Planning and Money Management

AnnualCreditReport.com  
877-322-8228  
www.AnnualCreditReport.com  
Provides one free credit report annually from each of the national consumer reporting agencies (Experian, TransUnion, and Equifax); visit website or call automated line; credit scores may be added for a fee.

NAACP  
www.naacp.org  
No cost credit check in collaboration with OnTrack Financial Education and Counseling.

OnTrack Financial Education and Counseling  
828-255-5166 | www.ontrackwnc.org  
Financial education, counseling and support for budgeting and money management, credit improvement, building savings, reverse mortgages, foreclosure prevention, and debt management; low or no cost services.

Food Support

Food Resource Map  
www.mealsites.ashevillenc.gov  
Find locations around Buncombe County working hard to feed our community

Asheville Buncombe Community Christian Ministries (ABCCM)  
www.abccm.org
• Crisis Ministries
  (24 Cumberland Ave) 828-259-5300
  Monday-Friday 8:30 AM–4:30 PM for Asheville residents (28801-28806)

• Hominy Valley (Candler) 828-259-5301
  Monday-Friday 8:30 AM–4:30 PM for Hominy Valley/Candler residents

• ABCCM North (Weaverville & Barnardsville) 828-259-5303
  Monday-Friday 10 AM–2 PM for North Buncombe residents

• ABCCM South
  (Arden & Skyland) 828-259-5302
  Monday-Friday 8:30 AM–4:30 PM for South Buncombe residents

• Big Ivy Community Center
  828-626-3438
  Tuesday 8 AM-12 PM (except the first Tuesday of the month) for Barnardsville area residents

Biltmore Church of Christ
828-274-2829  |  www.biltmorecofc.org
Wednesday 10 AM–12 PM for Buncombe County residents

Bounty and Soul
828-419-0533
Produce to the People™ is a program focused on providing equitable access to nutritious, culturally relevant food through no-cost weekly community-based markets.

Calvary Chapel of Asheville
828-891-4137
www.calvarychapelasheville.org
Wednesday sign up 10-11 AM, food distribution 11:30 AM for Buncombe County residents

Catholic Charities
800-227-7261, 255-0146
www.ccdoc.org
Wednesdays for Buncombe County residents

Children First Family Resource Center
828-259-9171
www.childrenfirstcisbc.org
Monday-Thursday 9 AM–4 PM; Friday 9 AM–1 PM for Emma community residents

Family of Faith Fellowship
828-684-2158
www.familyfaithfellowship.org
Monday-Thursday 10 AM–2:30 PM for Buncombe County residents

Food for Fairview
828-628-4322  |  www.foodforfairview.org
Monday 4 PM-6 PM for Fairview, Fletcher and Reynolds area residents

Foster Memorial Seventh Day Adventist Church
828-274-2014  |  www.fosterchurch.com
Tuesday 8-10 AM for Buncombe County residents; hot breakfast available

Loving Food Resources
828-255-9282  |  www.lovingfood.org
Saturday 11 AM–2 PM for those living with HIV/AIDS or receiving hospice home care

MANNA FoodBank Mobile Markets
www.mannafoodbank.org
Schedules vary. Distributions are free and open to the public
Oakley Baptist Church  
828-274-3221  
www.oakleybaptistchurch.com  
Wednesday starting at 10:30 AM (until food boxes run out) for Buncombe County residents

Salvation Army  
828-253-4723  |  www.salvationarmy.org  
Hours vary; for Buncombe County residents.

Sandy Mush Community Food Pantry  
www.sandymushcommunitycenter.org/food-pantry  
Pantry will be on the 2nd Friday of each month, 9:30-11 AM and will continue to be a drive-up distribution.

St. Vincent de Paul Society  
Buncombe County residents  
• East Buncombe 828-236-8555  
• North, West and Central Buncombe 828-775-1933  
• South Buncombe 828-684-6098 x308

Swannanoa Valley Christian Ministries  
828-669-9404  
www.svcmblackmountain.org  
Monday-Friday 9 AM–3 PM for residents of Black Mountain, Swannanoa, Ridgecrest and Montreat.

Western Carolina Rescue Ministries  
828-254-0471  
www.westerncarolinarescue.org  
Monday-Friday, lunch 12-12:45 PM; Monday-Sunday, dinner, 4:30-5:30 PM

Foot Care

CarePartners Health Services  
Orthotics & Prosthetics  
828-254-3392  |  www.missionhealth.org  
Full-service orthotics and prosthetics.

ET Consultant Services  
828-645-6585  
Affordable in-home foot care by certified nurse specialists.

PACE – Program of All-Inclusive Care for the Elderly  
828-213-8442  
www.missionhealth.org/services-treatment/adult-care/pace

Skyland Prosthetics and Orthotics  
828-684-1644  
www.skylandprosthetics.net  
Corrective and diabetic footwear, plus artificial limbs, braces, mastectomy garments.

Geriatric Care Management  
(see Case Management and Care Management)

Guardianship  
(see Legal)
Housing and Home Repair

Council on Aging of Buncombe County provides basic home repairs with trained repair specialists for assistance with grab bars, shower wands, hand rails, and other minor repairs or improvements for safety, accessibility, and well-being. The Minor Home Repair program allows us to serve clients in Buncombe County, patients of the Home Based Primary Care program at MAHEC and through a partnership with CarePartners PACE. Requests will be reviewed and managed by our team of social workers and aging service specialists as part of our Resource Coordination services.

Additionally, in partnership with Asheville Area Habitat for Humanity, Council on Aging social workers will work with individuals to identify substandard housing and “aging in place” home repair needs. Social workers will assist clients with health, safety and accessibility concerns with the project process – from request through completion. Clients will receive security enhancements, mobility and accessibility improvements and other home repairs from the Asheville Area Habitat for Humanity that go beyond the scope of the Council on Aging Minor Home Repair program, including home rehabilitation/improvement solutions so clients can maintain adequate housing, increase safety and other concerns, reduce cost burden, and improve the likelihood that the individual can stay in their homes as long as possible.

- Did you know that 1 in 3 seniors fall in their home without proper safety precautions? Our Minor Home Repair Specialist is happy to be able to provide basic home safety modifications for our clients.

For more information, call 828-277-8288.

*Programs and services require an in-home assessment.*
Health Care: Subsidized Care and Community Health Clinics

Asheville Buncombe Community Christian Ministry (ABCCM)
828-259-5339  |  www.abccm.org
Medical and dental care for the uninsured.

