Taking Care of the Caregiver

Self-Care Tips

This may be the most important page of this directory. Being a caregiver can have significant health consequences if you don’t take care of yourself. One reason for poor health outcomes for caregivers is lack of Self-Care and/or finding Respite so the caregiver can get a break. Here are some thoughts to get you started.

1. Ask for Help
For many of us this is not easy. We come from hardy stock and we believe asking for help is a weakness. No one person has all the skills and energy to care for someone else. Caregiver survival depends on reaching out. We are a community and caring for each other is our greatest strength. Tap into that and ask.

2. Allow Yourself to Feel the Good, the Bad and the Beautiful
You will have lots of feelings from resentment to anger to love to grace. Letting these feelings out through talking to a good friend, going to a support group, writing or whatever works, will increase your well-being and improve your coping skills. And the less guilt you will experience. Being kind to yourself will help you be kinder to your loved one.

3. Take a Deep Breath
A simple thing, but one that has great power. When your loved one asks you the same question for the 10th time, experience your irritation and then let it out with a deep breath before you speak.

4. Make a Self-Care List
Create a list of all the things and people you love. Start writing down one thing you can do this week, just for yourself. List one person you can call and talk with this week. Do one thing you love. Keep making these lists.
## TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agencies Specializing in Caregiver Needs</td>
<td>6</td>
</tr>
<tr>
<td>Adult Day Programs</td>
<td>6 - 7</td>
</tr>
<tr>
<td>Aging Life Care Professionals</td>
<td>7</td>
</tr>
<tr>
<td>Alzheimer’s, Dementia, Memory Impairment</td>
<td>7 - 8</td>
</tr>
<tr>
<td>Blind/Low Vision Services</td>
<td>8</td>
</tr>
<tr>
<td>Dental Services</td>
<td>8</td>
</tr>
<tr>
<td>Driving Issues</td>
<td>8</td>
</tr>
<tr>
<td>Durable Medical Equipment Loan Programs</td>
<td>8-9</td>
</tr>
<tr>
<td>Errand Services</td>
<td>9</td>
</tr>
<tr>
<td>Health Insurance Information</td>
<td>9</td>
</tr>
<tr>
<td>Hearing Services</td>
<td>9</td>
</tr>
<tr>
<td>Homebound Library Services</td>
<td>9</td>
</tr>
<tr>
<td>Home Health, Home Care, Companion Agencies</td>
<td>10 - 11</td>
</tr>
<tr>
<td>Hospice and Palliative Care Services</td>
<td>11</td>
</tr>
<tr>
<td>Legal Services</td>
<td>11-12</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>12</td>
</tr>
<tr>
<td>Medical Alerts/Alarms</td>
<td>12</td>
</tr>
<tr>
<td>Medicaid</td>
<td>13</td>
</tr>
<tr>
<td>Memory Cafes</td>
<td>13</td>
</tr>
<tr>
<td>Mental Health</td>
<td>13</td>
</tr>
<tr>
<td>Respite Grants</td>
<td>13</td>
</tr>
<tr>
<td>Special Needs Registry</td>
<td>13 - 14</td>
</tr>
<tr>
<td>Support Groups</td>
<td>14 - 16</td>
</tr>
<tr>
<td>Telephone Reassurance</td>
<td>16</td>
</tr>
<tr>
<td>Transportation</td>
<td>16 - 17</td>
</tr>
<tr>
<td>Veterans Services</td>
<td>17 - 18</td>
</tr>
<tr>
<td>Volunteer Service Programs</td>
<td>18</td>
</tr>
<tr>
<td>Websites for Caregivers</td>
<td>18 - 19</td>
</tr>
</tbody>
</table>
This Directory is a listing of known resources for the convenience of caregivers and does not constitute endorsement, recommendation or favoring of an entity by the Family Caregiver Support Program.

AGENCIES SPECIALIZING IN CAREGIVER NEEDS:
Provide a variety of services to help older adults & their caregivers maintain their independence & quality of life.

