AGING AGENCIES:
Provide a variety of services to help older adults and their caregivers maintain their independence and quality of life.

Region B – Buncombe, Henderson, Madison and Transylvania Counties. Provides information about and/or funds for in-home/ respite care options.

Council on Aging of Buncombe County ......................................................................... www.coabc.org .................. 277-8288
Henderson County Council on Aging ........................................................................ www.coahc.org .................. 692-4203
Madison County Department of Community Services .................................................. www.madisoncountync.org .................. 649-2722
Transylvania County Department of Social Services ....................................................... www.transylvaniacounty.org .................. 884-3174
Western Carolina Community Action ............................................................................. www.wcca.net .................. 884-3166

ADULT DAY PROGRAMS:
Adult day care centers are available to provide respite to caregivers and also to give loved ones, who need constant supervision, a safe and stimulating environment during the daytime. Programs in our area:

CarePartners Adult Day Services - Buncombe County ........................................ www.carepartners.org .................. 277-3399
68 Sweeten Creek Road, Asheville, NC 28803
Mon-Fri  7:30am - 6:00pm and Sat  9:00am - 5:00pm

CarePartners Adult Day Services - Henderson County .............................................. www.carepartners.org .................. 697-7070
114 College Drive, Flat Rock, NC 28731
Mon-Fri  7:30am - 5:30pm

CarePartners Adult Day Services - Transylvania County ........................................ www.trhospital.org .................. 884-2980
23 Medical Park Circle, Brevard, NC 28712
Mon-Fri  7:30am – 5:30pm

CarePartners PACE (Program of All-Inclusive Care for the Elderly) ......................... www.trhospital.org .................. 779-7223
PACE is a Medicare and Medicaid option that provides community-based care and services to people age 55 or older who otherwise might need to move to a skilled nursing facility. PACE was created as a way to provide frail elders the ability to remain living in their homes for as long as possible.

DayStay ......................................................................................................................... www.daystayasheville.com .................. 665-1575
35 Candler School Road, Candler, NC 28715
Mon-Fri  7:30am - 5:30pm

Jewish Family Services  Elder Day Club - Asheville .................................................. www.jcc-asheville.org .................. 253-2900
Two Doctors Park, Suite E, Asheville, NC 28801
Tuesday, Thursday  11:00am - 2:00pm

Jewish Family Services  Elder Day Club - Hendersonville ........................................ 253-2900
Agudas Israel Congregation, 505 Glassgow Lane, Hendersonville
Wednesdays
AGING LIFE CARE PROFESSIONALS:
An Aging Life Care Professional, also known as a geriatric care manager, is a health and human services specialist who acts as a guide and advocate for families who are caring for older relatives or disabled adults. The Aging Life Care Professional is educated and experienced in any of the several fields related to aging life care / care management, including, but not limited to nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and elder care.

Aging Advocates ................................................................. www.agingadvocates.com .................. 225-0790
Barbara McCampbell - Barbara@agingadvocates.com

Beth Lamb ................................................................. beth.lamb@msj.org .................. 883-5254

Council on Aging for Henderson County ........................................ www.coahc.org .................. 692-4203
Suzanne Sherrill - ssherrill@coahc.org

Holistic Elder Services .................................................. www.holisticelderservices.com ........ 595-9271
Karen Wolf from - Karen@holisticelderservices.com

Lisa Kauffman ................................................................. lisak561@bellsouth.net .................. 696-9799

Premier Care Navigation .................................................. www.premiercarenavigation.com .... 772-0002
Lisa Laney - lisa@premiercarenavigation.com

Senior Care Consulting .................................................. www.seniorcarewnc.com .................. 337-1776
Spike Gram - seniorcarewnc@gmail.com

Senior Care Management of Western North Carolina .......................... www.seniorcaremanagementwnc.com . 350-0579
Donna Nawrocki - seniorcaremanagementwnc@gmail.com

WNC Geriatric Care Management ........................................ www.wncgcm.com .................. 776-4269
Amy Fowler - amy@wncgcm.com

