

Resources for People with Memory/Cognitive Problems & Their Families Caledonia, Essex and Orleans Counties of Vermont

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For corrections/updates contact Nancy Oakes at (802) 748-5182 or email noakes@nekcouncil.org

Senior HelpLine and the NEK Council on Aging

- Senior HelpLine: 1-800-642-5119 or 802-748-5182 or 802-334-2190 / www.NEKCouncil.org

Alzheimer's Association

- Alzheimer's Association 24/7 Helpline: 1-800-272-3900 / www.alz.org
- Alzheimer's and Dementia Caregiver Center: www.alz.org/care
- Alzheimer's Association/Vermont Chapter: 1-802-316-3839 / www.alz.org/vermont/

Education and Support Groups

- **Alzheimer's Support Groups:**
St J at NVRH Conference Rm 224 Last Monday each Month, 6 p.m. For info call Pam 748-5182.
Morrisville at Lamoille Home Health, Third Thursday of Month, 4 p.m. , Call Oona at 888-4651
Newport at North Country Hospital Rm. 220, 4th Tues. each Mo., 6:30 – 8 p.m. 802-673-9499
Online Support Groups at <https://www.alzconnected.org/>
Telephone Support Group for People Living with Dementia, For information call Alzheimer's Association/Vermont Chapter at 1-802-316-3839 or 24/7 Helpline 1-800-272-3900.
Telephone Support Group for Caregivers of Persons with Dementia, For information call Alzheimer's Association 24/7 Helpline at 1-800-272-3900.
- **Parkinson's Support Group:** NVRH (check monitor for where), 3rd Friday of Mo., 10:30-Noon
- **St J Traumatic Brain Injury Support Group, St Johnsbury at Grace United Methodist Church, 36 Central St.**, 3rd Weds of Each Month, 1 p.m. For info call Tom at 888-2180
- **NEK Council's In-Home Dementia Caregiver Support Program:** In-home, flexible, friendly educational visits for family caregivers designed to support the caregiver's health and well-being and enhance his or her skills in dealing with the challenges of caring for someone with dementia. Call Nancy or Pam at 802- 748-5182.
- **Best Friends™ Approach to Alzheimer's Care public workshops and staff trainings.** Call Nancy for info at the NEK Council on Aging at 802- 748-5182
- **"Know the 10 Signs, Early Detection Matters;" "The Basics: Memory Loss, Dementia and Alzheimer's Disease;" "Conversations about Dementia;" "Effective Communication Strategies;" "Understanding and Responding to Dementia-related Behaviors;" "Healthy Living for the Brain and Body;" "Living with Alzheimer's;" and "Legal and Financial Planning for Alzheimer's Disease."** Contact the Alzheimer Association at 1-800-272-3900 or www.alz.org/vermont for info about free community education.
- **Powerful Tools for Caregivers:** A six-week series of classes for family caregivers designed to help you restore the balance between caring for others and caring for yourself. Offered regularly by the NEK Council on Aging in different locations in the Northeast Kingdom. Call Nancy or Pam at 748-5182 for information and schedule of classes.

Diagnosis and Treatment Centers

These centers diagnose age-related memory & thinking disorders and provide treatment including drug therapies, family/patient support & counseling, and referrals to appropriate service agencies.

- **Dartmouth Memory Clinic**, Dartmouth-Hitchcock Medical Center
Hanover, New Hampshire 1-603- 650-5804
http://www.dhmc.org/dhmc-internet-upload/file_collection/CN_200901-22.F.pdf
- **The Memory Center**, Fletcher Allen Health Care
Colchester, Vermont 1-800-358-1144
<http://www.med.uvm.edu/neurology/TB1+RL.asp?SiteAreaID=610>

Legal Assistance

Consulting with an attorney may be helpful as you and your family face a memory or cognitive impairment. Several organizations can help you locate a lawyer who specializes in your area of need.