Covers 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 ..................... https://www.coabc.org/ ........................................ 277-8288
Henderson County Council on Aging .................. http://coahc.org/ .................................................. 692-4203
Madison County Department of Community Service
https://www.madisoncountync.gov/departments.html ................................................................. 649-2722
Transylvania County Department of Social Services Council on Aging
https://www.transylvaniacounty.org/index.php/departments/social-services .................................. 884-3174
Western Carolina Community Action ....................... http://www.wcca.net/ ........................................ 884-3166

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

CarePartners Adult Day Services –
Buncombe County ........ https://missionhealth.org/services-treatments/adult-care/ ....................... 277-3399
68 Sweeten Creek Road, Asheville, NC 28803 -- Mon-Fri 7:30am – 5:30pm and Sat 9:00am - 5:00pm

Club CarePartners ................................................................. 277-4791
Meets 3 days a week on CarePartners’ Sweeten Creek Campus for people with Mild Cognitive Impairments

CarePartners Adult Day Services –
Henderson County .......... https://missionhealth.org/services-treatments/adult-care/ ...................... 697-7070
114 College Drive, Flat Rock, NC 28713 – Mon-Fri 7:30am – 5:30 pm

CarePartners Adult Day Services –
Transylvania County .......... https://missionhealth.org/services-treatments/adult-care/ .................... 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 ........................................ 779-7223
PACE is a Medicare, Medicaid and Private Pay 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. 286 Overlook Road, Asheville, NC

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

Two Doctors Park, Suite E, Asheville, NC 28801 -- Tuesday, Thursday 11:00am - 2:00pm

Jewish Family Services Elder Day Club – Hendersonville http://www.jfswn.org/elder-day-club/ .. 253-2900
Agudas Israel Congregation, 505 Glassgow Lane, Hendersonville – Wednesday 11:00am-2:00pm

AGING LIFE CARE PROFESSIONALS:
An Aging Life Care Professional, also known as a geriatric care manager, is a health & human services specialist who acts as a guide & advocate for families who are caring for older relatives or disabled adults. The Aging Life Care Professional is educated & 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 & elder care.


Holistic Elder Services .......................................................... http://www.holisticelderservices.com/ ............. 595-9271
Karen Wolfrom - Karen@holisticelderservices.com

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

Premier CareNavigation ....................................................... https://premiercarenavigation.com/ ............... 772-0002
Lisa Laney - lisa@premiercarenavigation.com

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

ALZHEIMER’S, DEMENTIA AND MEMORY IMPAIRMENT:
Alzheimer’s Association Western Carolina Chapter ...... https://www.alz.org/northcarolina .................(800) 272-3900
Support groups, education, caregiver hotline

Black Mountain Neuro-Medical Treatment Center..
https://www.ncdhhs.gov/divisions/dsohf/black-mountain-neuro-medical-center ............................. 259-6700
Overnight respite services for dementia patients at Greenwood Inn.
MemoryCare .......................................................... http://memorycare.org/ ............................................. 771-2219
Clinical Services, Memory assessment, treatment, and support for memory-impaired individuals and their families. Physician referral needed. 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.

Project C.A.R.E.  
(Caregiver Alternatives to Running on Empty) ... http://www.landofsky.org/projectcare.html ........... 251-7432
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 ................................................................. 884-3174

DENTAL SERVICES:

A-B Tech Allied Dental Clinic .......................................................... kpruett@abtech.edu ............................................. 250-9339
Blue Ridge Health Clinic – Hendersonville ........................................................................................................ 692-4289
Blue Ridge Health Clinic – Brevard .................................................................................................................. 883-5525
Dental Lifeline Network – North Carolina ........................................................................................................ 877-650-9001
Minnie Jones Health Center (MJHC) .............................................................................................................. 285-0622
UNC School of Dentistry ............................................................................................................................... 919-537-3737

DRIVING ISSUES:

CarePartners Health Services .... https://missionhealth.org/member-hospitals/carepartners/ ........... 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.

Advanced Home Care .................................................................................................................................... 285-0239
Asheville Buncombe Community Christian Ministries (ABCCM) ............................................................... 259-5335
Beacon of Hope in Madison County ................................................................. 649-3470
CarePartners Hospice Thrift Store ................................................................. 274-8206
Hendersonville Medical Loan Closet .............................................................. 692-9005
Piney Mountain United Methodist Church .................................................... 667-3031
Nativity Lutheran Church .............................................................................. 684-0352 x116
Silvermont Opportunity Center in Brevard .................................................... 884-3166

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 ............................................................................ http://fuscosconcierge.com/ ................................. 774-5545
Geauxgirl ........................................................................................................ http://geauxgirl.com/ .................................. 335-9816
Good Neighbor Services ................................................................................ http://www.goodneighborserviceswnc.com/ .......... 231-6741

HEALTH INSURANCE INFORMATION:

SHIIP - The Seniors’ Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries & caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance.