Emma Clinic (Mission Hospitals; in West Asheville)
www.missionhealth.org
Assessment/treatment of minor illnesses; screenings, smoking cessation, asthma education, medication review; for lower income, uninsured/underinsured Buncombe residents; no out-of-pocket costs; limited transportation available.

Mountain Area Health Education Center (MAHEC)
828-257-4400  |  www.mahec.net
Comprehensive health care centers accepting Medicaid and private insurance.
• Cane Creek Family Health Center (Fletcher) 828-628-8250
• Family Health Center at Biltmore 828-257-4730
• MAHEC OB-GYN Specialists 828-771-5500

Project Access
www.mywcms.org/projectaccess
Comprehensive medical care for low-income, uninsured Buncombe County residents.

Veteran’s Administration Medical Center
828-298-7911  |  www.asheville.va.gov
Comprehensive medical services for veterans.

WNC Community Health Services; Minnie Jones Health Clinic
828-285-0622  |  www.wncchs.org
Providing no or low cost health and mental health services; pharmacy on-site; no co-pay for those on original Medicare; no gap in coverage and low co-pay for Medicare Part D prescription drugs.

Health Care: Urgent Care Centers

Sisters of Mercy Urgent Care
www.urgentcares.org
Neighborhood medical centers specializing in the evaluation and treatment of non-life threatening injuries and illnesses.
• East Asheville 828-210-8325
• South Asheville 828-274-1462
• Weaverville 828-645-5088
• West Asheville 828-252-4878

Hearing Services

CaptionCall
877-577-2227, 828-400-4526
www.captioncall.com
CaptionCall provides captioning and amplified telephone services. This service is no cost for people with hearing loss who need captioning to better understand conversations.
CarePartners Health Services
828-277-4800  |  www.missionhealth.org
Assessments, rehabilitation, vestibular therapy (in the outpatient center).

NC Division of Independent Living Services
828-670-3377
www.ncdhhs.gov/assistance/disability-services/independent-living-for-people-with-disabilities
Assistance with obtaining a hearing aid for those who meet income guidelines.

NC Relay Center 7-1-1
800-735-0341  |  www.relaync.com
Places calls for those who are hearing impaired.

Services for the Deaf and Hard of Hearing
919-527-6930 (Voice/TTY)
800-851-6099 (Voice/TTY)
828-665-8733
www.dsdhh.dhhs.state.nc.us
TDD/TTY 828-665-8737
Provides no- or low-cost hearing aids, amplified phones, and other telecommunication equipment for qualifying individuals.

TDD/TTY Long Distance Operator
800-855-1155, 800-842-9488
24-hour services for the hearing impaired.

Heart/ Cardiovascular

Mission Hospitals
828-213-1111  |  www.missionhealth.org

HeartPATH Cardiac Rehabilitation
828-213-7000, 828-274-6000
www.missionhealth.org
Cardiac rehabilitation, therapy and referral.

HeartPATH Support Group
828-213-7542
Patients and caregivers of anyone with congestive heart failure.

Home Repairs, Improvements and Modifications

American Red Cross
828-258-3888  |  www.redcrosswnc.org
Smoke detector program for low-income and elderly individuals.

Asheville Area Habitat for Humanity
828-251-5702
www.ashevillehabitat.org/housing-programs/home-repair/
Information and application for affordable home repairs.

Asheville Fire Department
828-259-5640, 828-259-5636
www.ashevillenc.gov
Smoke detector program for low-income, disabled and elderly individuals.
Community Action Opportunities  
828-252-2495, 828-250-0410  
www.communityactionopportunities.org 
Heating repair and replacement; weatherization services; income guidelines apply

Council on Aging of Buncombe County, Inc.  
828-277-8288 | www.coabc.org  
• Minor Home Repair Program  
For individuals age 60 and over; assistance with applying for weatherization services; heat relief program distributes free fans and air conditioners to qualifying seniors.

NC Division of Independent Living Services  
828-670-3377  
Home accessibility modifications for individuals who meet income guidelines.

Mountain Housing Opportunities  
828-254-4030 | www.mtnhousing.org  
Home repair and rehabilitation for those who meet income guidelines.

NC Baptist Aging Ministries  
877-506-2226 | www.ncbam.org

Smoky Mountain Home Inspections  
828-712-6829  
www.smokymtnhomeinspections.com  
Offering Home Inspections focused on continued living in the same familiar residence as one ages in place.

U.S. Department of Agriculture  
828-254-0916 x5 | www.usda.gov  
Low-interest loans for home repairs.

Homeless Shelters

Asheville Buncombe Community Christian Ministries (ABCCM)  
www.abccm.org/medical-center  
• A Vet’s Place 828-259-5333  
www.abccm.org/vets-place  
Transitional housing for male veterans, focusing on financial, housing, medical, mental health, self-determination, spiritual, and substance abuse wellness

• Transformation Village 828-398-6920  
Shelter for women (including veterans) and children; provides skill building and steps towards reintegration.
BeLoved Asheville
828-571-0766
www.belovedasheville.com
A community deeply rooted in Love and Justice, creating innovative solutions to some of the toughest challenges the community faces. Putting love into action daily through these solutions to make the community better.

Haywood Street Ministries
828-575-2477
www.haywoodstreet.org/ministries
A United Methodist mission congregation that includes Downtown Welcome Table, Haywood Street Respite, Haywood Street Gardens, God’s Outfitters Clothing Closet, and Worship.

Homeward Bound
828-258-1695
www.homewardboundwnc.org
• A HOPE Day Center 828-252-8883
Shelter and other necessities; supportive services, access to legal, medical and mental health services.
• Room in the Inn
Crisis shelter for women, offering food and lodging for 90 days.
• Safe Haven 828-258-1695
Safe (physical and emotional) shelter to persons with chronic mental health or substance abuse issues.

Salvation Army Center of Hope
828-254-6351
Emergency shelter for men, women and families.

Western Carolina Rescue Ministries
828-254-0471
www.westerncarolinarescue.org
• Men’s Overnight Program
Overnight shelter for up to 80 men; showers.
• Safe Harbor
Overnight shelter for women for up to 30 days; provides needs assessment and counseling.