- If you need help locating an attorney, contact the **Vermont Bar Association Lawyer Referral Service** at 1-800-639-7036 or www.vtbar.org.
- The **National Academy of Elder Law Attorneys** has a member directory which you can search for individuals who work with older clients, people with special needs and their families. 703-942-5711, www.naela.org
- For information about putting legal/estate and financial plans in place visit www.alz.org/care/alzheimers-dementia-financial-legal-planning.asp
- **Vermont Legal Aid's Senior Citizens Law Project** provides free legal advice and representation to persons over 60 in a broad range of civil legal areas (not criminal), including housing,

healthcare, public benefits, abuse and exploitation cases, planning for incapacity, nursing home and residential care issues, guardianship, veterans issues. 1-800-889-2047, www.vtlegalaid.org

Choices for Care Program

Frail or disabled adults who qualify for nursing home level of care may be eligible for the Choices for Care Program. This program provides individuals with a choice of settings in which to receive care - a nursing home, residential care home or in-home support. In-home supports include services like case management, personal care (for example, help with bathing or dressing), respite care, attendance at an adult day health center, assistive devices and home modification. For more information about the program contact the NEK Council on Aging at 1-800-642-5119 / 748-5182 or Caledonia Home Health & Hospice at 748-8116 or Orleans/Essex VNA and Hospice at 334-5213 or www.dcf.vermont.gov/esd/health_insurance/ltc_medicaid.

Veterans Independence Program

This new program is designed for military veterans seeking an alternative to nursing home care and helps them receive in-home assistance and support so they can remain in their homes. It is a statewide collaboration between the Veterans Administration and Area Agencies on Aging. There is no income eligibility, but veterans must need a defined level of care. Call the Senior Helpline at 1-800-642-5119 or 802-748-5182 or 802-334-2190.

Dementia Respite Grants

The NEK Council on Aging provides respite grants to family members and other unpaid primary caregivers who are providing day-to-day care in the home for a person who has been diagnosed with Alzheimer's disease or another memory disorder and who meets certain financial criteria. Call the Senior HelpLine at the NEK Council on Aging at 1-800-642-5119 or 748-5182 for more information.

In-Home Nursing & Homemaking Services

Medicare Certified Home Health Agencies

- Caledonia Home Health Care: 802-748-8116 / <http://www.nchcvt.org/homehealth.html>
- Orleans Essex VNA and Hospice: 802-334-5213 / www.orleansessexvna.org
- Bayada Nurses: 802-655-7111 / www.bayada.com

Private “fee-for-service” help provided in the home is available via the following organizations. Services include personal care, bathing, toileting, meal preparation, light housekeeping, shopping, respite and more. For a more comprehensive listing, contact the Area Agency on Aging at 748-5182 or 1-800-642-5119.

- Bayada Nurses: 802-655-7111 / www.bayada.com
- Caledonia Home Health Care: 802-748-8116 / <http://www.nchcvt.org/homehealth.html>
- Griswold Special Care: 802-424-3002 / www.GriswoldSpecialCare.com
- Love is...LLC: 802-586-9133 / www.loveishomecare.com
- Home First Quality Care of Orleans Essex VNA & Hospice / 802-334-5213
- Northeast Kingdom Homecare, Inc.: 802-334-7604 / <http://www.nekhc.com>
- Northern Family Homecare: 603-259-6048 cell / www.northernfamilyhc.com
- TLC Nursing Associates, LLC: 802-735-1123 / <http://www.vtnursing.com>

Caregiver Registry

Vermont's Direct Care online registry www.RewardingWork.org/vt provides a free up-to-date listing of direct care workers who are ready and willing to work. The Vermont Direct Care Registry helps by letting you identify the right candidates – quickly. You will need an access code to be able to create an account for the Registry. If you need an access code or assistance using a computer to make use of this site, please call the Senior HelpLine at 1-800-642-5119.

Adult Day Health Service Programs

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

- Riverside Life Enrichment Center: 802-626-3900, Lyndonville, VT- www.theriversidecenter.org
- The Meeting Place: (802) 334-7604, Newport, VT - <http://www.nekhc.com>
- Green Mountain Adult Day Services: (802) 334-3188, Newport, VT
- Lamoille Day Health Services: 802-888-7045, Morrisville, VT
- Oxbow Senior Independence Program: 802-866-5465, Newbury, VT- www.osipads.org

Out of Home Placement and Care

For a comprehensive registry of nursing homes in Vermont, go to www.dlp.vt.gov/nursing-list

For a comprehensive listing of residential care homes in Vermont go to www.dlp.vt.gov/resident-list