Council on Aging of Buncombe County .................................................... http://www.coabc.org/ ........................................ 277-8288
For Buncombe and Henderson Counties

Madison County Department of Community Services ............................ http://www.madisoncountync.gov/community-services.html .... 855-408-1212

Transylvania County SHIIP NC Extension Service ....................................... 884-3109
106 E Morgan Street, Brevard. NC -- Elaine Deppe, SHIIP Coordinator

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

HOMEBOUND LIBRARY SERVICES:

Henderson County Library ............................................................................. 697-4725
Transylvania County Library ........................................................................... 884-3151 x1825
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 & certified nursing assistants (CNA). They are generally Medicare-certified & usually also accept Medicaid as well as other insurances. Private pay arrangements are possible.

CarePartners – Buncombe/Madison Counties ........................................... www.carepartners.org ........................................ 277-4777
CarePartners - Henderson County ......................................................... www.carepartners.org ........................................ 233-4777
CarePartners – Transylvania County ..................................................... www.carepartners.org ........................................ 883-5254
Encompass ............................................................................................... http://www.encompasshealth.com/ 894-8296
Kindred Healthcare .................................................................................... www.kindredhealthcare.com 298-1370
Madison Home Care .................................................................................. www.hotspringshealth-nc.org 649-2705
Pardee Home Care ..................................................................................... www.pardeehospital.org 692-1846
Park Ridge Home Health ............................................................................ www.parkridgehealth.org 687-5261

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 ............................................................................... http://www.advantagecares.com/ 888-350-5397
Always Best Care Senior .......................................................................... www.alwaysbestcare.com 989-7263
A New Hope Home Care ............................................................................. www.anewhopehomecare.com 255-4446
Banaltrum Private Duty ............................................................................. 888-878-9295
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
Interim HealthCare ................................................................................... www.interimhealthcare.com/asheville 274-2082
Madison County Department of Community Services www.madisoncounty.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
Nurse Next Door .......................................................... www.nursenextdoor.com .................................................. 424-8163
Premier Home Heal ....................................................... www.premierhomecareinc.com ......................................... 277-5950
ResCare ................................................................. www.rescare.com ........................................................... 252-0891
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
Visiting Angels ............................................................ www.visitingangels.com/Asheville ......................................... 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 ................................................. http://seniorcareasheville.com/ ........................................ 236-0662
Serendipity Elder Services, Inc. ........................................... ............................................................................. 335-9688

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

CarePartners Hospice & Palliative Care Services www.carepartners.org ..................................................... 251-0126
Four Seasons Compassion for Life www.fourseasonscfl.org ......................................................... 692-6178
Madison Home Care & Hospice https://www.hotspringshealth-nc.org/ .............................................................. 649-2705
Charles George Department of Veteran’s Affairs Medical Center www.asheville.va.gov ..................................................... 298-7911

LEGAL SERVICES:

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 members of 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.
Andrew Atherton ................................................................. 254-8800
Brian Lawler ................................................................. 258-2991
Carole Spainhour ............................................................ 255-1966
Caroline Knox ............................................................... 697-6196
Erica Erickson ............................................................... 696-1811
Heather Whitaker Goldstein ........................................... 258-2991
James Goldsmith ........................................................... 696-0535
Kathleen Rodberg ......................................................... 254-8800
Larry Hartley ................................................................. 258-0994
William Biggers ............................................................ 348-0068
Wendy Craig ................................................................. 669-0799

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

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

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)
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
Transylvanıa County Department of Social Services ........................................................... 884-3174

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

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

MENTAL HEALTH: (May need a physician referral)

Mission Hospital Copestone .................................................................................................. 213-1111
Park Ridge Hope Behavioral Health Services ......................................................................... 681-2271
NAMI ................................................................................................................................. 505-7353
VAYA Health ........................................................................................................................ 800-849-6127

RESPITE GRANTS:
Respite grants provide relief to unpaid caregivers. Funding is limited, and grants are awarded only when funds are available and eligibility requirements are met.

Family Caregiver Program .................................................................................................... 251-7441
Project C.A.R.E .................................................................................................................. 251-7432
Lifespan Respite NC .............................................................................................................. 265-5434 x139

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
15 Public Safety Way, Brevard

SUPPORT GROUPS - BUNCOMBE COUNTY:

Asheville

Alzheimer's Association, Western Carolina Chapter, Support Group at CarePartners PACE 808-3603
Help and support for family caregivers dealing with Alzheimer’s or related dementia. All are welcome.
286 Overlook Road, Asheville -- Second Wednesday, 6:00 pm

ALS (Lou Gehrig’s disease) Caregiver Support Group ............................................ 877-257-7401 x703
Earthfare in West Asheville, 66 Westgate Pkwy, Asheville -- Second Saturday, 12:30-2:00 pm

Aphasia Support Group .......................................................................................... 684-9619
Grace Covenant Presbyterian Church, 789 Merrimon Ave, Asheville -- Mondays, 10am – 12:00