ALZHEIMER’S, DEMENTIA AND MEMORY IMPAIRMENT:

Alzheimer’s Association Western Carolina Chapter .......................... www.alz.org/northcarolina .......... (800) 272-3900
Support groups, education, caregiver hotline

Black Mountain Neuro-Medical Treatment Center .......................... www.bmcnc.org .................. 259-6700
Second-Stage Alzheimer’s Program, overnight respite services for dementia patients

MemoryCare ................................................................. www.memorycare.org .................. 771-2219
Clinical Services, Memory assessment, treatment, and support for memory-impaired individuals and their families. Caregiver Education Program - Lecture series designed to improve caregiver understanding of dementia care; no cost to enrolled MemoryCare caregivers. Educational materials on aging issues, dementia, and caregiving

Respite and case assistance for caregivers of persons with Alzheimer’s disease or other dementias, counseling
BLIND/LOW VISION SERVICES:
Assessment and assistance related to impairment of sight that may interfere with one's ability to function independently at home. Adaptive equipment and adaptation-related classes are available to eligible individuals. Must have a physician verify vision impairment. No cost.

In Henderson County, contact Department of Social Services ................................................................. 697-5500
In Buncombe County, contact Department of Social Services ................................................................. 250-5500
NC Services for the Blind - Buncombe ..................................................................................................... 251-6732
NC Services for the Blind - Transylvania ................................................................................................. 884-3174

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

DURABLE MEDICAL EQUIPMENT LOAN PROGRAMS:
Provide durable medical equipment such as walkers, canes, etc. on a loan basis to support independence.

Asheville Buncombe Community Christian Ministries (ABCCM) ................................................................ 259-5335
CarePartners Hospice Thrift Store ................................................................................................................ 274-8206
Hendersonville ............................................................................................................................................. 692-9005
Piney Mountain United Methodist Church .................................................................................................... 667-3031
Nativity Lutheran Church ............................................................................................................................. 684-0352 x116

ERRAND SERVICES:
Provide an array of services, which may include handyman, housecleaning, yardwork, shopping, and transportation. Private pay.
This list is not all-inclusive and providers change frequently.

Fusco Concierge Services .......................................................................................................................... www.fuscosconcierge.com ........................................ 774-5545
Geauxgirl ..................................................................................................................................................... www.geauxgirl.com .................................................. 335-9816
Good Neighbor Services ............................................................................................................................. www.goodneighborserviceswnc.com .................. 231-674
Its About Time .......................................................................................................................................... www.itsabouttimeweb.com ........................................ 273-1797

HEALTH INSURANCE INFORMATION:
SHIIP - The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance.

Council on Aging of Buncombe County ...................................................................................................... www.coabc.org .......................................................... 277-8288
For Buncombe, Henderson, and Transylvania Counties

Madison County Department of Community Services .................................................................................. 855-408-1212
HEARING SERVICES:
Advocacy, information, counseling, skills development and tools for Deaf, Hard of Hearing, Deaf-Blind and Speech-Impaired individuals and their families.

North Carolina Services for the Deaf and Hard of Hearing ........................................ Voice 665-8733 .................................. TTY 665-8737

IN-HOME ASSISTANCE AGENCIES:
In-Home Assistance Agencies can generally be divided into three types, Home Health Agencies, Home Care Agencies and Companion Agencies. It’s important to ask any agency to describe all of their services and programs to determine what might be appropriate for you.

HOME HEALTH AGENCIES:
Provide comprehensive home health services such as skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work and certified nursing assistants (CNA). They are generally Medicare-certified and usually also accept Medicaid as well as other insurances. Private pay arrangements are possible.