Hospice and Palliative Care
CarePartners Hospice and Palliative Care Services
www.carepartners.org
Helping people live fully though life’s journey for 30 years.
• Bereavement and Family Support Services 828-251-0126
• Home Care Services 828-255-0231
• CarePartners Hospice/Solace Center In-Patient Care 828-255-0231

Compassionate Care WNC
828-682-9675
www.compassionateregncarewnc.org
Palliative, hospice and counseling services.

Four Seasons
828-692-6178
www.fourseasons.teleioscn.org
Holistic hospice and palliative care; research; Elizabeth House; bereavement services; other community services.
The Council on Aging of Buncombe County, Inc. is a charitable 501(c)(3) organization registered with the North Carolina Secretary of State. To add or update your listing, contact info@coabc.org

U.S. Department of Veteran’s Affairs
828-298-7911
www.va.gov/asheville-health-care
Hospice services for veterans.

Housekeeping
(see In-Home Aide Services)

Housing/Rental Resources

Asheville Area Habitat for Humanity
828-251-5702
www.ashevillehabitat.org/
housing-programs/homeownership/
Information and application for affordable homeownership.

Community Action Opportunities
Project Uplift
828-253-2495
www.communityactionopportunities.org
Emergency financial assistance payments can be used for past-due rent, utilities, childcare, medications, transportation or other vital needs.

The Housing Authority of the City of Asheville

- Public Housing 828-258-1222
- Section 8 Housing 828-257-2653
- Services for the Elderly 828-239-3517

Land of Sky Regional Council
828-251-6622
Information on housing for older adults and disabled persons.
Land of Sky Regional Council-
Money Follows the Person
828-251-7426 | www.landofsky.org
Medicaid.ncdhhs.gov
Money Follows the Person (MFP) is a North Carolina Medicaid demonstration project that assists people who live in qualified facilities in moving into their own communities with support. MFP supports North Carolinians in having more choices about where they receive their long-term supports.

Mountain Housing Opportunities
828-254-4030 | www.mtnhousing.org
Information on affordable rentals and ownership.

SocialServe Housing Resource Center
877-428-8844 | www.socialserve.com
Free, non-profit phone and internet service that helps people locate safe, affordable housing or other shelter alternatives; includes Section 8 listings.

Hypertension/Stroke

American Red Cross
828-258-3888 | www.redcrosswnc.org
Blood pressure screenings.

Asheville Fire Department
828-259-5636 | www.ashevillenc.gov
Blood pressure screenings (can get at any Fire Station).

CarePartners Health Services
828-277-4800 | www.missionhealth.org
Rehabilitation and support for stroke survivors, supportive services for friends, family and caregivers.

Incontinence/Kidney

National Kidney Foundation
855-653-2273 | www.kidney.org
Information and resources.

In-Home Aide Services: Medical/Personal Care

This list does not constitute an endorsement, referral or statement of qualification. Users of this list should determine for themselves the qualifications of any agency prior to utilizing the company’s services.

A New Hope Home Care
828-255-4446 | www.anewhopecare.com

Advent Health
828-687-5261 | www.aventhealth.org

All Ways Caring Home Care
866-737-2273
www.allwayscaring.com

Bayada Home Health Care
888-833-5706 | www.bayada.com
Best Care Senior Services
828-676-2939
www.alwaysbestcare.com

BrightStar
828-255-1733 | www.brightstarcare.com

CarePartners Private Duty Home Health Services
800-627-1533, 828-277-4777
www.missionhealth.org

Caring Hearts and Hands
828-333-5051
www.caringheartsandhands.com

Comfort Keepers
828-687-1199
www.comfortkeepers.com

Coram Healthcare
828-258-1150 | www.coramhc.com

Encompass Home Health
828-659-6901
www.encompasshealth.com

Four Seasons Home Care
828-692-4178
www.fourseasons.teleioscn.org

Gentiva Home Health
828-298-1370

Griswold Home Care
828-393-0701
www.griswoldhomecare.com

Home Carefree
828-277-1580 | www.homecarefree.org

Home Helpers
828-373-8609
www.homehelperscare.com/
hendersonville

Home Instead Senior Care
828-274-4406 | www.homeinstead.com

Interim Health Care
828-274-2082
www.interimhealthcare.com/asheville

Maxim Healthcare Services
828-299-4388
www.maximhealthcare.com

PACE – Program of All-Inclusive Care for the Elderly
828-213-8442
www.missionhealth.org/
services-treatments/adult-care/pace

Premier Home Health Care
828-277-5950
www.premierhomehealthcare.com

In-Home Aide Services: Non-Medical

AllWays Caring Home Care
828-536-0628
www.allwayscaring.com/locations/
North-Carolina/Asheville/88

Always Best Care
828-676-2939
www.alwaysbestcare.com/nc/asheville/
Brightstar
828-255-1733 | www.brightstarcare.com

Comfort Keepers
828-687-1199
www.comfortkeepers.com

Everyday Details
www.everydaydetailscoop.com
A wide range of services including cleaning, organizing, transportation, errand assistance, and meal preparation. Subsidized rates are available upon request.

Home Instead Senior Care
828-274-4406 | www.homeinstead.com

Mountain Home Care
828-684-6444
www.mountainhomecare.com

Premier Home Health Care
828-277-5950
www.premierhomecareinc.com

Seniors Helping Seniors
828-236-0662
www.seniorscareasheville.com

Visiting Angels of Western North Carolina
828-665-3944
www.visitingangels.com/asheville

In-Home Aide Services: Subsidized

Buncombe County Health and Human Services
828-250-5500
www.buncombecounty.org/governing/depts/dss
Medicaid-funded Personal Care Services (PCS) available to qualifying individuals.

RHA Health Services
828-232-6844
www.rhahealthservices.org
Provides community and home care for disabled adults who are at risk of being placed in a nursing facility. RHA coordinates programs that allow disabled adults to stay at home with their families.

Insurance

Buncombe County Health and Human Services
828-250-5500
www.buncombecounty.org
Buncombe County Health and Human Services Medicaid and the Medicare Savings Program (also called the MQB program), provides assistance in paying Medicare costs.
Volunteers from the Seniors’ Health Insurance Information Program (SHIIP), sponsored and trained by the North Carolina Department of Insurance, provide Medicare counseling and education in Buncombe and Henderson counties. Certified Navigators through the NC Navigator Consortium provide Affordable Care Act navigation for health insurance options through the marketplace.

www.acahealthcarehelp.org

Senior Health Insurance Information Program (SHIIP)
805-408-1212 x1 | www.ncshiip.com
Toll-free hotline, information on Medicare, supplemental insurance, long-term care insurance and more.