Bereavement Support Groups – CarePartners ................................................................ 251-0126

Brain Injury Support Group .................................................................................... 337-0208
CarePartners Rehab Hospital, Family Conference Room, 68 Sweeten Creek Road, Asheville
1st and 3rd Wednesdays of the month from 4-5pm

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

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

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.
MemoryCaregivers Network .......................................................... 230-4143 or 301-0740
New Hope Presbyterian Church, 3070 Sweeten Creek Road, Asheville -- Third Tuesday, 1:00-3:00pm

NAMI Western Carolina ............................................................ www.namiwnc.org ................................................................. 505-7353
Offers support, education, advocacy for families and persons with schizophrenia, bipolar disorder, depression or an anxiety disorder. Call for details.

Parkinson’s Support Group – CarePartners .......................................................... 978-729-3356
Groce United Methodist Church, 954 Tunnel Road, Asheville -- First Tuesday, 10:30am-12pm.
For information, contact Beth Pape.

Stroke Support Group ............................................................... 274-9567 ext 41101
CarePartners Seymour Auditorium, 68 Sweeten Creek Road, Asheville -- Second Thursday, 12:15-1pm.
For information, contact Robin Smith.

West Buncombe Caregivers .......................................................... 230-4143 or 301-0740
Pisgah Valley Retirement, Community Center, 6 Rhododendron Way, Candler, Second Thursday, 1:00-3pm

Black Mountain

Memory Loss Caregivers of East Buncombe .......................................................... 230-4143 or 301-0740
Highland Farms Retirement Community, 200 Tabernacle Rd., Black Mountain, Lounge Rm. 3, lower level, in the J-K entrance to the Brookside Bld -- Second Tuesday, 9:30-11:30am

Woodfin

MemoryCaregivers Network .......................................................... 230-4143 or 301-0740
Woodfin YMCA, 40 N. Merrimon Avenue, Suite 101, Woodfin -- Fourth Tuesday, 1:00-3pm

SUPPORT GROUPS - HENDERSON COUNTY:
Fletcher

MemoryCaregivers Network Fletcher Group .......................................................... 230-4143 or 301-0740
Fletcher Seventh Day Adventist Church, 1141 Howard Gap Road -- First Tuesday, 1:00-3pm

Hendersonville

Alzheimer’s /Dementia Caregiver Support Group .......................................................... 696-9799
First United Methodist Church, 204 6th Avenue West, Hendersonville -- Third Tuesday, 3:30-5pm

CarePartners Adult Day Services at Pardee Support Group .......................................................... 697-7070
114 College Drive, Flat Rock -- Last Tuesday, 3:00 – 4:30 PM
Four Seasons Compassion ................................................................. https://www.fourseasonscfl.org/ .................................................. 692-6178
Call for information.

Mud Creek Baptist Church Caregiver Support …………………………………………………………………………… 692-6383
For Caregivers and spouses with mild dementia 403 Rutledge Drive, Hendersonville – Contact Patty
Every Thursday, 1:30-3:15pm (Pre-registration required)

Seeds of Hope – Chronic Condition Support Group… http://www.holisticelderservices.com/ …………… 693-4890
Grace Lutheran Church, 1245 6th Ave W., Hendersonville -- Second Thursday, 1-3 PM

SUPPORT GROUPS - TRANSYLVANIA COUNTY:
Brevard

Alzheimer’s /Dementia Caregiver Support Group …………………………………………………………………….. 862-6970
CarePartners Adult Day Services, 23 Medical Park Drive -- Fourth Thursday, 5:30-7:30pm.
For information, contact Kathe Harris.

Brevard-Hendersonville Parkinson’s Support Group ………………………………………………………………… 693-8715 or 685-7673
Brevard-Davidson River Presbyterian Church, Brevard -- Second Tuesday (except June and August) 10am

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 …………………………………………………………………………………. 250-4492
Henderson County Sheriff’s Department ………………………………………………………………………………… 697-4915
Madison County Sheriff’s Department …………………………………………………………………………………… 649-2721
Mars Hill Police Department ………………………………………………………………………………………………… 689-2301
Brevard Police Department ……………………………………………………………………………………………….. 883-2212
Transylvania County Sheriff’s Department ……………………………………………………………………………… 884-3168

TRANSPORTATION:
Check the yellow pages for taxi services in your area. (Usually need advance notice)

Apple Country Transportation (Henderson County) ……………………………………………………………………… 698-8571
Asheville Transportation ……………………………………………………………………………………………………… 259-5405
Asheville Transit ………………………………………………………………………………………………………………… 259-5405
Buncombe County Government …………………………………………………………………………………………… 250-5863
Medical transportation
Council on Aging of Buncombe County, Inc. ............................................. https://www.coabc.org/call-a-ride ...................................................... 277-8288
Call-A-Ride program: medically necessary, volunteer transportation on donation basis with prior appointment (one week notice requested)

Non-Emergency Medicaid Transportation ........................................... http://www.landofsky.org/trc.html .................................................. 552-5486
Medicaid is required to assure transportation to medical appointments for all eligible individuals who need and request assistance with transportation. Medicaid only pays for the least expensive means suitable to the recipient’s needs.