CarePartners - Buncombe County ................................................................. www.carepartners.org .................................. 277-4777
CarePartners - Henderson County ................................................................. www.carepartners.org .................................. 233-4777
Gentiva ........................................................................................................ www.gentiva.com .................................. 298-1370
Madison Home Care ................................................................................. www.hotspringshealth-nc.org ............. 649-2705
Nurse Next Door ....................................................................................... www.nursenextdoor.com .................. 424-8163
Pardee Home Care .................................................................................... www.pardeehospital.org .................. 692-1846
Park Ridge Home Health ........................................................................... www.parkridgehealth.org ............... 687-5261
Transylvania Regional Hospital Home Health ........................................... www.trhospital.org ......................... 883-5254

HOME CARE AGENCIES:
May provide skilled nursing services, but at least provide certified nursing assistants (CNA) to assist with personal care needs, such as bathing and dressing and the monitoring of vital signs. May also provide companion aides to assist with other needs, such as meal preparation and errands. May be Medicaid-certified and accept some private insurances as well as private pay.

Advantage Home Care ................................................................. www.advantagecares.com .................. 225-0810
Always Best Care Senior Services ................................................................. www.alwaysbestcare.com ............... 989-7263
A New Hope Home Care ........................................................................ www.anewhopehomecare.com .......... 255-4446
Banaltrum Private Duty Caregivers ............................................................... 251-0034
Bayada Nurses - Buncombe County ......................................................... www.bayada.com .................. 681-5100
Bayada Nurses - Henderson County ........................................................ www.bayada.com .................. 696-1900
BrightStar Lifecare ................................................................................ www.brightstar.com .................. 255-1733
Caring Hearts and Hands ........................................................................ www.caringheartsandhands.com .......... 333-5051
Comfort Keepers ....................................................................................... www.comfortkeepers.com ........... 687-1199
Compassionate Home Care .................................................................... www.compassionatehc.com .......... 696-0946
Griswold Home Care .............................................................................. www.griswoldhomecare.com .......... 348-1888
Home Carefree ......................................................................................... www.homecarefree.org ............... 277-1580
Home Helpers ......................................................................................... www.hendersonvillehomecare.com ....... 694-0000
Home Instead Senior Care ....................................................................... www.homeinstead.com ............. 274-4406
Homewatch Caregivers ................................................................. www.homewatchcaregivers.com .......... 676-1585
Interim HealthCare ................................................................. www.interimhealthcare.com/asheville..... 274-2082
Madison County Department of Community Services .............. www.madisoncountync.org ............. 649-2722
Madison Home Health & Hospice ............................................. www.hotspringshealth-nc.org .......... 649-2705
Maxim Healthcare ................................................................. www.maximhomecare.com ............... 299-4388
Mountain Home Care ............................................................ www.mountainhomecare.com .......... 684-6444
Premier Home Health Care .................................................. www.premierhomecareinc.com ........... 277-5950
ResCare .................................................................................. www.rescare.com ..................... 252-0891
Senior Matters Extended Services ....................................... www.toreshome.com ...................... 884-5007
Tore’s Home Care Services ................................................... www.toreshome.com ...................... 884-5007
T.L.C. For You, Inc. .................................................................. www.tlcforyouinc.com ............... 670-1379
Turning Point Services ........................................................ www.turningpointservicesinc.com ....... 296-0510
TRH Home Health Services .................................................. www.trhospital.org ...................... 883-5254
Visiting Angels ....................................................................... www.visitingangels.com .............. 665-3944

COMPANION AGENCIES:
Provide companion aides only to assist with non-medical needs such as meal preparation, errands, companionship, organizational tasks, etc. Private pay or private insurance. Many home care agencies have personal companions.

Seniors Helping Seniors ........................................................ www.seniorcareasheville.com ......... 236-0662
Serendipity Elder Services, Inc. .............................................. www.seniorcareasheville.com ......... 236-0662

HOSPICE AND PALLIATIVE CARE:
Contact these agencies for information about grief support groups also.

CarePartners Hospice and Palliative Care Services ................. www.carepartners.org ................. 251-0126
Four Seasons Compassion for Life ........................................ www.fourseasonscfl.org ............... 692-6178
Madison Home Care & Hospice .............................................. www.hotspringshealth-nc.org ........ 649-2705
Transylvania Regional Hospital Home Care & Hospice .......... www.hotspringshealth-nc.org ........ 649-2705
U.S. Department of Veteran’s Affairs .................................... www.asheville.va.gov .................. 298-7911

LEGAL ISSUES:

Adult Protective Services
Guardianships. Also investigates abuse, neglect and exploitation of disabled and/or older adults; call 24/7 to make a report.