Legal: Attorneys - Elder Law Issues

Members of the National Academy of Elder Law Attorneys (NAELA)

This list does not constitute an endorsement, referral or statement of qualification. Users of this list should determine for themselves the qualifications of any elder law attorney prior to utilizing his or her services.
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Contact Information</th>
<th>Services</th>
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<tr>
<td>Andrew Atherton</td>
<td>828-254-8800, <a href="mailto:aatherton@mwblawyers.com">aatherton@mwblawyers.com</a></td>
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<tr>
<td>Wendy Craig</td>
<td>828-669-0799, <a href="mailto:info@wncelderlaw.com">info@wncelderlaw.com</a></td>
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<tr>
<td>Larry Hartley</td>
<td>828-258-0994</td>
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<tr>
<td>Caroline Knox</td>
<td>828-513-1600, <a href="mailto:caroline@cknoxeelderlaw.com">caroline@cknoxeelderlaw.com</a></td>
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<tr>
<td>Brian Lawler</td>
<td>828-258-2991, <a href="mailto:blawler@vwlawfirm.com">blawler@vwlawfirm.com</a></td>
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<tr>
<td>Kathleen R. Rodberg</td>
<td>828-254-8800, <a href="mailto:krodberg@mwblawyers.com">krodberg@mwblawyers.com</a></td>
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<tr>
<td>Buncombe County Health and Human Services</td>
<td><a href="http://www.buncombecounty.org">www.buncombecounty.org</a></td>
<td></td>
</tr>
<tr>
<td>Adult Protective Services</td>
<td>828-250-5800</td>
<td>Investigates abuse, neglect and exploitation of disabled and/or older adults; call 24/7 to make a report.</td>
</tr>
<tr>
<td>Guardianships</td>
<td>828-250-5800</td>
<td></td>
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<tr>
<td>NC Court System</td>
<td><a href="http://www.nccourts.org">www.nccourts.org</a></td>
<td></td>
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<tr>
<td>Estates and Probate Division</td>
<td></td>
<td>Forms and information.</td>
</tr>
<tr>
<td>Guardianships – Private</td>
<td></td>
<td>Supervision of healthcare and/or finances.</td>
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<tr>
<td>Center for Adult Lifelong Learning</td>
<td><a href="http://www.montreat.edu/about/events/mccall">www.montreat.edu/about/events/mccall</a></td>
<td>Classes for seniors (Montreat).</td>
</tr>
<tr>
<td>OLLI at UNC Asheville</td>
<td>828-251-6600, <a href="http://www.olliasheville.unca.edu">www.olliasheville.unca.edu</a></td>
<td>Special interest groups, activities, travel.</td>
</tr>
<tr>
<td>Recreation Centers</td>
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<tr>
<td>Burton Street Center</td>
<td>828-254-1942</td>
<td>Offering activities and programs for people of all ages, including seniors.</td>
</tr>
<tr>
<td>Harvest House</td>
<td>828-350-2051</td>
<td></td>
</tr>
</tbody>
</table>
• Lakeview Senior Center (Black Mountain) 828-669-8610
• Murphy-Oakley House (Oakley) 828-250-4200
• North Asheville Center 828-350-2051
• Reid Center (Downtown Asheville) 828-239-3513
• Senior Opportunity Center (Downtown Asheville) 828-350-2062
• Shiloh Center (South Asheville) 828-274-7739
• Spring Mountain Center (Fairview) 828-628-1625
• Stephens-Lee Center (Downtown Asheville) 828-350-2058
• West Asheville Community Center 828-232-4529

YMCA (Downtown Asheville) 828-210-9622

Reuter Family YMCA (South Buncombe) 828-651-9622 | www.ymcawnc.org
Exercise, fitness programs; scholarships available.

YWCA 828-254-7206 | www.ywcaofasheville.org

- List of NC DHHS Long-Term Care facilities:
  www.info.ncdhhs.gov/dhsr/data/nhlist_co.pdf
- Long-Term Care Housing Directory
- Land of Sky Regional Council Long-Term Care Ombudsman
  www.landofsky.org/ombudsman
- Ombudsman Facility Reports
  www.landofsky.org/cacreports.html

Buncombe County Health and Human Services
828-250-5500
www.buncombecounty.org/Governing/Depts/Dss/Adults/Ach_Directory.aspx
Assistance in finding and paying for long-term care facilities.

Land of Sky Regional Council
828-251-6622, 828-251-7433
www.landofsky.org
www.landofsky.org/ombudsman.html
(for Ombudsman)

Long Term Care Ombudsman serves as a mediator who seeks to resolve complaints made by or on behalf of people living in Long Term care facilities. The Ombudsman provides a way for people to voice their concerns and have their complaints addressed. The Ombudsman works with all parties to resolve a problem.
• **Long-Term Care Housing Directory** provides up-to-date information on facilities and types of services available in Buncombe, Henderson, Madison, and Transylvania; call or visit website for a copy of the directory. The Long-Term Care Ombudsman serves as a mediator who seeks to resolve complaints made by or on behalf of people living in long-term care facilities.

**MountainCare Adult Day Services**  
828-277-3399  
[www.mountaincareservices.org](http://www.mountaincareservices.org)  
MountainCare’s state certified, non-profit program offers a safe and enjoyable place for staying engaged during the day, developing friendships, stimulating activities, personal care, skilled nursing care, and nutritious meals and snacks. Open Monday through Friday for adults 18 and up.

**NC Division of Health Service Regulation**  
[www.dhhs.state.nc.us/dhsr](http://www.dhhs.state.nc.us/dhsr)  
Oversees licensure and ensures safe and appropriate client care for:  
• **Adult Care** 919-855-3765  
• **In-Home Care** 919-855-4620  
• **Nursing Home** 919-855-4520

**PACE – Program of All-Inclusive Care for the Elderly**  
828-213-8442  
[www.missionhealth.org/services-treatments/adult-care/pace](http://www.missionhealth.org/services-treatments/adult-care/pace)

**Lung**

**American Lung Association**  
800-586-4872 | [www.lungusa.org](http://www.lungusa.org)  
Assistance, education and information.
Mission Hospitals
www.missionhealth.org
- Smoking Cessation Program
828-213-5527, option 1

Medical Equipment: For Purchase

Adapt Health
828-285-0239 | www.adapthealth.com
Home infusion, respiratory service and medical equipment.