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

Madison County Department of Community Services .......................................................... 649-2219

MEDIC - Medical Emergency Ambulance ........................................... http://medic-ems.org/contact/ ......................................................... 684-0287
Bed-confined patients

Mountain Mobility ..................................................................................... http://www.landofsky.org/mm.html .................................................. 250-6750
Transportation in handicap accessible vehicle to medical appointments, grocery, and retail, as well as multipurpose trips within Buncombe County.

RIDE Program ......................................................................................... http://www.landofsky.org/mm.html .................................................. 250-6750
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 ............................................................................................................. 237-4000

Transylvania Medicaid Transportation ................................................ http://www.landofsky.org/mm.html .................................................. 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 Officers  
Walton Ward ........................................ walnut.ward@buncombecounty.org  
Sherry Manning ........................................ sherry.manning@buncombecounty.org  
Heath Smith ........................................ heath.smith@buncombecounty.org  
40 College St., Asheville, NC 28801

Henderson County Veterans Service Officer  
https://www.hendersoncountync.gov/county/page/veterans-services ........................................ 697-4817  
Mike Murdock ........................................ mmurdock@hendersoncountync.org  
1200 Spartanburg Hwy., Ste 200, Hendersonville, NC 28792-5840

Transylvania County Veterans Service Officer  
http://www.transylvaniacounty.org/departments/veterans-services  
Frank A. Pearsall ........................................ veterans.service@transylvaniacounty.org ........ 884-3276  
106 E. Morgan St., Suite 237, Brevard, NC 28712-3752

Madison County Veterans Service Officer  
https://www.madisoncountync.gov/veterans-services-office.html  
Edwina Craig ........................................ ecrraig@madisoncountync.gov .................. 649-2722  
Madison County Department of Community Services, 462 Long Branch Road, Marshall, NC 28753

NC SERVES – Western ........................................ https://western.americaserves.org/ ........ 855-WNC-VETS

Veterans Administration Caregiver Support for Veterans .... https://www.caregiver.va.gov/

The National Caregiver Support Line Toll-Free Number for Veterans ........................................ 855-260-3274

VOLUNTEER SERVICE PROGRAMS


WEBSITES FOR CAREGIVERS:

Local:
Aging Projects ........................................ https://agingprojectsinc.org/  
Family Caregiver Program ................................ http://www.landofsky.org/fcsp.html  
MemoryCare ........................................ http://memorycare.org/

18 | P a g e  O c t o b e r  2 0 1 8
National:
https://www.aarp.org/caregiving/ -- Caregiving resource center. Information, tools and tips for caregivers
https://www.agingcare.com/ -- Articles and discussion groups about caregiving
https://www.alzheimers.gov/ -- Information and resources about Alzheimer’s disease and related dementias
https://www.alzheimersnavigator.org/ -- Information for caregivers of persons with dementia
https://www.benefitscheckup.org/ -- Check on benefits your loved one may be entitled to have
https://caregiver.com/ -- Articles on caregiving and weekly e-newsletter on caregiving issues
https://www.caregiver.org/ -- Family Caregiver Alliance/National Center on Aging. Reports & online support groups
http://www.caregiveraction.org/ -- Caregiving information and resources
https://www.caregiverstress.com/ -- Caregiver articles and videos from Home Instead Senior Care
https://www.caregiver.va.gov/ -- Caregiver support for veterans
https://www.caring.com/ -- Senior care reviews and resources
https://eldercare.acl.gov/Public/Index.aspx -- From the U.S. Administration on Aging. Connects older adults to services in their community
https://www.lgbtagingcenter.org/ -- Caregiver support for LGBT aging
https://www.nextstepincare.org/ -- Information about hospitalization and after discharge
https://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 that 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.
Family Caregiver Support Program

Area Agency on Aging

Provides information, education respite and other support to people caring for frail older adults and grandparents raising grandchildren.

339 New Leicester Hwy., Suite 140
Asheville, NC 28806
p: 828.251.6622
f: 828.251.6353
www.landofsky.org