Buncombe County Department of Social Services ................. 250-5800
Henderson County Department of Social Services .................. 697-5500
Madison County Department of Social Services ...................... 649-2721
Transylvania County Department of Social Services .............. 884-3174
Elder Law Attorneys
These Attorneys are certified by the National Association of Elder Law Attorneys. You may also find more attorneys who handle elder law in the yellow pages of your phone book or on the internet.

Nicole Applefield ................................................................. 255-7641
Andrew Atherton ................................................................. 254-8800
William Biggers ................................................................. 348-0068
Wendy Craig ........................................................................ 669-0799
Erica Erickson ..................................................................... 696-1811
James Goldsmith ................................................................. 696-0535
Larry Hartley ....................................................................... 258-0994
Caroline Knox ..................................................................... 697-6196
Kathleen Rodberg ................................................................. 254-8800
Carole Spainhour ................................................................. 255-1966

Legal Aid of NC ...................................................................... www.legalaidnc.org ............................................. 236-1080
Disability, SSI, Medicare appeals for low-income individuals

Pisgah Legal Services ............................................................. www.pisgahlegal.org .............................................. 253-0406
Help with basic needs of housing, disability, SSI, Medicare, and elder law

MEDICAL ALERTS/ALARMS:
Systems to provide quick and easy access to emergency assistance at the push of a button (necklace, bracelet, etc.) Charges average $35/month with one-time setup fee. Usually private pay; some programs offer payment plans or provide discounts for low-income clients. Available through AARP, hospitals, home care agencies. Check yellow pages under “Medical Alert”, also the Internet for additional systems.

Direct Link - Home Helpers (payment plans available) .................................................. 694-0000
Lifeline - Mission Hospital (subsidies available in some cases) ....................................... 213-4881
Lifeline - Pardee Hospital ........................................................................................................ 692-9061
Lifeline - Park Ridge Hospital .................................................................................................. 681-2153
Lifeline – Madison County Home Care & Hospice ................................................................. 649-2705
Lifeline – Transylvania Regional Hospital Home Care & Hospice ..................................... 883-5254
Link to Life - Home Medical Alert Systems, Inc. ................................................................. 645-6676
Simply Home ........................................................................ 684-8441
Solo Secure ........................................................................... www.solosecure.com ....855-385-SOLO (7656)

MEALS ON WHEELS:
Home delivered meals.

Council on Aging of Henderson County ........................................................................ 692-6693
Buncombe County, Meals on Wheels ............................................................................... 253-5286
Madison County- Madison County Department of Community Services .................... 649-2722
Transylvania County Meals on Wheels ............................................................................. 883-3743
MEDICAID:
Medicaid pays for Personal Care Services (PCS), a program that provides CNAs to assist with daily bathing, dressing and other tasks, and for the Community Alternatives Program (CAP), a more comprehensive in-home assistance service for persons at risk of placement in a nursing facility. One may apply for Medicaid at your local Department of Social Services (DSS). Subsidized In-Home Aide/Homemaker Services: CNAs or companion aides provide housekeeping, errands, companionship, and possibly bathing and other hands-on assistance through public funds for those who qualify. Waiting lists often exist.

Henderson County Department of Social Services ................................................................. 697-5500
Buncombe County Department of Social Services ............................................................... 250-5500
Madison County Department of Social Services ................................................................. 649-2711
Transylvania County Department of Social Services ......................................................... 884-3174

MEMORY CAFES:
A Social Gathering for Those with Memory Loss and their Friends & Families

The Memory Lane Cafe ......................................................................................................... 692-1262
Mud Creek Baptist Church, 403 Rutledge Drive, Hendersonville
Second Monday, 1 - 3 pm

SPECIAL NEEDS REGISTRY:
The Special Needs Registry provides vital information to emergency responders in the event of a 911 call and/or during a widespread disaster. This program is voluntary and individuals on the registry have the option to accept or deny assistance. If there is a disaster or emergency, those on the Special Needs Registry may be contacted, asked how they are doing, given information about shelters, or how to prepare or respond to the disaster.