Aeroflow Health Care
828-345-1780 | www.aeroflowwnc.com
Home respiratory, mobility equipment and service.

Apria Healthcare
828-684-9981 | www.apria.com

Blue Ridge Home Care
828-274-7587

Coram Healthcare
828-258-1150 | www.coramhc.com
Home infusion services.

Lincare Pediatric Specialists
828-274-7587 | www.lincare.com
Home equipment, supplies, oxygen and service for adults and children.

National Seating and Mobility
828-277-2577 | www.nsm-seating.com
Wheelchairs, scooters, lifts, home medical equipment.

Park Ridge Home Medical Equipment
828-651-4992

Medical Equipment: Loan Closets

American Red Cross
828-258-3888 | www.redcrosswnc.org

Asheville Buncombe Community Christian Ministries (ABCCM)
828-259-5335

Clark’s & Alexander Chapel UMC
828-658-1351
www.clarkschapelweaverville.org

Piney Mountain United Methodist Church
828-667-3031

Medicare/Medicaid (see Insurance)

Medication Assistance

Asheville Buncombe Community Christian Ministries (ABCCM)
www.abccm.org
- Main Office 828-259-5300
Assistance with paying for prescriptions.
- Medical Clinic 828-259-5339
Assistance for uninsured (no Medicaid, no Medicare).
Buncombe County Health and Human Services
828-250-5500
www.buncombecounty.org
Assistance with prescriptions, including Medicaid.

Buncombe County Department of Health
828-250-5000
www.buncombecounty.org
Assistance for low-income patients of the Health Center.

Eblen Charities
828-255-3066 | www.eblencharities.org
Assistance with medications and medical supplies.

Project Access
828-274-6989
www.projectaccessonline.org
Physician volunteer program for people with no insurance.

Salvation Army
828-253-4723
www.salvationarmyusa.org
Limited emergency assistance with prescriptions for low income individuals.

Premier Home Health Care
828-277-5950
www.premierhomecareinc.com

Veteran’s Administration Medical Center
828-298-7911
www.va.gov/asheville-health-care
Prescription assistance for eligible veterans.

Mental Health

Advent Health - Hendersonville
828-681-2282
www.adventhealth.com/hospital/adventhealth-hendersonville
Behavioral health concerns, including depression, anxiety, obsessive compulsive disorder, post-traumatic stress disorder and psychosis.

All Souls Counseling Center
828-259-3369
www.allsoulscounseling.com
Licensed therapists for uninsured and underinsured individuals.

CarePartners Health Services Bereavement Department
828-251-0126 | www.missionhealth.org
Grief counseling and bereavement education and support groups.

Catholic Charities WNC (Asheville)
828-255-0146 | www.ccdoc.org/en
Counseling on a sliding-fee basis available in English and Spanish.

Jewish Family Services of WNC (JFS)
828-253-2900 | www.jfswnc.org
Mental Health Counseling Services to all ages by a Licensed Clinical Social Worker (LCSW). *Ask about insurance coverage.

Mission Hospitals
828-213-4422 | www.missionhealth.org
Copestone (in-patient treatment).
Vaya Health
828-225-2785  |  www.vayahealth.com
Vaya Health does not provide treatment services to members directly. Instead, we ensure those who need treatment receive the right care, in the right amount, at the right time. These services are delivered by a network of high-quality providers who contract with Vaya Health.

WNC Community Health Services
Minnie Jones Health Clinic
828-285-0622  |  www.wncchs.org
Community health clinic providing no or low cost mental health and health services.

Money Management
(see Financial Planning and Money Management)

Nursing Homes
(see Long-Term Care)

Nutrition
Council on Aging of Buncombe County, Inc
828-277-8288  |  www.coabc.org
- Homebound Food Delivery
  Monthly food box delivery for low-income, homebound seniors age 60 and over.
- Senior Dining
  Four congregate nutrition sites county-wide for seniors age 60 and over:
  Lakeview Senior Center
  828-669-2035
  401 S Laurel Circle Dr. at Lake Tomahawk in Black Mountain
  Monday through Friday, 10 AM–1 PM
  Senior Opportunity Center
  828-350-2062
  36 Grove Street in downtown Asheville
  Monday-Friday, 9 AM–1 PM
  Shiloh Community Center
  828-274-7739
  121 Shiloh Road in south Asheville
  Wednesdays and Fridays, 11 AM–2 PM
Weaverville Baptist Church
828-775-9297
63 N. Main Street in Weaverville
Monday-Friday, 10 AM–1 PM

MANNA FoodBank HelpLine
800-820-1109
The Helpline is available 9 AM-4 PM, Monday through Friday. More information about SNAP (Supplemental Nutrition Assistance Program), including eligibility, is available.

Meals on Wheels of Asheville & Buncombe County
828-253-5286 | www.mowabc.org
Home delivered prepared lunch time meals for homebound seniors aged 60+ in Buncombe County. Meals are available M-F. A nominal fee may apply.

NC Cooperative Extension
828-255-5522 | www.ces.ncsu.edu
Nutrition, food, and wellness education.

PACE – Program of All-Inclusive Care for the Elderly
828-213-8442
www.missionhealth.org/services-treatments/adult-care/pace

Pension Rights
(see Legal)

Personal Care Services
(see In-Home Aide Services)

Physical Fitness

Avora Health
828-505-2664 | www.avorahealth.com
Medicare covered balance programs.

Council on Aging of Buncombe County, Inc
828-277-8288 | www.coabc.org
Exercise, local foods, and nutrition education at Senior Dining sites.

Health Promotion & Disease Prevention
828-251-6622
www.landofsky.org/healthpromotion.html
Physical activity is one of the least expensive and most effective approaches to preventing and treating common chronic health conditions. Land of Sky Regional Council’s Area Agency on Aging promotes physical activity resources and evidence-based programs.

Osteoporosis
(see Arthritis and Osteoporosis)
The Council on Aging of Buncombe County, Inc. is a charitable 501(c)(3) organization registered with the North Carolina Secretary of State. To add or update your listing, contact info@coabc.org

Jewish Community Center
828-253-0701 | www.jcc-asheville.org
Water aerobics, exercise classes, and a weight management program.