Buncombe County Emergency Services .................................................................................. 250-6650
164 Erwin Hills Road, Asheville

Henderson County Emergency Management ....................................................................... 697-4728
211 First Avenue East, Hendersonville

Madison County Emergency Operations Center - Attn. Special Needs .............................. 649-3611
158 Health Care Lane, Marshall

Transylvania County Emergency Services - Attn. Special Needs .......................................... 884-3108
155 Public Safety Way, Brevard
SUPPORT GROUPS - BUNCOMBE COUNTY:

Asheville

Alzheimer’s Association, Western Carolina Chapter
Help and support for family caregivers dealing with Alzheimer’s or related dementia. All are welcome.  253-4437
Aston Park Health Care Center
380 Brevard Road, Asheville
Second Tuesday, 6pm
CarePartners PACE  808-3606
286 Overlook Road, Asheville
Second Wednesday
LGBT Alzheimer’s Caregiver Support Group  277-5950
1550 Hendersonville Road, Asheville
Call for information

ALS (Lou Gehrig’s disease) Caregiver Support Group  775-1270
UCC Church, 20 Oak Street, Asheville
Fourth Wednesday, 6-7:30pm. For information, contact Pamela Brown

Aphasia Support Group  684-9619
For information, contact Edna Tipton

Cancer Support Group for Caregivers  776-4918
Jubilee, 46 Wall Street, Asheville
Mondays, 11am-12noon. For information, contact Steve Royster

Caring for Aging Parents Education and Support  277-8288 or 213-4542
1 Hospital Drive, Room 4402 (formerly 445 Biltmore Bldg.). Enter building from level 4 of the parking deck. Walk past elevators and Room 4402 is on left before bridge to St. Joseph campus.
Third Monday, 5-6:30pm

CarePartners - Caregivers Support Group  277-3399
CarePartners Adult Day Services, 68-A Sweeten Creek Road, Asheville
Third Wednesday, 3:30-5:30pm. For information, contact Sandy Norbo.

CarePartners Asheville Stroke Support Group  274-9567, ext 4314
CarePartners Seymour Auditorium, 68 Sweeten Creek Road, Asheville
Second Thursday, 12:15-1pm. For information, contact Robin Smith.

CarePartners - Parkinson’s Support Group  277-4886
105 Fairview Rd, beside CarePartners Hospice Treasures.
First Tuesday, 10:30am-12pm. For information, contact Lisa Laney.

CarePartners Bereavement Support Groups  251-0126

CarePartners Spinal Cord Injury Group  274-2400 ext 6240
Rehab Building on CarePartners Main Campus (for patients and caregivers)
Third Thursday, 11am. For information, contact Pamela Griffin.
Kinship Caregiver Support Group 350-5197
For grandparents and other older relatives who are raising children. For information, contact the Kinship Family Coordinator at The Blair Foundation.

LGBT Caregivers Support Group 277-5950
1550 Hendersonville Road, Suite 210, Asheville
Third Wednesday, 6pm

Memory Caregivers Network 230-4143 or 301-0740
New Hope Presbyterian Church, 3070 Sweeten Creek Road, Asheville
Third Tuesday, 1-3pm

MS Support Group 684-2453
Basement of Grove Arcade
First Thursday, 6-8pm

NAMI Western Carolina 505-7353
Offers support, education, advocacy for families and persons with schizophrenia, bipolar disorder, depression or an anxiety disorder.
356 Biltmore Avenue, Suites 207/315, Asheville
First Saturday, 10am and Second Tuesday, 6pm

Black Mountain

Memory Loss Caregivers of East Buncombe 230-4142 or 301-0740
Highland Farms Retirement Community, Lounge Rm. 3, lower level, in the J-K entrance to the Brookside Building.
Second Tuesday, 9:30-11:30am