• Living Healthy 828-251-7438
Learn skills to manage your health and your life at this free six-week program for people living with ongoing health problems (and their loved ones).

Mission Hospitals
www.missionhospitals.org

• Wellness Resource Center
828-213-1804
Exercise classes, health screenings, strength training, Tai Chi, Yoga.

OLLI at UNC Asheville
828-251-6140 | www.olliasheville.com
College for Seniors: Wellness Classes, Tai Chi, dancing, strength training, and yoga.

Pisgah Valley Wellness Center
828-418-2330
www.pisgahvalley.org/wellness-center
Strength training, aerobics, wellness classes and workshops, massage therapy and water aerobics.

YMCA (Downtown Asheville)
828-210-9622

Reuter Family YMCA (South Buncombe)
828-651-9622 | www.ymcawnc.org
Water fitness, arthritis, injury rehab, and group classes for strength and flexibility.

YWCA
828-254-7206 | www.ywcaofasheville.org
Aquatic exercise, physical therapy and arthritis classes.

Physical Therapy and Rehabilitation

CarePartners Health Services
www.carepartners.org

• Home Health Services 800-627-1533
Physical therapy, occupational therapy, speech therapy, nursing and in-home aide.

• Outpatient Rehabilitation
828-274-6100
Therapy clinics in five locations throughout Buncombe County offering physical, occupational and speech therapy, aquatic therapy, massage therapy, balance center, driver evaluations, wheelchair seating clinic, orthotics and prosthetics.

• Rehabilitation Hospital 828-274-2400
Strokes, orthopedic surgeries, and traumatic injuries (brain and spinal cord).

Kindred Home Health
866-CARE-KAH
www.kindredathome.com
Madison Health & Rehabilitation  
828-689-5200  
www.sanstonehealth.com/locations/madison/  
24hr skilled nursing care. Rehabilitation service and after care. Specializing in Short term rehabilitation and out patient care.

Mission Hospitals  
www.missionhospitals.org  
- Outpatient Rehabilitation  
828-213-0850  
- Wellness Resource Center  
828-213-8250

Pivot Physical Therapy  
828-254-3525  
www.pivotphysicaltherapy.com

Advent Health Homecare, WNC  
828-687-5261  
www.adventhealth.com/home-care/adventhealth-home-care-western-north-carolina

YWCA  
828-254-7206 | www.ywcaofasheville.org  
Aquatic exercise, physical therapy and arthritis classes.

Repair Programs  
(see Home Repairs, Improvements and Modifications)

Respite Care  
(see Caregiver Respite Providers)

Retirement Centers  
(see Long-Term Care)

Safety

ADT Companion Service  
828-670-4683  
Personal emergency response system; setup and monthly fee.

Alzheimer’s Association Safe Return Program  
800-272-3900 | www.alz.org/safereturn  
ID bracelets and iron-on clothing labels for people with dementia; enrollment fee.

American Red Cross  
828-258-3888 | www.redcrosswnc.org  
Health and safety services, smoke detector program, Vial-of-Life Project.
The Council on Aging of Buncombe County, Inc. is a charitable 501(c)(3) organization registered with the North Carolina Secretary of State. To add or update your listing, contact info@coabc.org

**Asheville Police Department**  
828-259-5940 | www.ashevillenc.gov
Older Adult Victims Services providing information, counseling, referrals, court and medical escort.

**Buncombe County Sheriff’s Office Senior Reassurance Program**  
828-250-4475  
www.buncombecounty.org
Daily wellness calls placed to seniors by Sheriff Department staff.

**Council on Aging of Buncombe County, Inc.**  
828-277-8288 | www.coabc.org
No-cost 911 cell phones for at-risk individuals age 60 and over.

**Helpmate**  
828-254-0516 | www.helpmateonline.org
Counseling and shelter for those affected by domestic violence.

**Home Helpers**  
828-694-0000
Personal emergency response system; setup and monthly fee.

**Lifeline**  
828-257-7204
Personal emergency response system; set up and monthly fee.

**NC Cooperative Extension**  
828-255-5522 | www.ces.ncsu.edu
Aging education on home modifications.

**NC Silver Alert Program**  
800-522-5437  
www.nccrimecontrol.org
Alerts and disseminates information about missing seniors with dementia or other cognitive issues; via the NC Department of Crime Control and Public Safety.

**No Place Like Home WNC**  
828-215-3881
Consulting in Aging-In-Place, Accessibility, Home Modifications and Home Safety.

**Our VOICE**  
828-252-0562 | www.ourvoicenc.org
Counseling, advocacy and education for those affected by sexual assault and abuse; includes 24/7 crisis line at 828-255-7576.

**Simply Home**  
828-684-8441
Personal emergency response system as well as safety monitoring that will email or call caregivers. Set-up and monitoring fees.

**NC Cooperative Extension**  
828-255-5522 | www.ces.ncsu.edu
Aging education on home modifications.

**NC Silver Alert Program**  
800-522-5437  
www.nccrimecontrol.org
Alerts and disseminates information about missing seniors with dementia or other cognitive issues; via the NC Department of Crime Control and Public Safety.

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**Simply Home**  
828-684-8441
Personal emergency response system as well as safety monitoring that will email or call caregivers. Set-up and monitoring fees.
Counseling at COA is my dream volunteer opportunity. I worked in the Medicare space for most of my career. My goal is to give the client knowledge that confirms they made the decision that best fits their healthcare needs.

—SHIIP Medicare Counselor

Senior Centers
Harvest House 828-350-2051
205 Kenilworth Road, Asheville
Lakeview Senior Center 828-669-8610
401 S. Laurel Circle Dr., Black Mountain
Senior Opportunity Center
828-350-2062, 36 Grove Street, Asheville

Social Security
Pisgah Legal Services
828-253-0406 | www.pisgahlegal.org
Social Security Disability income assistance.

Social Security (Buncombe County)
866-572-8361
Social Security (National)
800-772-1213 | www.socialsecurity.gov
Cash benefits for older and disabled adults; supplemental security income; prescription drug assistance for Medicare recipients.

Stroke
(see Hypertension/Stroke)

Substance Abuse Treatment and Counseling
Alcoholics Anonymous
828-254-8539
Self-help meetings; information, referrals.
Narcotics Anonymous
828-258-4537
Self-help meeting; information and referrals.
Support Groups

AARP, Mountain Region, NC
828-380-6242
www.aarp.org/mountainnc
Empowers people to choose how they live as they age. We strive to understand local community needs and provide support and assistance, through our initiatives, programs, partnerships and advocacy efforts to improve quality of life and promote livability, equity and justice for all ages.

Alzheimer’s Association Western Carolina Chapter
800-272-3900 | www.alz.org/northcarolina
Support groups for caregivers meeting regularly around the county.

CarePartners
www.carepartners.org

- ALS Support Group 828-274-9567
- Alzheimer’s Support Group 828-274-7363
- Bereavement Support Group 828-251-0126
- Brain Injury Support Group 828-277-4868
- Hearing Loss Support Group 828-665-8699
- Limb Loss Support Group 828-254-3392
- Making Choices-Advanced Care Planning 828-274-9567

- Parkinson’s Support Group 828-274-9567
- Post-Polio Resource Group 828-421-0638
- Spinal Cord Injury Support Group 828-274-9567
- Stroke Support Group 828-274-9567

Asheville Parkinson’s Support Group
A volunteer organization established to educate, assist and advocate for people with Parkinson’s disease and their care partners with the goal of a better quality of life for all. Meets the first Tuesday of each month at 10 AM for coffee and socializing and 10:30 AM for the meeting at Groce United Methodist Church, 954 Tunnel Road, Asheville.

Caring for Aging People Education & Support (CAPES)
828-277-8288
www.coabc.org/programs/caregiver-support/
Monthly education and support group for anyone caring for or concerned about an aging loved one. Virtual and in person options available.

- Education: Session topics include dementia, legal issues, coping with stress, self-care, community resources, and making difficult life choices.
- Support: Share and listen to others as we navigate our caregiving journey, together!
Generation Plus PRIDE Time
www.blueridgepride.org/projects/generation-plus/
Social support group every second Wednesday evening at 6:30 PM.

Hearing Loss Association of America, Asheville Chapter
828-276-2206
www.nchearingloss.org/asheville.htm

Jewish Family Services of WNC (JFS)
828-253-2900 | www.jfswnc.org
Monthly caregiver support group facilitated by a social worker; resources and consultation for older adult and caregiver issues; open to all ethnicities and faiths.

MemoryCare
828-230-4143
www.memorycare.org/network
email: network@memorycare.org
Peer support groups offered through the MemoryCaregivers Network, an auxiliary program of MemoryCare, for caregivers with loved ones affected by dementia. Meet on 1st, 3rd, and 4th Tuesdays monthly, 1-3 PM.

MountainCare Caregiver Support Group
828-277-3399
www.mountaincareservices.org
Support groups meet regularly for anyone caring for an aging or impaired loved one. Open to the public.

Tax Assistance

Buncombe County Tax Office
828-250-4920
www.buncombecounty.org
Assistance with senior property tax exemptions; senior tax work-off program.

Council on Aging of Buncombe County, Inc.
828-277-8288 | www.coabc.org
Free tax assistance for seniors; volunteers from February to April.

Internal Revenue Service (Asheville office)
828-271-4764
Assistance with Federal and State tax return preparation, tax law, payment arrangements, and account inquiries; multilingual help available.

Internal Revenue Service (National)
800-829-1040 | www.irs.gov
800-829-4059 (TDD)
Free tax assistance over the phone, Monday–Friday, 7 AM–10 PM

OnTrack Financial Education and Counseling
828-255-5166 | www.ontrackwnc.org
Free tax assistance by appointment from February to April for household incomes of $54,000/year or less.
Transportation

AARP Driver Safety Program
828-800-350-7025
www.aarp.org/home-garden/transportation/driver_safety
Defensive driving for seniors; insurance discount; additional brief training available online.

Asheville Transit System
828-253-5691
www.ashevillenc.gov/Departments/Transit

Buncombe County Health and Human Services
828-250-5863
www.buncombecounty.org
Medical transportation (Medicaid only).

CarePartners Health Services
828-277-4800 | www.carepartners.org
Driver Evaluation Program; evaluates driving skills; by doctor referral only.

Council on Aging of Buncombe County, Inc.
828-277-8288 | www.coabc.org
Call A Ride program: volunteer transportation for Buncombe County seniors without access to other forms of transportation.

Land of Sky Regional Council
828-552-5486 | www.landofsky.org
NEMT (Non Emergency Medicaid Transportation), available to anyone with qualifying Medicaid

Medical Emergency Ambulance
828-684-0287 | www.medicstation28.com

Mountain Mobility
828-250-6750
www.buncombecounty.org/MM
Buncombe County’s Community Transportation Service offering door-to-door service for medical appointments as well as convenience trips for shopping, meal sites, and other necessities. Taxi vouchers also available through R.I.D.E. Program.

PACE – Program of All-Inclusive Care for the Elderly
828-213-8442
www.missionhealth.org/services-treatments/adult-care/pace

Urgent Care
(see Health Care: Urgent Care Centers)

Vision Services

Asheville Lions Eye Clinic
828-665-2982
Free screenings for glaucoma, diabetes and vision; assistance with eyeglasses and eye exams.
**Buncombe County Health and Human Services**  
828-250-5657  
www.buncombecounty.org  
Services for the Blind; assistance with accessing low vision equipment including glasses and large print items.

**Council on Aging of Buncombe County, Inc.**  
828-277-8288  |  www.coabc.org  
Assistance with accessing programs that provide low or no-cost glasses; low income.

**Community Low Vision Center**  
828-761-2468  
www.communitylowvision.org  
Resource for people with conditions like age-related macular degeneration, glaucoma, cataracts or diabetic retinopathy.

**Services for the Blind**  
828-250-5657  |  www.ncdhhs.gov  
Rehabilitation and independent living services.

**Veteran Services**

**Veteran’s Administration (VA)**  
828-298-7911  
Home and respite care for veterans: eligibility may be based on military service history and income.

**National Caregiver Support Line**  
855-260-3274  |  www.caregiver.va.gov  
Immediate assistance or information about services at the VA.

**Volunteer Opportunities**

**AARP Mountain Region**  
828-380-6242  
www.local.aarp.org/mountain-home-nc/volunteering/  
AARP volunteers in Mountain Region feel like they get as much as they give! Find out about virtual volunteering. Explore different volunteer roles. Or fill out the volunteer interest form.
CarePartners Health Services Volunteer Program
d828-277-4800 | www.carepartners.org
Volunteers are essential, giving from their hearts to enhance the quality of support services to our patient population, clients, family members, and community we are privileged to care for and serve.