Woodfin

Memory Caregivers Network 230-4143 or 301-0740
Woodfin YMCA, 40 N. Merrimon Avenue, Suite 101, Woodfin
Fourth Tuesday, 1-3pm

Candler

Memory Caregivers Network 230-4143 or 301-0740
Pisgah Valley Retirement, Community Center, 6 Rhododendron Way, Candler
Second Thursday, 1-3pm

SUPPORT GROUPS - HENDERSON COUNTY:

Fletcher

Memory Caregivers Network Fletcher Group 230-4143 or 301-0740
Fletcher Seventh Day Adventist Church, 1141 Howard Gap Road
First Tuesday, 1-3pm
Hendersonville

Alzheimer’s /Dementia Caregiver Support Group
First United Methodist Church, 204 6th Avenue West, Hendersonville
Third Tuesday, 3:30-5pm

CarePartners Adult Day Services at Pardee Support Group
114 College Drive, Flat Rock
Last Tuesday, 3-4:30pm

Four Seasons Compassion for Life
Call for information.

Mud Creek Baptist Church
For Caregivers and spouses with mild dementia
403 Rutledge Drive, Hendersonville
Every Thursday, 1:30-3:15pm (Pre-registration required)

SUPPORT GROUPS - TRANSYLVANIA COUNTY:

Brevard

Alzheimer’s /Dementia Caregiver Support Group
CarePartners Adult Day Services, 23 Medical Park Drive, Brevard
Fourth Thursday, 5:30-7:30pm. For information, contact Kathe Harris.

Brevard-Hendersonville Parkinson’s Support Group
Brevard-Davidson River Presbyterian Church, South Main Street, Brevard
Second Tuesday (except June and August) 10am

Brevard Caregiver Support Group
Cornerstone Presbyterian Church, 645 Bert Lane Road, Brevard
First and Third Mondays, 10am-12noon

TELEPHONE REASSURANCE:
Calls made to homebound persons, or persons at home call central location to check in, with the goal of ensuring health and safety. No cost.

Buncombe County Sheriff's Department
Henderson County Sheriff’s Department
Madison County Sheriff’s Department
Mars Hill Police Department
Brevard Police Department
Transylvania County Sheriff’s Department
TRANSPORTATION:
Check the yellow pages for taxi services in your area. (Usually need advance notice)

Apple Country Transportation (Henderson County) ......................................................... 698-8571
Asheville Transportation System .................................................................................. iride@ashevillenc.gov .......... 253-5691
Buncombe County Department of Social Services ................................................. www.buncombecounty.org............. 250-5863

Medical transportation (Medicaid only)
Council on Aging of Buncombe County, Inc. ..................................................... www.coabc.org ......................... 277-8288
Call-A-Ride program: medically necessary, volunteer transportation on donation basis with prior appointment (one week notice requested)

David’s Transportation .......................................................................................... www.cesarfamilyservices.com ....... 505-1394
Transportation to medical appointments, airport, church, and casino; medication and grocery delivery

Madison County Department of Community Services (Transportation) ......................... 649-2219

Medical Emergency Ambulance ........................................................................ www.medicstation28.com .......... 684-0287
Bed-confined patients

Mountain Mobility .................................................................................................. www.buncombecounty.org ............ 250-6750
Transportation in handicap accessible vehicle to medical appointments, grocery, and retail, as well as multipurpose trips within Buncombe County; free city bus passes available for qualified individuals age 65 and over

RIDE program – Mountain Mobility ................................................................... www.buncombecountyride.com .... 250-6750 ext 5
A curb-to-curb subsidized transportation program that allows disabled residents to purchase private transportation provider services at a significant discount

Out n’ About ............................................................................................................. 712-7259
Local, long distance, and overnight travel; assistance with transfers and personal care, wheelchair transport

Round a Bout Transportation ........................................................................ roundaboutwnc.com ................. 253-0057
7 days a week with advance notice, wheelchair transport

Transylvania Medicaid Transportation ........................................................................ 884-3283
Medicaid Medical only

Transylvania County Transportation ............................................................................. 884-3203

VETERANS SERVICES:
The Veterans’ Administration (VA): May have funds available to assist veterans in obtaining home care or respite care. Eligibility may be based on factors such as military service history and income.