Council on Aging of Buncombe County, Inc.
828-277-8288
www.coabc.org/volunteer
Call for volunteer opportunities both at COA and in the community.

Land of Sky Regional Council
828-251-6622 | www.landofsky.org/aaa
• Senior Companion Program
The Senior Companion Program engages adults age 55 and over to provide companionship and support to other older adults in need of extra assistance to remain at home or in the community for as long as possible.

Meals on Wheels of Asheville & Buncombe County
828-253-5286 | www.mowabc.org
Have a heart for serving seniors? Join as a lunch time meal delivery volunteer. Most meal delivery routes are completed in under 1.5 hours.

MountainCare
828-277-3399
www.mountaincareservices.org
Volunteers are an invaluable part of our programs! Consider sharing your time and talent with Adult Day Services or the Seating and Wheeled Mobility Clinic. Various opportunities available.

OLLI at UNC Asheville
828-251-6140 | www.olliasheville.com
(Reuter Center at UNCA; members only)
Intergenerational computer mentoring, career advising, and other service projects.

United Way’s Hands On Asheville-Buncombe
828-255-0696
www.handsonasheville.org
A link for individuals, families, corporate, and civic or faith-based groups to volunteer in support of nonprofits in Asheville and Buncombe County.

Wellness
(see Nutrition or see Physical Fitness)

Wheelchairs/Wheelchair Services

Miracle On Wheels
800-749-8778
Power wheelchairs and scooters.
Appendix: Long-Term Care Definitions

Adult Care Homes (includes Rest Homes) Licensed group homes; provide meals; 24-hour staff to help with activities of daily living; nurses are not required

Family Care Homes Licensed homes for up to 6 residents; nurse not required

Group Homes (for developmentally disabled adults) Licensed homes for 2 to 9 persons

Multi-Unit Assisted Housing (with services) Licensed group housing with one meal and housekeeping service

Nursing Homes Provide skilled care for individuals who are chronically ill or who are recuperating from illness or injury; regular nursing care provided

Retirement Centers – Continuum Care Retirement Center (CCRC) Provide continuum of housing and care options

For more information and a list of long-term care facilities, visit


or call Land of Sky Regional Council at 828-251-6622

More resources can be found at:

www.buncombecounty.org/Governing/Depts/Dss/Adults/Ach_Directory.aspx
Age-Friendly Workgroups

www.agefriendlybuncombecounty.blogspot.com

Age-friendly Buncombe was established in 2017 when the County joined the World Health Organization and AARP’s Network of Age-friendly Communities. This action was a major step toward the Aging Plan goal of increasing the age-friendly capability of Buncombe County. Age-friendly Buncombe is a big tent, bringing together community collaborations, committees, and working groups committed to the following Common Agenda: Older adults in Buncombe County are SAFE, WELL & ENGAGED in community.

Active Aging Center Steering Committee
The proposed Active Aging Center (AAC) will address adult day health, care management, the social determinants of health including food insecurity, transportation issues, social isolation, and access to activities for health and wellness.

Age-Friendly Buncombe Advisory Group
The Buncombe Aging Services Alliance (formerly the Aging Coordinating Consortium (ACC)) provides networking, collaboration, advocacy, and education for aging service providers.

Blue Ridge Pride Generation Plus
Generation Plus (GP) seeks to enrich the lives of LGBTQ+ and allied community adults in Western North Carolina who are living life’s third act: the years beyond fifty.

Buncombe Aging Service Alliance (BASA)
The Buncombe Aging Services Alliance (formerly the Aging Coordinating Consortium (ACC)) provides networking, collaboration, advocacy, and education for aging service providers.

Buncombe BIPOC Elders Study Group
This project aims to study the experiences of BIPOC Elders (age 50+) in Asheville/Buncombe County in order to gain understanding of the unique health and aging concerns, and experiences with the healthcare and community service systems with this population. This knowledge is critical to being able to effectively close health disparities gaps for BIPOC elders and create accessible, equitable, and inclusive services.

Communities for Older Adult Health (COAH)
Communities for Older Adult Health’s mission is focused on: Identifying opportunities for Asheville-Buncombe County to facilitate healthy aging; and, encouraging communication among its citizens and leaders to determine how to use these opportunities to improve the health of the entire community.
Community Transportation Advisory Board
The Community Transportation Advisory Board (CTAB) assists in the implementation of the Community Transportation Program.

Dementia Friendly WNC (DFWNC)
A group of community members and organizations committed to the well-being of those living with dementia and their families.

Elder Justice Coalition
The mission of Buncombe Elder Justice Coalition (EJC) is to strengthen our community’s capacity to prevent and address elder abuse, neglect and exploitation quickly, effectively, and with respect.

The Experienced Workforce Initiative (EWI) of Western North Carolina
Supports and promotes the engagement of adults age 50+ in the volunteer and workforce continuum.

Family Caregiver Advisory Committee
This committee works on a regional level to establish partnerships with caregiver service providers, caregivers, and those who interact with caregivers to leverage resources and improve and expand resources and services for caregivers.

Home and Community Care

Block Grant Advisory Committee (HCCBG)
HCCBG makes grant recommendations to the Board of Commissioners regarding allocations of Home and Community Care Block Grant funding and County Supplemental Aging Funds.

Housing Options for Aging in Place
The mission of Housing Options for Aging in Place (HOAP) is that all older adults living in Buncombe County have the ability and choice to age in place in order to remain safe, well and engaged in their communities.

Social Bridging Project
The Social Bridging Project pairs older adults who feel isolated at home with trained volunteers who can provide conversation, training on use of technology, and referral to needed and desired resources.

WNC Broadband Project
The WNC Broadband Project aims to support communities interested in ensuring access to reliable, truly high-speed internet service.

WNC Fall Prevention Coalition
The WNC Fall Prevention Coalition strives to provide communities with descriptions of collaborative resources, including meetings, events, and resource list of local providers with the common goal of decreasing fall related injuries in WNC.
The Council on Aging of Buncombe County is grateful to the following organizations for their generous support:

- Deerfield
- Givens Estates
- Bank of America
- Parsec Financial
- Capstone Health Alliance
- Golden Oak Medicine
- Roberts & Stevens Attorneys at Law