Charles George Department of Veterans Affairs Medical Center ......................... 298-7911
1100 Tunnel Road, Asheville, NC 28805-2087
Buncombe County Veterans Service Officer, Rick Jones, Walton Ward............ Richard.jones@buncombecounty.org... 250-5726
199 College St., Asheville, NC 28801-3016
Walter Ward, Walton.ward@buncombecounty.org
Fax 250-5955

Henderson County Veterans Service Officer, Michael A. Murdock.................. mmurdock@hendersoncountync.org.... 697-4817
1200 Spartanburg Hwy., Ste 200, Hendersonville, NC 28792-5840
Fax 698-6158

Transylvania County Veterans Service Officer, Frank A. Pearsall..................veterans.service@transylvaniacounty.org....... 884-3276
203 E. Morgan St., Suite 237, Brevard, NC 28712-3752

Madison County is served from the District 12 Office, Edward G. Padgett...... epncdva12@bellsouth.net ................. 646-6937
120 Main St., Canton, NC 28716-4439
Fax 646-3486

The National Caregiver Support Line Toll-Free number for veterans ................................................................. 1-855-260-3274

VOLUNTEER SERVICE PROGRAMS

North Carolina Baptist Aging Ministry.............................................................. www.ncbam.org ......................... 1-877-506-2226
Sistercare ............................................................................................................ www.sistercarewnc.weebly.com ........ 808-9082

WEBSITES FOR CAREGIVERS:

www.aarp.org/home-family/caregiving - Caregiving resource center. Information, tools and tips for caregivers
www.agingcare.com - Articles and discussion groups about caregiving
www.alzheimers.gov - Information and resources about Alzheimer’s disease and related dementias
www.alzheimersnavigator.org - Information for caregivers of persons with dementia
www.benefitscheckup.org/ - Check on benefits your loved one may be entitled to
www.caregiver.com - Articles on caregiving and weekly e-newsletter on caregiving issues
www.caregiver.org - Family Caregiver Alliance/National Center on Aging. Reports and online support groups
www.caregiveraction.org - Caregiving information and resources
www.caregiverstress.com - Caregiver articles and videos from Home Instead Senior Care
www.caregiver.va.gov - Caregiver support for veterans
www.caring.com - Senior care reviews and resources
www.eldercare.gov - From the U.S. Administration on Aging. Connects older adults to services in their community
www.lgbtagingcenter.org - Caregiver support for LGBT aging
www.nextstepincare.org - Information about hospitalization and after discharge
www.wellspouse.org - Support for spousal caregivers, providing peer support and education
If you need information about available senior or community services, call 2-1-1. For additional information about services outside Region B, call the Elder Locator at 1-800-677-1116.

This list is not inclusive and does not constitute an endorsement, referral or statement of qualification. Users of this list should determine for themselves the qualifications of any service prior to utilizing the service.

The Caregiver Resources Directory is provided to you by the Land of Sky Regional Council’s Family Caregiver Support Program.

The National Family Caregiver Support Program (NFSCP) was established to help family and informal caregivers care for their loved ones at home for as long as possible. At Land of Sky, we help caregivers residing in Buncombe, Henderson, Madison, and Transylvania counties by providing them with:

• Information to connect them with the right resources
• Referrals for counseling, support groups, and educational programs
• Financial assistance for respite (short-term relief)
• Short term and one time only services

Land of Sky Regional Council is a multi-county, local government, planning and development organization. We reach across county and municipal borders providing technical assistance to local governments and administer projects and programs which benefit our region’s citizens.

Land of Sky’s mission is to provide creative regional solutions to relevant and emerging issues in Buncombe, Henderson, Madison, and Transylvania counties while providing a standard of excellence in the delivery of federal, state, and regional services for our member communities.

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Family Caregiver Support Program
Provides information, education, respite and other support to people caring for a frail older adult.